INTENSIVE METHODS OF TEACHING ENGLISH

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Annotation: Methods, strategies, and techniques for planning and overseeing the language learning process are all part of the English language teaching methodology. For teachers, the English language teaching methodology is crucial because it makes the students' language learning process engaging and successful. The field of English teaching methodology is intricate and multidimensional, requiring a thorough comprehension of pedagogical principles, learner needs, and theories of language acquisition. This article examines intensive methods of teaching English as a foreign or second language, exploring their theoretical underpinnings, pedagogical approaches, and practical applications. It reviews prominent intensive methods, such as Total Physical Response, Suggestopedia, and the immersion approach, analyzing their strengths, weaknesses, and suitability for different learner profiles and contexts. The article also considers the role of learner motivation, teacher training, and assessment in the successful implementation of intensive teaching strategies.

Keywords: Intensive language teaching, EFL, ESL, second language acquisition, Total Physical Response, Suggestopedia, immersion, accelerated learning, learner motivation, teacher training, assessment.

Introduction

Foreign languages are increasingly playing a significant role in professional education in today's culture. People first acquire this knowledge in school, college, or the Lyceum. Later, they can learn it on their own by familiarizing themselves with the fundamental sets of information that aid in learning a foreign language or at institutions or training courses. Large collections of instructional resources are available now for individuals with varying language proficiency levels. Teachers' practical approaches and abilities are crucial to reaching this goal. One of the most important aspects of our lives nowadays is being able to speak other languages. The need for them to acquire the language is strong because experts in a variety of sectors collaborate with international partners frequently. The increasing global demand for English language proficiency has led to the exploration of various teaching methodologies, including intensive approaches designed to accelerate language acquisition within a shorter timeframe. Intensive methods differ significantly from traditional language learning, often employing heightened levels of engagement, immersion, and focused instruction.

On May 6, 2021, a videoconference meeting was held under the chairmanship of President Shavkat Mirziyoyev on measures to improve the system of teaching foreign languages. "Since we have set ourselves the goal of building a competitive state, from now on, graduates of schools, lyceums, colleges and universities must have excellent knowledge of at least 2 foreign languages. This strict requirement should become the main criterion for the activities of the head of each educational institution," said the President of the Republic of Uzbekistan Shavkat Mirziyoyev [1]. Therefore, it was stated that creating sufficient conditions for learning foreign languages in the

regions and popularizing it should be the main task of all leaders.

Methods

For the benefit of students, innovative teaching entails utilizing cutting-edge techniques and instructional resources [2]. Virtual labs, learning activities based on real-world issues, learning environments furnished with furniture, supplies, and audio-visual resources, and learning guides for both the teacher and the students are all examples of innovative teaching, according to Anderson and Neri [3]. It goes without saying that teaching and learning languages does not require the use of all the cited materials. All of these, though, are coupled with approaches that encourage the application of active teaching strategies that support educators in enhancing their students' capacity for learning. Personalization, small learning communities, student advisory, multidisciplinary curricula, peer tutoring, peer instruction, and team teaching are some of the strategies used by educators at all levels of higher education. Emergent technologies are becoming more and more accessible and capable, which has opened up a wide range of opportunities for creative classroom instruction [4].

Most students are unmotivated to learn English vocabulary, and they struggle to remember words that sound the same but have different meanings. Additionally, English language learners with delayed vocabulary development outperformed their peers on grade-level reading assessments, according to research by August, Carlo, Dressler, and Snow [5]. This was regarded as incidental to the main objective of language instruction, which was the acquisition of grammatical knowledge about the language, according to Harmer [6]. Although terminology was crucial for giving students something to grasp when studying structure, it was rarely the main focus of the actual learning process. Therefore, using visual aids—especially pharmaceutical packaging - is one of the most useful and successful methods for teaching and learning English vocabulary.

Instruction and teaching methods underwent significant changes in the new century. There are differences between the pedagogy of the twentieth and twenty-first centuries. Since the beginning of the twenty-first century, there have been many changes in the development of education on a national and international level. The two most obvious trends at the moment are the globalization of society and the introduction of digital technology into the classroom. Today's students are referred to as Generation Z, digital, and socially digital. From reading to visual perception, classroom discussion, or the teacher's monologue, knowledge is a progression. The use of multimedia in the classroom and informatics have advanced significantly in today's educational institutions.

N.A. Bonk is arguably the most well-known example of the traditional approaches to teaching a foreign language. Her English textbooks, which she co-wrote with other writers, have endured the competition of recent years and have long since become genre classics. The classical method is also known as fundamental because no one guarantees that it will be simple, that students won't need to study at home, or that the teacher's experience will prevent him from making grammatical or pronunciation errors. The reward, however, will be the development of the fortress metaphor and the condition of a true local who is adept at avoiding becoming bogged down in the maze of past tense or subjunctive mood.

The role of teachers in the methodology of teaching English is also important. In addition to imparting their knowledge to students, teachers are also involved in increasing their motivation and stimulating the process of self-learning. Teachers should help students, understand their difficulties and provide additional support when necessary. This will help students to further strengthen their knowledge. English language teaching methodology is important for teachers and students. This methodology helps to make the language learning process of students effective and interesting [7].

Results

Nowadays to teach students not only to participate in all aspects of communication in a foreign language, but also actively participate in the development of their personality is one of the aims of teaching a foreign language at non-linguistic faculties. In this regard, most of the modern methods of teaching a foreign language are based on the principle of active communication (communicative methodology, project methodology, intensive technique). The main incentive of this training is its effectiveness and fast results. This is due to the fact that when learners see the results of their work, they are motivated to study the language better. Intensive methods of teaching foreign languages can provide such effectiveness best of all. The use of intensive methods of teaching a foreign language at non- linguistic specialties has its own specifics.

Firstly, it is impossible to use intensive methods of teaching a foreign language in the process. of study at the University entirely during the whole course of learning, as they are used, if necessary to accelerate training.

Secondly, it is necessary to adapt the features of intensive techniques to educational tasks and opportunities of students.

Thirdly, we need to use these methods only when we are teaching a foreign language oral speech activity, since its principles (student-orientation communication, collective interaction, role-organization of the educational process, concentration of educational material and versatility exercise) can significantly extend the process of training, educational opportunities of students and increase their vocabulary twice.

Mastering a foreign language as a communication and knowledge tool in a short amount of time, as well as developing the ability to comprehend speech in a foreign language on everyday, sociopolitical, and scientific subjects, is the primary goal of intensive foreign language teaching methods. In light of this, the components of intensive methods must be used in sections or concurrently when teaching a foreign language to non-linguistic specialties. This will significantly speed up the process of training a foreign language's speech.

With a small delay in the development of reading and writing speech skills, we can conclude that the use of intensive methods of teaching foreign languages in non-linguistic specialties entails the development of all types of speech activities in a complex and parallel manner, as well as the development of speaking and listening skills in a foreign language almost simultaneously. With this approach, the focus shifts from quantitative to qualitative training parameters, students' home and classroom loads are reexamined in favor of the latter, and a new type of interaction between the teacher and students—as well as the learners themselves - is formed.

Innovative teaching strategies have the potential to enhance education while also empowering individuals and bolstering government. The most difficult task for any educator is to hold students' interest and convey concepts in a way that will stick with them long after class is over. Redefining the classroom experience and implementing creative ideas that improve teaching and learning strategies are necessary for this to occur. To get a student's attention, there are various approaches [8]:

- ✓ Audio and video tools;
- ✓ brainstorm;
- ✓ classes outside the classroom;
- ✓ role play;
- ✓ puzzles and games;
- ✓ refer books on creativity;

✓   introduce lessons like a story.

Innovative learning methods:

- crossover learning;
- learning through argumentation;
- incidental learning;
- learning by doing science (with remote labs);
- embodied learning.

During the session, the use of audio-visual materials, model-based textbooks, filmstrips, movies, pictorial materials, infographics, and other mind mapping and brain mapping tools will foster and develop the learners' imagination. These techniques will not only improve their listening skills but also aid in their conceptual understanding. Brainstorming is another teaching strategy. In the context of education, brainstorming is a method or instrument whereby the instructor uses all or most of the students to respond or share their opinions on a single subject. Students are inspired by this method to come up with ideas that they would not have otherwise. A small group of students is first assembled.

Discussion

Several intensive methods have gained popularity in EFL/ESL contexts.

Total Physical Response. This method relies on connecting language learning with physical actions. Learners respond to verbal instructions with physical movements, promoting immediate comprehension and minimizing anxiety. TPR is particularly effective for beginners and kinesthetic learners. However, its limitations include a potential lack of focus on speaking production and grammatical structures beyond basic commands.

Suggestopedia. This method aims to overcome psychological barriers to learning by creating a relaxed and enjoyable classroom environment. It utilizes music, visualization, and role-playing to enhance learning and reduce stress. Suggestopedia's strengths lie in its ability to foster positive learning attitudes and improve retention. However, its effectiveness depends heavily on the teacher's ability to create the right atmosphere and can be challenging to implement consistently.

Immersion Programs. These programs provide learners with near-total exposure to the target language in a structured environment. Learners live, study, and interact primarily in English, accelerating their language acquisition through constant exposure and interaction. Immersion offers significant advantages in terms of fluency development and cultural understanding, but it can be expensive, intensive, and potentially stressful for some learners.

Accelerated Learning Programs. These programs frequently combine elements of several intensive methods. They often incorporate multimedia resources, active learning strategies, and a focus on communicative competence, aiming to maximize learning efficiency. The adaptability of accelerated learning is a strength, but its success is contingent on careful planning, skilled instruction, and student engagement.

Communicative Language Teaching. Knowledge of language acquisition theories is fundamental to any teaching approach. The approach known as Communicative Language Teaching (CLT), which stresses the development of learners' communicative competence through authentic language use, is the most influential of these. Since language is a tool for communication, learners should be encouraged to participate in meaningful interactions that promote linguistic and cultural understanding, according to the foundational idea of CLT. This method has been crucial in helping students move the emphasis from grammatical correctness to functional

language use, which has allowed them to confidently handle real-life scenarios.

Task-Based Learning approach. The task-based learning approach entails giving students real-world assignments that call for them to use language in order to accomplish a particular objective, like sending an email, attending a meeting, or giving a presentation. TBL fosters contextual language use, problem-solving abilities, and learner autonomy by involving students in meaningful activities. Furthermore, learners gain a sense of agency and control over their language learning process thanks to TBL's emphasis on real-life scenarios.

A variety of teaching methods have been created to supplement language instruction in addition to these strategies. Using authentic materials is one such method that helps students develop an ear for natural language patterns by exposing them to language use in everyday situations. Videos, podcasts, social media posts, songs, movies, and news articles are examples of authentic materials. Teachers can create an immersive learning environment that mimics real-life communication by implementing these resources into the classroom.

Technology has also completely changed the way that English is taught, providing a wealth of digital tools and resources that can improve language learning. Personalized instruction, collaboration, and immediate feedback are now possible thanks to online learning platforms, language learning applications, and multimedia resources. Additionally, technology has made it possible for educators to establish location-neutral virtual classrooms where students can interact with native speakers and access real language materials.

In our republic, new methods and requirements have been developed in accordance with the European Framework of Reference for Teaching Foreign Languages and the Evaluation of Knowledge and Skills of Foreign Language Teachers (CEFR). It claims that textbooks were written with general education and vocational college students in mind. Classrooms were furnished with stands and new information and communication methods in compliance with these specifications. Learning a foreign language is becoming more and more popular every day. Each of the four components of foreign language science—reading, speaking, listening comprehension, and speaking—has its own set of concepts and abilities. The efficient application of contemporary information technology in the teaching and learning process is known as educational technology. By incorporating cutting-edge, contemporary technologies into the educational process, it also offers ways to improve the caliber and effectiveness of education. When learning a foreign language, there are a number of benefits to utilizing these information and communication technologies. The role of modern technology in language learning and teaching is incomparable. The use of technological tools is useful in every aspect of learning a foreign language (reading, reading, listening and speaking).

For instance, this process obviously requires a computer, player, and CD discs in order to listen and comprehend. When learning a language, one of the most crucial skills is listening comprehension. The reader must simultaneously focus on the speaker's pronunciation, vocabulary, and grammatical rules and their meanings. Students' familiarity with and proficiency with information and communication technologies is a critical component of their use in the classroom. One of the most effective methods for teaching and learning a foreign language is through the use of contemporary technologies. In this process, including:

- when using computers, students can watch and listen to foreign language video clips, demonstrations, dialogues, movies or cartoons;

- it is possible to listen and watch foreign language radio broadcasts and television programs;

- use of tape recorders and cassettes, which are considered a more traditional method;

- CD players can be used.

The use of these technical tools makes the process of learning a foreign language more interesting and effective for students.

The methods for teaching English have been divided into two categories: general (speech orientation, limited and integral teaching, solving exercises, and taking into account language experience), special (teaching English using speech samples, language exercises, and speech practice), interdependence of speech activity types, oral speech development, approach to natural speech in a foreign language, and further improvement of the elementary stage. For the latter, there are grammatical, vocabulary, reading, and speech writing teaching methods. In summarizing pedagogical principles, we took into account a communicative approach to teaching foreign languages in primary education.

Bachelor's degree students must study the methodology of teaching foreign languages in schools in order to gain practical knowledge of how to teach foreign languages to children during their independent learning process.

Interactive games are increasingly being used in classrooms as a teaching tool. It is well known that the lesson is based on a variety of games, which guarantees that students show off their abilities, focus, advance their knowledge and abilities, and gain strength.

Conclusion

In summary, intensive methods of teaching English offer a valuable alternative to traditional approaches, particularly when rapid language acquisition is desired. While each method possesses its own strengths and limitations, a careful consideration of learner needs, teacher expertise, and available resources is crucial for successful implementation. Further research is needed to explore the long-term effectiveness of intensive methods, compare different approaches, and develop optimal strategies for diverse learner populations and contexts. A blended approach, drawing upon elements of different intensive methods, may prove most effective in maximizing learner outcomes and fostering genuine communicative competence.

It should be mentioned that teachers in the twenty-first century should abandon outdated ideas and methods of instruction in favor of more modern and creative approaches. Teachers of English communication skills need to be resourceful, inventive, and well-versed in the subject. They also need to embrace new methods to improve our nation's socioeconomic standing. Investigating the possibility of using underutilized and valuable materials appears to be the most practical and desirable thing to do, regardless of the methods and approaches used. This will undoubtedly make it easier to teach and learn language skills. Interactive teaching is essential, and as multimedia technology advances and a new generation of tech-savvy young people emerges, education will inevitably change.

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