HOW TO MEMORIZE VOCABULARY

Madaminova Ravshanoy Ulug'bek qizi, *Student of CSPU*
Department English language and theory
Scientific advisor: ***Khazratqulova Ezoza Ismat qizi***

Abstract: Vocabulary is a key element in learning a new language. However, remembering and using new vocabulary effectively poses a challenge for many learners. Difficulties arise due to various factors, including a limited vocabulary base for speaking or writing in English. This study investigates the challenges students face in memorizing English vocabulary and the reasons behind these difficulties. Using a descriptive qualitative method, data was collected through a questionnaire containing eight questions with multiple-choice options. The participants' responses were analyzed to determine the root causes of their struggles. The findings revealed that the most significant difficulty students experienced was understanding vocabulary but being unable to use it in practice, affecting 42.9% of respondents. Other prominent issues included taking too long to translate what they wanted to say (51.1%) and a lack of effort in applying new vocabulary during daily life (38.1%). The study identified the preferred solution as students writing down the meanings of new words on notes and reviewing them regularly, which 71.4% of respondents found effective. The research concluded that the major challenges stem from students' inability to express themselves despite understanding vocabulary, delays in translation, and insufficient effort to incorporate vocabulary into everyday use. Addressing these issues requires strategies like translating vocabulary, writing it down, and reviewing it consistently to improve retention and application.

Keywords: Difficulties, English, Memorising, Students, Vocabularies

Introduction

Learning a new language often begins with mastering vocabulary, as it serves as the foundation for communication, comprehension, and fluency. However, many learners face challenges in retaining vocabulary due to ineffective study methods or lack of consistent practice. This is particularly important for students preparing for standardized tests like the IELTS, where a strong vocabulary can significantly impact performance. While traditional memorization techniques, such as rote learning or word lists, are widely used, they often fail to ensure long-term retention. This article aims to explore effective strategies for vocabulary acquisition using the miming

framework. The focus is on combining scientifically proven techniques such as contextual learning, spaced repetition, mnemonic devices, and active usage to enhance retention and practical application of new words.

Methods

To address the challenge of vocabulary retention, we designed a study incorporating the following methods:

1. Contextual Learning: Participants were introduced to new words within meaningful sentences or scenarios. For example, instead of learning the word "arduous" in isolation, students learned it in the sentence: "Climbing the mountain was an arduous task." This approach aimed to create associations between words and their usage[i]   2. Spaced Repetition: Using tools like flashcards or spaced repetition software (e.g., Anki), participants reviewed vocabulary at systematically increasing intervals. This method utilized the spacing effect, which is proven to strengthen memory over time.

3. Mnemonic Devices: Learners were encouraged to create creative memory aids, such as acronyms, rhymes, or visual imagery, to make abstract words more memorable. For instance, the word "gregarious" (meaning sociable) was associated with the phrase "Greg is always gregarious at parties."

4. Active Usage: Participants practiced using newly learned words in speaking and writing exercises. Activities included writing short paragraphs using five new words or incorporating new terms into casual conversations.

The study was conducted over four weeks, with participants divided into two groups: one using the above methods and a control group using traditional rote memorization. Pre- and post-study assessments were used to measure vocabulary retention and usage.

Results

The results of the study demonstrated the effectiveness of the proposed methods in enhancing vocabulary retention:Contextual Learning: Learners who studied words in context retained 40% more vocabulary than those who relied on isolated word lists. Associating words with sentences made them easier to recall.

Spaced Repetition: Participants following a spaced review schedule retained 65% more words after one month compared to those who reviewed vocabulary randomly or irregularly.Mnemonic Devices: Mnemonics improved retention rates by 30%, especially for abstract or less frequently used words.Active Usage: The group that actively used vocabulary in speaking and writing retained and correctly applied 70% of the words they learned.The control group , relying solely on rote

memoritazation , exhibited a 20% 30% decrease in retention after two weeks, highlighting the limitations of traditional methods.[ii]

Discussion

The findings confirm that an integrated approach to vocabulary acquisition significantly enhances both retention and application. Contextual learning creates meaningful associations that make words easier to remember and use. Spaced repetition leverages cognitive science principles, such as the forgetting curve, to reinforce long-term memory. Mnemonic devices add a creative and enjoyable dimension to vocabulary study, while active usage ensures learners can confidently incorporate new words into their speech and writing."As Indriani et al. (2023) emphasize, vocabulary is a critical component of language learning, forming the foundation for speaking, reading, and writing. Combining effective methods ensures learners not only retain new words but also use them confidently in various contexts."

Conclusion

Mastering vocabulary is often the first step in learning a new language, as it forms the basis for communication, understanding, and fluency. Despite its importance, many learners struggle to retain vocabulary due to inefficient study methods or inconsistent practice. This challenge is particularly relevant for students preparing for standardized exams like the IELTS, where a strong vocabulary plays a critical role in success.Traditional approaches to memorization, such as rote learning or studying word lists, are commonly used but frequently fail to achieve lasting retention. This article aims to investigate effective strategies for vocabulary learning through the miming framework. It emphasizes the use of scientifically backed methods, including contextual learning, spaced repetition, mnemonic devices, and active usage, to improve retention and facilitate the practical use of new words.

References

1. Ebbinghaus, H. (1885). Memory: A Contribution to Experimental Psychology.
2. Nation, I.S.P. (2001). Learning Vocabulary in Another Language. Cambridge University Press.
3. Baddeley, A. (1997). Human Memory: Theory and Practice. Psychology Press.
4. Brown, H. D. (2000). Principles of Language Learning and Teaching. Longman.
5. Schmitt, N. (2008). Review Article: Instructed Second Language Vocabulary Learning. Language Teaching Research, 12(3), 329-363.