

## EFFECTIVE WAYS OF LEARNING A NEW LANGUAGE

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This article explores the most effective ways to acquire a new language, including immersion, communicative practice, spaced repetition, multimedia learning, and the use of technology. A review of relevant literature highlights the cognitive and practical benefits of these approaches, offering insights into how learners can optimize their language acquisition journey.

*Keywords:* language learning, immersion, communicative approach, spaced repetition, multimedia learning, technology-enhanced learning.

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Acquiring a new language is a dynamic process influenced by cognitive, social, and environmental factors. Linguists such as Krashen emphasize that meaningful exposure and active engagement with the language are essential for successful learning [4]. Traditional methods, such as rote memorization and grammar drills, have evolved to incorporate more interactive and personalized learning strategies. Research in second language acquisition (SLA) suggests that learners benefit most from approaches that combine structured input with real-world communication [2].

One of the most effective ways to learn a new language is immersion, which involves surrounding oneself with the language in natural contexts. Immersion accelerates acquisition by forcing learners to think and communicate in the target language without relying on translation. This method is commonly used in study-abroad programs, bilingual environments, and language immersion schools [5]. Even without traveling, learners can create immersive experiences by engaging with native speakers, watching foreign-language media, and using the language in daily interactions.

The communicative approach focuses on using language for meaningful communication rather than memorizing rules. According to Richards and Rodgers, learners improve when they engage in real-life conversations, role-plays, and group discussions [6]. Practicing with native speakers or language partners through language exchange programs or apps like Tandem and HelloTalk enhances fluency and confidence. The emphasis on interaction helps learners develop conversational skills and cultural awareness.

Spaced repetition is a scientifically proven method for retaining vocabulary and grammar structures. Studies in cognitive psychology show that reviewing information at gradually increasing intervals strengthens memory retention [1]. Language learners can use spaced repetition software (SRS) like Anki and Memrise to systematically reinforce vocabulary, making the learning process more efficient. This technique is particularly useful for mastering complex grammar rules and expanding lexical knowledge.

Multimedia learning plays a crucial role in modern language acquisition. Exposure to foreign-language films, podcasts, music, and audiobooks enhances listening comprehension and pronunciation [7]. Watching movies with subtitles, listening to language podcasts, and reading books in the target language provide contextualized learning, making it easier to absorb vocabulary and grammatical structures naturally. Engaging with authentic materials bridges the gap between theoretical knowledge and practical use.

Technology-enhanced learning has revolutionized language education by providing interactive and personalized learning experiences. Online platforms like Duolingo, Babbel, and Rosetta Stone offer gamified lessons that keep learners motivated. AI-driven applications provide adaptive learning paths based on individual progress. Virtual reality (VR) and artificial intelligence (AI) are also being integrated into language learning, offering immersive experiences that simulate real-life interactions [3].

Consistent practice and motivation are fundamental to language learning success. Setting achievable goals, maintaining a study schedule, and staying motivated through rewards or cultural engagement help sustain long-term progress. Joining language communities, attending conversation meetups, and participating in online forums create opportunities for regular practice and social interaction.

Effective language learning combines immersion, communicative practice, spaced repetition, multimedia exposure, and technology integration. While each learner has unique preferences, a balanced approach that includes structured study and real-world interaction yields the best results. As language education continues to

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evolve, embracing innovative and engaging methods will further enhance learners' ability to acquire and use a new language confidently.

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