

INCORPORATING ENGLISH SPEAKING AND LISTENING PRACTICE INTO DAILY ROUTINES

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Abstract:

This article discusses the importance of incorporating English speaking and listening practice into daily routines. It emphasizes the benefits of practicing these skills regularly, such as improved fluency, vocabulary retention, and overall communication abilities. The article provides practical tips for integrating English practice into everyday activities, including watching English language TV shows or movies, listening to English podcasts or music, and engaging in conversations with native speakers. Overall, the article underscores the significance of consistent practice in developing proficiency in speaking and listening in English.

Key words: challenges, speaking skills, listening skills, communication, daily practices, progress tracking

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Speaking skills are one of the most important skills we learn, as they allow us to communicate with others and express our thoughts and feelings. Speaking skills can be separated into formal and informal speaking skills, and we use both types of speaking skills in a variety of contexts throughout life. Listening is seen as the most important part of effective communication because it helps people understand each other better. When we truly listen, we show respect and empathy, making others feel valued. This improves relationships and collaboration, leading to better problem-solving and fewer misunderstandings. In today's globalized society, English has become the dominant language for international communication, commerce, and technology. As a result, proficiency in English speaking and listening skills is vital for individuals seeking to thrive in the modern world.

1. **Global Communication:** English is the most widely spoken language in the world, with over 1.5 billion speakers globally. It serves as a common language of communication for people from diverse linguistic backgrounds, enabling individuals to connect and collaborate on a global scale.

2. **Economic Opportunities:** Proficiency in English can open doors to a wide range of economic opportunities, as many multinational companies conduct business in English. Job seekers with strong English skills have a competitive advantage in the global job market and can access higher-paying positions.

3. **Academic Advancement:** Many universities and academic institutions around the world use English as the language of instruction. Proficient English speakers have access to a broader range of educational opportunities, including scholarships, research grants, and study abroad programs.

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4. Cultural Exchange: English is the language of international media, entertainment, and popular culture. By developing English speaking and listening skills, individuals can engage with a diverse array of cultural expressions, expanding their worldview and fostering cross-cultural understanding.

5. Technology and Innovation: English is the dominant language of the internet and the tech industry. Fluency in English allows individuals to access a wealth of information online, stay current with technological advancements, and participate in digital platforms and communities.

6. Travel and Tourism: English is the lingua franca of the tourism industry, making it essential for travelers to communicate effectively in English-speaking countries. Being able to speak and understand English can enhance travel experiences, facilitate interactions with locals, and ensure a smoother journey.

7. Personal Growth and Confidence: Improving English speaking and listening skills can boost self-confidence, enhance communication abilities, and promote personal growth. Effective communication is a key skill in all areas of life, and proficiency in English can empower individuals to express themselves more clearly and assertively. English speaking and listening skills are indispensable in today's interconnected world, offering individuals a pathway to global communication, economic opportunities, academic success, cultural exchange, technological advancement, travel experiences, and personal growth. By investing in the development of these skills, individuals can position themselves for success in a rapidly changing and diverse global environment.

Benefits of Speaking and Listening Practice:

1. Enhanced Communication Skills: Regular speaking practice improves pronunciation, intonation, and fluency, enabling individuals to communicate effectively in various contexts.

2. Increased Confidence: Engaging in daily speaking exercises boosts confidence, reducing anxiety and hesitation when conversing with native speakers or in professional settings.

3. Improved Listening Comprehension: Actively listening to English podcasts, audiobooks, or conversations sharpens comprehension skills and exposes learners to different accents and speech patterns.

First and foremost, it is important to understand the significance of regular practice. Just like any other skill, proficiency in English speaking and listening can only be achieved through consistent effort and dedication. Incorporating practice into your daily routines not only helps you build confidence in using the language but also enhances your fluency and comprehension abilities.

One simple way to practice English speaking and listening is by immersing yourself in the language. This can be done by watching English language TV shows or movies, listening to English podcasts or music, or even reading English books or articles. By exposing yourself to different forms of English language media, you can improve your vocabulary, pronunciation, and overall comprehension skills.

Another effective method to practice English speaking and listening is by engaging in conversations with native speakers. This can be done through language exchange programs, online forums, or even by socializing with English-speaking friends or colleagues. By interacting with native speakers, you can improve your conversational skills, learn common idioms and expressions, and gain a better understanding of English nuances and cultural references.

In addition to formal practice sessions, you can also incorporate English speaking and listening into your daily activities. For instance, you can try narrating your daily routine in English, discussing current events in English, or even rehearsing presentations or speeches in English. By integrating English practice into your everyday tasks, you can make learning the language more practical and enjoyable.

Incorporating Speaking and Listening Practice into Daily Routines:

Morning Routine:

- Start the day by listening to an English podcast or radio program while getting ready.
- Practice speaking by summarizing the main points of the podcast or discussing them with a friend or family member.

Commute:

- Utilize commute time by listening to English audiobooks, podcasts, or language learning apps.
- Repeat phrases or engage in shadowing exercises to mimic pronunciation and intonation.

Work or School:

- Join English-speaking clubs or language exchange groups to practice conversational skills with peers.
- Engage in active listening during meetings or lectures, taking notes to reinforce comprehension.

Leisure Time:

- Watch English movies or TV shows with subtitles to improve listening skills and expand vocabulary.
- Participate in online language forums or discussion groups to engage in written and spoken communication with other learners.

Reflective Practice:

- Set aside time each day to reflect on speaking and listening progress.
- Identify areas for improvement and set achievable goals for future practice sessions.

Overall, incorporating English speaking and listening practice into your daily routines is crucial for developing proficiency in the language. By making a conscious effort to practice regularly, you can improve your communication skills, expand your vocabulary, and achieve fluency in English. So, next time you're going about your day, remember to seize every opportunity to practice speaking and listening in English – it will undoubtedly pay off in the long run.

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