

HOW TO IMPROVE YOUR SPEAKING SKILLS.

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ABSTRACT.

Speaking skill is considered the most important skill, as it allows people to freely express their emotions and thoughts. Through speaking, they can communicate with foreigners. Communication is an opportunity to open the doors to the world. Whether in business or education, it is essential in all fields. Speaking is a fundamental skill in communication, and improving it requires a strategic combination of cognitive, linguistic, and social approaches. This paper explores the science behind language acquisition, the role of psychological factors, and practical methods for enhancing speaking abilities. We review existing research and provide evidence-based strategies for learners and educators.

Key words: *speaking, fluency, coherence ,articulation, interaction, learners, cognitive, linguistic,enhancing speaking skills*

ANNOTATSIYA.

Soʻzlashuv eng muhim uslub hisoblanib bunda insonlar oʻzlarining hissiyotlarini va fikrlarini bemaolol ifoda eta olishlari mumkin boʻladi yoki bu orqali ular xorijliklar bilan muloqot qilish imkoniyatiga ega boʻlishadi.Muloqat qilish bu dunyo eshiklarini ochilish imkoniyati hisoblanadi. Biznes yoki taʼlim sohasidami barcha yoʻnalishlarda muhim hisoblanadi. Soʻzlashuv – muloqotning asosiy koʻnikmalaridan biri boʻlib, uni rivojlantirish kognitiv, lingvistik va ijtimoiy yondashuvlarning strategik kombinatsiyasini talab qiladi. Ushbu maqolada til oʻzlashtirishning ilmiy asoslari, psixologik omillarning roli va soʻzlashuv koʻnikmalarini rivojlantirishning amaliy usullari oʻrganiladi. Biz mavjud tadqiqotlarni koʻrib chiqamiz va oʻrganuvchilar hamda oʻqituvchilar uchun ilmiy asoslangan strategiyalarni taqdim etamiz.

Kalit so'zlar: *so'zlashuv, ravonlik, mutanosiblik, ifodalash, o'rganuvchilar, so'zlashuv uslubini yaxshilash, linguvistik, aqliy, o'zaro muloqot.*

INTRODUCTION.

To develop speaking skills, it is essential to first determine the learner's proficiency level. By identifying their level, conclusions can be drawn on how to effectively improve this skill. In speaking, students should initially expand their vocabulary to prevent hesitation or difficulties in expressing their thoughts. Having a sufficient vocabulary enables them to speak fluently and confidently without interruptions. Therefore, the speaking style is divided into various specific structures. All these sections are important for learners as they include the rules and principles necessary for developing this skills. Speaking is a complex skill that involves articulation, fluency, coherence, and interaction. Many language learners struggle with speaking due to lack of confidence, limited vocabulary, or insufficient practice. This paper examines the cognitive and linguistic processes involved in speaking and presents scientific strategies to improve this skill.

LITERATURE REVIEW AND METHODS.

Nowadays, various programs are available for independent learners to improve their speaking skills and assess their proficiency without the need for an instructor. These programs allow learners to enhance their skills effectively. Some of the best programs include Duolingo, SpeakPal, ChatGPT, and similar applications, which can help learners refine their speaking abilities. Additionally, recording oneself on video can help identify mistakes and provide an opportunity to work on them. Learners can also develop their pronunciation by listening to native speakers' conversations or using the shadowing technique. Another simple yet effective method is for learners to create their own personalized learning strategies to improve their skills. One technique I personally recommend, based on my own experience in developing my speaking skills, is selecting a question and answering it by first saying "yes" or "no," then explaining the reason for that answer. Expanding on the reason by providing an example and further elaborating on it can significantly help improve speaking skills. Learners often seek advice from others, wondering how they developed their skills. However, this is a mistake because, in most cases, they do not follow the given advice. They may try a suggested method a few times but quickly lose interest. Therefore, the most effective way to enhance speaking skills is for learners to create their own strategies that work

best for them. Practicing regularly and dedicating at least two hours a day to speaking exercises is one of the most effective ways to improve quickly. This method allows for significant progress in a short period.

RESULTS.

Practical strategies for improving speaking. Listening to native speakers and imitating their pronunciation, rhythm, and intonation improves speaking accuracy. Techniques like shadowing (repeating immediately after hearing) reinforce this process. Interacting with native speakers or language partners provides real-time feedback, which is essential for improvement. Corrective feedback enhances accuracy, while meaningful conversations improve fluency. Engaging in role-playing, debates, and presentations enhances confidence and helps learners practice structured speaking. Speech recognition software, AI language tutors, and pronunciation apps provide opportunities for self-paced speaking practice.

CONCLUSION.

Improving speaking skills requires a combination of cognitive training, psychological resilience, and practical application. Scientific research supports methods such as memory-enhancing techniques, fluency drills, confidence-building strategies, and technology-assisted learning. By integrating these approaches, language learners can achieve greater speaking proficiency. To improve speaking skills, regular practice, building confidence, and using various methods are essential. Expanding vocabulary, working on fluency, and utilizing technology help language learners achieve better results. The most important thing is to practice consistently and not be afraid of communication.

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