

## IMPROVING MEMORY AND ITS IMPORTANCE FOR LANGUAGE LEARNERS

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### Annotation

Learning and memory are closely related concepts. Learning is the acquisition of skill or knowledge, while memory is the expression of what you've acquired. Another difference is the speed with which the two things happen. If you acquire the new skill or knowledge slowly and laboriously, that's learning. In this article, you will learn about memory enhancement and its ways, as well as its importance in language learning.

### Key words:

Memory, importances in learning language, memory improvement, ways of improving memory.

## УЛУЧШЕНИЕ ПАМЯТИ И ЕЕ ВАЖНОСТЬ ДЛЯ ИЗУЧАЮЩИХ ЯЗЫК

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### Аннотации

Обучение и память - это тесно связанные понятия. Обучение - это приобретение навыков или знаний, а память - это выражение того, что вы приобрели. Еще одно отличие - это скорость, с которой эти две вещи происходят. Если вы приобретаете новый навык или знания медленно и кропотливо, это обучение. В этой статье вы узнаете об улучшении памяти и способах ее применения, а также о ее важности в изучении языка.

### Ключевые слова:

Память, значение в изучении языка, улучшение памяти, способы улучшения памяти.

## **Introduction:**

In many ways, our memories shape who we are. They make up our internal biographies—the stories we tell ourselves about what we've done with our lives. They tell us who we're connected to, who we've touched during our lives, and who has touched us. In short, our memories are crucial to the essence of who we are as human beings. In addition, memory development is also important in language learning. Today, it is very important to grow memory, because everyone in the world learns different languages, although in order to learn a language, we must have a vocabulary. To enrich vocabulary, we need to memorize new words every day, learn them. It all comes down to memory. If a person's memory is sluggish, he will certainly find it difficult to study all branches of science.

## **Methods:**

Memory is one of the most important aspects of language learning. Without concrete memory strategies, English language learners can become overwhelmed by the amount of information they'll be required to remember, classify, manipulate, and produce.

### **Method A – the way you learn**

“As a language learner, you not only have to remember what you learn, but what you learn also has to be integrated into a growing framework of language. So you have to more than remember a word, sound, phrase, etc; at the same time, you need to know how to use it and when to use it. This takes more than what we need to do to remember, for example, a president or a capitalcity.

The growing area of brain science tells us that learning is like laying roads. A new bit of language has to be connected to another language in our brain, so we need to form connections. The initial one we make when we learn a new word may be just like a path we have beaten out, hard to find, overgrown with weeds etc, suitable for walking only. Then as we use it more and learn more about it, the path becomes more defined and easier to walk along. And then if we want to have faster access, it needs to be at least smoothed out a bit and widened. In the area of language learning that would relate to using what we learn in more varied situations and with more accuracy. This requires work on our part to refine our understandings and usage as we listen, speak, read or write. As we use what we learn more and more, we are laying “better roads” so the information can travel up and down the roads faster. Then the “asphalt or bitumen” needs to be laid to make the road even smoother and faster. Extended usage is what forms the myelin sheath from the brain cells to our mouth, ears etc, which enables the information to pass up and down from our brain to our body. By the time the multi-lane highways are laid the new usage is travelling virtually instantaneously. Not all practice will give you the results you want, so have a look at this post on effective language practice which can improve memory. It talks more about the kind of practice you need to create to improve your memory for what you are learning.”(Andrew Weiler April 4, 2012)

### **Method B – the biology of the brain**

The second way to improve memory relates to the biological functioning of the brain. The brain has needs just like the rest of our body. We need to maintain it in the face of deteriorating physical conditions in the wider society. In many countries, with an ever expanding population, there have been increasing demands made upon the land to produce food. At the same time, there has been insufficient fertilizing. Most farmers use NPK, a combination of 3 minerals to fertilize the soil, whereas the body needs in excess of 60 every day. As a result, there has been a severe degradation in the quality of the soil and hence crops. Put together with early harvesting, long periods of storage and the growth in the fast food Industry there has been a documented decrease in the amount of nutrition we have access to. Nutrition is a key aspect to health, including brain health and energy levels. It's just impossible to understand other people and express your ideas without knowing words, so having a good vocabulary should be high on your list of priorities.

Although most people know that proper nutrition is important for our well-being, most people aren't aware that products can help you boost brain functions that are important for the educational process. If your brain is ready to perceive information, you can digest that information faster.

One of the best foods to improve brain power are nuts as they're rich in omega-3 fatty acids and zinc which help to support cognitive function and keep you concentrated. One research study by the Journal of Nutrition, Health & Aging claims that consuming at least 5 servings of nuts weekly helps to improve overall cognition. No matter what type of nuts you love, whether almonds, walnuts, or pistachios, they contain essential fatty acids. Moreover, they are rich in iron, which helps to increase the ability to retain information which is so important for learning new words.

Although the educational process takes much time and effort, it's nearly impossible to hit the books without breaks and a good rest. Being a successful learner means having enough energy and enough desire to learn every day, so resting well daily is a must. Scientists claim that an adult needs 7-9 hours of sleep daily as it allows a person to boost body functions and prevent health problems. At the same time, a good sleep improves memory and concentration, which is important for learners who need to digest a great amount of information daily. According to research, studying just before sleeping improves a student's ability to recall information. If you learn words before bedtime, you will be able to reproduce the material more quickly and easily.

Another study has suggested the sleep helps us to cement foreigners we've been exposed to into the memory. This is because you reactivate memories during slow wave sleep and this improves memory consolidation. This phenomenon is called verbal cueing and it helps to improve vocabulary learning. This last point is no secret: **the more often you use a word, the better you remember it.** Practicing is the key to success, and you shouldn't be afraid of pronouncing or spelling something incorrectly. The main idea is to understand the meaning of a word, and when and how to use it. Later, you'll be able to pronounce and write it the right way. If you want to use words actively, there are lots of different ways to do it. You can communicate with foreign friends/colleagues, write articles or notes, or even attend speaking clubs or language exchanges.

## Conclusion:

Take the time to build up your vocabulary as it's a surefire way to express your thoughts and ideas even if your grammar isn't perfect. Learning new words can be daunting, especially when you're pressed for time. But the results are well worth the time and effort you put in. And now, with the suggestions in this article, you have some scientifically proven ways to improve your memory and focus that can help to learn vocabulary faster without wasting your time. The best way to protect and improve memory is by making good lifestyle choices: exercising regularly, limiting stress, eating healthfully, and getting enough sleep. You can also keep the mind agile by learning a foreign language or playing brain training games to improve thinking skills and short-term memory.

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