

Learning New Vocabulary

- 🔊 If your teacher gives you a list of vocabulary to learn for a test, remember learning the words on their own is only the start...
- 🔊 To retain new vocabulary in your long-term memory, ready for use, it's important to **say, see or hear the word in different contexts**
- 🔊 We have different ways of remembering new information:
 - **Visual memory** – seeing the words, how they are written, the spelling, and retaining the image in your mind, or associating the word with an image.
 - **Aural memory** – hearing the words, how they sound and retaining the sound of them in your mind.
 - **Muscle memory** – saying the words, feeling the muscles and parts of the mouth you use to enunciate them and retaining that sensation.
- 🔊 You may find one of these works better for you, but this doesn't mean that the others won't also help.

Learning New Words

- 🔊 Imagine you had a list of 20 new words to learn in 24 hours. How would you go about it?
- 🔊 Look at these methods below. Which of the three types of memory listed above do they correspond to - Visual, Aural, Muscle or a combination?
 - Read and re-read the words
 - Write out the words several times
 - Say the words out loud
 - Think of images as you read or say the words
 - Record yourself saying the words, listen and repeat them
 - Write out sentences using the words in context
 - Read sentences out loud
 - Imagine situations where you might use the words, imagine what you'd say in conversation.
- 🔊 Try all of these! Even if you aren't so comfortable with some of them, you may be surprised at how effective they are.
- 🔊 Also, it's a good idea break the list down into smaller groups and focus on a few words at a time.
- 🔊 Remember, even if you're learning them for a written test, normally the aim is to use the words in spoken English, so saying them out loud is just as important as being able to spell them.



TOP TIPS

- 🔊 **Talking to yourself.** Imagine yourself saying and using the words in your mind or, if no one is around, say them out loud. Whenever you have a few minutes to spare, for example, sitting on the bus or waiting for someone, you can make use of your time by thinking of words you've recently learnt and then making up sentences or imagining a conversation using the new vocabulary.
- 🔊 **Short and frequent sessions of study.** Study for a few minutes at a time several times a day. Spending just a few minutes at a time learning, then taking a break, doing something else and then repeating the process as often as possible feels and works better than prolonged sessions of learning.
- 🔊 **Variation.** There are many different ways we can really expand our vocabulary which are generally more interesting, enriching, and enjoyable than simply learning lists:
 - 🔊 **Reading** – short stories, magazine or newspaper articles, novels, adverts...
 - 🔊 **Listening** – podcasts, radio stations, songs
 - 🔊 **Watching** – documentaries, the news, films, TV series
 - 🔊 **Speaking** – try to find other people to speak to, if not, speak to yourself!
 - 🔊 **Writing** – emails, texts, a journal, short stories and there are plenty of websites with written exercises for practicing grammar and vocabulary.
- 🔊 Remember the more different ways we encounter a new word, the better we will remember it and the more confident we will feel to use it.
- 🔊 **English every day.** Try to do as many of the above activities as you can as regularly as possible! Even if you have weekly lessons, the more of these you do regularly outside of lesson time the quicker you will improve.
- 🔊 **Find materials and resources that inspire you.** There are so many resources available for free on the internet, see the "Online Resources" document for inspiration.