

## METHODS OF TEACHING FOREIGN LANGUAGES

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**Annotation:** This article examines modern methods of teaching foreign languages, focusing on communicative, task-based, and blended-learning approaches. It highlights how these methods improve students' speaking, listening, reading, and writing skills while promoting learner autonomy and motivation.

**Keywords:** foreign language teaching, communicative method, task-based learning, blended learning, language skills

**Annotatsiya:** Ushbu maqolada chet tillarini o'qitishning zamonaviy usullari — kommunikativ, topshiriqqa asoslangan va aralash o'qitish yondashuvlari tahlil qilinadi. Unda ushbu metodlar o'quvchilarning nutq, tinglab tushunish, o'qish va yozish ko'nikmalarini rivojlantirishga qanday yordam berishi hamda o'quvchining mustaqilligi va motivatsiyasini oshirishi yoritilgan.

**Kalit so'zlar:** chet tili o'qitish, kommunikativ metod, topshiriqqa asoslangan ta'lim, aralash o'qitish, til ko'nikmalari

**Аннотация:** В статье рассматриваются современные методы преподавания иностранных языков, включая коммуникативный подход, обучение на основе заданий и смешанное обучение. Подчеркивается, как эти методы развивают навыки говорения, аудирования, чтения и письма, а также повышают автономию и мотивацию учащихся.

**Ключевые слова:** преподавание иностранных языков, коммуникативный метод, обучение на основе заданий, смешанное обучение, языковые навыки

## Introduction

In recent decades, the field of foreign language teaching has expanded rapidly due to globalization, technological development, and the growing need for intercultural communication. Today's learners require not only grammatical knowledge but also the ability to communicate confidently in diverse social, academic, and professional contexts. For this reason, modern teaching methods prioritize communication, learner autonomy, authentic materials, and task-oriented activities. This article provides an in-depth discussion of the most influential methods used in contemporary language education, examining their theoretical foundations, practical strategies, advantages, and limitations.

### 1. Communicative Language Teaching (CLT)

Communicative Language Teaching remains the most widely adopted approach around the world. Rooted in sociolinguistic theory, CLT assumes that language is best

learned through meaningful interaction. Rather than memorizing rules or repeating isolated sentences, learners actively use the language to express ideas, negotiate meaning, and solve problems.

### Core Principles of CLT

- **Meaning over form:** Communication is prioritized, even if grammatical accuracy is not perfect.
- **Authenticity:** Materials such as interviews, podcasts, menus, real messages, and videos promote natural language exposure.
- **Learner-centeredness:** Students speak more than the teacher; teachers act as facilitators, not lecturers.
- **Collaborative learning:** Pair work, group projects, role-play, debates, and discussions make up the core activities.
- **Functional language use:** Language functions such as requesting, apologizing, clarifying, and suggesting are emphasized.

### Benefits of CLT

CLT significantly improves learners' fluency, confidence, and sociolinguistic awareness. Students practice interacting in realistic contexts, which prepares them for real conversations outside the classroom.

### Limitations

Some learners may struggle with limited focus on grammar. Additionally, large classes or limited resources can make communicative activities harder to manage.

## 2. Task-Based Language Teaching (TBLT)

Task-Based Language Teaching is a branch of the communicative approach but places tasks — not grammar or vocabulary lists — at the center of learning. A task is defined as an activity where learners use the target language to achieve a real outcome, such as planning an event, comparing products, conducting a survey, or creating a presentation.

### The Structure of a TBLT Lesson

#### 1. Pre-Task Phase:

Students are introduced to the topic, key vocabulary, and instructions. Teachers may provide models or examples.

#### 2. Task Cycle:

Learners perform the task in pairs or groups using their existing language knowledge. This phase encourages risk-taking.

#### 3. Post-Task Phase:

Students reflect on their performance, present results, and receive feedback. Teachers may highlight useful grammar or vocabulary that emerged during the task.

### Advantages

TBLT develops not only language skills but also teamwork, critical thinking, creativity, and problem-solving. Students feel a sense of accomplishment because each task has a clear purpose and final product.

### Challenges

Designing meaningful tasks requires time and teacher expertise. Some learners may feel uncomfortable without explicit grammar instruction.

### 3. Blended Learning

Blended learning combines traditional face-to-face instruction with online learning platforms, apps, and digital tools. This approach has become especially popular after the rise of remote learning technologies and widespread access to smartphones and the internet.

#### Key Components

- **Learning Management Systems (LMS):** Google Classroom, Moodle, Canvas, etc.
- **Digital Resources:** YouTube lectures, interactive quizzes, online dictionaries, virtual flashcards.
- **Self-paced study:** Students learn at a comfortable speed and review lessons as needed.

#### Benefits

- **Flexibility:** Students can access lessons anytime, anywhere.
- **Personalization:** Teachers can offer individualized practice based on student needs.
- **Engagement:** Multimedia materials make learning more dynamic and motivating.

#### Disadvantages

Not all students have equal access to technology, and online distractions can reduce efficiency.

### 4. The Audio-Lingual Method (ALM)

Developed in the mid-20th century, the Audio-Lingual Method focuses on habit formation through repetition and drills. It is based on behaviorist psychology, which suggests that correct language patterns become automatic through practice.

#### Common ALM Techniques

- Repetition drills
- Substitution drills
- Dialogue memorization
- Pattern practice
- Pronunciation-focused exercises

#### Strengths

ALM is highly effective for improving pronunciation, phonological awareness, and grammatical accuracy. Drills reinforce correct structures, making them easier to recall.

### **Limitations**

It does not develop creative or communicative language use. Students may memorize sentences without understanding how to adapt them in real-life situations.

### **5. The Lexical Approach**

The Lexical Approach proposes that vocabulary — especially multi-word chunks — is more central to language mastery than grammar rules. Learners acquire language faster when they learn phrases as complete units rather than as separate words.

#### **Typical “Chunks” Include:**

- Collocations (e.g., “make a decision,” “deep conversation”)
- Formulaic expressions (e.g., “the thing is...,” “to be honest...”)
- Idioms (e.g., “break the ice,” “once in a blue moon”)
- Sentence frames (e.g., “I strongly believe that...”)

#### **Why It Works**

Real-life communication depends heavily on these ready-made expressions. Students sound more natural and fluent when they use them.

### **6. The Direct Method**

The Direct Method emphasizes teaching only in the target language with no translation. Teachers demonstrate meaning through gestures, visuals, objects, and context.

#### **Features**

- Immersion-style instruction
- Grammar taught inductively through examples
- Strong focus on speaking and listening

#### **Advantages**

Learners develop strong oral skills and think directly in the target language.

#### **Disadvantages**

It can be challenging for beginners and requires highly skilled instructors.

### **7. The Grammar-Translation Method (GTM)**

Although considered traditional, GTM is still used in many educational systems.

#### **Main Features**

- Reading and writing are emphasized.
- Vocabulary is taught through lists.
- Grammar rules are memorized and translated.
- Literary texts are often used.

#### **Strengths**

Useful for academic study, translation training, and developing grammatical accuracy.

### **Weaknesses**

Very limited speaking practice; not ideal for communicative goals.

### **Conclusion**

Modern foreign language teaching integrates multiple methods rather than relying on only one. While the communicative and task-based approaches dominate contemporary classrooms, traditional techniques like the Audio-Lingual Method and Grammar-Translation still offer valuable support when used appropriately. Blended learning and digital technologies continue to transform language learning environments, enabling more flexibility, access, and personalization. Ultimately, the most effective teaching method depends on students' goals, proficiency levels, cultural context, and learning preferences. A balanced combination of approaches allows learners to develop not only linguistic knowledge but also confidence, creativity, and intercultural communication skills — essential abilities in today's interconnected world.

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