

FORMING HABITS

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Speaking, just like writing, is mainly a matter of habit. You can break the bad habit of fidgeting when you speak by determining to break this habit, practicing standing still when you converse, answer questions in class, and make a speech, and never allowing an exception, never making purposeless movements when speaking to one person or a group. Think how you learned a dance step or a stroke in tennis or swimming, and learn to speak by the same methods.

To make progress in speech you must practice at every opportunity. A person might make three or four speeches each year for forty years without noticeably improving. To acquire proficiency you need to speak at least two or three times a week. A few weeks of concentrated, purposeful speech work will accomplish more than years of scattered attempts.

In the process, I have tried different techniques, some of which have worked better than others. As a teacher, I comprehensively share these with my students, and motivate them to apply what I have experienced in order for them to find what works best for them. This helps them to become more independent, as they take control of their language learning by doing what interests them. Regardless of which specific strategies or techniques my students choose to use, emphasizes the importance of habit formation. Making language learning a part of my daily routine behold the biggest change in the amount of progress I was able to make.

Studying a language gives learners a new tool. But to actually use that tool on a regular base outside the classroom requires a change of verbal habit. In other words, language knowledge needs to be actuated.

Language literacy is a long-term investment. Results should not be anticipated immediately but are more likely to accrue latterly in life.

The best way to improve your spoken English is by rehearsing a lot. Sing along with English songs, read papers out loud, and, most importantly, discourse with other native or non-native speakers. Another thing to keep in mind is to not pressure or hurry yourself. It is perfectly fine to speak a bit slowly or pause to construct a sentence if you have to.

Above all else, you need to be patient. Learning a language and using it fluently is a process that can take years. If you get frustrated with yourself, you venture quitting. That would concede the worst results of all. So don't be so hard on yourself -- it'll come. It will. You gotta trust.

As a whole, bias for inductive learning also explains why learning from experience, most especially for young children, is always more powerful than learning through instruction.

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