

Train Your Brain to Think in English

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Scientific advisor: Zarina Bobojonova **Annotation:** In this article, you can see a few ways to teach your brain to think in English.

If you live in a place where most people speak the language you are learning, you may use the language for several hours each day. So, it may become part of your “inner speech.” In other words, you start thinking in that language. Your mind stops trying to translate things from your native language into the second language. But, the majority of the VOA Learning English audience lives in places where English is not the main language.

This may be true for you. You may not have many chances to practice English. You may even be self-taught.

When you speak, your speech might be slower than you would like. This is because your mind is still translating from your first language, which can also sound unnatural. English, like every other language, has its own sentence structure. The good news is that thinking in English can bring you a huge step closer to fluency! It is not very difficult, but it does take conscious effort and practice.

On today’s Education Tips, we will share some mental exercises that can help.

Think in single words: Most experts note that it’s best to start small. So, a good first step is to think in individual words. Look around you. What do you see? In your head, try to name each object in your surroundings.

Think in sentences: The next exercise is thinking in simple sentences. For example, if you are sitting in a park, you can tell yourself things like, “It’s such a beautiful day” and “People are playing sports with their friends.”

Once this becomes easy, you can move on to more difficult sentences.

Describe your day: Another exercise experts suggest is to describe your daily activities. There are a few ways to do this.

Other experts say you can mentally make plans in the morning when you wake up. This would require other verb tenses. So the skill level is a little higher.

Think in conversation: Now, let’s move to thinking in conversation.

When you do this, you are imagining yourself speaking to someone else. You are

asking the questions and thinking of replies.

This is a great way to practice what you might say in a real conversation.

For example, let's say the imaginary person asks you a question like, "What did you think of the award show last night?" How would you answer? Imagine the conversation and practice it in your head. You can do this out loud or in silence.

Take notes : For all of these exercises, there will of course be words and phrases that you do not know. So, at some point you will need to use a dictionary. If your skill level is high enough, you might consider using an English-to-English dictionary.

There are many other ways to help your brain switch to thinking in English. For example, you can change the language of your apps, phone, and social networks to English. But start with these steps and it will be easier to think in English!

Also remember to make decisions in English. Remember, you make better decisions this way. This is scientifically proven!

REFERENCE

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