

IMPROVING SPEAKING SKILLS: PRACTICAL APPROACHES IMPROVING SPEAKING SKILLS

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Annotation. Effective speaking is important in many situations, be it school, work, or social interaction. Effective development of speaking skills requires constant effort. Here we review and explore the opinions of various experts and several experiences on improving and expanding language.

Key words: methods, skills, speaking, practice, fluent communication, analysis, speech.

Anmerkung: Effektives Sprechen ist in vielen Situationen wichtig, sei es in der Schule, bei der Arbeit oder im sozialen Umgang. Die effektive Entwicklung von Sprechfähigkeiten erfordert ständige Anstrengung. Hier überprüfen und untersuchen wir die Meinungen verschiedener Experten und mehrere Erfahrungen zur Verbesserung und Erweiterung der Sprache.

Schlüsselwörter: Methoden, Fähigkeiten, Sprechen, Übung, fließende Kommunikation, Analyse, Rede.

Примечание: Эффективная речь важна во многих ситуациях, будь то школа, работа или социальное взаимодействие. Эффективное развитие навыков речи требует постоянных усилий. Здесь мы рассматриваем и изучаем мнения различных экспертов и несколько опытов по улучшению и расширению языка.

Ключевые слова: методы, навыки, речь, практика, беглое общение, анализ, речь.

Reading aloud is a valuable method for developing verbal skills. This exercise helps in practicing pronunciation and intonation. [1] Research by Dr. Timothy K. Smith in *The Reading Teacher* suggests that reading aloud enhances fluency and expression, which are vital components of effective speaking. Engage in Public Speaking Courses. Enrolling in public speaking courses can also help you strengthen your speaking. One effective way to enhance your pronunciation is to communicate with other people. In public speaking courses, you will exchange ideas with different people and this focus on the development of the new language you are learning. [2] A study conducted by the *International Journal of Business and Social Science* found that participants in public speaking workshops significantly improved their speaking confidence and effectiveness. Utilize Visualization Techniques. Visual learning can be beneficial for developing speaking. Because a person remembers what he sees well and can use it when needed. Some professionals also work on themselves using mental images, and this is also useful in speaking. [3] According to a study published in the *Journal of Sports Psychology*, mental rehearsal helps individuals perform better by increasing confidence and reducing anxiety. Join a Debate Club. Participating in debate clubs encourages you to speak and think quickly. Debate questions require precision and prompt responses against evidence. [4] According to a study by the *Journal of Educational Psychology*, students involved in debate display improved analytical and speaking skills. Incorporate Storytelling Stories help engage people and convey ideas in a memorable and clear way. Using the story method enhances thinking to a high degree. [5] In his book *Made to Stick*, Chip Heath emphasizes that stories make communication more memorable and impactful. Analyze and Imitate Great Speakers. Observing and analyzing the powerful and influential speech of the speakers will affect the speech. There is a lot to gain from watching TED Talks or other shows that have a strong audience. You can make speech more beautiful by learning the tone of voice and different movements. [6] A study by the *Academy of Management Learning & Education* emphasizes that learning from models and mentors leads to better practical skills. Focus on Breathing and Relaxation Techniques. Correct breathing

technique is also necessary for speech, because a person can calm down and concentrate his thoughts. Timely rest ensures that the mind works quickly and the speech is flawless. [7] According to the Journal of Anxiety, Stress & Coping, these techniques reduce anxiety levels and improve overall performance. Record Yourself. [8] In a piece featured in "Forbes," communication expert Celeste Headlee advocates for recording oneself while practicing speeches. The method of recording one's own voice is very useful. In this, people listen to themselves, analyzes their mistakes, develops their speech and continues to work on themselves. When listening to a recorded speech, they can evaluate themselves and find their shortcomings. Stay Patient and Positive. The journey to improved speaking skills requires time and persistence. [9] A report by the "Harvard Business Review" emphasizes the significance of maintaining a positive mindset when learning new skills. Celebrating small wins increases motivation and motivates you to achieve bigger ones, making the process of improvement enjoyable.

Conclusion

The practice of improving speech skills includes various practices that require observation and mental preparation. Reading aloud, interacting with people, observing people, and using the above methods will certainly develop speaking skills. The most important thing is to constantly use these methods and approach them carefully. Only then can a person develop the ability to speak to the desired level. As an essential tool in today's world, honing speaking skills can open new avenues and enhance personal and professional relationships.

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