

**МИНИСТЕРСТВО НАУКИ И ВЫСШЕГО ОБРАЗОВАНИЯ
РОССИЙСКОЙ ФЕДЕРАЦИИ**

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**РУКОВОДСТВО ПО СОВЕРШЕНСТВОВАНИЮ
ОБУЧЕНИЯ ЗА СЧЕТ ЭФФЕКТИВНОГО
РАЗВИТИЯ СЛОВАРНЫХ НАВЫКОВ**

Практикум

Рекомендовано методической комиссией
Института филологии и журналистики для студентов ННГУ, обучающихся по
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E.V. Kulikova

**GUIDE ON ENHANCING LEARNING THROUGH
EFFECTIVE VOCABULARY SKILLS BUILDING**

Practice manual

Recommended by the Methodological Commission
of the Institute of Philology and Journalism for UNN students majoring in
04.03.01 “Chemistry” and 04.04.01 “Chemistry” and 04.05.01 “Fundamental and
Applied Chemistry”

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В настоящем практикуме представлен комплекс действий, способствующий развитию словарных навыков, расширению словарного запаса и формированию терминологического аппарата на иностранном языке в пределах профессиональной сферы. Приведены составляющие индивидуального электронного словаря, марафона по увеличению словарного запаса, электронные источники для поиска лексики с учетом разных типов восприятия информации, даны лексикографические ресурсы для работы над словами.

Практикум предназначен для студентов второго и третьего курсов очной формы обучения и студентов второго курса очно-заочной формы обучения, обучающихся по направлению подготовки 04.03.01 «Химия» и 04.04.01 «Химия» и специальности 04.05.01 «Фундаментальная и прикладная химия».

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INTRODUCTION. HOW TO ORGANIZE YOUR LEARNING

This a Quick Guide. You don't need to spend hours studying it. It is filled with ideas and helpful suggestions for making the most of your study time.

If you are to learn effectively, you must overcome procrastination and disorganization. There are four main factors that you need to consider when creating your study plan:

- ✓ what to study
- ✓ where to study
- ✓ when to study
- ✓ how to study

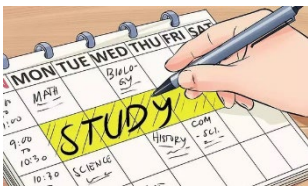
When you put these four factors together, you can create a specific plan that will allow you to accomplish more—in less time.



There is no universal “best” learning method, but generally we learn well when we set our own achievable goals; make active choices about what we do and don't want to learn; and think about what we have just learnt and relate it to our knowledge. The important thing to remember is that you want to maximize your time. You will make the best use of your time if you study the material that you know the least, but that you most need to know.



Moreover, you need to find a comfortable, secure place that is free from distractions. Be sure to pick a place that is relatively quiet and which provides enough workspace for your needs. Your study place should be comfortable and conducive to work. While your bed might be comfortable, studying in bed is probably more conducive to sleep than concentrated learning.



Your first step in finding time to study is to map out your day-to-day schedule – in detail. When you look at your schedule closely, you will probably find you have more time than you thought. However, if you still don't have the time you need, you should rethink your routine. Also consider body rhythm when you make your schedule. No matter your style, avoid extremes. Neither very long study sessions nor very short (except for quick reviews) sessions are an efficient use of time. Whether you are a morning person or a night owl, plan to study when you are most energetic and alert. Make sure your schedule allows for adequate rest and study breaks. Skipping sleep is not a good way to find time in your schedule.



Learning is not the same for everyone. People absorb information in different ways. Understanding how you learn

will help you develop the most effective study plan for your learning style. Experts have identified three main types of learners: visual, auditory, and kinesthetic. Most people use a combination of all three learning styles, but one style might be more dominant.

Here are some questions that will help you identify your dominant learning style:

1. If you have to remember an unusual word, you most likely
 - a. picture the word in your mind.
 - b. repeat the word aloud several times.
 - c. trace out the letters with your finger.
2. When you meet new people, you remember them mostly by
 - a. their actions and mannerisms.
 - b. their names (faces are hard to remember).
 - c. their faces (names are hard to remember).
3. In class you like to
 - a. take notes, even if you don't reread them.
 - b. listen intently to every word.
 - c. sit up close and watch the instructor.

A visual learner would answer **a**, **c**, and **c**. An auditory learner would answer **b**, **b**, and **b**. A kinesthetic learner would answer **c**, **a**, and **a**.

Visual learners learn best by seeing information (graphs, maps, and pictures), auditory learners learn best by hearing (speeches, lectures, recordings) and kinesthetic learners learn by doing (or touching, or manipulating materials). Using study methods that suit your learning style will help you to *really* learn the material you need to know.

I. HOW TO EXPAND YOUR VOCABULARY — 4 STEPS

Why expand your knowledge and use of words? The more words you know, the more you will be able to understand what you hear and read; and the better you will be able to say what you want to when speaking or writing.

The good news is that there are many effective ways to learn English vocabulary. Moreover, learning new words is a fun activity.

There are **4 steps** towards learning new vocabulary. These 4 steps will help you not waste your time. Let's get started with the first step.

STEP 1

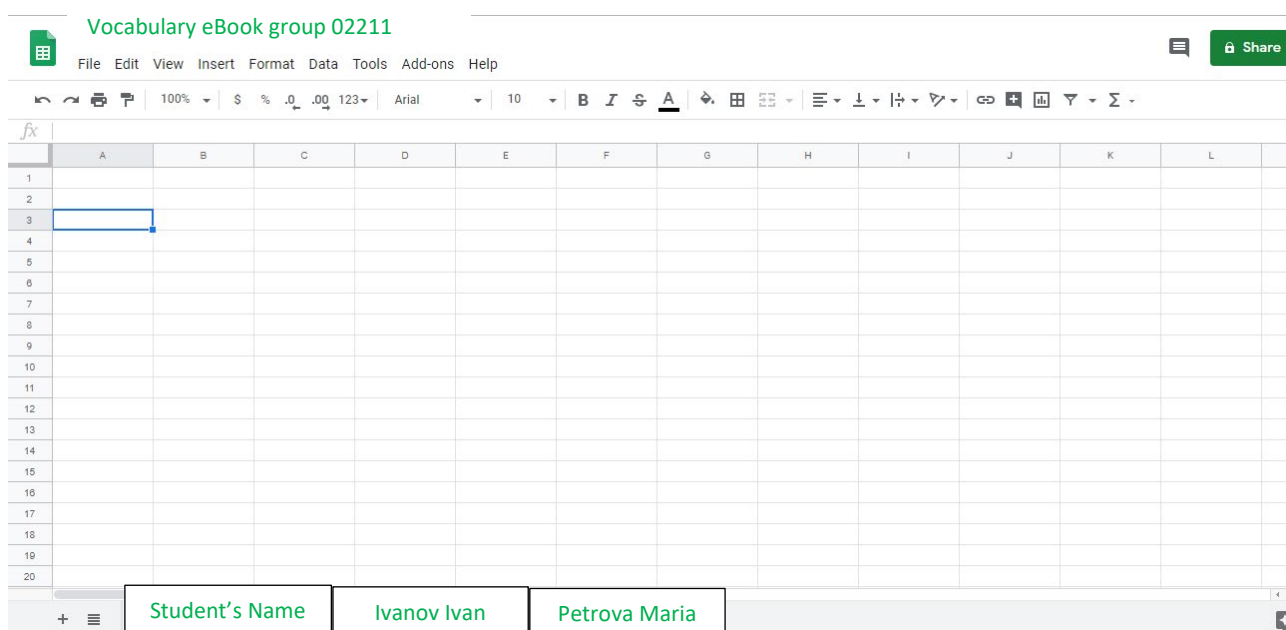
1. ACQUIRE

The first important step of acquiring new words is to create a *Vocabulary eBook* that you will use for working on new vocabulary. By keeping a personalized list of learned words, you'll have a handy reference you can use to review these words later.

a. How to organize a vocabulary ebook

By trial and error, we found that the most user-friendly Vocabulary eBook can be created using Google Sheets which is a free, web-based spreadsheet application that is provided by Google within the Google Drive service. Users need a free Google account to get started.

With Google Sheets, an academic group of students chooses a groupmate (usually the monitor of the group) who creates a Google spreadsheet for the whole group with worksheets for each person in the group:



There is no one correct way how to work on words in a Vocabulary eBook. Open your mind to new ways of learning words. Here some possibilities and examples. You can choose:

1) Word Topics (words related in meaning/semantically)

e.g., Words describing relationships: stepmother, father-in-law, half-sister, orphan, etc.

Words describing people: elderly, broad-shouldered, thoughtful, etc.

Words describing feelings: taste, touch, smell, etc.

2) Word Families (words based on the same root)

e.g., to employ, employer, employee, unemployed, etc.

3) Collocations/Common Word Partners (a collocation is a combination of words in a language that happens very often and more frequently than would happen by chance)

e.g., heavy rain, heavy traffic, a heavy dinner, a heavy smoker, a heavy fine, etc.

e.g., to pay (in) cash, to pay by credit card, to pay the bill, to pay a fine, etc.:

COLLOCATIONS – Meaning 1: to give someone money for something you buy or for a service

PHRASES

pay £10/\$50 etc
I only paid ten pounds for it.

pay (in) cash
You have to pay in cash for the tickets.

pay by cheque
I filled up with petrol and then paid by cheque.

pay by credit card
The hotel does not charge more if you pay by credit card.

pay in dollars/euros etc
American exporters want to be paid in dollars.

ADVERBS

pay handsomely (=pay a lot of money)
Customers are willing to pay handsomely for anti-ageing cosmetic products.

<https://www.ldoceonline.com/dictionary/pay>

You can use free online dictionaries to find collocations, e.g., <https://www.freecollocation.com/> (a bunch of resources is given in STEP 2)

4) Tables for Word Classes/Parts of Speech

VERB	NOUN	ADJECTIVE	ADVERB
create	creator, creation, creature, creativity	creative	creatively

parts of speech—a quick review:

noun names a person, place, thing, *cloud, Helen, car*, or concept, *happiness, valor*.

verb shows an action, *go, jump*, or state of being *understand*.

adjective describes, quantify, or identify nouns and pronouns, *white, long, ancient, enormous*.

adverb describes verbs, adjectives, and other adverbs *slowly, clumsily, never*; it tells where, when, how and to what extent, *here, soon, simply, very*.

5) Synonyms and Antonyms/Opposites

e.g., beautiful = attractive, good-looking;

6) Antonyms/Opposites

e.g., beautiful ≠ ugly, unattractive

7) Definitions (if you need you can translate the word from English into Russian).

Keep in mind that you should provide a link to an online dictionary where a definition comes from:

e.g., a fiancé (жених) is *the man who a woman is going to marry* (<https://www.ldoceonline.com/dictionary/fiance>)

8) Examples

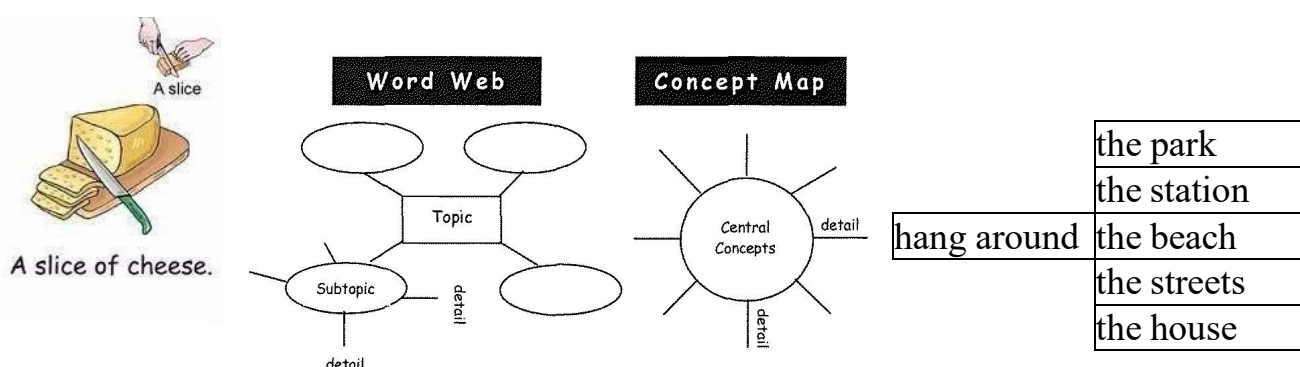
It is really important to make your own sentence using the word: e.g., she told me that her fiancé had been killed in the war.

9) Grammar Associations (groups of words connected grammatically)

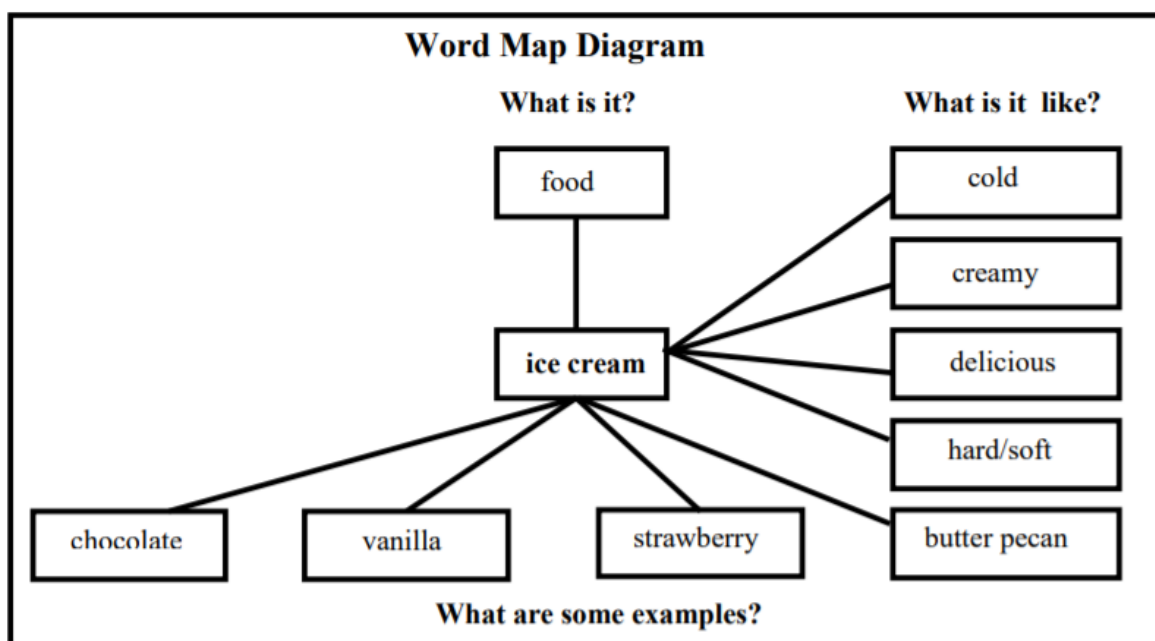
e.g., tooth, foot, goose (plural: teeth, feet, geese)

e.g., cut, let, put, shut (irregular verbs with the same form: cut-cut-cut)

10) Pictures and Diagrams (word forks, word webs, concept maps)



The word map technique is useful for helping learners develop a general concept of *definition*. It focuses on three questions, “*What is it?*,” “*What is it like?*,” and “*What are some examples?*” to make students aware of the types of information that make up a “definition” and how that information is organized:



Word Map (Schwartz & Raphael, 1985; example from Holder, 1997)

11) Phrasal Verbs and Verb-Based Expressions

e.g., take off a jacket; put on a dress; look up a new word, etc.

e.g., make a mistake, do an exercise, etc.

12) Fixed Expressions (idioms and proverbs)

e.g., to keep an eye on smb/smth (=to look after someone or something and make sure that they are safe);

e.g., once in a blue moon (=very rarely).

13) Words from Other Languages

e.g., Kindergarten (German)

e.g., Fiancé (French)

e.g., Piano (Italian)

e.g., Cruise (Dutch)

e.g., Phenomenon (Greek)

e.g., Samovar (Russian)

14) Spelling and Pronunciation Difficulties

e.g., chemistry, headache; stomach (unusual letter combination);

e.g., who, write, wrong (silent letters);

e.g., two, to, too (homophones).

15) Associations

Mnemonics is a great solution. Create vivid associations and mental images. This will allow you to remember even words that are difficult to pronounce.


Students are required to work with a word in many different ways, present an in-depth analysis of a word and its usage. You are recommended to give definitions, examples, collocations, synonyms, antonyms, pictures, etc. Here is a *typical* (it does not mean the best) example:



A	B	C	D	E	F	G	H	I	J
WORD	TRANSLATION	DEFINITION	SYNONYM	ANTONYM	NOUN	ADJECTIVE	VERB	SENTENCE	COLLOCATIONS
access	доступ	the right or opportunity to use or see something	admission	exit	access	accessible	to access	I don't have access to that kind of information.	to get an access to
appreciate	ценить	to understand how good something or someone is and be able to enjoy them	value	disrespect	appreciation	appreciative	to appreciate	There's no point buying him expensive wines - he doesn't appreciate them.	-

Each student in a group is to work on their own Vocabulary eBook worksheet, adding and learning three new words every week. Only learn words and expressions that you are actually going to use!



!!! These words are to be of *at least* **B1** level (**B2** level words are more preferable):

appreciate *verb*

 **B1**

 /ə'pri:ʃiərt/
 /ə'pri:ʃiərt/

+ Verb Forms

1   **B1** [transitive]
(not used in the progressive tenses)
appreciate somebody/something to recognize the good qualities of somebody/something

<https://www.oxfordlearnersdictionaries.com/definition/english/appreciate?q=appreciate>

Students are expected to select words that are **NOT** included in the English language course at Lobachevsky State University of Nizhny Novgorod.

Using the link created by an academic group, the teacher can check Vocabulary eBooks at any time (usually once in three weeks with a follow-up oral quiz).

b. Resources for finding new vocabulary

Do you wonder where you can find the words you need? Follow your interests. Learning should be as fun and useful as possible. Expose yourself to the language as much and as often as possible. Variety is key.

✓ You can start with the high-frequency word lists (you can find them online, e.g., <https://www.oxfordlearnersdictionaries.com/wordlists/oxford3000-5000>) but it is not advisable.!!! You had better learn new words by finding meanings of words in meaningful contexts, e.g., when you read books or news, you see **words being used in context** — and that's what makes it much more effective than, for example, merely memorizing word lists.

- ✓ You can label everything you own with post-its. If you learn just one new word every day, you will soon notice they add up pretty quickly.
- ✓ Many websites provide free word-of-the-day services. Here are some to try:
 - <https://www.merriam-webster.com/word-of-the-day> – this website delivers very useful words. It's also the most feature-rich: it provides audio explanation, pronunciation, and word history.
 - <https://www.dictionary.com/e/word-of-the-day/>
- ✓ Scientists believe that we can more easily memorize information which has an emotional load. So, it is a good idea to learn words through word games:
 - <https://www.merriam-webster.com/word-games>
 - <https://freerice.com/categories/english-vocabulary>
 - <https://games.aarp.org/games/scramble-words>
- ✓ It is also advisable to learn words through reading (books, magazines, journals, blog posts, news websites). There are tons of great, affordable reading resources available to you. Here is a wealth of free literature on sites such as:
 - <http://www.gutenberg.org/>
 - <https://learnenglishteens.britishcouncil.org/study-break/graded-reading> – you can read stories and articles for your level of English. English graded readers are books that have been adapted specifically for language learners at different levels from beginner to advanced.
 - <https://www.newsinlevels.com/> – as the name suggests, this American English website presents news articles in 3 difficulty levels. Each article includes a short text of just several paragraphs, usually followed by a video clip with an audio recording. Any difficult vocabulary is highlighted in the text and is explained below the article. New articles are regularly added to the website, and there is a useful videos section (also by level) – <https://www.videosinlevels.com/>.
 - <https://www.ewnewsdispatch.com/> – just like newsinlevels.com, this American ESL news website has 3 versions of each article. Advanced level contains the original article, while Intermediate and Elementary provide easier versions. There is an audio recording for each news item and the speaker reads slower at lower levels. One great feature of this website is that if you put your mouse over any highlighted vocabulary, you can instantly see an explanation. Vocabulary is also listed below each post and explained in more detail.
 - <https://www.thetimesinplainenglish.com/> – this website takes original news articles from The New York Times, cuts them down in size and makes them simpler. Your reading level should be Intermediate+ to use this site. There are no video clips, audio

recordings, vocabulary lists or explanations. However, the menu on the left does allow you to search for interesting articles by topic.

<https://www.nme.com/music> – an English music magazine website that writes about new and existing bands. It offers an interesting way of finding out more about your favourite artists. You can also discover new songs and improve your English by reading articles each week.

<https://www.theguardian.com/> and <https://www.independent.co.uk/> – broadsheet newspapers ‘The Guardian’ and ‘The Independent’ are not suitable for lower-level learners because they use more complex vocabulary and structure. They are considered to be more intellectual in terms of style and content.

<https://www.mirror.co.uk/> – tabloids like ‘The Mirror’ usually have shorter articles and are written to entertain as well as to inform.

<https://www.economist.com/> – a weekly international news and business publication, offering clear reporting, commentary and analysis on world current affairs, business, finance, science and technology, culture, society, media and the arts.

<https://www.bbc.com/news> and <https://www.buzzfeednews.com/> are online news websites.

✓ You can find new words while watching films, series, shows, YouTube videos or websites with video content:

<https://www.youtube.com/c/bbclearningenglish/videos> – free video resources for English language learners.

<https://www.engvid.com/topic/vocabulary/> is one of the best video lesson services online. It has ten different teachers who take turns sharing videos on a wide variety of topics.

<https://ed.ted.com> – an award-winning education platform that serves millions of teachers and students around the world (hundreds of animated lessons on various topics)

<https://www.ted.com/> – a massive collection of quite short videos which shows people on stage at conferences around the world, talking about any subject they care about (technology, personal growth, finances, career development, language learning, life inspiration etc.) – as long as they are experts in their fields, and the topics are interesting and engaging.

Some news channels also offer live streaming via their YouTube accounts, e.g.: <https://www.youtube.com/channel/UCoMdkTPbSTixAyNGwb-UYkQ> – there are a lot of news video clips to choose from, but they are not adapted. Newsreaders

often speed quickly, so it is a good idea to watch the news with English subtitles. Newsreaders often speed quickly so transcripts are helpful.

There are also some websites that have special news clips and resources to help learners like you:

<https://learningenglish.voanews.com/z/3620> – a special section of Voice of America website that is dedicated to news clips. These are very short and clear. The videos give information about the latest events in the world and provide vocabulary with explanations. This website is definitely worth a look if you are learning American English.

<https://www.bbc.co.uk/learningenglish/english/features/lingohack> – one of the BBC's many programmes for learning British English through the news. It has short video clips with interesting current affairs stories. Under each clip you will find a transcript with highlighted vocabulary and explanations below. There are also PDFs and audio files that you can download free.

✓ If you are an auditory learner, you learn by hearing and listening:

<https://www.stitcher.com/> – you can listen to English podcasts here.

<https://www.thisamericanlife.org/> – a weekly public radio program and podcast. Weekly episodes share enriching stories about the week's theme.

If you like a song, then do not be lazy: look up the words you do not understand. You will always associate these words with a song you like, which means they will leave an emotional trace in your memory:

<https://lyricstraining.com/> – an interactive, fun way to study English through music. Using lyric videos, it asks you to fill in words from a song based on what you hear. There are hundreds of songs on the website, so you can choose your favorites to help you learn.

<https://www.lyricsgaps.com/> offers similar gap-fill exercises with music videos. This website also includes a 'Karaoke' and 'Quiz' mode for many popular English songs.

It is a good idea to build up your own music collection so that you can use this to improve your English. Your personal library might include your old MP3s, lyrics printed from the internet, music apps on your phone or websites you have bookmarked. Remember to take some familiar songs, but also some new tracks each week in order to look at different vocabulary and styles.

Pay attention to interesting or importantly high frequency words that you see a lot but you do not understand.

✓ If you like to meet up with other people, look for English meetup groups on <https://www.meetup.com/>.

2. UNDERSTAND

Make Friends with dictionaries. As you find a new word, try to work out its meaning from the sentence as well as from looking up the definition in a dictionary. By deeply understanding words, you can make your vocabulary grow exponentially.

A high-quality online dictionary is a hundred times better than Google translate! When you uncover a new word, do not forget to get its pronunciation. Next, go to the thesaurus and find similar words and phrases – and their opposites (synonyms and antonyms). Here are some dictionaries and thesauri which are available for free:

✓ www.oxfordlearnersdictionaries.com – one of the largest and most trusted free online dictionaries. It is created especially for learners of English, with quite clear and simple definitions, synonyms, real voice audio (British and American English pronunciations) and example sentences showing language in use. You can also expand images to view related vocabulary.

✓ <https://dictionary.cambridge.org/> – another highly respected online dictionary for official and academic purposes. It boasts three outstanding features which are dictionary, grammar, and translator. You can check your understanding of English words with definitions in English + Translation in Russian. Other features include audio pronunciations, phrasal verbs, Thesaurus and idioms among others.

✓ www.ldoceonline.com – a top-quality dictionary with the richest, most helpful content. It provides audio pronunciation, clear and comprehensive definitions, synonyms and antonyms, example sentences, collocation boxes (they show combination of words that are often used together, such as strong interest, highly successful, and take a test) and a wealth of other useful information.

✓ www.macmillandictionary.com – one of the best dictionaries for English speaking users from all over the world. It is fully integrated with Thesaurus, and it provides synonyms and a ton of related other terms. It comes with stars and colors to display how frequently words are used in English.

✓ <https://www.collinsdictionary.com/> – a big website that you might want to explore if you are looking for one of the more serious online dictionaries. It features definitions, audio and video pronunciations, examples with audio, a thesaurus and others. There are also informative and comprehensive subject word lists which provide a wealth of material connected with many entry words e.g., terms used in chemistry:

<https://www.collinsdictionary.com/word-lists/chemistry-terms-used-in-chemistry>

- ✓ <https://www.freecollocation.com/> – a completely new type of dictionary with word collocations that helps students effectively study, write and speak natural-sounding English.
- ✓ <http://www.just-the-word.com/> – a resource which shows a whole bunch of various collocations with any word.
- ✓ <https://skell.sketchengine.eu/> is a simple tool which helps to easily check whether or how a particular word or phrase is used by real speakers of English. It provides authentic examples, shows the most frequent collocates for the specified word. It also contains visualization of similar (not necessarily just synonymous) words in a word cloud.
- ✓ <https://www.merriam-webster.com/> – a popular and reliable American English dictionary with some citations of British English vocabulary and usage.
- ✓ <https://www.wordhippo.com/> – an all-in-one reference tool, it does the following: defines a word, provides a meaning, provides a word that is opposite, pronounces a word, provides rhyming words, places the word in many different contexts, and translates the word
- ✓ <https://www.dictionary.com/> – a dictionary which reflects the realities of our rapidly changing world. From Word of the Day to the stories behind today's slang, it unlocks the secrets of the English language for millions of people.
- ✓ <https://www.thesaurus.com/> – online thesaurus brought to you by Dictionary.com. It is an incredible source of synonyms and antonyms.
- ✓ <https://www.definitions.net/> – a free multilingual dictionary that provides instant definitions from many respected reference resources. The definitions come with usage examples, part of speech, etymologies, phonetic and voice pronunciations, citations and translations to more than 40 different languages.
- ✓ <https://www.urbandictionary.com/> – an online platform where you can find definitions, pronunciation, and synonyms for urban words or slang. Although it does not come handy for scholars and academicians, it can help you decipher slangs or urban words you come across around the web.
- ✓ <https://idioms.thefreedictionary.com/> – one of the largest collections of English idioms, slang terms, phrasal verbs, proverbs, clichés, regionalisms, colloquialisms, expressions, sayings, and abbreviations. Along with the idiom definitions, you will find thousands of example sentences illustrating how the idioms are used by native speakers in everyday speech.
- ✓ <https://wordnik.com/> – this source has the look and feel of a traditional dictionary with a twist. Along with the definition, you can see images related to the word, hear related sounds, and even see tweets with the target word highlighted. The ‘related

words' feature is particularly helpful. It also features a "Word of the Day," "Random Words," and pronunciations of words.

✓ <https://www.lexipedia.com/> – a visual thesaurus which is simple to use. Just type in any word and Lexipedia instantly displays the target word along with other words. It also color-codes the words by both parts of speech and relationships. As you hover over a word, a complete definition is displayed.

✓ <https://www.snappywords.com/> – similar to Lexipedia, Snappy Words is another visual thesaurus.

✓ <https://www.abbreviations.com/> – the world's largest and most comprehensive directory and search engine for acronyms, abbreviations and initialisms on the Internet. It holds hundreds of thousands of entries organized by a large variety of categories from computing and the Web to governmental, medicine, chemistry (<https://www.abbreviations.com/acronyms/CHEMISTRY>) and business.

✓ <https://www.chemicool.com/dictionary.html> – this Chemistry website can be either browsed or searched by keyword. Its Chemistry Dictionary provides online definitions of chemicals and chemistry terms. Its Periodic Table provides information about chemical states, energies, oxidation and electrons, appearance and characteristics, reactions, conductivity, and abundance. This source has been updating pages with images, YouTube chemistry clips and a lot more information.

✓ <https://scienceworld.wolfram.com/chemistry/> – this website contains definitions about chemical reactions, experimental chemistry, geology, organic and inorganic chemistry, mineralogy, petrology, and quantum chemistry.

✓ <https://visuwords.com/> – an interactive dictionary and thesaurus which creates word maps to find word meanings and associations with other words and concepts.

✓ <https://forvo.com/> – a pronunciation dictionary. You can listen to how various native speakers from different countries pronounce the same word including proper names.

✓ <https://inogolo.com/> – easy-to-use website devoted to the English pronunciation of the names of people, places, brands etc.

✓ <https://youglish.com/> – one of the best tools to learn word pronunciation, for many languages, by hearing it spoken clearly in videos on YouTube. You can activate subtitles. This can help with spelling as well as recognition of how the word fits into a sentence structure. Do not forget to pronounce words aloud when learning them, making movements with the tongue and lips.

You should pick the dictionaries and tools that appeal to you and your learning style most of all. Be organized about researching and recording your new words and phrases in your Vocabulary eBook, so they can be revised on a regular basis.

STEP 3**3. USE**

Use it or lose it. It means you should use new vocabulary as much as you can. Do not settle after you learn a new word by reading it or looking it up in the dictionary: this is a good start, but only by using the new words you truly commit them to your long-term memory.

Be creative and try to use your newly learned words, phrases and collocations in as many ways as possible:

- ✓ write them down (e.g., you could use post-it notes for this purpose)
- ✓ do flashcards on your smartphone or computer (you can use <https://quizlet.com/ru> which is a free website providing learning tools for students, including flashcards, study and game modes)
- ✓ say them aloud (use some of the resources mentioned above to imitate their pronunciation, e.g., <https://youglish.com/>)
- ✓ create sentences/stories with them, mentally / in writing / in Vocabulary eBook, and then repeat them several times (repetition of a word, within a context that communicates its meaning, is a powerful strategy for enhancing vocabulary)
- ✓ try to use them in a conversation and emails
- ✓ discuss them with friends

It is also important to be aware of your own language style: every time you catch yourself saying common or nonspecific words such as “nice,” try coming up with richer and more precise expressions instead.

! Make sure you are using your new vocabulary *accurately* (use the sources mentioned above for verification).

All this will help you to remember the words you have learned. As a result, your will expand your vocabulary pretty soon. Otherwise, the time you have spent on learning them will be wasted.

STEP 4**4. REVIEW**

It is not enough just to have a Vocabulary eBook. Revision is the key to mastery, especially when it comes to building vocabulary. It takes commitment and enthusiasm. The more you review the words in your Vocab. eBook, the sooner you will learn their meanings, and the more comfortable you will be actually using them – which is the key to making them part of your permanent vocabulary.

So how many times do you have to repeat a word so that it moves from short-term memory into long-term memory? If you skip even one day of reviewing your studies, you will not be able to bring back the forgotten words.

We suggest that you use the following schedule for reviewing the words you study:

- 10–15 minutes after learning new words;
- 50–60 minutes later;
- The next day;
- Two days later;
- Three days later.

After this, most of the information will be saved for the rest of your life.

As an alternative, you can at least review your Vocab. eBook last thing at night and first thing in the morning. You do not need a lot of time: regularity is key.

You can also use different colors (or any other system) to indicate the words that you know very well, quite well, not so well.

To make vocabulary improvement a permanent habit in your everyday life, you should make it as habitual, automatic, and tightly integrated into your daily workflow as possible – otherwise, you will not work on your vocabulary when your days get too busy. It usually takes around a month to form a habit, so do not give up!

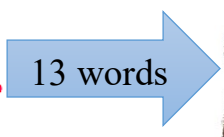
II. STAGES OF CONTROL

The teacher can check Vocabulary eBooks at any time. It is usually done once in a while with a follow-up oral quiz in class. It could be a total quiz, that is, all students in an academic group, or selective one, which only a few random students in an academic group are interviewed. After three weeks of working on an individual



the whole group

the teacher



vocabulary and learning nine new words students are asked to use cooperative learning and work in micro-groups of 4 people. At first, in micro-groups, students look through the Vocabulary eBook of each participant. They choose from the micro-group only six most universally useful words not lower than level B2.

Then, the students work as a whole academic group of about 12 people (= 3 micro-groups). They discuss the words selected by the micro-groups (6 words * 3 micro-groups = 18 words). In the end, they choose only 13 lexical units out of 18 ones.

After that, the students send these 13 words with their translation and definitions in English to the teacher via e-mail for further comments and control. Platform Vznaniya (<https://vznaniya.ru/>) is used to work on these 13 words.

In class the teacher gives a test consisting of two tasks. In the first task, it is necessary to write the appropriate words to the definitions given by the teacher. In the second task it is required to make up several sentences with the words from the first task.

At the end of each semester the teacher thoroughly checks the Vocabulary eBook of each student in the academic group and tests students orally.

III. VOCABULARY BOOSTER MARATHON

Vocabulary Booster Marathon takes 4 weeks in the middle of the English language course. Each week students get 5 words. Vocabulary cards with pictures, definitions and examples are posted every morning from Monday to Friday on the university portal (<https://portal.unn.ru>).

Students are expected to make sure that once a word card comes out, they read its definition, pronounce it out loud (it is crucial since we have to activate our oral muscles), read through all three examples, watch about 10 examples on <https://youglish.com/>, make up their own sentences and post them on the university portal under vocabulary cards for further teacher's and peer-to-peer commenting.

Students are also given some tasks which are designed to give them the opportunity to think about the meaning and use of the vocabulary, as well as the relationship between the target words and other words. These activities allow students to recognize new vocabulary items in real context. At the end of the week the teacher allocates time for revision activities, which are mostly created with the help of wordwall.net, LearningApps.org or any other useful tools.

The words for the first week and some tasks are given below to make you understand the process. Other words will be given later during the marathon.

Monday



CHIP IN
to give some money, esp. when several people are giving money to pay for something together



Examples:

1. We all **chipped in** to buy Amy a graduation present.
2. They **chip in** for the petrol and food.
3. The three of us **chipped in** and bought the boat for Dad.

[https://youglish.com/pronounce/chip in/english](https://youglish.com/pronounce/chip%20in/english)

Tuesday

FAR - FETCHED

unlikely and unconvincing; improbable;
being only remotely connected



Examples:

1. He brought in a **far-fetched** example in an effort to prove his point.
2. The storyline was too **far-fetched** and none of the actors was particularly good.
3. Her story about being chased away from school by wolves seems pretty **far-fetched**.

<https://youglish.com/pronounce/far-fetched/english>

Wednesday

BIG TIME

to a great degree



Examples:

1. "How was the interview?" "Terrible, I messed up **big time**."
2. Thank you! I owe you **big time** now!
3. America lost **big-time**.

<https://youglish.com/pronounce/big time/english>

! you do NOT need any articles with this phrase!

Thursday

OUTLET FOR STH

A WAY IN WHICH EMOTION OR ENERGY CAN BE EXPRESSED OR MADE USE OF



Examples:

1. Her work provided no **outlet for** her energies and talents.
2. Writing poetry was his only form of emotional **outlet**.
3. Drawing classes provided an **outlet for** her creativity.

[https://youglish.com/pronounce/outlet for/english](https://youglish.com/pronounce/outlet%20for/english)



'outlet' is used with FOR ⚠️

Friday

INNOCUOUS

not harmful or not likely to cause injury

innocuous sounds like innocent.

Innocuous bacteria	Virulent bacteria
	

Examples:

1. When compared to football, tennis seems like a very **innocuous** sport.
2. TPoisonous as well as **innocuous** snakes are represented in this category.
3. Because the virus was **innocuous**, the hospital staff had no need to worry about the leak.

<https://youglish.com/pronounce/innocuous/english>

There is 'Revision Time' at the end of the week, follow the link:

<https://wordwall.net/resource/33192899>

👉 THESE are your questions to answer this week (choose at least 2 questions to answer, film yourselves and send your video to the chat on the university portal):

- ? 1. Was there ever a time when you screwed up big time at our university but nobody noticed so you got away with it?
- ? 2. Do you and your classmates / friends chip in for birthday presents for each other? What are the gifts you usually receive from them?
- ? 3. What kind of innocuous animals or insects still send shivers down your spine?
- ? 4. What activities do you believe are the best outlet for all the negative emotions?
- ? 5. What do you think of the idea of designing a perfect AI? Is it too far-fetched or is it quite plausible?

Students can also be given a guess the word activity or a creative task, for instance, making up a short story using the words studied during the week / marathon and send it via the university portal to the teacher and their academic group.

Just want to remind some of you that your result depends on how active you are in the marathon!

CONCLUSION

Learning a language is work, but it does not have to be overwhelming. By using the tips and steps from this guide, you should be well on your way to discovering and learning new methods and building skills to expand your vocabulary and strengthen your use of the English language. Follow these main ideas, and you will find that learning English is fascinating and enjoyable:

- ✓ open your mind to new ways of learning English
- ✓ relax, do not stress
- ✓ study interesting information
- ✓ take English in “bite-sized chunks”
- ✓ fit English into your daily life and practice it consistently

Finally, stay motivated, take responsibility for your own progress, set yourselves tangible and realistic targets, and have confidence in your ability to succeed.

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**РУКОВОДСТВО ПО СОВЕРШЕНСТВОВАНИЮ ОБУЧЕНИЯ ЗА СЧЕТ
ЭФФЕКТИВНОГО РАЗВИТИЯ СЛОВАРНЫХ НАВЫКОВ**

Практикум

Федеральное государственное автономное образовательное учреждение
высшего образования «Национальный исследовательский Нижегородский
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**GUIDE ON ENHANCING LEARNING THROUGH EFFECTIVE
VOCABULARY SKILLS BUILDING**

Practice manual

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