Improve English

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The most effective way to improve your English is to get used to it by being exposed to a lot of English. Simply memorizing grammar and vocabulary often does not allow you to speak smoothly in situations where you actually need to use English. In order to acquire practical English skills, it is important to incorporate English as a part of your life, not just as an academic subject. Let's consider this point from four perspectives: listening, reading, speaking, and writing.

First, listening to English is the basis for improvement. Just as we learned words in our native language, Japanese, by listening to it as children, we naturally learn English through listening. By getting used to the sounds of English, the pronunciation, rhythm, and intonation will permeate your body. Even if you don't understand the content at first, it is important to continue to actively listen to podcasts, movies, dramas, etc. By repeatedly listening, you will gradually be able to hear words and phrases and understand everyday conversations.

Secondly, reading is a way to train your vocabulary and reading comprehension. By reading English articles, books, and websites, you can learn new words and expressions. By continuing to read, you will naturally absorb grammatical knowledge. It's a good idea to start with simple things like picture books and short articles for children. If the content is interesting, you will be more motivated to learn. Reading also helps you develop your ability to understand the structure of English sentences, which has a positive effect on your listening and writing skills.

Third, Speaking English is also an important step. By actually speaking out loud, you can check your pronunciation and phrasing. If you have few opportunities to speak English, it is a good idea to use online English conversation or language exchange apps. In addition, practicing talking to yourself and shadowing is also effective. Shadowing is a practice method in which you listen to a native speaker and repeat the same content with a slight delay. This method not only improves your pronunciation and intonation, but also trains you to speak at a natural speed.

Finally, writing trains your ability to organize and express your thoughts in English. By writing a diary in English and posting in English on SNS, you can develop the habit of outputting English on a daily basis. Simple sentences are fine at first, but aim to gradually enrich your expressions. Continuing to write will solidify your knowledge of grammar and vocabulary, which will also help you speak.

In order to make exposure to English a habit, it is important to be consistent. By making time to be exposed to English even a little each day, you will be able to feel your proficiency improving little by little. Learning English does not produce results in the short term, but requires long-term effort. However, if you continue, you will definitely see results, and eventually you will be able to use English with confidence.

In conclusion, improving your English requires not only theoretical study, but also practical experience of actually listening to, speaking, reading and writing English. By incorporating these into your daily life, you will naturally acquire English. The key to success is to increase the amount of time you spend exposed to English and continue to have fun while doing so.

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