DEVELOPMENT OF TASK MANAGEMENT SKILLS AND MEMORY IMPROVEMENT IN LEARNING ENGLISH

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Abstract: This article examines the role of task management skills and memory processes in learning English. The study focuses on psychological aspects of learning and practical strategies for improving memorization. In addition, a small-scale research based on student experience is included. The results demonstrate that structured learning, motivation, and the use of memory techniques significantly improve learning outcomes [1].

Key words: task management, memory, English learning, cognitive processes, motivation

VAZIFALARNI BOSHQARISH KO'NIKMALARINI RIVOJLANTIRISH VA INGLIZ TILINI O'RGANISHDA XOTIRANI YAXSHILASH

Annotatsiya: Ushbu maqolada ingliz tilini o'rganishda vazifalarni boshqarish ko'nikmalari va xotira jarayonlarining roli ko'rib chiqiladi. Tadqiqot o'rganishning psixologik jihatlariga va yodlashni yaxshilashning amaliy strategiyalariga qaratilgan. Bundan tashqari, talabalar tajribasiga asoslangan kichik hajmdagi tadqiqot kiritilgan. Natijalar shuni ko'rsatadiki, tuzilgan o'rganish, motivatsiya va xotira usullaridan foydalanish ta'lim natijalarini sezilarli darajada yaxshilaydi.

Kalit so'zlar: vazifalarni boshqarish, xotira, ingliz tilini o'rganish, kognitiv jarayonlar, motivatsiya

РАЗВИТИЕ НАВЫКОВ УПРАВЛЕНИЯ ЗАДАЧАМИ И УЛУЧШЕНИЕ ПАМЯТИ ПРИ ИЗУЧЕНИИ АНГЛИЙСКОГО ЯЗЫКА

Аннотация: В данной статье рассматривается роль навыков управления задачами и процессов памяти при изучении английского языка. Исследование фокусируется на психологических аспектах обучения и практических стратегиях улучшения запоминания. Кроме того, включено небольшое исследование, основанное на опыте студентов. Результаты показывают, что структурированное обучение, мотивация и использование методов улучшения памяти значительно улучшают результаты обучения.

Ключевые слова: управление задачами, память, изучение английского языка, когнитивные процессы, мотивация

Introduction. In the modern world, English plays an essential role in education, career development, and international communication. However, many students face difficulties in learning the language, especially in memorizing vocabulary and organizing their study process effectively.

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These difficulties are often connected with psychological factors such as low motivation, lack of concentration, and ineffective learning habits [1]. As a result, students may feel stress and lose interest in studying. Therefore, it is important to analyze how task management skills and memory development can improve the process of learning English.

The aim of this article is to explore theoretical and practical aspects of learning, as well as to present a small research study that highlights the importance of these skills.

Theoretical background. Task management skills include planning, time management, goal setting, and self-control. From a psychological perspective, these skills help reduce stress and increase productivity[1]. When students clearly understand what they need to do, their brain processes information more effectively.

Memory is another key factor in learning. There are two main types of memory: short-term and long-term[3]. For successful learning, information must be transferred into long-term memory. This process requires repetition, understanding, and active use of knowledge [3].

Psychological studies show that people remember information better when it is meaningful, emotionally engaging, and regularly repeated [3].

Research methodology. A small-scale study was conducted among 20 university students who are learning English. The purpose of the research was to analyze how task management and memory strategies influence learning effectiveness.

Students were asked several questions about their study habits, including how they plan their time, how they memorize new words, and how often they review previously learned material.

Results. The results of the study showed several important trends. About 70% of students who use daily planning reported better concentration and higher productivity. Around 65% of students who use spaced repetition techniques demonstrated better long-term memory [4].

Students who combined task planning with active memory techniques showed the best results overall. They were more confident and less stressed during the learning process.

On the other hand, students who did not use any structured approach reported more difficulties, including forgetfulness and lack of motivation.

Discussion. The results can be explained by cognitive and educational psychology. When students organize their tasks, they reduce cognitive overload and improve focus [3]. This allows the brain to process and store information more efficiently.

Memory improves when learning involves repetition, emotional connection, and practical application. For example, students who use new vocabulary in speaking or writing remember it better than those who only read or memorize lists [2].

Stress is another important factor. High levels of stress negatively affect both memory and concentration. Therefore, it is important to maintain a balance between studying and rest.

Practical strategies. Based on the research and theoretical analysis, several practical strategies can be recommended. Students should create daily or weekly study plans to organize their tasks. Large assignments should be divided into smaller, manageable steps.

It is also useful to apply memory techniques such as association and spaced repetition [4]. Learning vocabulary in context, rather than in isolation, significantly improves retention [2].

Active practice, including speaking and writing, plays a crucial role in memory development [2]. Regular breaks and a positive learning environment also contribute to better results.

Conclusion. In conclusion, task management skills and memory development are essential for successful learning of English.

Students who use structured planning and effective memory strategies achieve better academic results and experience less stress [1].

The combination of psychological understanding and practical techniques provides the most effective approach to language learning. Future studies may explore larger groups of students and additional learning methods.

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