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## КАК ИЗУЧАТЬ ИНОСТРАННЫЙ ЯЗЫК

Методические рекомендации

На английском языке

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Настоящие методические рекомендации предназначены для студентов-бакалавров, изучающих английский язык. Материал может быть использован для аудиторной и самостоятельной работы обучающихся по дисциплинам «Иностранный язык», «Практика устной и письменной речи», «Практический курс английского языка», а также на учебной практике по английскому языку.

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## Пояснительная записка

Целью данных методических рекомендаций является совершенствование языковой подготовки студентов-бакалавров, изучающих иностранный язык.

Рекомендации содержат материал, отражающий особенности изучения иностранных языков в целом и английского языка в частности. Даны советы о том, как изучать иностранный язык самостоятельно дома, а также с помощью образовательных интернет-сайтов, песен, фильмов, сериалов.

Материал пособия может быть использован для аудиторной и самостоятельной работы студентов по дисциплинам «Иностранный язык», «Практический курс английского языка», «Практика устной и письменной речи», «Методика обучения английскому языку» и на учебной практике по английскому языку.

So you've started learning English. You're going to classes, you're doing your homework but you're still not making a lot of progress... Well, not to worry! We've put together a list of tips from our teachers and students to help you learn English- fast!

## **Tips for Learning English**

### 1. Read in English

Reading in a different language can sometimes feel intimidating, but that's often because we try and read books that are too difficult for our level. Start off with simpler books or use Graded Readers (books that are half in English and half in another language) to help you along your way. You can also check out this list of books for English beginners.

### 2. Watch TV in English

Okay, so you've probably seen Game of Thrones by now, but there's so much more you can do to learn English with TV series. Check out some of these amazing series in English and try watching them with English subtitles (not subtitles in your own language). You'll be surprised how much you pick up!

### 3. Listen to as much English as possible

If you're a fan of podcasts, start listening to them in English! Fan of rock metal? Find some English rock bands and actually investigate what the lyrics mean. You'll find your speaking skills start to improve too.

### 4. Find a language exchange

We've already explored some of the best ways to find a language exchange partner. But there are SO many ways of finding exchange partners. Try posting on

your school message board, or even ask someone else in your English class who might want to practise with you.

#### 5. Do things in English you enjoy

There's no point attempting to read the Harry Potter books in English if you hated the books in Italian. Instead, choose to do things in English that you know you'll like. Do you love cooking? Then watch an English cookery show. Are you a huge fan of Ariana Grande? Then follow her on Twitter and try to understand what she tweets. Learning a language should be fun, so don't make it a chore.

#### 6. Get digital

Let's be honest, most of us spend the majority of our spare time on social media. If this is true for you, then try and incorporate English into your digital life. Follow English groups, news outlets and celebrities on FB, Instagram and Twitter. You'll find you get much better used to reading in English and also learn loads of fun internet slang.

#### 7. Make English-speaking friends

English speakers are everywhere. You just need to find them. If you're living in a major city, or even medium-sized town, in Europe, Asia or Latin America then chances are there are native English speakers in your hometown just waiting to be found. Try attending local international parties, language exchanges or even hanging out at your local Irish pub and you're bound to find an English speaker looking for a friend.

#### 8. Be motivated

It can be really easy to give up when you don't understand something, but try not to quit! Learning a language takes time but you will get there eventually. The most important thing is to keep trying.

9. Speak as much as possible.

Try to speak in English at every opportunity and don't be afraid of making mistakes. Ask questions in class, practise speaking in the shower, whatever it takes to build your confidence!

10. Travel

So this is not easy for everyone. Travel is expensive and sometimes VISA restrictions can get in your way, but if you do have the means, then traveling to an English speaking country is a great way to surround yourself with the language- as long as you actually spend your time with native speakers!

### **Tips on How to Learn a Language at Home**

New to learning a language at home? Struggling to stay motivated? As working from home has become more common over the last year, it's important to know the best ways to learn effectively. We've put together a list of tips on how to learn a language at home to help you get started!

1. Join an online language course

Online language courses are an excellent way to develop your language skills in the comfort of your own home. Whether you are looking to learn English, or other languages such as French or Mandarin, there are so many language options out there. Best of all, many online language courses are held in a virtual classroom which replicate the in-class experience. You will take part in the same interactive activities as you would have in a face-to-face course. Join a language course online and learn with other students with the same learning goals as you.

## 2. Create a comfortable work space

A welcoming and comfortable work space will set you in the right mindset for the day. Find a clean and quiet work space where you won't get distracted, light up a candle and have some water on hand. It's the little things that make such a huge difference! Get ready to start your day with a positive attitude.

## 3. Build a routine

Building a routine is one of the best ways to stay organised when language learning at home. Think about what time you work best, and structure your daily timetable around the times that suit you. Set yourself an agenda for the day by writing a list of everything you need to complete. You'll be surprised at how staying organised can make such a difference to your productivity.

## 4. Set yourself learning goals

Setting goals is a great way to keep motivated as it gives you something exciting to work towards. Planning to move abroad next summer and want to confidently make conversation with locals? Got a language exam coming up that you want to pass? Write your goals down and have them in front of you while you're working. Think about how amazing it will feel when you can finally mark your goals as complete!

## 5. Join a language exchange

Some may think that language learning at home is difficult, as they assume you can't interact with people outside of your online lesson. Wrong! In addition to enrolling on a language course, joining a language exchange group is a great opportunity to speak to likeminded individuals who want to develop their language skills. This means that you can practice outside of your language lessons. Tandem is a free app which connects you with language exchange partners from all around the world. Facebook is also a great platform to find language exchange groups.



## 6. Take comfort breaks

Working indoors with little or no breaks can sometimes take its toll on you. Taking short breaks throughout the day can help you get back on track and spread your day of learning apart. Take some time out of your day to get some fresh air. Go for a walk, a bike ride, or anything that makes you happy! If you don't feel like going outside, dedicate your time to something that makes you feel relaxed. Don't feel pressure to be doing something productive all the time.

## 7. Read, write and listen in the language

There are so many ways to practice language learning at home which are fun and don't require too much effort. A great start is listening to some interesting podcasts in the language you are keen on learning. Love binge watching Netflix? Why not find a cool series or film in the language too. You don't always have to read a book in your spare time to learn a language! A great way of practicing writing in the language is by finding relevant forums online and communicating in the language you are learning.

### **How to Improve your English Listening Skills**

When it comes to listening skills, many of our students say that they sometimes find it difficult to understand native speakers in real-life situations because of different accents, the speed of someone's speech or even use of colloquial language, or 'slang' phrases. While you may be confident in your speaking abilities, improving your English listening skills makes conversing in English much easier.

#### *Why is it important to improve your English listening skills?*

There are four components in the English Language that you will cover in any English course. These are reading, writing, speaking and listening and each one is important when learning English. Each is learnt in different ways, using a variety

of resources and learning materials whilst at your BSC school. However, enhancing your classroom learning with self-study is the best, and quickest, way to learn English. There are lots of really easy ways to practise your new English skills outside of class, from reading English novels for beginners, to writing a story in English. Therefore, we've come up with some top tips for improving your listening skills while you're learning English.

### 1. Listen to podcasts

Podcasts are a great way to improve your listening skills with a topic or theme that you're interested in! You can listen to podcasts anywhere and they're often free, which means they are a good resource for students. Listening to podcasts can assist you to understand different accents and recognise the tone of voice. Find out what podcasts our teachers recommend as a tool to complement your in-class learning, and improve your listening skills while learning something interesting.

### 2. Attend Conversation Club

Most of our English language schools hold Conversation Clubs, giving students the opportunity to practice both their listening and speaking skills in a relaxed and friendly environment. Our Conversation Clubs are some of the most attended social activities, and we've received lots of positive feedback about them!

### 3. Play 'word bingo'!

If there are particular words that you find you struggle to understand or pronounce, why not write them down and listen out for them specifically in class? Bring your list to class and every time you hear one of these words, mark this on your list. This will make you more accustomed to hearing the pronunciation of the words, how they are used in sentences and the meaning of the words. It will also help you improve your active listening skills, something that will be very useful for those wanting to progress to university education in the UK and Ireland.

#### 4. Speak English as much as possible

Once you leave class, it can be very tempting to revert back to speaking in your mother tongue, especially if you have classmates who speak the same language as you. But the best way to improve your English language skills is to put them into practice while they're still fresh in your head! Why not try and discuss what you've just learnt in class, in English, with your classmates in the student lounge or attend a language exchange? Or, if there is something you didn't understand in class, your fellow students might be able to help explain it. You may even end up improving your English skills and making some great new friends!

#### 5. Watch your favourite British programme

That's right; we're encouraging you to binge watch some Netflix! Rather than watching BBC News, we strongly encourage you to watch something that you are interested in, as this will be more likely to engage your active listening skills. Be sure to watch your chosen British programme with English subtitles, and pick something with short episodes, no longer than an hour, so that you stay focused. Can't decide between a chilling British thriller or a whimsical comedy? Read about our top television programmes to improve your listening skills!

### **10 Best Songs for Learning English**

When summer comes and the weather gets hot, it can be difficult to stay inside and study English in the traditional ways. That's why we've made a list of some of our favourite songs for learning English so that you can practise your language skills even when you're relaxing by the pool!

### 1. Wake me up - Avicci

With plenty of repetition and a whole load of metaphors for more advanced learners to get to grips with, Avicci's 'Wake me up' is a simple and effective tune to help you practise your English over the summer.

### 2. Thinking out Loud - Ed Sheeran

This romantic ballad by Ed Sheeran has made it into our top 10 due to its slow pace and repetitive chorus. The song also offers plenty of opportunities to practise the imperative. Practise the lyrics to 'Think Out Loud.'

### 3. Budapest - George Ezra

Best for intermediate learners, Budapest by George Ezra is a list of all of the things the popstar would leave for his partner. As well as giving you a great opportunity to practise the second conditional, this song's quick pace can help you get used to the common English contraction 'I'd.' Practise the vocabulary for George Ezra's Budapest.

### 4. Hello - Adele

This powerful song is so brilliant for learning English because of its slow start and clear lyrics. In fact, for someone new to learning English, Adele's clear London accent is great for getting used to new words and phrases. Learn the lyrics to Hello by Adele.

### 5. Someone you loved - Lewis Capaldi

With common idioms like 'let my guard down' and 'pull the rug,' Lewis Capaldi's 'Someone You Loved' offers a great range of new phrases for upper-intermediate learners. [Click here](#) to learn the lyrics to Lewis Capaldi.

## 6. All of Me - John Legend

John Legend's 'All of Me' is great for practising phrasal verbs like 'pin down' 'draw in.' For upper-intermediate learners that would like a challenge, there's also great new idioms to learn too! Find out how to learn English with John Legend.

## 7. Shallow - Lady Gaga & Bradley Cooper

From the soundtrack of the hit film, 'A Star is Born' this incredible song from Lady Gaga and Bradley Cooper offers English learners a slow-paced intro, as well as a wide range of new vocabulary. Practise the lyrics to Shallow here.

## 8. New Rules - Dua Lipa

Although its lyrics are somewhat fast-paced, New Rules by Dua Lipa is the perfect song for practising the negative imperative as well as common abbreviations and slang terms like 'ain't' and 'em. Practise English with Dua Lipa here.

## 9. Love Yourself - Justin Bieber

For students who have difficulties with negative constructions, Justin Bieber's 'Love Yourself' offers great opportunities to practise the difference between 'did' 'didn't' 'do' and 'don't.' Just look out for abbreviations like 'wanna' that might cause some difficulty for beginners. Learn the lyrics to Bieber's 'Love Yourself.'

## 10. Just the Way You Are - Bruno Mars

Last on our list is 'Just the Way You Are' by Bruno Mars. For people new to learning English, this catchy song by Bruno Mars allows learners to practise the simple present without difficult accents or phrasal verbs. Practise your English with Bruno Mars.

## 10 Films for Learning English

When it comes to learning English, the more time you spend exposed to the language the better. Not only will watching films get you familiar with different accents, you'll also get an incredible insight into English-speaking culture from around the world. From immersing yourself in 19th Century Britain to experiencing life in suburban California, movies give you a chance to live the language as it's spoken in real life.

### 1. Forest Gump

Starring the incredible Tom Hanks, Forrest Gump tells the tale of a man with low IQ who has lived an extraordinary life. The whole film is narrated by Forrest, who speaks with a 'Southern Drawl' (accent from the South of the United States) that is slow, easy to understand and perfect for English beginners.

### 2. Harry Potter

You're probably already familiar with the story of Harry Potter, so if you're new to watching films in English then Harry Potter is a great place to start. With the first two films made for young audiences, the dialogue is slow and easy to understand. Just be aware that a lot of the magic vocabulary varies from country to country so it may be worth checking out this awesome Harry Potter vocab list.

### 3. When Harry met Sally

When Harry Met Sally is a classic American rom-com that tells the story of two friends and their growing relationship. Although the 1989 storyline might be a little dated (old-fashioned) now, the film is full of catchphrases (well known phrases) that have become iconic in modern American culture. The film begins with a long conversation between the two characters over a lengthy car journey, providing you with plenty of dialogue to practise your listening skills.

#### 4. Four Weddings and a Funeral

Not sure whether you want a British or American accent? Four Weddings and a Funeral gives you the best of both! In a classic film set over the course of four weddings (and a funeral, obviously) Hugh Grant plays an awkward British wedding guest who falls for Andie MacDowell, a beautiful American woman. Four Weddings gives you a chance to learn the best British slang and compare the two accents with this heartwarming movie.

#### 5. Little Women

One of the most successful movies of 2019, Little Women is a great choice for language learners because of its clear dialogue and charming storyline. The film tells the story of four sisters living during the American Civil War and is of particular interest to fans of American history. Once you're familiar with the film, you can also have a go reading the novel it's based on!

#### 6. Great Gatsby

A modern interpretation of the classic American novel, Baz Luhrmann's Great Gatsby is perfect for English language learners who want to learn more about 1920s America. With slow and somber dialogue as well as an incredible soundtrack, this movie will keep any English language learner interested.

#### 7. The Social Network

The story behind the world's most popular Social Media Channel is definitely one worth learning about! This captivating movie traces Mark Zuckerberg's life from college student to entrepreneur and is perfect for practising legal and technical vocabulary.

## 8. Juno

Hilarious, endearing and easy to understand, Juno is the perfect film for students who prefer independent films to big Hollywood blockbusters (commercially successful films). This movie also makes a great talking point for conversation class. Try watching it in a group and asking each other: ‘What would you do if you were in Juno’s situation?’

## 9. The Imitation Game

The moving story of an English war-hero who ended up being persecuted for his sexuality, the Imitation Game gives learners the chance to discover an untold story in British history. The language spoken in the film is a perfect example of the ‘Queen’s English’ with clear pronunciation and easy to understand dialogue.

## 10. Frozen

The delightful story of a girl searching for her sister, Frozen is an immensely popular Disney movie that’s super simple to understand. Yes it may be a kid’s movie, but if you’re new to learning English then watching children’s films is the perfect starting point. With simple dialogue and catchy theme songs, kids’ films are a great introduction to English movies.

### **Tips for Learning English with Films**

#### 1. The shorter the better

Choose shorter films so you don’t become overwhelmed with new vocabulary and feel tempted to stop watching halfway through.

#### 2. Use English subtitles

Watching the film with English subtitles, rather than subtitles in your own language means you’ll be reading and listening to new vocabulary at the same time.



This makes it much easier for you to understand new words and get to know the plot of the film.

### 3. Avoid pausing the film to look up words

Try not to pause and look up words you don't understand, as this will stop you from enjoying the plot. Instead, try and work out the word's meaning from context- you might find you learn more than you think!

## **TV Series for Learning English**

So, you've been told you need to improve your English listening skills but the idea of spending hours listening to BBC news fills you with horror. Not to worry, we've come up with a great list of shows (in both British and American English) to help you improve your vocabulary and have fun at the same time! These amazing English language series are the perfect accompaniment to your online English course.

### *TV Series in American English*

#### 1. Friends

Okay, so this is an obvious one. But the chances are you've already watched Friends once or twice in your native language. In which case, when you start watching it in English it'll be much easier to follow because you already know the storyline.

Vocabulary to look out for: "We were on a break"

Meaning: A 'break' is when two people in a relationship are separated for a period of time.

## 2. Grace and Frankie

Grace and Frankie follows the story of an unlikely friendship between two older women after their husbands leave them. Not only is this show completely hilarious and totally cute, but it also has super short episodes making it easy for people new to learning English!

Vocabulary to look out for: “Del Taco”

Meaning: A Mexican fast food chain in the United States that is Frankie's favourite place to eat.

## 3. Brooklyn 99

Brooklyn 99 is a fun twist on a regular American “cop show.” It’s a lighthearted sitcom made up of short 30-minute episodes and adorable characters. The fast-paced comedy might be a little hard to understand at first, but after series one, you’ll be speaking like a real Brooklynite (person from Brooklyn, NY).

Vocabulary to look out for: “Noice”

Means: 'Nice' spoken with emphasis. It refers to something exceeding the limit of nice, i.e. something really, really nice.

## 4. Stranger Things

You’ve probably heard of the addictive SCI-FI series, Stranger Things, but have you thought about watching in its original English? Yes, some of the kids’ slang words might be a little bit hard to understand, but, in general, children speak a lot slower and clearer than adults, making the series pretty easy to follow.

Vocabulary to look out for: “The Upside Down”

Refers to: The parallel universe that is opened in the show. You can also get started with this awesome guide to Stranger Things slang from Collins Dictionary.

## 5. Russian Doll

When Nadia gets trapped in a Groundhog Day loop she ends up learning a lot about herself and the people around her. Although this might seem like a bizarre choice for a TV show to help you learn English, the repetitive storyline actually makes this show a lot easier to understand. Not forgetting the fact that it's super addictive!

Vocabulary to look out for: "Sweet Birthday Baby"

Signifies: When her friend wishes her "Happy Birthday," it signifies the start of the loop in the show's story.

## 6. Jane the Virgin

For Spanish speakers, there's probably no better show for improving your English than Jane the Virgin. The show follows the life of a young Latina woman who is accidentally artificially inseminated. If this sounds like the plot of a telenovela, then you're right. Jane the Virgin is based on the Venezuelan soap Juana la Virgen and a couple of the characters in the show even speak Spanish- so there's no need to get overwhelmed if you're an English beginner.

Vocabulary to look out for: "Grilled cheese"

Meaning: A fried cheese sandwich, which is Jane's favourite food in the show.

## 7. The Good Place

Although the premise for the good place might be a little strange, it takes place in a fictional 'Good Place' that represents heaven, the Good Place is a great show for improving your English vocabulary. As well as its fairly slow-moving plot, many of the stories are repeated- making it the perfect starting point for someone new to English TV.

Vocabulary to look out for: "Forked up"

Meaning: You can't swear in the 'Good Place', so common bad language is replaced by similar sounding words.

## 8. Modern Family

Like with 'Stranger Things', the best thing about learning English with Modern Family is that most of the cast are children. With the kids speaking a lot slower and using simpler vocabulary, you'll find it easy to learn English with this hilarious show. The cast also explains a lot of English phrases to Colombian Gloria (played by Sofia Vergara).

Vocabulary to look out for: "Male cheerleader"

Meaning: Cheerleaders are performers at American Football games who are normally female. The joke in the show is that Phill was a male cheerleader in college.

### *British English TV Series*

#### 1. Misfits

So this may be one for Advanced English speakers, but there's no better introduction to the vast range of different British accents than Misfits. This SCI-FI/drama has main characters from all over the British Isles including Yorkshire, Derby, London and Ireland so is a great way to test your listening skills.

Vocabulary to look out for: "Pic n Mix"

Meaning: A selection of sweets you choose yourself.

## 2. The Crown

What better way is there to learn ‘the Queen’s English’ than from the Queen herself? The Crown follows the life of Queen Elizabeth from coronation to modern times as she deals with the pressures of life in the royal family. Not only will you pick up an incredibly posh British accent, but you’ll also learn loads about the history of the British monarchy.

Vocabulary to look out for: “Sovereign”

Means: a supreme ruler.

## 3. Downton Abbey

Much like the Crown, if you find ‘the Queen’s English’ easiest to understand then Downton Abbey is the perfect TV show for you. Despite being set in Yorkshire, all of the character’s speak with clipped, posh British accents making it easy to follow the show’s plot.

Vocabulary to look out for: “Squiffy”

Meaning: An old-fashioned way of saying slightly drunk. You can also check out these Downton Abbey phrases for advanced learners.

## 4. The Great British Bake Off

The Great British Bake Off is an excellent example of British Television. Twelve amateur bakers compete for the title of Britain’s best baker. There’s drama, competition and a lot of innuendos. Not only will you learn a lot about British food, but you’ll also learn a lot about British humour on the way!

Vocabulary to look out for: "Soggy bottom"

Meaning: This is a regular joke on the show with a double meaning. When the bottom of a cake isn't cooked properly it goes 'soggy,' meaning wet. But a 'soggy bottom' also means that your bum is wet.

## 5. Call the Midwife

Call the Midwife follows the lives of British midwives in the 1950s and deals with a lot of issues that British women faced in the 20th century. The cast speak clearly and slowly, helping you to understand the story - you'll also find out a lot about the history of the UK!

Vocabulary to look out for: "An old hand"

Meaning: A person with lots of experience and expertise.

## 6. Sherlock

Get to know an iconic British literary character in a fun and modern format. Although Benedict Cumberbatch might speak pretty quickly, the show is a great example of British Television that you'll find too captivating to turn off.

Vocabulary to look out for: There's plenty of new words to learn in Sherlock, but you can get started with this fab video guide to the show's vocabulary.

## 7. Killing Eve

Killing Eve is an intense and addictive spy-drama that has won multiple awards at both the BAFTAs and the Golden Globes. But aside from this, with Sandra Oh (Grey's Anatomy) speaking in a clear, Canadian accent and Jodie Comer speaking slowly with a Belgian twang, it's also a great show to start improving your English vocabulary.

Vocabulary to look out for: “You should never call a psychopath a psychopath”

Meaning: A psychopath is someone suffering from a mental disorder, but saying this to them would upset them.

### **Tips for Using TV Series and Netflix to Learn English**

1. Choose shows with shorter episodes so that you don't get too overwhelmed with all the new vocabulary.
2. Watch the TV shows with English subtitles NOT subtitles in your own language. Reading and listening to English at the same time is the best way to get your brain to absorb new vocabulary.
3. Try not to pause and look up words you don't understand, as this will stop you from enjoying the plot. Instead, try and work out the word's meaning from the show's context.

### **How to Deal with Exam Stress**

When you're preparing for an exam, a bit of pressure can help motivate you to perform to the best of your ability. However, if you put too much pressure on yourself it can quickly turn into stress. There are lots of side-effects of stress that are harmful to your health, and knowing how to manage exam stress is essential for doing well.

If you're preparing for an academic or professional exam, here are some helpful tips to keep in mind for managing and avoiding too much stress.

#### **1. Take breaks**

Taking regular breaks will actually help your concentration. Every hour (set a timer if you have to), physically step away from your revision and spend ten

minutes walking, stretching, getting a drink of water or even meditating. This helps you change unhelpful thought patterns and release any stress or anxiety away from your practice.

## 2. Maintain healthy habits

You may find yourself staying up late, skipping meals and staying at a desk all day in order to prepare for your exam. However, this puts stress on your body and can contribute to feelings of stress and anxiety. Sometimes, to manage exam stress you have to be strict about getting regular sleep, healthy meals and moderate exercise.

## 3. Set achievable goals

Endless revision is not as productive as breaking down tasks and topics into smaller sections. Find a way to organise your exam preparation into manageable chunks and plan the hours or days you need to revise each section. Accept how much time you have before your exam and how much you can realistically learn and improve in that time.

## 4. Share the task

Studies have shown that revising with other people is an effective way to study. This is because it helps you to absorb your own material more thoroughly. It also helps to have social support between people that are going through similar processes.

## 5. Remind yourself of past successes

You've made it this far, so it's likely that you have already done some impressive things. If you start worrying about your abilities, it's time to remember these achievements. Think about the exams that you have already passed, the grades you have achieved or praise that you have received.



## 6. Keep your mind and desk uncluttered

A tidy desk helps you focus on your work. Messy wires, papers, pens and coffee cups will just make you distracted (even if you don't realise it). The same is true of internet windows that have lots of tabs open, task lists that are too long and phones with messages that keep buzzing. Before you start revising, tidy your work area, close some computer windows and put your phone on flight mode.

## **What are 21st Century Skills?**

21st-century skills are skills which are deemed essential for working in the modern world. The majority of these skills involve 'deeper learning' and the ability to think critically, solve problems and work as a team. These kinds of skills are seen to be highly sought after in the workplace and by educators, business leaders, academics, and governmental agencies.

The focus on 21st-century skills is supposed to prepare you for life in the rapidly evolving digital world rather than encouraging you to absorb facts and figures.

### *Examples of 21st Century Skills*

Critical thinking - analysing and evaluating ideas.

Problem-solving - finding solutions and ways around issues.

Flexibility - being willing to change or compromise.

Adaptability - being able to adjust to new conditions.

Media literacy - the ability to identify different types of media and understand the messages they're sending.

Digital literacy skills - Digital literacy refers to an individual's ability to find, evaluate, and compose clear information.

Accountability - Accepting responsibility for your actions.

Communication - Engaging in open and honest discussions and keeping people up to date with your work.

Collaboration - Working cohesively in a team.

### *How to gain 21st Century Skills*

Read the news

Reading and evaluating news from various sources can help you develop media literacy as well as critical thinking skills

Take a course

There are a number of courses you can take to improve upon your digital skills and develop better ICT skills. British Study Centres offer Virtual Internship opportunities alongside courses in Skills for Career and Academic Success which allow students to learn through creative projects.

Engage in debate

Discussing and debating new ideas can help you develop skills such as communication, flexibility and critical thinking.

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**КАК ИЗУЧАТЬ ИНОСТРАННЫЙ ЯЗЫК**  
Методические рекомендации

На английском языке

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