

A SIMPLE WAY TO LEARN NEW ENGLISH WORDS

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Abstract: Vocabulary learning is an essential aspect of second language acquisition. This article presents a classroom-tested strategy—The Table Method—which helps English learners effectively memorize and recall new words. Unlike passive memorization, this method combines repetition, active recall, and personal organization to strengthen vocabulary retention. Drawing on language learning theories and cognitive psychology, the article also explains how this method aligns with multisensory learning styles. The approach has proven effective among students, increasing both their confidence and vocabulary use in speaking and writing. Practical steps and teaching tips are included, making it suitable for both educators and independent learners.

Keywords: Vocabulary learning, active recall, repetition, language acquisition, English learners, Table Method, memory strategies

Introduction

Learning new words is one of the most important parts of studying a new language. Without enough vocabulary, students cannot speak or understand well. Many learners try to memorize long lists of words, but they often forget them after a few days. So, how can we make vocabulary learning more effective and easier? In this article, I will share a simple

but powerful method that I use with my students. This method helps them remember words better, use them in real life, and feel more confident while learning English. Vocabulary is the building block of any language. If students don't know enough words, they can't express themselves or understand what others are saying. Even with perfect grammar, communication is difficult without the right vocabulary (Nation, 2001). That's why language learners should focus on learning useful and common words which are used by native speakers.

Why Vocabulary Learning Is Important

Vocabulary is the building block of any language. If students don't know enough words, they can't express themselves or understand what others are saying. Even with perfect grammar, communication is difficult without the right vocabulary (Nation, 2001). That's why language learners should focus on learning useful and common words which are used by native speakers.

However, learning vocabulary does not only include reading and repeating. Its other secret components are remembering and using the words actively. To make this possible, learners need to practice using strategies that engage their memory and help them recall words naturally (Schmitt, 2008).

The Table Method: Step-by-Step

I created a vocabulary learning method that many of my students find helpful. I call it "The Table Method." This strategy is very simple and doesn't require any special tools—just a notebook and a pen. Here's how it works:

Step 1: Make a Table

The first step is to take a notebook and divide the page into three columns:

- Column 1: The new English word
- Column 2: The pronunciation
- Column 3: The meaning or translation

This helps students see everything clearly and organize their vocabulary in a neat and structured way (Oxford, 1990).

Step 2: Repeat the Words

After writing 10–15 new words, students should start repeating each word aloud 15–20 times. While repeating, they look at the pronunciation and translation. This repetition helps the brain become familiar with the word and its sound. Research has shown that repeated exposure to words improves vocabulary knowledge significantly (Webb, 2007).

Step 3: Practice Active Recall with Translation

Once students are familiar with the words, they close the word column and pronunciation column with their hand. Then, they look at the translation and try to remember the English word. This is called active recall, and it helps the brain work harder to remember (Brown, 2007).

Step 4: Reverse the Process

After completing the first part, students do the opposite. They cover the translation column and look at the English word. Then, they try to remember what it means in their native language.

Tips to Make It Even Better

- Review regularly using spaced repetition (Schmitt, 2008)
- Use new words in sentences
- Group words by topic
- Keep the notebook organized

Conclusion

Learning vocabulary should not be difficult or boring, especially for young learners or beginners. With the table method, students can enjoy a structured and active way to learn and remember new words. Repeating words aloud, practicing recall, and organizing them in a table helps turn passive vocabulary into active, so that, students can use them in daily conversations. This strategy has helped many of my students improve their English skills and feel more confident.

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