

**STEP-BY-STEP LEARNING METHODS FOR IMPROVING THE LEVEL OF
KNOWLEDGE OF THE ENGLISH LANGUAGE. "LIFE-LONG
LEARNING" IMPORTANCE.**

Research adviser

Jumanazarov Umid Umirzakovich

Pardaeva Guzal Ahrorkulovna

Jizzakh State Pedagogical University,

Freshman of Foreign Languages Faculty;

Annotation: In this article, step-by-step learning methods for increasing the level of knowledge of the English language.

Key words: Continuous spiritual education, concession, spiritual morality, professional.

It is clear to all of us that in today's complex globalization era, strengthening the national idea and ideological immunity in our society, protecting our youth from various harmful ideas and threats, educating them to be independent, strong-willed, selfless and patriotic people is more important than ever. In this regard, the relationship between the principle of continuous spiritual education and lifelong learning, which is one of today's urgent problems, and how it reflects the concepts of young people. Lifelong education is a personal or "permanent voluntary and self-motivated" pursuit of knowledge for professional reasons. This is important for an individual's competitiveness and employability, while enhancing social inclusion, active citizenship and personal development.

Two important theories when considering lifelong learning are cognitivism and constructivism. speaks as an understanding of the relationship between. Same

Cognitivism, especially Gestalt theory, is both old and new about learning, while constructivism asserts that "knowledge is not passively acquired from the world or authoritative sources, but is constructed by individuals or groups who are aware of their own worlds of experience. Constructivism focuses on lifelong learning. helps because it integrates learning from different sources, including life experiences. Lifelong learning is a form of self-initiated learning that focuses on personal development. Although a standardized definition of lifelong learning Although not available, it usually is has been adopted to refer to learning that takes place outside of a formal educational institution such as school, university or corporate learning. However, lifelong learning need not limit itself to non-formal learning. It is described as discretion to achieve the best personal satisfaction. The means to achieve this can lead to informal or formal education.

Importance of lifelong learning:

Whether pursuing personal interests and passions or pursuing professional ambitions, lifelong learning can help us achieve personal satisfaction and fulfillment. It recognizes that humans have a natural drive to explore, learn, and grow, and encourages us to improve the quality of our lives and our self-worth by focusing on ideas and goals that inspire us. we are lifelong learners. But what does personal satisfaction mean? The truth is, most of us have goals or interests outside of our formal studies and work. It's part of what it means to be human: we're naturally curious and we're natural learners. We develop and grow because of our ability to learn.

Lifelong learning recognizes that not all of our knowledge comes from the classroom. For example, as children we learn to speak or ride a bicycle. As adults, we learn how to use a smartphone or learn to cook a new meal. These are examples of everyday lifelong learning we engage in every day through socialization, trial and error, or independent learning. Personal satisfaction and development Personal satisfaction and development refers to the natural interests, interests and motivations that lead us to learn new things. We learn for ourselves, not for others.

Basic Checklist for Lifelong Learning:

- Optional;
- Self-motivated or self-initiated;
- It doesn't always cost anything;
- Often informal,
- Self-taught or sought-after instruction;
- Motivation is not about self-interest or personal development
- Examples of life lessons include:
 - of lifelong learning initiatives you can engage in
 - some types:

Developing a new skill (for example, sewing, cooking, programming, public speaking, etc.); Self-study (for example, learning a new language, researching a topic of interest, subscribing to a podcast, etc.);

Learning a new sport or activity (such as joining a martial art, skiing, learning to exercise, etc.);

Learning to use new technologies (smart devices, new software, etc.); Acquiring new knowledge (through online learning or a classroom-based course take a course of personal interest);

The benefits of lifelong learning Incorporating lifelong learning into your life can have many long-term benefits, including:

1. Renewed self-motivation. Sometimes we get bogged down in doing something because we have things to do like going to work or cleaning the house. Figuring out what inspires you puts you back in the driver's seat and reminds you that you really can do what you want in life.

2. Recognition of personal interests and goals. Re-igniting the things that bother you as a person reduces boredom, makes life more interesting, and can even open up future opportunities. You never know where your interests will lead you if you focus on them.

3. Improvement of other personal and professional skills. While we are busy learning a new skill or acquiring new knowledge, we are also building other valuable skills that will help us in our personal and professional lives. This is because we use other skills to learn new things. For example, learning to sew requires problem solving. Learning to draw involves developing creativity.

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