Elements of Suggestopedia in Foreign Language Teaching

Dr. Anton Caro, PhD
“Use your brain and follow your heart.”

Dr. Geogri Lozanov, MD, PhD
What is Suggestopedia?

Suggestopedia = an interdisciplinary teaching method

* Physiology
  Lessons = Units
* Psychology
  Introduction, Concert sessions,
* Pedagogy
  Elaborations & Presentation

= enhanced learning and memory formation
+ significant positive psychotherapeutic side-effect
UNESCO, Sofia, 1978

20 experts conclude:

* superior teaching method
* suggestopaedic teacher training should be started as soon as possible

(J SALT, vol 3 (3), Fall, 1978, p.211)
“If you want to learn more, more easily, more pleasantly, in a stable way and with a better impact on health - then accept suggestopedia, desuggestive learning, because it is learning with love.”

Dr. Lozanov, MD, PhD
TECHNIQUES

classical art
aesthetics
songs

laughter
games
games in games

decisive: * communication in the spirit of love

* respect for man as a human being

* indirect correction of mistakes / no complicated Homework

* stimulating atmosphere / spontaneous release of the brain reserve capacities
A RESERVE COMPLEX

* Memory reserves
* Creativity reserves
* Intellectual activity reserves

HYPERMNESIA → (do not forget to go to the next page!)
Memory ... and Time

Memory Formation + Memory Consolidation +
+ Memory Reconsolidation + Memory Extraction =

= Oblivalescence OR Reminiscence
* WITHDRAWING FOCUS OF ATTENTION

# 2 objectives in the teaching process - obvious & hidden

* WORD LISTS BY FREQUENCIES -

# A prerequisite for hypermnesia manifestation

(1 lesson = the first 600 most widely used words and so on)
* EMOTIONS* (something extraordinary is happening)

# experiences / memories: well or poorly remembered (why?)

# consolidation of newly acquired memories (hormones)

# noradrenergic activation of the basolateral nucleus of the amygdala

# interactions with many other brain regions involved in consolidating memories of recent events (hippocampus, neo-cortex)
* MULTIPLE PERSONALITY

# interaction of epigenetic factors

# behavioral models (personalities)

# different cognitive abilities to perceive and analyse information

# boredom vs excitement

# GOAL: to facilitate the manifestation of one of the personalities

who has the best memory of all (through elements / teaching process)
* MUSIC and MUSICAL TRAINING

# positive effect on brain development

  # better verbal memory & second language pronunciation accuracy

# no language barrier (words, sounds & TIMING)

# repetitive stimulation on different neuronal networks -

increased abilities to perceive auditory input in the language domain

(music and language share common auditory substrate)
Learning to ride a bicycle...

... is a metaphor for how the teaching process is organised

* these theoretical aspects are the cornerstones of the workflow of the Allegro Vivace team

* research & development
THANK YOU
FOR
YOUR
ATTENTION!