

VOCABULARY · EPISODE 67

Ancient Japanese Techniques to Learn English

Key words & expressions · English + ■■■■■

10 words

Your English Toolbox

1 spaced repetition

رتشبیب ینامزی اهل صاف اب رورم شور رادل صاف رارکت

DEF

a learning technique in which material is reviewed at gradually increasing intervals, exploiting the psychological spacing effect to maximise long-term retention

Spaced repetition is backed by decades of memory research — reviewing something just before you would naturally forget it is the most efficient way to move it into long-term memory. Essential vocabulary for anyone building a serious study habit.

دوشلم رورم هدن بایشی از فاج یردت ینامزی اهل صاف اب بل اطم نآ رد هک یری گدای کی نکت کی
دوشلم ینابی تشپ هظفاح قی قحت اهلهد اب

Spaced repetition means reviewing a word after one day, then three days, then a week — not ten times in one day.

: , , ,

هتفه کی س پس زور هس س پس زور کی زا دع ب همک کی رورم ینعی رادل صاف رارکت

She used spaced repetition to retain two thousand words in six months with only fifteen minutes a day.

هام شش رد ار همک رازه ود ات درک هدافتسا رتشیب ینامزی اهل صاف اب رورم شور زا .
دنک ظفح زور رد هقی قد هدزن اپ طقف اب

2 to immerse yourself

ندرک هطاح یشی لگنا اب ار تدوخ الماک نابز رد تدوخ ندرک قرغ

DEF

to surround yourself completely with a language or subject so that it becomes unavoidable — creating the conditions for deep, rapid absorption

Immerse yourself is the full-body alternative to study — instead of sitting with a textbook, you saturate your life with the language. It is particularly effective because it mimics the way children acquire language.

دوش ریذپان بان تچا ات ندرک هطاح عوضوم ای نابز کی اب الماک ار تدوخ
عابش نابز اب ار تالی گدنزی سرد باتک کی اب نتسشن یاج هب هعلاطم یارب یمسجامت نی زگی اج
ین کلی م

Immerse yourself in English: change your phone, your podcasts, your reading — make English unavoidable.

: , , ,

نک ضوع ار تی اهل یندناوخ و اهتسک داب ، نفلت : نک قرغ یشی لگنا رد ار تدوخ .
نک ریذپان بان تچا ار یشی لگنا

She immersed herself so deeply that she started dreaming in English after three months.

ندید باوخ یشی لگنا هب درک عورش هام هس زا دع ب هک درک هطاح ار شدوخ قی مع ردقنآ .

3

to review regularly

نتشگر ب هدشاهعل اطم ال بق بل اطم هب ل ص اوف رد ندرک رورم مظنم روط هب

DEF

to return to previously studied material at intervals — ensuring it is not forgotten and moves into long-term memory

Review regularly is the habit that underpins all effective vocabulary retention. Without regular review, newly learned words fade within days. The interval between reviews can be extended over time as material becomes more familiar — this is the principle behind spaced repetition systems.

هظفاح هب و دوشلمن شومارف هکنی ا زانانی مطا نتشگر ب هدشاهعل اطم ال بق بل اطم هب ل ص اوف رد
دوشلمن لقتنم تدمدنلب
دنکلم انبری زار ناگژا و رثؤم تشادهگن همه هک یتداع

Review regularly instead of re-learning — returning to material is faster and more effective than starting over.

بل اطم هب نتشگر ب دینک رورم مظنم روط هب ددجم یریگدای اچ هب .
تسا رفص زا عورش زار ترثؤم و رتاعی رس

She set a weekly review session for all vocabulary she had encountered in the past month and her retention improved dramatically.

هام رد هک یناگژا و همه یارب یگتفه رورم هسلج .
تفای دوبهب یریگمشچ روط هب شتتشادهگن و درک نییعت دوب هدش هچاوم اهنآ اب هتشذگ

4

context clues

ارهتخان شان هملک کی یانعم دنکلم کمک امش هب هک نتم کی رد یتاعالطا ینتم یاهلن اشن
دیمهفب

DEF

the information within a text or conversation that helps you understand the meaning of an unknown word or phrase

Context clues are the reading and listening strategy that allows learners to keep moving when they hit an unknown word. Rather than stopping and looking it up, a skilled reader uses context clues — surrounding words, sentence structure, topic — to infer meaning. This is what fluent readers do automatically.

دیمهفب ارهتخان شان ترابع ای هملک کی یانعم دنکلم کمک امش هب هک هملکم ای نتم کی رد یتاعالطا
هب دنوشلمن هچاوم هتخان شان هملک اب یتقو و دهلم هزاج نازوم آن ابز هب هک نداد شوگ و دنواخ یژتارتسا
دنورب شپ

Train yourself to use context clues before reaching for a dictionary — you will understand more than you expect.

یاهلن اشن زارنشکی د هب ندیسر زار لبق دیه نیرمت ارناتدوخ .
دیمهفب دیواخ دیرادراظتنا هچنآ زارنشپ دینک هدافتسای نتم

She did not know the word but used context clues from the rest of the paragraph to work out the meaning correctly.

یارب فارگ اراپ هیقب ینتم یاهلن اشن زار اما تسنادلمن ار هملک .
درک هدافتسا انعم تسرد ندیمهف

5

active recall

ن آ ل ع ف ن م د د ج م ر و ر م ی ا ج ه ب ه ظ ف ا ح ز ا ت ا ع ا ل ط ا ی ب ا ی ز ا ب ن ی ر م ت ل ا ع ف ی ر و آ د ا ی

DEF

the practice of retrieving information from memory — rather than passively re-reading or reviewing it

Active recall is the most evidence-backed vocabulary technique. Instead of reading your notes again, you close the book and try to remember. Instead of looking at a flashcard with the answer showing, you hide it and try to recall. The act of retrieval itself — even when you get it wrong — strengthens the memory far more than passive review.

ن آ ی ن ی ب ز ا ب ا ی ل ع ف ن م د د ج م ر و ر م ی ا ج ه ب ه ظ ف ا ح ز ا ت ا ع ا ل ط ا ی ب ا ی ز ا ب ن ی ر م ت

د ه ا و ش ر ب ی ن ت ب م ی ن ا گ ژ ا و ک ی ن ک ت ن ی ر ت ش ی ب

Active recall is more effective than re-reading — test yourself, do not just review your notes.

ر و ر م ا ر ن ا ت ی ا ه ل ت ش ا د د ا ی ط ق ف ن ، د ی ن ک ش ی ا م ز آ ا ر ن ا ت د و خ ت س ا ی ن ا و خ ز ا ب ز ا ر ت ر ت ر م م ل ا ع ف ی ر و آ د ا ی .

د ی ن ک

She replaced all passive revision with active recall exercises and her test scores improved immediately.

ا ر و ف ن و م ز آ ر د ش ت ا ر م ن و د ر ک ن ی ز گ ی ا ج ل ا ع ف ی ر و آ د ا ی ت ا ن ی ر م ت ا ب ا ر ل ع ف ن م ر و ر م ه م .

ت ف ا ی د و ب ه ب

to chunk information

6

ر ا د ا ن ع م ی ا ه د ح ا و ه ب ا ر ن ا ب ز ه ن ا گ ا د ج ت ا ع ط ق ن د ر ک ی ه د ن ا م ز ا س ر ا د ا ن ع م ی ا ه ا و ر گ ر د ا ر ت ا ع ا ل ط ا

ن د ر ک ی د ن ب ا ه و ر گ ر ت گ ر ز ب

DEF

to group individual pieces of language into larger meaningful units — making them easier to learn and retrieve

Chunking is the psycholinguistic technique that mirrors how the brain naturally stores language. Native speakers do not store individual words — they store chunks: 'a piece of', 'in the long run', 'by the way'. Learning English in chunks rather than individual words means learning language the way it is actually used.

ا ه ن آ ی ب ا ی ز ا ب و ی ر ی گ د ا ی ن د ر ک ر ت ا ن ا س آ ر ت گ ر ز ب ر ا د ا ن ع م ی ا ه د ح ا و ه ب ن ا ب ز ه ن ا گ ا د ج ت ا ع ط ق ی د ن ب ا ه و ر گ

د ن ک ل ی م ه ر ی خ ذ ا ر ن ا ب ز ی ع ی ب ط ر و ط ه ب ز غ م ه ن و گ چ د ه ل ی م ن ا ش ن ه ک ی ت خ ا ن ش ا ن ا ب ز ن ا و ر ک ی ن ک ت

Chunk vocabulary instead of learning single words — learn 'make a decision', not just 'make' and 'decision'.

د ی ن ک ی ه د ن ا م ز ا س ر ا د ا ن ع م ی ا ه ا و ر گ ر د ا ر ن ا گ ژ ا و ، ا ه ن ت ت ا م ل ک ی ر ی گ د ا ی ی ا ج ه ب .

و ط ق ف ن ، د ی ر ی گ ب د ا ی

She started chunking new vocabulary in collocations and phrases and her output became far more natural.

ش ی ج و ر خ و د ن ک ی ه د ن ا م ز ا س ت ا ر ا ب ع و ا ه ل ی ن ی ش ن م ه ر د ا ر د ی د ج ن ا گ ژ ا و د ر ک ع و ر ش .

د ش ر ت ل ی ع ی ب ط ر ا ی س ب

to test yourself

7

لوا باوج ندید نودب یزی چی یروآدای یارب شالت اب ار ناتدوخ شناد ندرک شیامزآ ار ناتدوخ
ندرک یسررب

DEF

to check your own knowledge by trying to recall or produce something without looking at the answer first

Test yourself is the active learning instruction. It is the everyday version of active recall. Flashcards (answer side down), writing from memory, speaking without notes — all of these are forms of testing yourself. Research consistently shows that self-testing outperforms studying for retention.

دینک هاگن باوج هب لوا هکنی نودب یزی چی دیلوت ای یروآدای یارب شالت اب ناتدوخ شناد یسررب
ل اعف ی ریگدای لمعل اروتسد

Test yourself on vocabulary by writing it in a sentence from memory before checking if you were right.

ار ناتدوخ، دی اهدوب تسرد ای آ هکنی یسررب زال بق ظفح زا هلمج کی رد ناگژاوت شون اب .

دینک شیامزآ

She got into the habit of testing herself on new phrases before looking at her notes and her retention soared.

شیامزآ دیدج تارابع اب ار شدوخ شیاهت شادای هب ندرک هاگن زال بق درک تداع .

تفای شیازفا ی ریگم شچ زرت هب شت شادهگن و دنک

to build on something

8

رت شیب ار نا و ندرک هدفستسا هی اپ ناو نع هب دوجوم یاهت راهم ای شناد زا ندرک انب یزی چی رب
نداد هعسوت

DEF

to use existing knowledge or skills as a foundation and develop it further

Build on something is the scaffolding metaphor in learning. You cannot learn advanced grammar without basic grammar to build on. You cannot learn academic vocabulary without general vocabulary to build on. Every stage of language learning is building on the previous stage — which is why gaps in the foundation eventually slow progress.

نا رت شیب هعسوت و هی اپ ناو نع هب دوجوم یاهت راهم ای شناد زا هدفستسا
یریگدای رد تسبراد هراعستسا

Build on what you already know — advanced English is just basic English used more precisely.

اب هک تسای یادتبا یسی لگنا طقف هتفرشی یسی لگنا دینک انب دینالیم لبق زا هچنآ رب .

هدش هدفستسا یرت شیب تقد

She built on her strong grammar foundation to develop more sophisticated written expression over time.

یرتاهدیچی پی یرات شون نایب نامز شذگ اب ات درک انب شالیوق یروتسد هی اپ رب .

دهد هعسوت

to track your progress

9

تفرشی پ نامز لوط رد دقچ هکنی ا تبث و یری گاهزادنا ندرک لابند ار نات تفرشی پ
دی اهدرک

DEF

to measure and record how much you have improved over time — so you can see growth that day-to-day feels invisible

Track your progress is the motivation tool. Progress in language learning is often invisible because it is gradual. You do not notice daily improvement — you notice it when you look back six months. Keeping a record — recordings, journal entries, test results — makes the invisible visible and sustains motivation through plateaus.

زور هب زور هک دینی بب ار یدی دشر دیناوتب ات دی اهدرک تفرشی پ نامز لوط رد دقچ هکنی ا تبث و یری گاهزادنا
دسرلم رظن هب یئرم ان
شزی گنا رازبا

Track your progress by recording yourself speaking monthly — comparing recordings across time is motivating.

هناهم تروص هب تبحص لاح رد ناتدوخ یادص طبض اب ار نات تفرشی پ .
تسا شخباهزی گنا نامز لوط رد اطبض هسیاقم دینک لابند

She kept a listening comprehension log and tracking her progress showed her that she had improved more than she thought.

ش تفرشی پ ندرک لابند و تشاد هگن یرادی نش کرد ش رازگ کی .
هدرک تفرشی پ درکلم رکف هچن آزا رتشی ب هک داد ناشن

10

to reinforce

ندرک تیوقت ددجم دی دزاب ای رارکت اب ار شناد ای تراهم، راتفرکی ندرک تیوقت

DEF

to strengthen a behaviour, skill, or piece of knowledge by repeating or revisiting it

Reinforce is the behaviourist and neuroscience term for strengthening what you have already learned. In language learning, reinforcement comes from using language in real contexts. You can reinforce vocabulary by hearing it again in a podcast, using it in a conversation, or seeing it in a new text. Each encounter deepens the neural encoding.

ددجم دی دزاب ای رارکت اب شناد ای تراهم، راتفرکی ندرک تیوقت
دی اهتفرگ دای لبق زا هچن آزا تیوقت یارب باصع مولع و هئای ارگراتفر حالطصا

Reinforce new vocabulary by using it in three different sentences — one per day over three days.

زور هس لوط رد زور ردی کی دینک تیوقت فلتخم هلمج هس رد آنزا هدفاتسا اب ار دیدج ناگاؤ .

She reinforced each new expression by looking for it in the wild — in films, articles, and conversations.

تامل اکم و تالاقم، اهللیف رد تعیبط رد آنایارب و جتسج اب ار دیدج ترابع ره .

ندرک تیوقت