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INDIVIDUAL APPROACH TO LEARNING FRENCH: TOWARDS GREATER LEARNER AUTONOMY

Kholova Shahnoza Davronovna
Teacher at the Department of French philology, Bukhara State University;,
Shaxnozaxolova25@gmail.com

Mardonova Marjona Jasur qizi
Student of BukhSU

A R T I C L E I N F O.

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Abstract

Foreign language learning is undergoing significant change with the emergence of the individualized approach. This article explores the characteristics, advantages, and limitations of the individualized approach in learning French as a foreign language (FLE), highlighting the underlying pedagogical theories and strategies that promote learner autonomy.

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Introduction. Traditional language teaching, long teacher-centered, is gradually giving way to learner-centered methods. The individualized approach, which places the learner at the heart of the acquisition process, is part of this dynamic. It aims to adapt the learning path to the needs, pace, objectives, and cognitive styles of each individual. In the context of FLE, this approach offers interesting avenues for addressing the heterogeneity of learner profiles. 2. Theoretical Foundations of the Individual Approach

Several pedagogical schools support this approach are: “Constructivism” (Piaget, 1970): Learning is an active process of knowledge construction; “Socio-constructivism” (Vygotsky, 1978): Social interaction is essential, but individualizing the learning path allows for better progress in the zone of proximal development; “Self-directed learning theory” (Knowles, 1980): Adult learners are able to direct their own learning according to their personal goals.

Practical implementation of the individual approach:

- Initial diagnostic assessment: This identifies each learner's needs, gaps, and strengths.
- Personalized learning plan: Development of an individualized learning path (specific objectives, adapted resources, flexible pace).
- Use of ICT: Digital platforms, applications, and interactive resources help strengthen autonomy. • Support and tutoring: Although learning is individualized, personalized monitoring remains essential.

Observed benefits:

- Increased motivation through personalization.
- Better retention of learning due to active involvement.

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- Strengthened learner autonomy and responsibility.
- Reduced anxiety in a non-competitive environment.

Limitations and challenges:

- Workload for teachers when designing individualized learning paths.
- Risk of learner isolation, hence the importance of support.
- Need for self-regulation skills that not all learners naturally possess.

Outlook for FLE teaching - The integration of an individual approach into FLE teaching can be achieved gradually through hybrid formats (in-person + digital), differentiated instruction, and the promotion of metacognition. The teacher's role is evolving towards that of a facilitator and educational advisor.

The individual approach represents a relevant response to the current challenges of teaching French as a foreign language. It promotes more autonomous, motivating learning, and is tailored to the real needs of each learner. However, its implementation requires a structured framework, appropriate tools, and teacher training.

Independent learning has become a key strategy in foreign language acquisition, particularly French. This article examines the most effective methods for learners to develop their language skills independently. Through a solid theoretical foundation and a practical approach, it highlights the tools, resources, and attitudes that promote successful and lasting learning.

Faced with the diversification of learner profiles and technological developments, independent French learning is experiencing considerable growth. This approach, which relies on the learner's ability to take charge of their own learning, requires metacognitive skills, intrinsic motivation, and appropriate teaching resources. But what are the most effective methods for learning French without direct supervision?

Effective methods for independent French learning

Learning through personal objectives. Formulating specific objectives (e.g., mastering past tenses, enriching professional vocabulary) helps structure learning and measure progress.

Use of digital resources. Digital tools are powerful allies for independent learning:

- Mobile apps: Duolingo, Babbel, MosaLingua
- FLE platforms: TV5MONDE Langue française, RFI Savoirs
- Online dictionaries and translators: WordReference, Reverso Context
- MOOCs and online courses: France Université Numérique, Coursera

Virtual immersion and daily exposure. Passive and active exposure to the language improves comprehension and expression:

- Watching movies/series in their original language with or without subtitles
- Listening to podcasts or songs in French
- Reading articles, blogs, comics, and simplified novels

Keeping a language journal. Writing regularly in French (personal journal, blog, reading summary) allows you to practice writing while strengthening grammar and vocabulary.

Self-correction and continuous assessment. Using tools like Grammarly (for French, alternatives like Scribens) or comparing your output with native speakers improves language quality.

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Language partnerships and virtual exchanges. Language tandem platforms (e.g., Tandem, HelloTalk, Speaky) allow you to practice French with native speakers in exchange for your own language.

French is one of the most widely spoken and widely studied languages in the world. It is of great importance not only in international relations and scientific fields, but also in culture and art. At the same time, the role of an individual approach in language learning is of invariable importance. Each learner has his own requirements, goals and methods, based on which the learning process can be made more effective. This article analyzes the advantages of an individual approach in learning French and its impact on the learning process.

An individual approach is a learning methodology that is adapted to the specific learning characteristics of each student. This approach shapes the learning process, taking into account factors such as the learning style, level of progress, interests, and ability to allocate time.

The main goal of an individual approach to learning French is to increase the learner's effectiveness in learning the language and develop it at his own pace and style. This process creates a more comfortable and personalized learning environment for the student, as a result of which the learning process becomes more effective.

The main advantages of an individual approach to learning French

Adaptation of learning style - Students can use different styles and methods when learning French: some prefer to work with visual materials, while others choose auditory or written exercises. With an individual approach, each student can choose the method that is most convenient for him. For example, video tutorials can be provided for visual learners, audio resources for auditory learners, and grammar and writing exercises for those who prefer written exercises.

Learning speed and personal needs - Each student may have a different learning speed when learning French. Through an individual approach, the student can adjust his/her own learning speed, which makes the learning process more comfortable. Some students want to learn the language faster, while others may prefer to learn slowly and steadily.

Increased motivation - An individual approach increases the student's motivation, because the learning process is tailored to individual needs. This helps the learner to continue to achieve his/her goals and continue the learning process.

Methodology of an individual approach to learning French

Self-assessment and monitoring - For an individual approach to be effective, students need to assess and monitor their own learning process. This process helps to identify strengths and weaknesses in learning. Self-assessment also increases the student's responsibility for the language learning process.

Programmed and adapted resources - There are various resources available for learning French, such as online courses, applications, mobile platforms and video materials. With an individual approach, students can use the resources that suit them. For example, the student can choose grammar guides, interactive vocabulary games or listening exercises.

Pivotal materials and exercises - Based on methodological strategies, students should be provided with materials and exercises on various topics in French learning. For example, activities such as grammar and vocabulary learning, listening comprehension and conversation are developed in accordance with the student's learning process.

A personal approach in the process of learning French not only improves learning methods, but also the learner's internal motivation and connections with external resources. Students will have the opportunity to use materials that are suitable for them in independent learning, manage their time and achieve the desired results. This process, especially during the learning process, helps to maintain the student's self-control and motivation to learn.

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CONCLUSION: Independent French learning is a promising approach, provided it is well guided from the start. Effective methods rely on clear objectives, a wealth of digital resources, regular exposure to the language, and the development of metacognitive skills. Autonomy is not isolation, but a flexible form of learning, adapted to each profile. An individual approach to learning French is an opportunity for the student to choose a learning style that suits him and adapt the learning process to his personal needs. This approach provides a more effective and motivated learning process for students. By adapting learning methods and taking into account personal needs, learning French can be more effective.

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