SUGGESTOPEDIA/ DESUGGESTOPEDIA

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Background



Suggestopedia, later Desuggestopedia

- developed by Georgi Lozanov
- science concerned with systematic study of the nonrational and/or nonconscious influences
- tries to harness these influences and redirect them so as to optimize learning

Characteristics of the method

- decoration
- furniture
- arrangement of the classroom
- the centrality use of music
- mystical air of the environment
- the authoritative behavior of the teacher



- Lozanov borrowed and modified techniques for altering states of consciousness and concentration, and the use of rhythmic breathing.
- ☐ All students can be taught a given subject matter at the same level of skill.
- □ Like the Soviet psychology, Lozanov specifies the requirements of an optimal learning environment (relaxed-focused state-aware alert area).

APPROACH

- Theory of Language
- No articulation of a theory of language.
- □ The emphasis on memorization of vocabulary pairs suggests a view of language in which lexis is central and lexical translation rather than contextualization is stressed.
- Importance of experiencing language material in 'whole meaningful texts'.





- "students not to vocabulary memorization and acquiring habits of speech, but to acts of communication".
- Lozanov recommends home study of recordings of "whole meaningful texts" that are interesting (for the sake of music of the foreign speech).
- texts with lighthearted stories & emotional content.

Theory of Learning

- Desuggestion is in the center of the method.
- □ It seems to involve unloading the memory banks or reserves of unwanted or blocking memories.

Principle Theoretical Components

Authority: People remember best and are more influenced by information coming from an authority.

That's why

Lozanov mentions choosing a 'ritual placebo system' which is most likely to be perceived by the students as having high authority.

To constitute

- Scientific sounding language
- Highly positive experimental data
- True believer teachers

Infantilization: Authority is also used to suggest a teacher-student relation like that of parent to child.

- Role playing
- @ Games
- Songs
- © Gymnastic exercises help the learners regain self-confidence, spontaneity and receptivity of the child.

Double-Planedness: Learners learn from the effect of direct instruction + the environment

- bright decor of the classroom
- musical background
- the shape of chairs
- personality of the teachers



Intonation, Rhythm and Concert Pseudo-Passiveness: Varying the tone and the rhythm of presented material helps both to avoid boredom through monotony of repetition and to dramatize, emotionalize and give meaning to linguistic material.

Pseudo-Passiveness:

- the state of being relaxed
- anxieties and tension are relieved
- power of concentration is raised
- the role of music is central
- type of music used is prominent
- optimal for learning





Aim:

- to deliver advanced conversational proficiency quickly.
- vocabulary recall and memorization

The syllabus

- Groups of new beginners and false beginners
- □ 30 days consisting ten units of study
- ☐ 4 hours a day, six days a week
- central focus of each unit is dialogues
- vocabulary list and grammatical commentary
- dialogues are graded by lexis and grammar
- tasks consist of imitation, question and answer, reading, ...

- Types of Learning and Teaching Activities
- The type of activities that are original to Suggestopedia are the listening activities which concern the text and text vocabulary of each unit.
- These are typically part of the "pre-session phase" which takes place on the first day of a new unit.

Learner Roles

- Students volunteer for a suggestopedic course, but having volunteered, they are expected to be committed to the class and its activities.
- The mental state of the learners is critical to success, that's why learners must forgo mind-altering substances and other distractions and immerse themselves in the procedures of the method.

- Students are expected to tolerate and in fact encourage their own "infantilization".
- by giving themselves over to activities and techniques designed to help them regain the self-confidence, spontaneity, and receptivity of the child.
- role playing
- games
- songs
- gymnastic exercises

Teacher Roles

- 1. Show absolute confidence in the method.
- 2. Display fastidious conduct in manners and dress.
- 3. Organize properly and strictly observe the initial stages of the teaching process this includes choice and play of music as well as punctuality.

- 4. Maintain a solemn attitude towards the session.
- Give tests and respond tactfully to poor papers.
- 6. Stress global rather than analytical attitudes towards material.
- 7. Maintain a modest enthusiasm.
- Teachers are expected to be skilled in acting, singing, and psychotherapeutic techniques

The Role of Instructional Materials

<u>Indirect Support materials:</u> text, tape... <u>Indirect Support materials:</u> classroom fixtures and music.

- The textbook should have emotional force, literary quality, and interesting characters.
- The environment needs to be bright and cheery.

Conclusion

- Desuggestopedia has probably received both the most enthusiastic and the most critical response of any of the so-called new methods.
- There are techniques and procedures in suggestopedy that may prove useful in a foreign language classroom.