The Cyrillic alphabet

Аа Бб Вв Гг Дд Ее

Жж Зз Ии Йй Кк Лл

Мм Нн Оо Пп Рр Сс Тт

Уу Фф Хх Цц Шш

Щщ Ъъ ьь Юю Яя

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Allies	Mavericks	Traitors
Аа [a] Ее [з] Кк [k] Мм [m] Оо [o] Тт [t]	**Бб** [b] **Дд** [d] **Зз** [z] **Йй** [i] **Пп** [p] **Цц** [ts] **Щщ**[ʃt] **Ьь** + о [io] **Юю** [iu] **Яя** [ia]	**Гг** [g] **Жж** [ʒ] **Ии** [i] **Лл** [L] **Фф** [f] **Шш**[ʃ] **Ъъ**[ə]	Вв [v] Нн [n] Рр [r] Сс [s] Уу [u] Хх [h]



The Suggestopedic Learning and Teaching Cycle

Suggestopedia in practice

We know that:

- We can teach 3 to 10 times more material.
- Studying taps the reserve complex.
- Studying is a unity of conscious and paraconscious.
- Studying is a positive experience and leads to concentrative psychorelaxation.
- Teaching prevents trauma. It uses and encourages people's natural curiosity.
- Studying should lead to relaxation/not tiredness.
- Teaching has therapeutic effect.
- Studying can improve the social performance of students.

HOW?



Throug

- Careful orchestration.
- Appropriate structuring of the material and the process.
- Applying ALL of the means and principles of suggestopedia simultaneously.

The suggestopedic learning and teaching cycle



- Introduction
- Concert Session
- Elaboration I
- Elaboration II
- Presentation



The Introduction

- Artistic and witty overture of the theme.
- Introduces the context
- It exposes students to most of the target grammar and vocabulary. Bears the spirit of easiness and delicacy on the level of reserve capacities.
- The teacher establishes a communicative environment whereby students spontaneously involve themselves in conversations and even discussions.
- Globalized art "on the edge" of art, teaching, psychotherapy, and game.

Introduction

The first day introduction

- The longest (90 mins.)
- The teacher introduces the thorough context of the course.
- The teacher sets friendly and easy atmosphere.
- Students choose new biographies (names, professions, nationalities).

The other introductions

- Shorter (10-20 mins.)
- Expose students to the main grammar and vocabulary of the new lesson.

The communicative position of the teacher

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The communicative position of the teacher

- **Friendly** (not overfriendly)
- **Spontaneous** (not actor)
- **Non-manipulative suggestive communication** (communication tuned to the level of the reserve complex).
- **Spirit of dynamism and easiness**
- **High expectations about students' capacities to learn.**
- **Avoid traditional methods of memorizing (drilling, etc.)**

The means of Suggestopedia in the Introducion

- **Psychological**
  1. Love
  2. Freedom
  3. Something unusual is happening
- **Didactic**
  1. Increased teaching material
  2. Golden ratio
  3. Whole-partial, partial-whole
- **Artistic**
  1. Classical art





The concert session

- Presentation of the new lesson.
- Follows immediately the introduction. It includes reading of the lesson twice and takes up 90 min. together with the introduction.
- The teacher reads the text on the background of classical music 2 times.
- The 1st active session (classical music)
- The 2nd pseudo-passive session (pre-classical/baroque).



The concert session

- The reading is in accordance with appropriately selected music.
- Large amount of information are introduced without fatiguing the students.
- Creates concentrative psycho-relaxation and enhances the memorization process.
- Teacher is specially qualified and carefully prepared.

The Active Concert Session (Melodrama)



- The textbook and the translation
- The room
- (homelike atmosphere, fresh air).
- The specific intonation
- (voice is instrument of the music).
- Classical music – creator of concentrative psychorelaxation.
- The atmosphere is solemn.
- The intonation is unnatural but in harmony with the piece of music/organised mingling of several plans/ helps fix the information securely and makes unnecessary the conscious concentration on the material.

Passive Concert Session (Recital)

- Intonation
- The book
- The teacher
- Austerity of form, content, and intellectual depth.
- The students (music/text)
- After the séance.



Means and principles of Suggestopedia in the Concert Session

- Psychological
  - Global participation of left and right halves of the brain
  - Unity of analysis and syntheses
  - Simultaneous conscious and paraconscious processes
  - Humanitarian balance/global education of the person.
- Didactic
- Artistic



Elaboration I

- Follows on the next day after the concert session and is succeeded by Elaboration II.
- Activates the new content and fosters development of specific language skills through reading, singing, drilling, repeating of the text.
- Systematic elaboration.
- Freedom and creativity are encouraged.



Elaboration II

- Spontaneous laughter and songs.
- Acting out the situations.
- Creative environment for spontaneous discussions.
- The teacher shows their high expectations about the students'abilities.
- The teacher keeps the students on the border of their linguistic knowledge.



Presentation

- Close the cycle and summarise the information.
- Activates students to use the material from the lesson and make their performance on it.
- Students prepare their performance beforehand.
- The task is communicative and enough motivating.
- Absolute strengthening of the material is avoided thus leaving space for the paraconscious mechanism for additional processing.
- Every day of the elaboration starts and finishes with a song.
- Storytelling is diversified by games, songs and discussions.