

# Common Obstacles and Countermeasures in College English Listening Learning

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**Abstract:** Listening is the most basic skill in English learning. Listening plays an extremely important part in all kinds of English exams and daily speaking conversations. However, many students often cannot control the listening skills when they are learning English listening, and cannot grasp the details or even the general meaning of the whole paragraph. Based on many years of teaching experience, this article points out the obstacles for ordinary college students in learning English listening and gives corresponding countermeasures.

## 1. Introduction

In the process of English listening, we need to constantly understand how our listening level is. In this regard, different people have different evaluation criteria at different stages. Some people think that all the correct choices in the listening test are good listening comprehension, and some people think that understanding VOA and BBC is good listening comprehension. Actually, the real listening comprehension is strong, we think it is to be able to understand the British-American talk show and some popular science lectures on TED. In college English listening learning. To improve listening comprehension, we should start with multi-listening teaching audio tapes, such as the textbook tapes and oral textbook tapes, and you can choose interesting materials that are combined with listening or slightly higher than their own level. The selected listening materials should be divided into two types: intensive listening and extensive listening. Whether it is intensive or extensive listening, it is best not to look at the text at the beginning. Intensive listening should firstly listen to the recording content from beginning to end, and then listen to the incomprehensible parts over and over again. If you really don't understand some points, you should try to understand each syllable as much as possible, and then open the book to check, you can check the dictionary for some new words that affect understanding. Then close the book and listen from beginning to end until you can understand everything. Through this listening training, you can promote your ability to recognize speech and understand. If you have read the written materials, Silent reading will not improve your listening ability, and you will not understand when you encounter new materials.

Intensive listening is best to choose teaching recordings and short stories with science plots or popular science essays. For general listening, you can choose some oral textbooks or some interesting short stories to make yourself more exposed to the recording materials in order to become familiar with English pronunciation and expand the knowledge. Improve hearing. Extensive listening can be done once, as long as you understand the general meaning. If you don't understand it over and over again, you can listen to it upside down and still don't understand it, just flip through the book and continue listening, and when listening to the material for the first time, you must be attentive and let your mind keep up with each syllable. At each pause, you can repeat it in your mind. Don't stop and think about new words when listening, because some new words can be understood throughout the content. Some new words do not affect the meaning of understanding, you can ignore it, stop and think, but it affects listening to the following content. When listening to the sound, repeat it in English with the recording material in your head, and practice at a speed that can keep up with the speed of the recording. You cannot translate while listening. Generally speaking, as long as the difficulty is quite enough, you can understand most of the words and understand the meaning.

In listening training, it is necessary to be able to accurately and accurately listen to some important data, age, person name, place name, and facts, while taking into account the training of grasping the intention. This must combine intensive listening with extensive listening and practice alternately. That is, intensive listening and extensive listening can be divided into separate exercises, which are interspersed while listening. A story or report can also be divided into intensive listening and extensive listening paragraphs.

In addition, in your usual training, you should expand your English listening range as much as possible. This means listening as much as possible to native English speakers (British English and American English). Also listen to people from non-English speaking countries (French English, German English, etc.). The BBC's world-facing radio is an excellent source for listening to authentic English, as is watching movies and videos. When native English speakers speak, they usually omit some words in order to save trouble, and we must get used to their way of speaking.

Through the above methods, as long as you can practice hard, you can break through English listening in a short period of time. Remember to sort out and test your results in time after listening, not to set aside, otherwise you will be difficult to achieve satisfaction. Be psychologically prepared before listening to overcome fear. Don't be afraid, because this will make your brain temporarily "blank". Believe that you have been trained to complete the listening test well. Don't think that you can't do it because you encounter a few new words, and you will do poorly. If nervous, try closing your eyes and take a few deep breaths.

## **2. Students Generally Need to Overcome the Following Obstacles**

When students learn listening, they will always encounter some obstacles, many of which can be overcome and coped with.

### **2.1. Inaccurate Pronunciation**

Assuming that our own English pronunciation is closer to the pronunciation of foreigners, if you can understand your own pronunciation, you will certainly be able to understand the voice of foreigners. English speakers are generally pronounced in the 'thoracic cavity', but most Chinese people pronounce only the oral cavity, and the spoken accents have very different tastes. Therefore, when practicing, find some pure English audio, not too long, the best is 3-5 minutes, and then imitate it repeatedly and carefully, training for 20 minutes a day, after 2 to 3 weeks, you will find your voice conditions will change significantly. It is suggested that corpus of new concept English can be used.

### **2.2. Unskilled Words or Too Little Vocabulary**

Sometimes we hear very clearly, but either we can't discern the meaning of the word quickly, or we don't know what it means. The obstacles are unskilled words or remembering too little vocabulary. If we are all familiar with the pronunciation of words like simple words such as "thanks", "dog", "mother", then listening will definitely improve. Therefore, at the beginning of listening practice, it is very necessary to memorize words and repeat dictation of basic words.

### **2.3. English Has Different Accents and Dialects**

There are many English-speaking countries, such as the United States, the United Kingdom, Australia, Canada, etc., and their accents are different; second, there are different dialects in different regions of the same country. In order to be able to understand English, we must listen extensively on the basis of intensive listening, listen to a variety of radio audio with accents and dialects, such as BBC live interviews or TED speeches, and can understand after adapting to a period of time.

### **2.4. Lack of Understanding of Legato and Acronym**

Some individual words in the sentence are affected by the pronunciation of other words, and the pronunciation of its single word is not exactly the same, so that we have difficulties in listening. The first solution is to understand the knowledge and rules of pronunciation, but to practice more sentences with consonants and acronyms. Often, they will be used and understood.

For example1: This is an apple. There are two consonants of "is" and "an"; For example2: Father and mother are both teachers. "In and", read only / n /, which is a skimming.

### **3. How to Improve Listening Comprehension**

#### **3.1. Improve the Ability to Recognize Sound**

Firstly we need to correct a misunderstanding: poor hearing is due to insufficient vocabulary. Vocabulary is the basis of listening, but it does not mean that people with large words must be good at hearing. It can be said that vocabulary is a sufficient and unnecessary condition for listening. So, besides vocabulary, what else could cause our hearing to be bad? Discrimination ability! Specifically, it refers to the ability to discern words in a text. The best way to test your own speech recognition ability is to find a simple article, listen to it after clearing all lexical obstacles, and see if every word can be heard (including the numeral "a" and "an" or preposition "of" and "at" ). If you still can't hear the words after you know all the words, it means that your speech recognition ability needs to be improved. The best exercise to improve your speech recognition is "dictation"! Dictation should start with basic words, then phrases, simple sentences, and long sentences. It is to hear every word and even punctuation of an article. After reaching a certain amount of practice, you will be pleasantly surprised to find that your speech recognition ability has improved significantly.

#### **3.2. From Listening to Words to Listening Groups**

After completing the improvement of speech recognition, what we need to do is to examine our listening methods. At the stage of speech recognition, we mainly focus on the analysis of words. When we want to grasp the overall meaning of the article and obtain information through listening, we can no longer listen to one word or one word, but listen to one mind group and one mind group. To put it more plainly, the listening group is listening to the key points and listening to some valuable information for yourself. In the listening group, we must learn to use signal words to grasp the overall structure of the article. Signal words are what we usually call firstly / secondly / thirdly / ... this kind of transitional words that attract attention, express progressive or turning. Signal words can help us to divide meaning groups and grasp the structure of the article. For example: the statement after "but" is more important, because from the point of view of the presenter, the appearance of but actually denies the content of the previous statement. The focus should be after "but".

#### **3.3. Learn to Take Notes**

After learning to use signal words to listen to groups, we can start taking further notes in listening comprehension to take notes. Don't neglect to take notes. What we are talking about here is not to write some understanding symbols like interpreting notes, nor to write down every word like dictation, but to record important information on the basis of grasping the meaning group to grasp the structure of the article. Only in this way can you really use "listen" to obtain information and use "listen" to improve your English level. Taking notes can help us understand listening materials and improve our ability to distinguish useful information from useless information. What's more important is that it can help us reduce the burden on the brain and grasp the main content of the material completely and accurately.

The way you take notes can vary from person to person. You can write down the names of people, places, various data, facts and reasons mentioned below as much as you think important. Good notes should be a brief outline of what you are listening to. You can use keywords as well as phrases or sentences. The key is to be concise, clear and fast. There are tricks to taking notes. When listening to a single sentence (statement), because the sentence is completely isolated, without any context, and only read it again, the listener can only rely on the understanding and memory once to find the meaning of the same or similar to the original in the choice. Therefore, accurately capturing the information given is key to the problem. At this time, it is necessary to resort to the effective method of "retelling immediately", that is, when listening to the recording, the original test sentence is immediately repeated with only 1-2 seconds behind to help strengthen the memory and make the

correct choice. Some people have conducted experiments and the results show that: "A language signal only passes through the external auditory canal, and the probability of understanding memory in the brain is assumed to be one. Then, after retelling, the probability of understanding memory in the brain is three. Because the same signal passes through The external auditory canal passes into the brain, while the other part of the sound passes directly into the brain from the oral cavity through the internal auditory canal. Therefore, repeating once is three times more effective than repeating it. On the one hand, it can help you deepen the impression of the intelligible part, on the other hand, it can also help you re-understand and chew the incomprehensible part, so as to effectively capture and record important information points and improve accuracy.

### **3.4. Get in the Habit of Repeating Immediately**

The key to "retelling immediately" is the word "immediately". If you wait for a sentence to finish retelling, it will be difficult to remember the whole sentence, and retelling will lose its meaning. The correct operation method is: when a sentence is just started, you follow it at a slow speed of only 1 to 2 seconds, and then speak and read, as if your repetition is the echo of the original test sentence, understand and take notes. This method has been used in teaching practice for many years and has been unanimously affirmed by users. The benefits of doing paraphrase exercises are not limited to this. It can also help you to increase confidence, focus attention, correct pronunciation, repeat more, and develop a sense of language, which can help improve spoken English.

### **3.5. Extensive listening exercises**

English listening is not as difficult as everyone thinks. Any material around you can be used to listen to news, film and television dramas, audio books or English songs. Any material you are interested in can help you improve your listening level. . However, it must be emphasized that the improvement of listening has a process of listening from intensive listening to extensive listening. Everyone must step by step in the process of learning, and must not rush to achieve success.

## **4. For College English Test Band 4 and Band 6**

After getting the test papers, candidates should use the time required to record and play the questions, and try to read as many options as possible (please browse the full text for short dictation), and infer the content of each question, so it is easier to catch the key to listen information. When listening, you can easily record some names, places, times, numbers and other information to prevent forgetting. You can also quickly check the contents of keys in A), B), C), and D). while you are listening, mark with "right" and "wrong", or make simple notes on the content for different options.

With regard to listening test, we advocate to develop students' proactive reading skills and the listening skills. "Pick-ahead prediction" is to use the gap between the introduction and questions and questions, scan the options in advance, predict the direction of the question, and infer based on common sense. So that you can purposefully capture the information you need when you start recording. "Five features processing" means listening, understanding, repeating (applicable to single sentences, short dialogues and data), taking notes, and guessing (inferring).

Many students think, "I understood when I was listening, but when I made a choice, it seemed like I couldn't remember half of it." This is extremely normal, because most of our attention when we listen in terms of comprehension, coupled with not taking notes on the details mentioned in time, you will naturally forget the front, and the focus of the listening test is often on the identification of details. Therefore, candidates not only need to understand the language information in the recording, but also need to remember important information in a short period of time through some effective means, such as the date, person, event, location, unit price, discount price (range), house number, etc. Even if a person has a good memory, it is not easy to remember so many details, so only the notes and sketches on the test paper can be used to determine the answer. So while listening, sketch out the answers on the test paper.

#### **4.1 For College English Test Band 4 and Band 6, the Problem Solving Methods Are Summarized As Follows:**

- a. Drawing twice and confirming once. Get the test paper and quickly outline the distinguishing word part (real word part) in the answer, and continuously outline what you hear during the listening process. (Phrases, words, sentences).
- b. When answering the questions, look at the alternative answer vertically, and look at least 4 options at a time. Try to look at eight even more, if there is an answer, look at the next question immediately. Follow the presenter's word order to select the answer.
- c. For long conversations and short essays listening. "What you hear and what you choose"—(Choose sentences and phrases that are almost exactly the same as what you hear, and prefer the same root words, synonyms, and replacement phrases)

#### **4.2 Materials for CET Band 4 Listening Comprehension**

The first choice is the college English band 4 examination papers in 5 years.

Secondly, selecting the sentence materials for CET band 4 core vocabulary

The third choice is basic vocabulary and sentences.

Alternative one is New Concept English Volume III texts for dictation exercise.

### **5. Summary**

In summary, before listening to the recording, pay close attention to the relevant questions and choices, determine the focus of the listening, make the listening clear and purposeful, and improve the accuracy of the answer. Note that grasping the time, there will be two to three minutes of reading time before each listening. Don't waste this precious time. During this time, you must understand the answer requirements, and quickly browse the options to capture important information. , Predict the questions that may be asked, and listen to them to make them targeted.

When listening, pay high attention and don't stop looking at the topics and options, so as not to affect the understanding of the entire paragraph. For the time, place, name, number, cause, purpose, result, etc. in the question, the numbers involved should be recorded in time, recorded, and calculated if necessary. For unintelligible questions, give up immediately and turn your attention to the next one, so as not to affect the later questions. Use both hands and ears in the listening process, and record the right amount of people at the right time. Write down the keywords. Such records do not need to be neat and beautiful, as long as you understand them. They can be abbreviations or some kind of symbols you create. The purpose is to assist in memory, because listening requires a certain speed and frequency of speech. If you do the questions after listening, you will lose sight of each other, especially when you listen to longer conversations and short essays and ask for supplementary content.

After listening to each conversation or monologue, you should quickly understand and recall what you have heard, carefully check, and make a judgment in the shortest time. Eliminate unimportant information. Don't try to understand every word in the article. When doing a listening test, your purpose is just to understand the meaning and find the answers to the questions you have given. For the new words that can't be inferred from the context, don't go overboard.

In the early stages of English listening, speech recognition is far more important than shaping a language environment. If you develop a habit of filling ears, you will have a bad habit of not paying attention or even being able to concentrate at all during intensive listening, which is fatal to English beginners. Therefore, at the initial stage, everyone must listen carefully, listen to the same material repeatedly, and eat through every listening material. Then, I started training for general listening, and used the ear filling to shape the language environment, so as to achieve the ultimate goal of learning English through listening.

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