SUGGESTOPEDIA

Learning Principles

- Attempts to maximise the brain power of learners
  - As we get older we adjust our personalities to social norms
  - Our learning ability is inhibited
  - Using suggestion we can re-integrate those capabilities
  - The learner is encouraged to be like a child: Infantilization
- The use of classical music creates a “relaxed concentration” which leads to “superlearning”:
  - Learners follow the rhythm of music and relax
  - Learners are able to memorise huge amounts of information
- Everything is aimed at promoting the learning hypothesis (LH)

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Teaching Procedures (I)

- Two key factors in suggestopedic teaching:
  a) Memorizing
  b) Integrating

  a) Memorizing:
  1. The text is read with accompanying classical music
  2. Teacher’s voice harmonizes with the rhythm of music
  3. SS given a translation of the text. Later it is taken away
  4. Passive session: SS close their eyes and listen
  
    → Teacher is an authoritative figure: tells the students that the session will result in memorization (placebo effect)

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Teaching Procedures (II)

b) Integrating:

- Teacher communicates the LH verbally and non-verbally: I can use the language. I’m learning the language
- Language is reinforced with music &/teacher actions
- Language is integrated into the SS’ personality using different activities (Repetition is avoided):
  - Acting out portions of the text
  - Singing songs/ playing games
  - Telling stories
  - Carrying out short conversations/ emotional role-plays
- SS don’t do homework. They read the text before going to bed

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Evaluation

- Like other humanistic methods emphasis is placed on creating a relaxed environment and eliminating anxiety so as to facilitate learning
- The amazing results reported in Lozanov’s data (1000 words x hour) have been shown to be questionable
- Its practical implementation is difficult (small groups, comfortable armchairs)
- Is memorization important in Language Learning?
- Mechanical repetition is avoided (varied activities)
- Its influence upon modern L2 teaching methodology is very limited