

# On the Use of Shadow following in English Listening

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**Abstract:** *With the continuous progress of world integration and the steady improvement of China's overall education level, more and more people realize the importance of Learning English including English listening. This puts forward new standards and requirements for the application of English listening learning. This paper emphasizes the importance of shadow following reading method in English listening learning, expounds a series of effects of shadow following reading method on English listening learning, and systematically discusses the detailed process of shadow training.*

**Keywords:** *Shadow following reading method; English listening learning; College students*

## 1. The introduction

Shadow-exercise, or following reading training, is one of the most commonly used listening skills training methods in interpretation training. The training aims at cultivating students' skills of simultaneous interpretation, which is distribute attention and simultaneous listening and speaking. The shadow reading after training method is to read the speaker's speech in the same language almost synchronously. It is a kind of "parrot-like reading", following the reader closely behind the speaker, keeping a distance of about half a sentence, repeating what you have heard completely. Shadow reading exercises help develop students' abilities. Specifically, it is to maintain high concentration of attention, improve listening comprehension ability; Two is to consolidate the short memory, deepen the impression; Third, timely acquisition of language sense, improve foreign language ability. This method follows the principle of imitation and is the most effective method in language learning

Shadow following is a method often used in interpreting practice. It specifically refers to the retelling of the same pronunciation, intonation and speed of the voice heard by the individual like a shadow. As long as learners imitate the sounds they hear, they can improve their language sense and thinking level, so as to constantly improve their oral English level. For learners who try the shadow following method for the first time, they can imitate the sound they hear completely. After they gradually master the shadow following method, they can listen to the sound for a few seconds and then repeat it again. If they forget or have inaccurate pronunciation, they can listen to the sound again.

## 2. The problems in college English listening and speaking learning

### *2.1 There are widespread problems of weak foundation in English listening and speaking.*

Mainly reflected in inaccurate pronunciation of words, poor grasp of sentence pronunciation, intonation and rhythm; Lack of listening training, listening cognitive ability is weak; Poor command of English grammar and syntax, weak sense of sentence structure; Seriously disturbed by Chinese translation thinking mode, it is difficult to form English thinking.

### *2.2 College students have less time for English listening and speaking training, and the methods are monotonous and boring.*

Compared with English majors, college students have a serious shortage of English course hours. Most ordinary colleges and universities are limited by teaching conditions, listening and speaking training teaching methods are relatively monotonous, generally using public broadcasting equipment to play listening materials, teachers comment on the answer to play listening materials again. Moreover, it is Chinese teachers who carry out oral training without creating real dialogue situations. Such training is difficult to mobilize the enthusiasm of students, the effect of nature is not satisfactory.

### **3. The role of shadow and reading in English listening and speaking training**

The shadow following reading method was originally used in the training of simultaneous interpretation skills to cultivate the simultaneous interpreter's attention distribution and listening and speaking synchronization. It refers to the repetition of the source language like a shadow after 2-3 seconds behind the reader. Begin to repeat the first word with the same pronunciation, intonation and speed as the source language. Shadow reading is not simply parroting, but a very complex and effective language acquisition process.

#### ***3.1 Imitation is the key to improve English learners' pronunciation, intonation and language sense.***

Imitation is the crucial first step in language learning. In the shadow following training, the mimicry's cognitive process involves pronunciation, intonation, grammar, language sense and other aspects of English learning.

#### ***3.2 Some students feel difficult at the start of the shadow of training***

After a period of time, even if not rapidly when listen to and reflect the meaning of the word form, but by imitating the pronunciation read after will also be easier to understand than stop to contemplate, and more impressive, this is because the use of the shadow with using, after many to read over and over again, Readers can consciously imprint the pronunciation, grammar, semantics, language sense and other habits of the second language into the language center, thus forming a second language signal system in the language center, which can accelerate the formation of language sense and language internalization.

#### ***3.3 Improve learners' Foreign language thinking and memory Ability Chinese translation thinking is one of the biggest obstacles to improving their foreign language listening and speaking ability.***

Good foreign language thinking ability is a kind of intuitive thinking. The shadow reading exercise can improve learners' foreign language thinking ability, that is, learners have to make a prompt response in their brain when they hear a certain word and repeat it quickly. Students' brains are always in a highly strained state, and their auditory and kinesthetic senses are mobilized at the same time. In this way, the Chinese thinking habit of listening and translating can be avoided, and students can improve their thinking speed and form direct intuitive thinking. The delayed following in shadow training can force learners to enlarge the range of perceived discourse units, cultivate their ability to capture meaning groups, help them to grasp sentence structure and grammar and syntax as a whole, and improve their memory ability by expanding the amount and time of information reserve in the brain.

#### ***3.4 The difference between shadow reading and other learning methods.***

Strengthening English vocabulary and grammar training Many English learners repeat words and exercises to strengthen the learning of words and grammar, while the shadow reading method is to deepen the impression of words and grammar in the brain through the sound stimulation in repeated reading exercises, so as to help the learning of English words and grammar.

### **4. The shadow with reading method for English listening learning**

#### ***4.1 It can improve college students' English language sense ability***

In learning other languages, it is also very important to imitate their pronunciation, intonation and speed. Learners can make full use of the shadow following method to exercise their pronunciation, intonation and speed in the process of learning English listening, so as to improve their own abilities. In English listening learning, language sense is extremely important, if there is no good language sense, then the quality of English listening learning will be low, so college students should use the shadow following method to learn some special pronunciation, contraction, linking and other skills, through appropriate training to improve their language sense level. In the process of shadow-following learning, only by bravely retelling English and not being afraid of making mistakes can college students' negative attitude of speaking English in public be well alleviated. But later must correct their mistakes, do not form the inertia, if form habits, later said that will buff on grammar, oral English

subject-predicate bing's confusion, adjectives, adverbs of don't understand its meaning, and this habit is often hard to correct, more will be at the time of writing it used in the article, can destroy your own English language sense. As a learner, college students can improve their sense of English as long as they constantly use shadow following method to correct their pronunciation.

#### ***4.2 It can improve the English thinking ability of college students***

English listening learning is also a kind of thinking learning in essence. When learners follow the shadow following method to imitate the sounds they hear, it is a phenomenon of responding through thinking. In the shadow following method in the process of imitation, when learners hear a group of English words, can quickly to scanning the brains of this group of English words to imitate, in this process will continue to exercise the learners' thinking ability, let them gradually familiar shadow following method in accumulate over a long period, so that later can imitate, and can be directly listening for a long time, Then imitate a long list of sentences instead of starting with one word, a group of words, etc. In shadow following method, college students in English listening, imitating the hearing before the think time short, can deepen the students for vocabulary memory, imitation and repeated perusal in the late also can deepen the students for vocabulary memory, so that to some extent, can be continuously to improve college students' English thinking ability.

#### ***4.3 It can improve students' ability to imitate***

As we all know, when children learn their mother tongue, they imitate the language of adults to learn, and the same is true of dialects. Children will learn different dialects due to regional differences, just because the objects they imitate speak different dialects. Therefore, certain imitation is also needed in English listening learning, at this time the shadow following method is particularly important. From a certain point of view, shadow following method is to imitate one's Own English listening like a shadow, but this does not mean blindly imitation, but in imperceptible depth of one's own language sense, intonation, etc. In addition, imitation in shadow following method can also make learners' pronunciation more standard, so as to improve their listening level. As a pure Chinese college student, when learning English listening, he will be more or less influenced by his mother tongue, so that the language he expresses combines both Chinese style and Western style, also known as Chinglish. Therefore, students need to pay more attention to the shadow following method, through the continuous practice of English pronunciation, will be able to improve their English listening level.

### **5. The influence of the shadow with reading method in the specific training process**

In the majority of young college students learning English listening process, shadow following method is an important existence, it can help college students in a short term to deepen their memory, improve their oral English level. However, the shadow following method is not a one-day improvement, but a long time to practice will be effective. There are two main training methods of shadow following. The first one is to listen one word at a time and then imitate according to what you hear. The second one is to follow and imitate after listening to a group of words composed of several words. In the specific training process of shadow following method, it will mainly produce the following effects on students:

#### ***5.1 Improve attention and short-term memory***

In the process of learning English listening with the shadow following method, students must focus their attention. Once their attention is distracted, the words they need to imitate may be unclear or not heard at all. Therefore, after the training of the shadow following method of birth time, you will make yourself maintain high intensity of attention. students may forget even when they hear a word or phrase, which is partly due to the lack of short-term memory. Therefore, college students need to use the shadow following method to improve their memory, which does not mean rote memorization, but a series of effective memorization based on the understanding of sentences. After a long time of effective short-term memory, students can improve their memory, so as to constantly improve their English level.

#### ***5.2 Improve the ability to distinguish speech and reserve vocabulary***

In the process of learning English listening, the process of listening and reading is bound to affect

their intonation and speed, so as to improve their Sense of English. After a long time of shadow following method training, it will certainly improve the learner's ability to distinguish, and even in the future English listening learning more handy. In fact, the training of shadow following method has something in common with reading comprehension, that is, a certain amount of vocabulary can be acquired through long-term fixed training. Therefore, as long as college students can make full use of the shadow following method to learn English listening, they will be able to improve their vocabulary reserve to a certain extent. As long as the vocabulary reserve is enough, other Subsequent English problems will be easily solved.

## **6. The use of shadow with reading method in English listening learning**

Since shadow following method has certain effective influence on students' concentration, short-term memory, ability to distinguish pronunciation and vocabulary reserve, it can be fully used in English listening learning. The use of shadow reading method in English listening learning mainly involves the following aspects:

### ***6.1 Selection of contents***

Since English listening is a slightly lower level course, the content of the course will be slightly simpler, and combined with the training of shadow following method, in order to achieve good training effect, it is necessary to select some simple content, so that students can hear the content clearly, so that they can follow it later. For the first time to use the shadow following method of English listening learning students, you can choose the content of only one or two minutes to follow, and gradually master the skills, you can increase the length and difficulty of the content according to their own situation. In addition, once you encounter words or words that you can't hear clearly, you can stop or adjust the repetition machine to play the content that you can't hear clearly again, and then follow and imitate. Only in this way can you improve your English listening level over a long period of time.

### ***6.2 Improvement of training methods***

In the process of training with shadow following method, we must pay attention to the training duration from short to long, and the training difficulty from easy to difficult. In addition, the training way also can speak and read from the beginning read silently in the heart in the future, students can also before training, as appropriate to the content of the training and the background of special articles, can some of these special words and phrases properly consult, record, this is helpful for students to understand fully the content of the material, So that in the future training can play more outstanding. When learning English listening, students need to fully carry out the training of shadow following method. In the early stage of the training, students can repeat word by word. Once they do not hear clearly, they can immediately stop and play again until the problem is solved. In the middle of the training, students can retell a group of vocabulary gradually from two words to four or five words, and improve their English sense step by step. In the later part of the training, students can repeat short sentences, and record the key content while listening to avoid forgetting later. As the difficulty of listening increases, students' ability can be improved, which is particularly important in the training process.

### ***6.3 the training of early learn to adhere to***

There will be a series of difficulties for students in the early stage of using shadow following method. Some students are vulnerable to psychological pressure, which will lead them to stick to it. Some students have strong psychological pressure resistance, so they can stick to it from beginning to end. It is for those students with poor psychological ability to resist pressure that they can take some advice like other excellent students and try to stick to it.

### ***6.4 Strengthen after-school consolidation***

The ultimate purpose of students to learn English listening by using shadow following method is to improve their English listening ability, so it is not enough to rely on classroom training only, but also need to use after-class training to consolidate. After class, students can retrain the current problems of the day and evaluate the problems in the process. Secondly, students can also communicate with

teachers to help them solve some basic problems, so as to improve their learning confidence and ability. In this series of after-class consolidation learning process, it can effectively enhance students' learning desire, meet their own learning needs, so as to improve English listening ability.

## 7. Conclusions

Shadow following method is helpful to improve the language sense ability, innovation ability and expression ability of young college students. In general, shadow following method is an effective way to cultivate the lifelong learning habit of young college students. After long-term shadow reading training, students' comprehensive ability of related language will be greatly improved, and they will master the phonetic knowledge, semantic and syntactic knowledge and comprehensive knowledge skillfully, and can connect semantic with general relevant knowledge. In addition, students' attention and memory will be effectively exercised. Therefore, the shadow reading training method can effectively improve the English listening and speaking level of high school students, so as to improve their interpretation ability.

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