

## THE IMPORTANCE OF SELF-REGULATED LEARNING IN ENGLISH LISTENING AND SPEAKING SKILLS

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### ABSTRACT

The purpose of this study is to demonstrate the relevance of listening and speaking abilities in the classroom for successful second language learning. Although these abilities have been explained individually, they are inextricably linked and must be practiced together and integrated with the rest of the talents. After my experience as a teacher, I have noticed that these skills are a very important part in relation to the acquisition of English. I have also asked my students in order to know their thoughts in relation to my hypothesis, and they assure me that these skills need to be developed because students, Students study English throughout all courses, but the emphasis is on the development of their reading and writing skills. Occasionally, the teacher will recommend listening exercises because most student textbooks contain standard listening exercises (conversations, for example) that are helpful in assessing listening comprehension. However, they believe that in order to communicate effectively when traveling abroad, students will need to be proficient speakers and listeners rather than readers and writers. Particularly for Uzbek speakers, speaking and listening are typically more challenging to learn than other abilities like reading or writing since the former are challenging to practice while the learner is not living in the country in an English speaking country. For this reason, this paper deals with some activities to develop with the students in order to develop these skills and show why it is important to develop and the difficulties the learners have.

**Keywords:** Listening, speaking, importance, development, difficulties, activities, teaching and learning, self-regulated learning.