

LEARNING ENGLISH AND GERMAN FOREIGN LANGUAGES
SIMULTANEOUSLY. CHALLENGES THAT MIGHT ARISE DURING THE
LEARNING PROCESS AND POTENTIAL SOLUTIONS

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Abstract. *Learning two foreign languages at the same time can offer significant cognitive benefits, but it also introduces various challenges. One of the most prominent difficulties is language interference, where similarities in vocabulary or grammar may cause confusion between the languages. Additionally, cognitive overload may occur as learners juggle two distinct linguistic systems, leading to fatigue or slower absorption. The division of focus and time between the two languages can result in slower progress in both. To overcome these challenges, it is essential to employ effective study strategies such as time management, contextual practice, and separating learning sessions for each language. Consistent revision, alongside practical immersion techniques, ensures that both languages develop without mixing. Motivation is key, and setting achievable goals for each language helps maintain steady progress.*

Key Terms: *simultaneous language learning, language interference, cognitive overload, study strategies, time management, contextual practice, progress, revision, motivation, immersive learning*

Аннотация. *Одновременное изучение двух иностранных языков открывает возможности для значительных когнитивных улучшений, однако оно также сопряжено с рядом трудностей. Одна из основных проблем — это взаимное вмешательство, когда схожие слова или грамматические структуры могут вызвать путаницу между языками. Также может возникнуть когнитивная перегрузка, когда учащиеся пытаются освоить две языковые системы одновременно, что приводит к усталости или замедленному усвоению материала. Разделение внимания и времени между двумя языками может вызвать замедленный прогресс. Для преодоления этих трудностей важно применять эффективные стратегии обучения, такие как управление временем, контекстная практика и разделение учебных сессий для каждого языка. Регулярное повторение и погружение в языковую среду помогают развивать оба языка без путаницы. Мотивация играет ключевую роль, и постановка достижимых целей для каждого языка способствует устойчивому прогрессу.*

Ключевые слова: *одновременное изучение языков, взаимное вмешательство, когнитивная перегрузка, стратегии обучения, управление временем, контекстная практика, прогресс, повторение, мотивация, погружение*

Zusammenfassung. Das gleichzeitige Erlernen von zwei Fremdsprachen kann bedeutende kognitive Vorteile bieten, bringt jedoch auch verschiedene Herausforderungen mit sich. Eine der größten Schwierigkeiten ist die Interferenz zwischen den Sprachen, bei der Ähnlichkeiten im Wortschatz oder in der Grammatik zu Verwirrung führen können. Zudem kann es zu einer kognitiven Überlastung kommen, da Lernende gleichzeitig zwei unterschiedliche Sprachsysteme beherrschen müssen, was zu Müdigkeit oder langsamerem Lernen führen kann. Die Aufteilung von Aufmerksamkeit und Zeit zwischen beiden Sprachen kann zu einem langsamen Fortschritt in beiden führen. Um diese Herausforderungen zu bewältigen, ist es wichtig, effektive Lernstrategien wie Zeitmanagement, kontextuelle Praxis und das Trennen von Lernsituationen für jede Sprache anzuwenden. Regelmäßige Wiederholung und immersive Lernmethoden helfen dabei, beide Sprachen zu entwickeln, ohne sie zu vermischen. Motivation ist entscheidend, und das Setzen erreichbarer Ziele für jede Sprache fördert einen stetigen Fortschritt.

Schlüsselbegriffe. Gleichzeitiges Sprachenlernen, Interferenz zwischen Sprachen, Kognitive Überlastung, Lernstrategien, Zeitmanagement, Kontextuelle Praxis, Fortschritt, Wiederholung, Motivation, Immersives Lernen.

INTRODUCTION. The process of acquiring new languages has always been a fascinating challenge, and when approached with the goal of learning two foreign languages at the same time, it becomes an even more intricate and rewarding task. While the ability to communicate in multiple languages opens up endless opportunities, it also introduces several complexities, particularly when it comes to managing both languages simultaneously. Learners often face difficulties in maintaining clarity, avoiding confusion, and balancing their cognitive load. The mind must continuously switch between different linguistic structures, vocabulary, and cultural contexts, which can at times feel overwhelming. Despite these challenges, it is possible to navigate this journey effectively with the right strategies. By adopting focused study techniques, prioritizing regular practice, and fostering motivation, learners can develop proficiency in both languages without the risk of blending them together. This process, although demanding, can lead to a profound mastery of linguistic skills, enhancing cognitive flexibility and deepening one's understanding of different cultures. For many years, numerous countries have welcomed immigrants who need language instruction to effectively integrate into their new society [1]. Consequently, bilingualism has significantly shaped language and educational policies

related to immigration. Just like any other task, learning a foreign language has its own challenges. When learning foreign languages, if a language learner gets into a rhythm, he can speed up the process of learning the languages he is learning. However, he must have learned at least one foreign language. Because learning one language is difficult, learning two foreign languages at the same time naturally brings double the difficulties. Bilingualism refers to the mental state of a person who can use more than one language for communication in society. The extent of proficiency in each language can differ across various aspects, including psychological, cognitive, psycholinguistic, social-psychological, sociological, sociolinguistic, sociocultural, and linguistic dimensions[2].

Learning two foreign languages simultaneously can present a range of challenges, but with the right approach, these obstacles can be overcome. Here are some of the difficulties that might arise during the learning process and potential solutions:

Language Interference (Cross-Linguistic Influence): When learning two languages at once, words, grammar rules, or sentence structures from one language might interfere with those of the other. This is often referred to as "language interference." In order to overcome the problem learners should focus on the unique aspects of each language, create distinct learning environments, and practice actively switching between languages to enhance cognitive separation.

Cognitive Overload: Trying to absorb vocabulary, grammar, and pronunciation rules for two languages at the same time can overwhelm the brain, leading to confusion or mental fatigue. To overcome the issue language learners should set specific goals for each language, allocate separate study time, and pace yourself to avoid burnout. Prioritize quality over quantity in your learning sessions.

Slower Progress: Progress in both languages may seem slower than if only one were being studied, as attention is divided between the two. Solution is ensuring consistency in their study routine, and be patient with progress. Also, celebrating small achievements to maintain motivation.

Lack of Practice Opportunities: Practicing both languages might be difficult, especially if you're in an environment where one language is more prevalent. To overcome the difficulty they should seek out language exchange partners, online communities, or immersive activities (like watching films, reading, or engaging in conversation) to practice each language consistently.

Mixing Vocabulary and Grammar: There is a risk of mixing words or grammar rules from one language with the other, which can hinder fluency. Here is a solution: seek distinct notes for each language, regularly revise them, and practice speaking each language in contexts where you can stay focused on one at a time.

Motivational Challenges: Staying motivated when learning two languages at once can be difficult, especially if progress in one language seems slower than in the other. In these times they should break down larger goals into smaller, achievable milestones, and find ways to integrate the languages into daily life to keep motivation high. By addressing these difficulties with structured strategies and self-discipline, learning two languages simultaneously can be a rewarding and enriching experience.

Learning English and German at the same time can have some advantages, but it can also present a few challenges. Below we will look at the main aspects of this process: Advantages are: Similarities between languages, Access to wider cultural and social resources, Cognitive benefits. English and German belong to the Germanic family, and some words and grammatical structures may be similar. This makes learning a little easier, as some lexical and syntactic elements are close to each other. Knowing English and German opens up opportunities for the user in many countries, including the United States, the United Kingdom, Germany, and Austria. This not only increases job opportunities, but also the opportunity to study in different cultures and languages. Learning two languages simultaneously increases the level of coherence and flexibility of the brain. This leads to improved cognitive flexibility, language comprehension, and the ability to distinguish between languages. According to S. Hubackova, blended learning allows for the integration of various methods and approaches in foreign language instruction. Online courses provide the opportunity to incorporate numerous listening materials and video content. This makes it possible—at least to some extent—to replace direct interaction with a native speaker[3].

It would be inappropriate to give some useful tips for learning English and German at the same time. It is necessary to set separate goals for each language. For example, you can try to expand your vocabulary in English, and study grammar in German thoroughly. This will help you focus on one language and not mix them. You should set aside separate time for each language, doing reading, listening, or writing exercises without mixing them together. For example, you could study English in the morning and German in the evening. Even if your study time is short each day, it is important to focus on reading and practicing regularly. Doing several small exercises can be very effective. Listening to films or podcasts in both English and German is also a good idea. Listening to the language in real context is very useful for understanding the language and improving pronunciation. It is also important to have conversations with language exchange partners in both languages. It is important to learn the differences in grammar between English and German. Studying systematically, using grammar books or apps for each language, will help you avoid confusing the two languages. For each language, new words should be learned in separate blocks. For example, new words in English should be learned, and a different group of

words in German. Learning words in both languages through images or pictures helps to remember the learning process more and helps to distinguish the languages more clearly. Frequent revision, re-study of the learned material is an important process for strengthening both languages. It's natural to make mistakes in both languages. It's worth it to correct them and enjoy the learning process. Learning a language through mistakes is more effective. Incorporate both languages into your daily life. You can further develop your language skills by reading and listening to newspapers, books, videos in English and German, and writing your own thoughts. Learning English and German at the same time can be challenging, but by implementing the tips above, you can learn effectively and successfully. Patience and consistency are keys!

CONCLUSION. Learning two foreign languages at the same time is undoubtedly a challenging yet rewarding endeavor. While there are significant cognitive benefits, such as improved cognitive flexibility and deeper cultural understanding, learners must also navigate various obstacles, such as language interference, cognitive overload, and the potential for slower progress. By applying effective study strategies—such as managing time wisely, creating separate study environments, practicing regularly, and staying motivated—learners can successfully balance the demands of learning both languages. Overcoming these challenges with patience, consistency, and self-discipline will not only enhance linguistic proficiency but also provide a deeper understanding of different cultures, opening up a world of opportunities for both personal and professional growth. The key to success in this process lies in maintaining focus, celebrating small achievements, and embracing the language learning journey without fear of making mistakes. With these strategies in place, mastering two languages simultaneously becomes an attainable goal.

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