METHODOLOGY OF LANGUAGE TEACHING IN DISTANCE EDUCATION AND THE ROLE OF TECHNOLOGY WITHIN IT

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Abstract. Since technology shaped everything in our life from the phase olife we have now and before to the way we opt for learning options. Digital devices give us both complicated and easy ways to gain knowledge like face-to-face and distance learning. Now teachers can analyse and track their students' performance and progress with the help of technology. However, when we look at this development (e leaning) from other side, it demands creative approaches, practical methods from teacher. The methodology of language teaching in distance education requires a skilfully combination of technology, innovative teaching methods, and student-centred approaches. By using modern tools effectively, e education can provide high-quality language learning opportunities for students worldwide.

Keyword. Video conferencing tools, professional development, language competence, monolithic language learning, non-verbal cues, quantitative, qualitative, mixed methods, student centred, collaborative tasks, project based learning, formative assessment, peer assessment.

Technology has shifted language learning significantly. Digital tools such as mobile applications, online platforms, and virtual classrooms provide interactive and flexible learning opportunities. These tools help learners practice language skills in real-life situations and receive instant feedback. Platforms such as video conferencing tools, learning management systems, and mobile applications enable teachers and students to interact in real time. These tools support listening, speaking, reading, and writing activities. For example, video calls enable speaking practice, while online forums encourage written communication. Multimedia resources such as videos, podcasts, and interactive exercises make learning more engaging.

Technology also allows teachers to track student progress and provide immediate feedback. However, technical issues such as poor internet connection can affect the learning process. Therefore, it is important to ensure reliable access to digital resources. In today's globalized world, language competencies play a crucial role in education systems. The ability to communicate effectively in one or more languages is essential for academic success, professional development, and intercultural communication. So that, modern education systems aim to equip learners with not only linguistic knowledge but also practical communication skills. *Language competence* includes several key components: *listening*, *speaking*, *reading*, and *writing*. In addition, it involves

grammar, *vocabulary*, *pronunciation*, and *sociolinguistic awareness* (the conscious understanding of how language varies dependant on social contexts, speaker identity, and cultural norms. It involves recognizing that language is not monolithic, but a flexible tool modified for different audiences to ensure effective communication). Modern frameworks such as communicative competence emphasize the ability to use language appropriately in different contexts. This in turn means adapting your tone, vocabulary, and formality according to the audience, purpose, and setting. Key strategies include analyzing the listener (e.g., formal vs. casual occasions), using inclusive and respectful terms, maintaining clarity, and considering non-verbal cues. Here are the key tips in methodology or speaking or acting in front of audience:

✓ **Analyze the Context & Audience:** Adjust your language based on the setting (e.g., a business meeting vs. a cafe) and the people involved around you, considering their age, background, and familiarity with the topic.

✓ **Formality Level:** Use *formal language* for professional or academic situations (e.g., "Good morning, everyone") and ***informal language*** (slang, contractions) when it comes to friends and family.

✓ **Be Specific and Clear:** Avoid vague language or jargon if your audience is unfamiliar with the subject. Use concrete examples to make your message memorable and easily catching meaning.

✓ **Practice Inclusivity:** Avoid language that favors one group over another. Use neutral terms to ensure everyone feels included, be aware your speech does not look over someone.

✓ **Use Appropriate Tone:** Adapt your tone to be professional, warm, or polite. For example, avoid slang and offensive language in formal settings. By this, you show how confident to you.

✓ **Consider Non-verbal Communication:** Your body language, gestures, and tone of voice should match your words to convey the correct message, particularly when communicating across cultures.

Student can learn this tips and approaches even through special training courses uploaded in platforms and websites. Unfortunately, language teaching in e learning environments requires new mixture of methodologies and strategies to ensure effective communication and skill development. The concept of mixing different methods probably originated in 1959, when Campbell and Fiske used multiple methods to study validity of psychological traits. They encouraged others to employ their "multimethod matrii" to examine multiple approaches to data collection in a study. This prompted others to mix methods, and soon approaches associated with field methods such as observations and interviews. For example, the results from one method can help develop or inform the other method (Greene, Caracelli, & Graham, 1989). Alternatively, one method can be nested within another method to give insight into different levels or units of analysis (Tashakkori & Teddlie, 1998). Thus, for the mixed methods researcher, pragmatism opens the door to multiple methods, different worldviews, and various assumptions, as well as to different forms of data collection and analysis in the mixed methods study:

Quantitative	Qualitative	Mixed Methods
Experimental designs	Narratives	Sequential
Non-experimental designs, such as survey	Phenomenologies Ethnographies Grounded theory	Concurrent

	Case studies	Transformative

Unlike traditional classrooms, e education relies heavily on technology, self-study, and virtual interaction. As a result of technological growth, modern education shaped by digital devices focuses on student-centred learning. This approach at its place encourages active participation, collaboration, and critical thinking among students. Methods such as task-based learning and project-based learning allow students to use language meaningfully. Learners are expected to take responsibility for their own progress. This requires self-discipline, time management, and motivation from student. Teachers play the role of facilitators rather than traditional instructors. They guide students, provide resources, and create opportunities for interaction. Activities such as project-based learning and collaborative tasks help students develop communication skills. Autonomous learning is a key component of distance education. Students must practice language skills independently using online resources, which is ultimately useful for building confidence and lifelong learning habits. Assessment methods in distance language teaching must also be adapted to the online environment. Traditional exams can be replaced or supplemented with online quizzes, oral presentations, and project work. Formative assessment is particularly important, as it provides continuous feedback. Teachers can use digital tools to monitor student participation and progress. Peer assessment and self-assessment are also effective in e learning. Learners acquire even their small mistakes by collaborating about asking homework from each other. Ensuring academic honesty is a challenge in online assessment. Therefore, tasks should be designed to test understanding and application rather than memorization. Distance language teaching may face with several challenges, including limited interaction during the lesson, lack of motivation since face-to-face emotional support given by teacher to a student cannot be comparable to offline one, and technological barriers. Teachers must use creative strategies to keep students engaged. Future developments in artificial intelligence and virtual reality may improve online language learning by providing more interactive and immersive experiences. These technologies can simulate real-life communication situations. The methodology of language teaching in distance education requires a combination of technology, innovative teaching methods, and student-centred approaches. By addressing challenges and using modern tools effectively, e education can provide high-quality language learning opportunities for students worldwide.

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