

REDEFINING YOUR EFL TEACHING BY EMPLOYING THE FIVE-E SYSTEM INTRODUCTION

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Abstract

Objectives: Imagine that you are alone in a room with nothing to do. No cell phone, no book to read or TV to watch, no other people to talk to. Just you and your thoughts for 15 minutes. How will you feel? How much can your brain tolerate? How long can you endure this boring environment? What are you going to do? Sure, you're going to search for something novel and stimulating as you will feel bored. Remember that I'm only talking about 15 minute-period. So, as teachers, we should realize how boredom impacts our students whose brains always seek engagement, stimulation, choice, movement, meaning and novelty and many other things so as not to feel bored. Some teachers still insist on using traditional methods of teaching with today's students. According to modern research, yesterday's methods worked well for yesterday's students. But today's students have different brain. They spend much more time on TV and on the Internet so their brains need a different learning environment. One that is enriching with sound, images, animation, movement and social communications. *ASEAN Journal of Psychiatry, Vol. 22 (1): January – February 2021: AJOPY-S1-04.*

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Introduction

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for yesterday's students. But today's students have different brain. They spend much more time on TV and on the Internet so their brains need a different learning environment. One that is enriching with sound, images, animation, movement and social communications.

Therefore, we, as teachers, will not be able to enhance learning unless we study how students' brains work and know well how to create a positive, energizing and organized learning environment for students. That's why you should consider employing the five-E system

The central point in this system is to understand that learning is neither a mechanical nor simply an intellectual process. It is like what happens in a chemical factory – or inside each one of us as we digest a meal, a complex and dynamic process. All parts of the system play a role and the more students

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