

Integrating NLP Anchoring Techniques and AI Apps to Improve Spontaneous Speaking in B1.2 Learners: Evidence from Nha Trang University

This study investigates the effects of integrating anchoring techniques in the Neuro-Linguistic Programming (NLP) teaching approach with AI practice apps to improve spontaneous speaking for B1.2-level non-English major students at Nha Trang University. Eighty students participated in a quasi-experimental study, and they were divided into an experimental group and a control group. During six weeks, the experimental group experienced the integration of NLP anchoring techniques and AI-speaking practice tools. The control group was trained with the normal English-speaking teaching methodology. Both groups had to complete pre- and post-speaking tests, and the examiners used CEFR descriptors focusing on fluency, pronunciation, and coherence to evaluate. In addition, the study also collected students' opinions by delivering questionnaires and observing group discussions to clarify their perceptions. The findings revealed that the integration of NLP anchoring and AI apps could significantly improve the learners' ability to use English to communicate spontaneously. The new teaching approach also reduced speaking anxiety and boosted learner confidence. This study indicated insights into the perfect combination of technology and psychological techniques to support speaking skill development, contributing greatly to the changes in English-speaking teaching methodology in the AI era.

Keywords: neuro-linguistic programming, anchoring techniques, AI-speaking practice tool

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