

Appendix D

The Foreign Language Anxiety Scale

Overall Group

Foreign Language Anxiety Scale
Overall Group

Experimental Group: N = 28

Control Group: N = 33

Questions	SA	A	N	D	SD	SA	A	N	D	SD
1. I never feel sure of myself when speaking in class.	7%	43%	14%	32%	3%	24%	51%	6%	18%	-----
2. I don't worry about making mistakes.	18%	39%	-----	36%	7%	24%	24%	3%	33%	15%
3. I tremble and feel nervous when I am going to be called upon.	-----	28%	11%	46%	14%	9%	24%	24%	36%	6%
4. It frightens me when I don't understand the teacher.	14%	43%	3%	36%	3%	18%	21%	3%	51%	6%
5. It wouldn't bother me to take more FL classes.	18%	32%	11%	18%	21%	21%	18%	21%	30%	9%
6. During class I think of things other than the course.	3%	21%	21%	36%	18%	3%	21%	6%	64%	6%
7. Other students are better at English than I am.	18%	36%	3%	28%	14%	27%	27%	6%	27%	12%
8. I am usually at ease during tests.	14%	46%	7%	25%	7%	21%	21%	6%	33%	18%
9. I panic when I have to speak without preparation.	18%	36%	7%	32%	7%	27%	18%	6%	39%	9%
10. I worry about failing my English class.	36%	32%	7%	18%	7%	33%	12%	9%	36%	9%
11. I don't understand why people get nervous about FL classes.	7%	39%	11%	39%	3%	9%	27%	9%	42%	12%
12. I get so nervous I forget things I already know.	21%	28%	7%	39%	3%	21%	30%	15%	27%	6%
13. It embarrasses me to volunteer answers.	14%	28%	3%	32%	21%	21%	21%	6%	48%	3%
14. I would not be nervous speaking to NS of English.	18%	46%	-----	25%	11%	24%	24%	6%	33%	12%
15. I get upset when I don't understand what the teacher is correcting.	25%	39%	7%	25%	3%	39%	21%	3%	33%	3%
16. Even if I am prepared for class, I still feel anxious.	7%	36%	7%	36%	14%	15%	24%	12%	39%	9%
17. I often feel like not attending my English class.	14%	11%	3%	50%	21%	9%	12%	12%	45%	21%
18. I feel confident when I speak in class.	21%	25%	18%	28%	7%	24%	18%	3%	33%	21%
19. I am afraid that my teacher is ready to correct every mistake I make.	7%	18%	3%	46%	25%	21%	12%	6%	48%	12%
20. I can feel my heart pounding when I have to speak in class.	7%	28%	21%	28%	14%	21%	27%	9%	33%	9%
21. The more I study for a test, the more confused I get.	21%	18%	7%	39%	14%	24%	9%	3%	48%	15%
22. I don't feel pressure to prepare well for my English class.	7%	61%	11%	14%	7%	15%	21%	6%	36%	21%
23. I always feel that other students speak better than I do.	21%	32%	3%	32%	11%	21%	30%	6%	36%	6%
24. I feel very self-conscious about speaking in front of other students.	21%	43%	18%	11%	7%	27%	24%	6%	30%	12%
25. My English class moves too quickly.	14%	29%	-----	53%	3%	15%	18%	12%	39%	15%

26. I feel more tense in English class than in other classes.	11%	28%	3%	32%	25%	15%	27%	9%	36%	12%
27. I get nervous and confused when I speak.	11%	14%	11%	57%	7%	21%	21%	6%	42%	9%
28. When I am on my way to class, I feel confident and relaxed.	39%	43%	3%	7%	7%	15%	36%	3%	33%	12%
29. I get nervous when I don't understand every word my teacher says.	11%	57%	-----	25%	7%	30%	33%	3%	27%	6%
30. I feel overwhelmed by the amount of grammar rules.	18%	28%	21%	18%	14%	21%	36%	9%	18%	15%
31. I am afraid that other students will laugh at me when I speak.	21%	14%	7%	32%	25%	24%	15%	9%	27%	24%
32. I would feel comfortable around NS of English.	21%	36%	-----	25%	18%	15%	27%	9%	36%	12%
33. I get nervous when asked a question I haven't prepared for in advance.	14%	50%	3%	28%	3%	15%	33%	9%	30%	12%

Appendix E
Mid Course Questionnaire
Overall Group

Mid Course Questionnaire
Overall Group

Questions	Experimental group: N = 27					Control group: N = 33				
	SA	A	N	D	SD	SA	A	N	D	SD
Language Anxiety										
1. I would feel more confident in class if we practiced speaking more.	56%	41%	3%	-----	-----	67%	30%	3%	-----	----
2. I would feel less self-conscious about speaking if I knew other students better.	7%	48%	11%	33%	-----	24%	42%	15%	18%	----
3. Even though I studied hard, I feel I didn't reach my full potential in terms of speaking ability.	26%	33%	18%	22%	-----	24%	18%	15%	36%	6%
4. I am less anxious when I am not the only person answering a question.	33%	22%	15%	30%	-----	45%	21%	6%	21%	6%
5. I would be more willing to volunteer answers if I wasn't so afraid of making mistakes.	30%	30%	7%	30%	3%	45%	24%	3%	24%	3%
6. I feel more comfortable when I don't have to stand up in front of the class.	33%	26%	15%	22%	3%	48%	21%	12%	15%	3%
7. I would enjoy class more if we were not corrected when we speak.	4%	4%	11%	26%	55%	-----	6%	12%	57%	24%
8. I am more willing to speak when we discuss current events.	33%	26%	15%	26%	-----	48%	24%	6%	21%	-----
9. I would feel less anxious if we didn't cover so much material in a short time.	11%	26%	26%	33%	3%	27%	24%	18%	18%	12%
10. I would feel less nervous if the class was smaller.	4%	30%	18%	37%	11%	21%	9%	15%	30%	24%
11. I am more willing to speak when we have a discussion.	37%	37%	-----	22%	4%	45%	24%	9%	21%	-----
12. I would not be self-conscious if everyone understood that it is normal to make mistakes.	18%	30%	33%	15%	4%	36%	21%	15%	24%	3%
13. I prefer to volunteer an answer than be called upon to answer.	37%	37%	4%	18%	4%	54%	15%	9%	9%	12%
14. I am more willing to participate when the topics discussed are interesting.	52%	33%	4%	11%	-----	57%	21%	6%	12%	3%
15. I would be less nervous about the oral test if I got more speaking practice.	52%	41%	-----	7%	-----	51%	24%	3%	21%	-----
16. I would feel uncomfortable if our instructor never corrected our mistakes.	59%	37%	4%	-----	-----	72%	27%	-----	-----	-----
17. I would feel anxious if my fellow students were asked to correct my mistakes.	52%	11%	18%	15%	4%	48%	30%	6%	15%	-----
18. I still feel unsure when I speak in class.	26%	11%	18%	37%	7%	48%	18%	6%	27%	-----
19. My English class moves too quickly.	11%	18%	22%	41%	7%	39%	21%	15%	18%	6%
20. I feel overwhelmed by the number of grammar rules.	15%	18%	26%	33%	7%	45%	18%	9%	27%	-----
Classroom Activities.	HA	MA	LA	NA		HA	MA	LA	NA	
1. Reading aloud in class.	15%	11%	30%	44%		36%	24%	15%	24%	
2. Having pronunciation corrected while reading aloud.	7%	26%	44%	22%		36%	21%	36%	6%	
3. Having everyone's pronunciation corrected as a group.	-----	11%	37%	52%		15%	24%	27%	33%	
4. Writing a composition/assignment at home.	4%	18%	41%	37%		24%	21%	30%	24%	
5. Receiving a mark of less than what you expected for a composition/assignment.	18%	41%	22%	18%		39%	24%	18%	18%	
6. Not knowing how your instructor scores compositions/assignments.	26%	22%	41%	11%		39%	27%	21%	12%	
7. Working in groups on grammar/discussion.	-----	11%	48%	41%		-----	-----	-----	-----	
8. Working alone on grammar/discussion.	11%	22%	33%	33%		36%	21%	18%	24%	
9. Competing in language games as part of a team.	30%	22%	15%	33%		45%	15%	30%	9%	
10. Participating in a game where you have to stand up in front of the class.	40%	15%	15%	30%		57%	21%	15%	6%	

11. Participating in discussions and expressing your opinion.	18%	18%	22%	41%		21%	21%	39%	18%	
12. Listening to recordings from the course CD	11%	22%	18%	48%		30%	21%	21%	27%	
13. Being asked questions based on the listening activity.	18%	18%	30%	33%		33%	18%	24%	24%	
14. Preparing for an oral presentation.	18%	15%	48%	18%		54%	27%	9%	9%	
15. Presenting your oral to the group.	26%	37%	22%	15%		-----	-----	-----	-----	
16. Presenting your oral to the class/instructor.	41%	22%	30%	7%		82%	15%	3%	-----	
17. Being called upon to answer a grammar/comprehension question.	11%	30%	44%	15%		33%	24%	18%	24%	
18. Writing a language exam.	11%	37%	33%	18%		48%	24%	15%	12%	
19. Having your instructor correct you in front of the class.	4%	29%	29%	37%		30%	24%	21%	24%	
20. Receiving a mark lower than you expected for the oral exam.	18%	33%	30%	18%		51%	21%	18%	9%	
Instructor Behaviour.	SA	A	N	D	SD	SA	A	N	D	SD
1. I feel my instructor really cares about my progress.	52%	44%	-----	4%	-----	48%	42%	9%	-----	-----
2. My instructor is friendly and approachable.	55%	44%	-----	-----	-----	70%	30%	-----	-----	-----
3. I don't feel anxious when my instructor corrects me.	40%	40%	4%	11%	4%	51%	12%	18%	18%	-----
4. My instructor doesn't get angry or irritated when we make mistakes.	63%	37%	-----	-----	-----	57%	30%	6%	6%	-----
5. My instructor knows that everyone makes mistakes when learning a FL.	70%	26%	4%	-----	-----	51%	36%	12%	-----	-----
6. My instructor doesn't make me feel stupid when I make a mistake.	67%	33%	-----	-----	-----	73%	21%	6%	-----	-----
7. My instructor corrects mistakes in a pleasant and supportive way.	63%	37%	-----	-----	-----	60%	30%	9%	-----	-----
8. My instructor encourages me to express my feelings and opinions.	74%	22%	4%	-----	-----	45%	24%	18%	12%	-----
9. My instructor is well-prepared for classes.	48%	48%	4%	-----	-----	76%	21%	3%	-----	-----
10. I feel it is important for a language instructor to be friendly, relaxed and have a sense of humour.	59%	41%	-----	-----	-----	85%	15%	-----	-----	-----
11. Language instructors should be patient and understanding.	55%	44%	-----	-----	-----	82%	18%	-----	-----	-----
12. My instructor explains material in a way that I can understand it.	63%	30%	7%	-----	-----	67%	15%	18%	-----	-----
13. My instructor stimulates my interest in English language and culture.	52%	33%	15%	-----	-----	51%	12%	24%	12%	-----
14. My instructor should be stricter in class.	4%	15%	11%	33%	37%	3%	12%	24%	33%	27%
Group Awareness (Experimental groups only)										
1. I enjoy working on different activities as part of a group.	44%	37%	4%	15%	-----					
2. Group work allows me to see that other students experience similar problems with learning English.	52%	41%	7%	-----	-----					
3. I feel less anxious knowing my instructor's focus is on group achievement.	22%	33%	22%	22%	-----					
4. I feel that group work allows me to get to know other students on a personal level.	48%	37%	7%	7%	-----					
5. I enjoy the social aspect of group work.	52%	33%	7%	7%	-----					
6. I like the seating arrangements in my class.	37%	33%	7%	22%	-----					
7. Group work increases my opportunities to practice English.	52%	33%	7%	7%	-----					

8. I feel that I understand people from other countries/cultures better because of working with them in groups.	41%	37%	15%	7%	-----					
Experiential Awareness (Experimental groups only).	SA	A	N	D	SD	SA	A	N	D	SD
1. I think the discussion about language learning beliefs was useful.	22%	55%	18%	4%	-----					
2. I feel less anxious about language learning now that I know that some of my beliefs/expectations were unrealistic.	26%	33%	26%	15%	-----					
3. I feel that journal writing is useful because I can express my thoughts and feelings.	33%	44%	7%	15%	-----					
4. I find it difficult to think of something to write in my journal.	15%	11%	22%	30%	22%					
5. I enjoy the class discussions based on the journals.	30%	33%	33%	4%	-----					
6. I would like it if my instructor replied to my journal entries.	7%	41%	15%	26%	11%					
7. I feel that journal writing is a waste of time.	4%	11%	26%	44%	15%					
8. I feel embarrassed if the class knows what I wrote in my journal.	30%	18%	11%	26%	15%					

Key:

SA – Strongly agree

A – Agree

N – Neutral

D – Disagree

SD – Strongly agree

HA – High anxiety

MA – Medium anxiety

LA – Low anxiety

NA – No anxiety

Appendix F
Post Course Questionnaire
Overall Group

Post Course Questionnaire
Overall Group

Experimental group: N = 25

Control group: N = 24

Questions	SA	A	N	D	SD	SA	A	N	D	SD
Language Anxiety										
1. I would have felt more confident if we had had more speaking practice.	64%	28%	8%	----	-----	71%	29%	-----	-----	----
2. I would have felt less self-conscious if I had known other students better.	8%	20%	20%	48%	4%	17%	29%	17%	37%	----
3. Even though I studied hard, I feel I didn't reach my full potential in terms of speaking ability.	4%	16%	8%	64%	8%	42%	17%	8%	33%	----
4. I was less anxious when I wasn't the only person answering a question.	36%	28%	8%	12%	16%	46%	33%	4%	17%	----
5. I would have been more willing to volunteer answers if I hadn't been afraid of saying the wrong thing.	4%	16%	12%	40%	28%	46%	17%	12%	17%	8%
6. I felt more comfortable when I didn't have to stand up in front of the class.	28%	36%	8%	24%	4%	54%	17%	8%	12%	8%
7. I would have enjoyed class more if we were not corrected at all when we spoke.	----	-----	8%	52%	40%	-----	-----	21%	50%	29%
8. I was more willing to speak in class when we discussed current events.	36%	28%	16%	20%	-----	42%	21%	21%	16%	-----
9. I would have felt less anxious if we didn't cover so much material.	20%	20%	16%	28%	16%	33%	17%	17%	29%	4%
10. I would have felt less anxious about speaking if our class was smaller.	-----	16%	12%	44%	28%	25%	8%	17%	12%	37%
11. I was more willing to speak when we had a discussion.	48%	32%	8%	8%	4%	50%	21%	8%	12%	8%
12. I would not have been self-conscious about speaking if everyone had understood that it is normal to make mistakes.	12%	16%	20%	48%	4%	25%	21%	21%	29%	4%
13. I prefer being allowed to volunteer an answer.	60%	16%	12%	12%	-----	54%	17%	17%	8%	4%
14. I was more willing to participate when the topics we discussed were interesting.	44%	44%	8%	4%	-----	54%	12%	17%	17%	-----
15. I would have been less nervous about the oral exam if I had had more speaking practice.	52%	24%	8%	12%	4%	79%	12%	-----	8%	-----
16. I would have felt uncomfortable if our instructor never corrected our mistakes.	80%	12%	8%	-----	-----	75%	25%	-----	-----	-----
17. I would have felt anxious if other students were asked to correct my mistakes.	76%	8%	8%	8%	-----	62%	29%	8%	-----	-----
18. I still feel unsure of my ability to speak English.	8%	20%	4%	36%	32%	25%	29%	17%	25%	4%
19. My English class moved so quickly that I was left behind.	8%	20%	12%	36%	24%	17%	32%	17%	17%	17%
20. I feel more confident of my ability to communicate in English.	52%	24%	12%	12%	-----	25%	8%	21%	37%	8%
Classroom Activities.	HA	MA	LA	NA		HA	MA	LA	NA	
1. Reading aloud.	16%	20%	36%	28%		42%	17%	29%	12%	
2. Having pronunciation corrected while reading aloud.	24%	28%	32%	16%		42%	33%	21%	4%	
3. Having everyone's pronunciation corrected as a group.	----	8%	60%	32%		8%	25%	42%	25%	
4. Writing a composition/assignment at home.	-----	24%	52%	24%		21%	21%	54%	4%	
5. Receiving a mark of less than what you expected for a composition/assignment..	20%	24%	24%	32%		50%	21%	17%	12%	
6. Not knowing how your instructor corrected your composition/assignment.	16%	32%	32%	20%		33%	21%	33%	12%	
7. Working in groups on a grammar activity/discussion preparation.	4%	16%	20%	60%		-----	-----	-----	-----	
8. Working alone on a grammar activity or in preparation for a discussion.	4%	32%	32%	32%		42%	21%	25%	12%	
9. Competing in language games as part of a team.	16%	28%	20%	36%		50%	21%	25%	4%	

	HA	MA	LA	NA		HA	MA	LA	NA	
10. Participating in a game where you had to stand up in front of the class.	32%	12%	44%	12%		58%	25%	4%	12%	
11. Participating in discussions and expressing your opinions.	4%	12%	52%	32%		29%	21%	29%	21%	
12. Listening to recordings from the course CD.	12%	24%	40%	24%		29%	17%	29%	25%	
13. Being asked questions based on the listening activity.	16%	28%	20%	36%		29%	33%	29%	8%	
14. Preparing for an oral presentation.	12%	28%	32%	28%		33%	25%	25%	17%	
15. Presenting your oral to the group.	28%	24%	28%	20%		-----	-----	-----	-----	
16. Presenting your oral to the class/instructor.	40%	16%	32%	12%		75%	17%	4%	4%	
17. Being called upon to answer a grammar/comprehension question.	12%	28%	32%	28%		46%	21%	16%	16%	
18. Writing a language exam.	4%	20%	48%	28%		29%	21%	33%	17%	
19. Having your instructor correct you in front of the class.	8%	24%	36%	32%		33%	17%	25%	25%	
20. Receiving a mark lower than you expected for your oral exam.	32%	24%	28%	16%		46%	21%	25%	8%	
Instructor Behaviour.	SA	A	N	D	SD	SA	A	N	D	SD
1. I feel that my instructor cared about my progress.	80%	20%	-----	-----	-----	58%	29%	12%	-----	-----
2. My instructor was friendly and approachable.	88%	12%	-----	-----	-----	71%	29%	-----	-----	-----
3. I didn't feel anxious when my instructor corrected me.	80%	20%	-----	-----	-----	62%	12%	17%	8%	-----
4. My instructor didn't get angry or irritated when we made mistakes.	88%	12%	-----	-----	-----	50%	42%	8%	-----	-----
5. My instructor knew that everyone makes mistakes when they learn a language.	72%	28%	-----	-----	-----	54%	25%	21%	-----	-----
6. My instructor never made me feel stupid when I made a mistake.	76%	24%	-----	-----	-----	42%	50%	8%	-----	-----
7. My instructor corrected mistakes in a pleasant and supportive way.	76%	24%	-----	-----	-----	33%	58%	8%	-----	-----
8. My instructor encouraged me to express my feelings and opinions.	84%	12%	4%	-----	-----	17%	37%	21%	25%	-----
9. My instructor was well-prepared for classes.	84%	16%	-----	-----	-----	79%	21%	-----	-----	-----
10. I feel that it is important for language instructors to be friendly, relaxed and have a sense of humour.	80%	20%	-----	-----	-----	83%	17%	-----	-----	-----
11. Language instructors should be patient and understanding.	76%	24%	-----	-----	-----	71%	29%	-----	-----	-----
12. My instructor explained the material in a way that I could understand.	68%	32%	-----	-----	-----	50%	21%	29%	-----	-----
13. My instructor stimulated my interest in English language and culture.	56%	28%	16%	-----	-----	25%	25%	33%	17%	-----
14. My instructor should be stricter in class.	-----	8%	24%	20%	48%	4%	29%	25%	21%	21%
Group Awareness (Experimental group only)										
1. I enjoyed working on different activities as part of a group.	56%	24%	16%	4%	-----					
2. Group work allowed me to see that other students experienced similar problems with learning English.	60%	28%	12%	-----	-----					
3. It made me less anxious to know that my instructors' focus was on group achievement.	28%	28%	20%	24%	-----					
4. I feel that group work allowed me to get to know other students.	68%	16%	16%	-----	-----					
5. I enjoyed the social aspect of group work.	64%	32%	4%	-----	-----					

6. I liked the seating arrangements in my class.	72%	24%	4%	----	-----					
7. Group work increased my opportunities for practicing English.	64%	32%	4%	----	-----					
8. I feel that I understand people from other countries/cultures better because I worked closely with them in groups.	52%	32%	12%	4%	-----					
Experiential Awareness (Experimental group only)										
1. I think that the discussion about language learning beliefs was useful.	56%	32%	8%	4%	-----					
2. I feel less anxious about language learning now that I know that some of my beliefs/expectations were unrealistic.	52%	32%	16%	----	-----					
3. I feel that writing in a weekly journal was useful because it gave me the opportunity to express my thoughts and feelings.	48%	36%	16%	----	-----					
4. I found it difficult to think of something to write in my journal.	4%	20%	16%	48%	12%					
5. I enjoyed the discussions based on the journals.	32%	52%	16%	----	-----					
6. I would have liked it if my instructor had written replies to my journal entries.	12%	28%	20%	32%	8%					
7. I feel that the journal writing was a waste of time.	-----	8%	20%	36%	36%					
8. I would have felt embarrassed if the class knew what I wrote in my journal.	8%	16%	32%	40%	4%					

Key:

SA = Strongly Agree

A = Agree

N = Neutral

D = Disagree

SD = Strongly Disagree

HA = High Anxiety

MA = Medium Anxiety

LA = Low Anxiety

NA = No Anxiety