

SECOND LANGUAGE ANXIETY AND ACHIEVEMENT - A META-ANALYSIS

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KEY TERMS

Foreign / Second language anxiety

The feeling of nervousness and worry while learning or using a second or foreign language

WHAT CAN I LEARN FROM THIS SECONDARY RESEARCH?

What factors are important in language achievement?



WHAT DOES IT FIND?

- Students' anxiety is only one of the factors affecting language learners' achievements; other factors include second language aptitude, motivation and working memory
- Students' anxiety is stronger in second / foreign language learning than other disciplines

WHAT EVIDENCE IS SUMMARISED?

97 articles were used in this article

HOW CAN I USE THE FINDINGS IN MY TEACHING?

- Teachers need to consider cognitive load of learners when designing language tasks
- It is recommended that teachers include pre-tasks and post-tasks in lessons which scaffold learners not only cognitively but also emotionally
- Teachers can incorporate opportunities of self-regulated learning in their teaching to promote autonomy and motivation e.g., learners can vote for some of the topics they would like to learn

