# **LOWERING YOUR ANXIETY (2)**

It is normal to feel anxious about using a new language. Learn about three more ways to lower anxiety so that you have a positive studies experience.

## In this activity you will:

Learn about 3 more strategies to lower anxiety

□ Think about strategies you want to try

Exchange ideas with friends

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Activity adapted from: Language Learning Strategies, What Every Teacher Should Know. Rebecca Oxford. Heinle 1990.

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**ANXIETY**= the feeling of being very worried about something

When you hold too much anxiety, it is difficult for you to face challenging learning situations, but successful language learners know how to <u>reduce</u> <u>tension</u> in their bodies and minds.

Using **ANXIETY REDUCING strategies** can help you calm down and control your emotions so that learning can take place.

### **Three More Strategies to Lower Anxiety**

Strategy 4: Think of a beautiful, relaxing place. Close your eyes and imagine yourself there.



**Strategy 5: Write down some words with positive associations. Look at the words when you are feeling anxious** 



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Strategy 6: Preparation. Imagine the place or situation that makes you anxious. Imagine yourself speaking confidently there.



# Talk to others

- 1. Talk to your friends. Ask them if/when they ever feel anxiety and exchange experiences and ideas.
- 2. Talk to a learning advisor if you want to talk more about your language anxiety.

# Reflection

- I. When do you feel tense or anxious?
- 2. Which strategies might be most effective for you during these times?



### Comments from your Learning Advisor

If you are not taking a SALC module, you can still talk to a learning advisor. Make a reservation here: <u>http://elisalc.org/advisor</u>

### Write answers to your advisor's questions.