

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 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

Activity adapted from:

Language Learning Strategies, What Every Teacher Should Know. Rebecca Oxford. Heinle 1990.



Self-Access Learning Centre, Kanda University of International Studies, Japan

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 reduce tension in their bodies and minds.

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

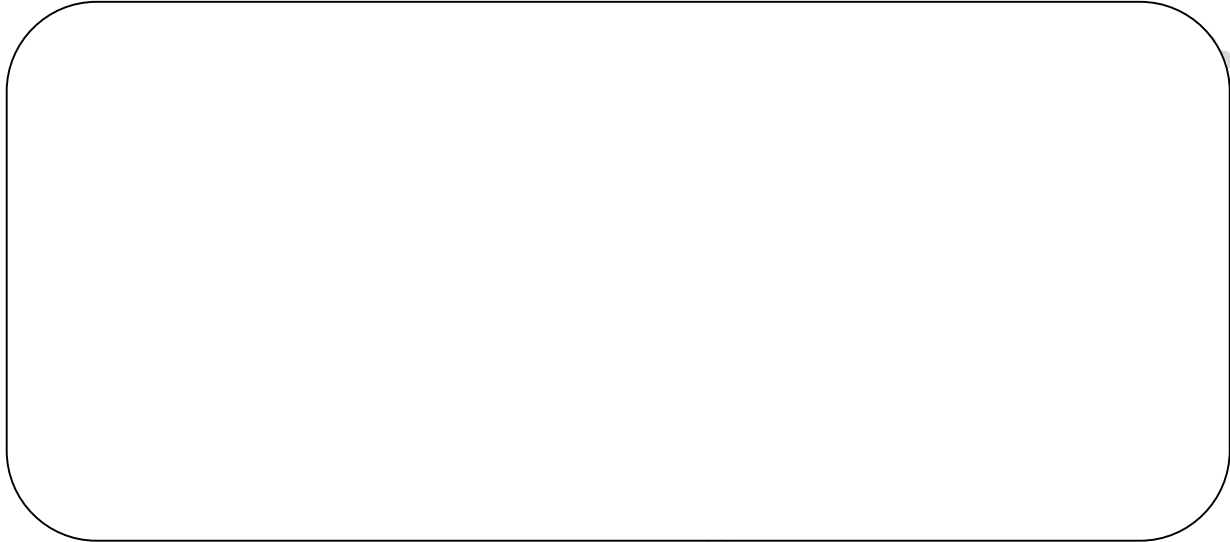
Three More Strategies to Lower Anxiety

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



Reflection

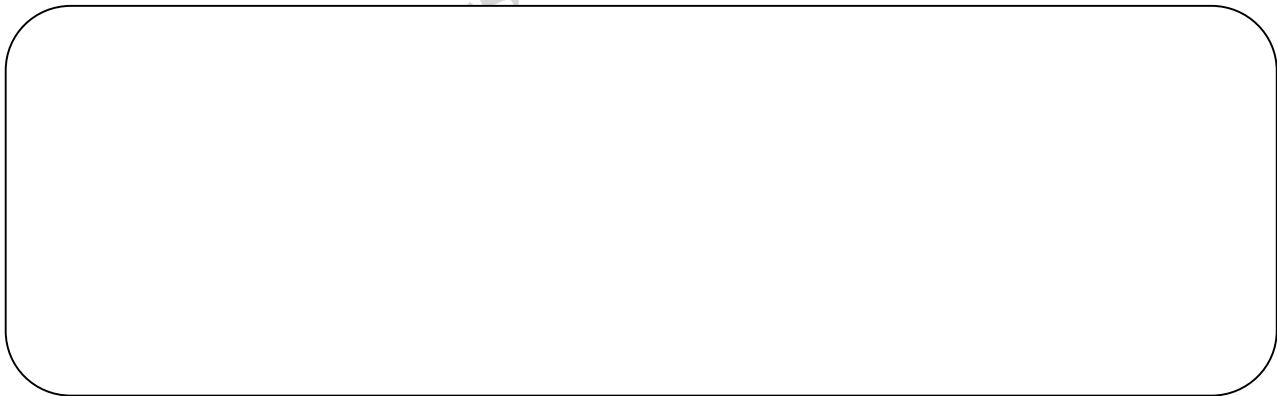
1. **When do you feel tense or anxious?**
2. **Which strategies might be most effective for you during these times?**



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: <http://eliscalc.org/advisor>



Write answers to your advisor's questions.

