

CONFIDENCE BUILDING I: HOW CONFIDENT ARE YOU?

It is normal to lack confidence when using a new language. Measure your confidence in this activity.

In this activity you will:

- Learn about why confidence is so important
- Think about strategies you want to try
- Exchange ideas with friends

Activity adapted from:

Adapted from English Reflections, An Interactive, Reflective Learner Journal, Andrew Finch, Kyungpook National University Press, 2004.

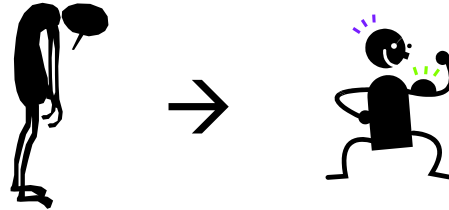


Self-Access Learning Centre, Kanda University of International Studies, Japan

Increasing Your Confidence

Basic tools for successful language learning (I)

I. Learn why building confidence is important



Feeling confident and positive about yourself can be very important in learning a new language.

Having confidence:


- Helps us to focus on learning instead of worrying about other things
- Helps us to concentrate better
- Helps us feel more relaxed when we communicate with others

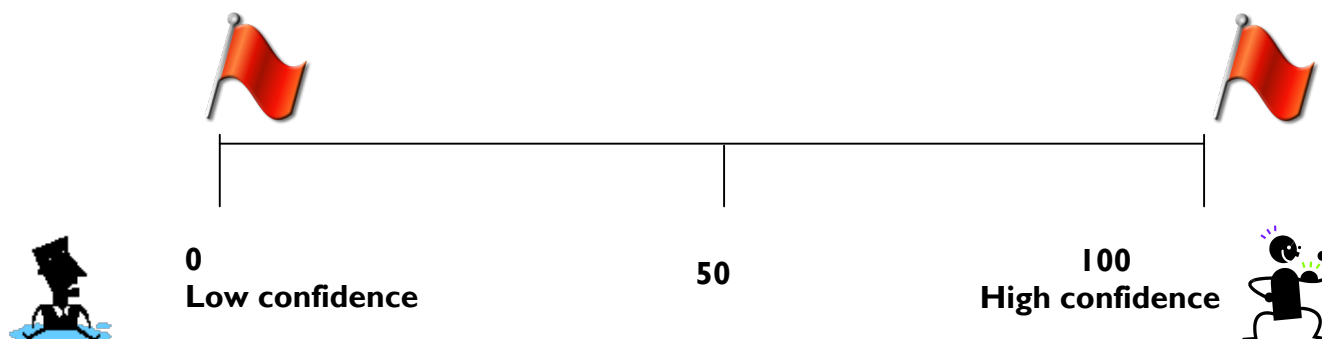
If you don't feel confident about the English the activities in the SALC might help you. First, measure your confidence level with the Confidence Questionnaire on the next page.

2. CONFIDENCE QUESTIONNAIRE:

Circle the number that best suits you to find out how confident you are.

How confident am I?	Disagree....MAYBE...Agree				
1. I have the ability to learn English.	1	2	3	4	5
2. If I do my best, I will achieve my learning goals.	1	2	3	4	5
3. I will improve if I continue to study.	1	2	3	4	5
4. I like to speak English in class.	1	2	3	4	5
5. Trying to speak English is more important than accuracy.	1	2	3	4	5
6. I like to study with my group members in class.	1	2	3	4	5
7. My contribution is as important as anyone else's.	1	2	3	4	5
8. I participate even if I am embarrassed or nervous.	1	2	3	4	5
9. I ask the teacher for help when needed.	1	2	3	4	5
10. I participate in all the activities in class.	1	2	3	4	5
11. If I don't understand, I say so.	1	2	3	4	5
12. I do my best, whatever the situation.	1	2	3	4	5
13. I keep trying to learn, even if I am nervous.	1	2	3	4	5
14. It is OK to make mistakes when trying a new language.	1	2	3	4	5
15. I do not worry about what other students think of my English.	1	2	3	4	5
16. I do not worry about what the teacher thinks of my English.	1	2	3	4	5
17. I believe in myself.	1	2	3	4	5
18. I trust my feelings and emotions.	1	2	3	4	5
19. I think about my learning (e.g. "How am I doing?")	1	2	3	4	5
20. I am a good language learner.	1	2	3	4	5
	TOTAL (____ /100)				

Add up your answers from statements 1-20. Draw your own flag () below to show the total points.



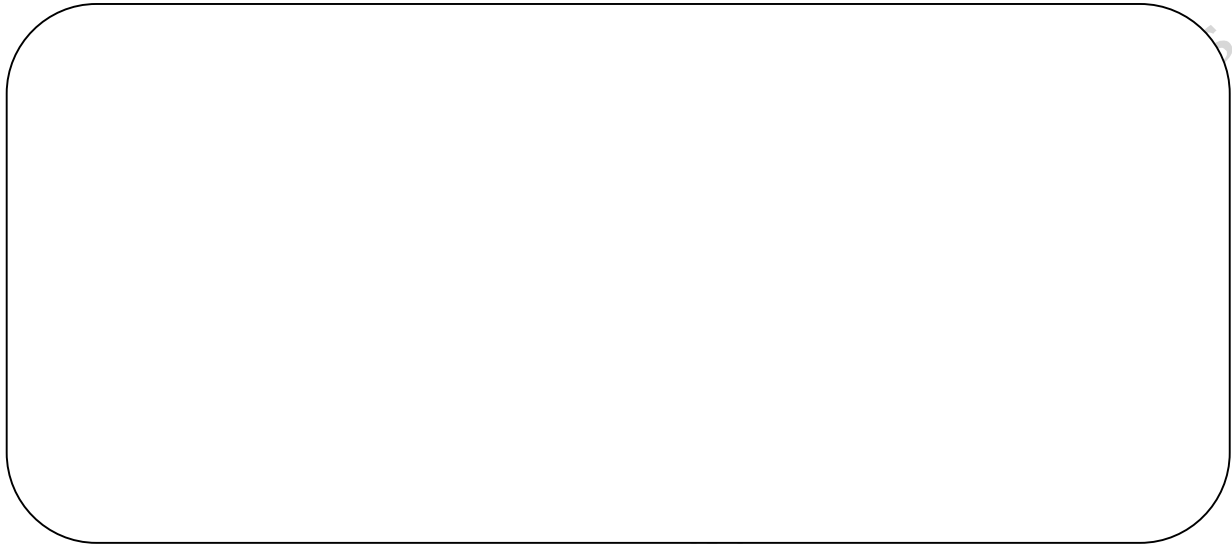
3. Talk to your friends. Ask them if/when they lack confidence when using English or another language and exchange experiences and ideas.

4. Try other activities in the SALC for boosting confidence.

5. Talk to a learning advisor if you want to talk more about confidence building.

Reflection

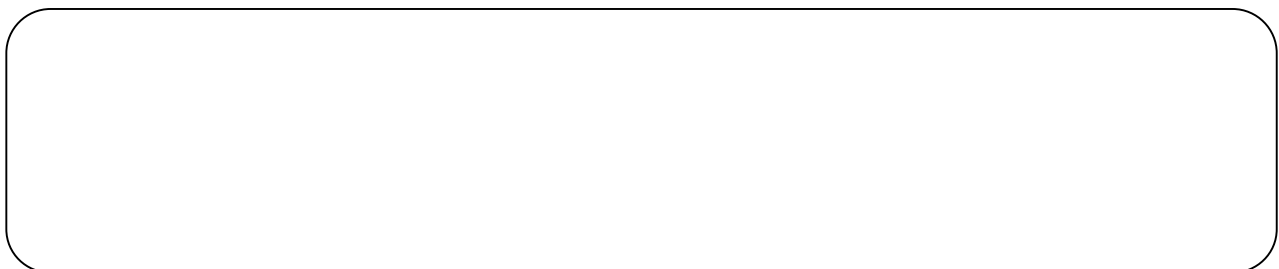
1. When do you lack confidence most?
2. Have you tried any strategies for increasing your confidence?

A large, empty rounded rectangular box with a thin black border, intended for the student to write their reflections on the two questions above.

Comments from your Learning Advisor

A large, empty rounded rectangular box with a thin black border, intended for the Learning Advisor to provide comments on the student's reflection.

Write answers to your advisor's questions.

A large, empty rounded rectangular box with a thin black border, intended for the student to write answers to any questions posed by their Learning Advisor.