

MOTIVATION I: VISUALIZATION

Visualizing your future using another language is one way to help you to keep motivated to study now.

In this activity you will:

- Visualize your future self
- Use your imagination to add details
- Help a friend to visualize his/her future self

Activity adapted from:

Hadfield, J., & Dornyei, Z. (2013). *Motivating learning*. Harlow, UK: Pearson.

SALC

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I. My Future L2 Self

1. Your L1 is your mother tongue and the language you usually use with friends and family. Your L2 is another language you are learning.

What is your L2? _____

2. For this activity you need to use your imagination and visualize your future L2 self. Choose the L2 that you want to use in the future.

- Sit comfortably in a quiet place.
- Take some deep breaths and relax.
- Read the questions slowly to yourself and visualize yourself in the future.

Imagine yourself in the future. You have studied (L2) ... for many years and now you speak it well.

Imagine yourself ... where are you living? ... how old are you? ... what do you look like? who lives with you? what job are you doing? ... why do you enjoy it? ... what makes you happy?

Pause: Do you have a good visual image of your future self? If not, read the questions again and think deeply.

Do you use (L2) in your work? ... do you have (L2) friends? ... do you use (L2) when you travel? ...do you use it when you go shopping?

Do you have a good visual image? Keep going...

Think about the following 5 future situations. Choose the **one** that is most important for you and circle it:

at work studying with friends traveling other

Now imagine yourself in that situation in the future...

Where are you? Choose **one** and circle it:

in an office using the phone with friends in a university
in a café in a shop in the street at a station

Let's add some detail. Keep going...

Where are you? ...describe what you can see around you ... what are you doing?...what are you wearing?...who is around you? ...what do they look like?...what are they wearing?... ...what can you hear?...you are speaking (L2)...to someone...who is it?... imagine that you are speaking (L2) well...what are you talking about? ...how do you feel talking in (L2)?...how do people react to you?

3. Now find a friend who would like to try visualizing his/her future L2 self.

- Both of you should sit comfortably in a quiet place.
- You could play some relaxing music if you like.
- Ask your friend to close his/her eyes and take some deep breaths and relax.
- Read the text (above) slowly aloud and ask your friend to visualize him/herself in the future.
- When you have finished, ask your friend to tell you about what he/she visualized.

4. Talk to a learning advisor if you want to think more about your future L2 self.

Reflection

1. Were you able to imagine your future self?
2. How useful was this activity for your motivation?



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://elisalc.org/advisor>*



Write answers to your advisor's questions.

