

## **Post-diary Summary**

1. Did the Confidence-Building Diary help you feel less nervous about using English? Why or why not?

2. Other than the Confidence Building Diary, what can you do to maintain positive feelings and the confidence to use more English?

3. Interview your friends – What do they do to maintain their positive perspective?

## **Reflection**

1. What did you find out about your **confidence** related to learning and using English by keeping the confidence-building diary?

2. How can you use this experience of focusing on the positive feelings you have about using English to help you become a more active and effective language learner?