Questionnaire about Feelings when Speaking in a Foreign Language

Version 4, March, 2021 Neil Curry and Kate Maher (Adapted from Gkonou & Oxford's (2016) *Managing Your Emotions for Language Learning Questionnaire*)

Speaking in a foreign language—in-class and outside of class—can feel good and be a satisfying experience. Sometimes, we can feel bad when things don't go as we want and that it can take a long time to get good at speaking. It's common for nearly all language learners to experience all of these kinds of feelings at some time. As a language learner, we would like to hear from you about what type of situations cause these feelings and your ideas about how to overcome challenges when speaking a foreign language. By answering this questionnaire, you will help researchers and teachers to understand the challenges that students face and ways to support them become better speakers.

In this questionnaire, there are four scenarios. We would prefer that you answer one scenario in detail than answering all of them briefly. So, please look at the list of scenarios and choose which one you can answer thoroughly. Please complete the questions for that scenario in as much detail as you can. When you are finished, and if you have time, please complete another scenario.

 Scenario 1: You want to say something in English in class but don't.
 Go to page 3

 Scenario 2: There is another student in your class who you think is a better speaker than you. You have to do a speaking activity together.
 Go to page 4

 Scenario 3: You make a mistake during a classroom speaking activity and receive or perceive criticism from another student.
 Go to page 5

 Scenario 4: You make a mistake during a classroom speaking activity and receive or perceive criticism from the teacher.
 Go to page 6

After the scenarios, please answer the questions on page 7

Here is a list of adjectives which people have used to describe their feelings when they speak another language. Feel free to use them when you answer this questionnaire.

Happy Grumpy Satisfied Tearful Calm Excited Motivated Ashamed Interested Hurt Comfortable

Sad Angry Worried Confident Depressed Relaxed Frightened Upset Tense Wound-up Guilty Nervous Afraid

Embarrassed Scared Unhappy Fun Uptight Insecure Good Confused Anxious

Scenario 1: You	want to sa	ay someth	ing in Englis	sh in class	but don't.		You can answer in English or Japanese
							英語でも日本語でも構いません
1) How would you feel	in this situat	ion? Circle tl	ne number whic	ch correspond	Is with how pos	sitive or negative	you would feel about it.
	Negative •	0 1 2	2 3 4	5 6 7	89	10 • Positiv	re
2) Please name the e	motions (on	e or more) y	ou would feel ir	n this situatior	ı (maximum 10	words).	
		77)
3)Why do you think you	ı would feel	th <u>is way?</u> Ple	ease explain in	a few words.			
4) Have you ever encou	untered this	situation or s	omething like it	t? Circle the a	appropriate lette	ər: 🤇 a. Y	és b. No
5)If the answer to <u>#4 is</u> Please explain in a f		encountered	this situation o	or something I	ike it before), h	ow did you feel?	
	~	Ľ					
6)Is it common for you	to feel <u>this v</u>	/ vay in this kir	nd of situation?	Circle the nu	mber on the sc	ale that matches	
Ne	ver 0	1 2	3 4 5	67	8 9 10) Always	5
7)If you tried to mana	age your em	otions in this	situation, <i>how</i>	did you do so	o? (maximum 3	0 words).	

be would you feel in this situation? Circle the number which corresponds with how positive or negative you would feel ab Positive • 0 1 2 3 4 5 6 7 8 9 10 • Negative Please name the emotions (one or more) you would feel in this situation (maximum 10 words). The do you think you would feel this way? Please explain in a few words. ave you ever encountered this situation or something like it? Circle the appropriate letter: Ares b. N the answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? ease explain in a few words. it common for you to feel this way in this kind of situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always If you tried to manage your emotions in this situation, <i>how</i> did you do so? (maximum 30 words).		have to		реак	ing a	CIIVII	y log	einer							_	Ja	wer in English banese 語でも構いま†
Positive • 0 1 2 3 4 5 6 7 8 9 10 • Negative Please name the emotions (one or more) you would feel in this situation (maximum 10 words). The provide the emotions (one or more) you would feel in this situation (maximum 10 words). the do you think you would feel this way? Please explain in a few words. ave you ever encountered this situation or something like it? Circle the appropriate letter: a, Yes b. N the answer to $d = 111 \text{ is yes}^{\prime}$ (you encountered this situation or something like it before), how did you feel? as explain in a few words. the answer to $d = 111 \text{ is yes}^{\prime}$ (you encountered this situation or something like it before), how did you feel? as explain in a few words. the common for you to feel this way in this kind of situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always	w would yo	ou feel in thi	s situati	on? C	ircle th	ne num	nber w	hich co	orresp	onds	with	how	positiv	ve or r	legative y	ou would	l feel abo
Please name the emotions (one or more) you would feel in this situation (maximum 10 words). The do you think you would feel this way? Please explain in a few words. The answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it? Circle the appropriate letter: b. N the answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? asse explain in a few words. The this is the interval of this situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always																	
hy do you think you would feel this way? Please explain in a few words.		Posit	ive •	0	1	2	3 4	5	6	7	8	9	10		 Negati 	ve	
ave you ever encountered this situation or something like it? Circle the appropriate letter: <u>a. Yes</u> b. N the answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? ease explain in a few words. it common for you to feel this way in this kind of situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always	Please nam	e the emotio	ons (one	e or m	ore) yc	ou wou	uld fee	l in this	s situa	tion (r	maxir	mum	10 wc	ords).			
eve you ever encountered this situation or something like it? Circle the appropriate letter: A. Yes b. N he answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? he answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? he answer to <u>#11 is 'yes'</u> (you encountered this situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always					7												
he answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? base explain in a few words. it common for you to feel this way in this kind of situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always	וא do you t	hink you wo	uld feel	<u>this w</u>	<u>ay</u> ? P	lease	explair	n in a f	ew wo	ords.							
he answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? base explain in a few words. it common for you to feel <u>this way</u> in this kind of situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always																	
he answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? base explain in a few words. it common for you to feel <u>this way</u> in this kind of situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always																	
the answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? ease explain in a few words. it common for you to feel this way in this kind of situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always																	
he answer to <u>#11 is 'yes'</u> (you encountered this situation or something like it before), how did you feel? base explain in a few words. it common for you to feel this way in this kind of situation? Circle the number on the scale that matches. Never 0 1 2 3 4 5 6 7 8 9 10 Always																	
base explain in a few words. The sease explain in a few words. it common for you to feel this way in this kind of situation? Circle the number on the scale that matches. Never $0 \ 1 \ 2 \ 3 \ 4 \ 5 \ 6 \ 7 \ 8 \ 9 \ 10 \ Always$	ave you eve	er encounte	red this	situati	on or s	somet	hing lił	ke it? (Circle 1	he ap	prop	oriate	letter:		a. Ye	S	b. No
Never 0 1 2 3 4 5 6 7 8 9 10 Always				u enco	ountere	ed this	s situat	ion or	somet	hing l	ike it	befo	re), ho	ow dic	l you feel	?	
Never 0 1 2 3 4 5 6 7 8 9 10 Always																	
Never 0 1 2 3 4 5 6 7 8 9 10 Always																	
Never 0 1 2 3 4 5 6 7 8 9 10 Always																	
Never 0 1 2 3 4 5 6 7 8 9 10 Always			\leq	7													
Never 0 1 2 3 4 5 6 7 8 9 10 Always			\sim														
	t common	for you to fe	el this v	<u>way</u> in	this ki	nd of s	situatio	on? Ci	cle the	e num	ber o	on the	e scal	e that	matches		
f you tried to manage your emotions in this situation, <i>how</i> did you do so? (maximum 30 words).		Never	0	1	2	3	4	5	6	7	8	}	9	10	Always		
f you tried to manage your emotions in this situation, <i>how</i> did you do so? (maximum 30 words).																	
	i you tried t	to manage y	our em	otions	in this	s situa	tion, <i>h</i> e	<i>ow</i> did	you d	o so?	(ma	ximu	m 30 v	words).		

	m anothe													_	Jap	ver in English or oanese 吾でも構いません
5) How would you f	eel in this s	situa	ition?	Circle	e the i	numb	er wh	ich cc	orresp	ondsv	with h	ow po	sitive c	or negative	you woul	d feel abou
	Positive	•	0	1	2	3	4	5	6	7	8	9	10	 Negativ 	/e	
16) Please name th	e emotion	s (or	ne or	more) you '	would	l feel	in this	situa	tion (r	naxim	um 1() words	5).		
Why do you think		fool	thick		Place											
')Why do you think	you would	leei	<u>Inis</u>	<u>way</u> ?	Pieas	e exp	nam	1 a 19	w wor	us.						
8)Have you ever en	countered	this	situa	tion o	r som	ething	g like	it? Ciı	rcle th	e app	ropria	te lett	er:	a. Yes		b. No
9)If the answer to <u>#</u> Please explain in a			u enc	counte	ered th	his sit	uatior	n or so	ometh	ing lik	e it be	efore),	how d	id you feel?	?	
	$\overline{\}$		7													
))Is it common for y	ou to feel <u>t</u>	his v	-							numb	er on	the so	cale tha	at matches.		
NI)Do your feelings v				2 ho the	3 e stud		↓ ? Ple			7 y or w	8 /hy no	9 t.	10	Always		
22)If you tried to ma	anage you	r em	otion	s in th	nis situ	uation	, how	v did y	ou do	so? (maxin		0 word	s).		

Critici	sm fron	n the	teac	cher.					•		-			O r perce You can a	nswer in En	glish or
														、 英語でも日	Japanese 本語でも構い	いません
3) How would you feel i	n this situ	ation?	Circl	e the i	numbo	er whi	ch co	orrespo	onds v	vith h	ow po	sitive o	or negativ	ve you wo	ould feel	about i
P	ositive •	0	1	2	3	4	5	6	7	8	9	10	• Nega	ative		
24) Please name the er	motions (one or	more) you	would	l feel i	n this	situat	ion (n	naxim	um 1() word:	5).			
		$\overline{\langle}$	7													
5)Why do you think you	would fee	el <u>this</u>	<u>way</u> ?	Pleas	e exp	lain in	a fev	w word	ls.							
3)Have you ever encou	ntered thi	s situa	ition a	or som	ething	g like i	t? Cir	rcle th	ə appı	ropria	te lett	er: 🦾	a. `	Yes	b. I	No
7)If the answer to <u>#26 i</u> Please explain in a fev		ou en	counte	ered tł	his siti	uation	or so	omethi	ng lik	e it be	efore),	how d	id you fe	el?		
	Z	7														
3)Is it common for you t	o feel <u>this</u>	<u>s way</u> i	n this	kind c	of situa	ation?	Circl	e the	numb	er on	the so	ale tha	at matche	es.		
Neve	r O	1	2	3	4	5	5	6	7	8	9	1	0 Alwa	ys		
9)Do your feelings vary	dependir	ıg on v	vho th	ne tead	cher is	s? Ple	ase s	ay wh	y or w	/hy nc	ot.					
30)If you tried to manag	ge your ei	motion	is in th	nis situ	uation	, how	did y	ou do	so? (r	naxin	num 3	0 worc	s).			

31) In this questionnaire we have described 4 scenarios. Are there any other speaking situations that you feel you need to have more confidence with?

32) If you have any comments or opinions about these scenarios or this questionnaire, please write freely below:

Thank you very much for your cooperation.