Foreign Language Classroom Anxiety Scale


1. I never feel quite sure of myself when I am speaking in my foreign language class.

<table>
<thead>
<tr>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
</table>

2. I don't worry about making mistakes in language class.

<table>
<thead>
<tr>
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<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
</table>

3. I tremble when I know that I'm going to be called on in language class.

<table>
<thead>
<tr>
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<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
</table>

4. It frightens me when I don't understand what the teacher is saying in the foreign language.

<table>
<thead>
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<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
</table>

5. It wouldn't bother me at all to take more foreign language classes.

<table>
<thead>
<tr>
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<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
</table>

6. During language class, I find myself thinking about things that have nothing to do with the course.

<table>
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</tr>
</thead>
</table>
7. I keep thinking that the other students are better at languages than I am.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

8. I am usually at ease during tests in my language class.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

9. I start to panic when I have to speak without preparation in language class.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

10. I worry about the consequences of failing my foreign language class.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

11. I don’t understand why some people get so upset over foreign language classes.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

12. In language class, I can get so nervous I forget things I know.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

13. It embarrasses me to volunteer answers in my language class.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

14. I would not be nervous speaking the foreign language with native speakers.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree
15. I get upset when I don't understand what the teacher is correcting.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

16. Even if I am well prepared for language class, I feel anxious about it.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

17. I often feel like not going to my language class.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

18. I feel confident when I speak in foreign language class.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

19. I am afraid that my language teacher is ready to correct every mistake I make.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

20. I can feel my heart pounding when I'm going to be called on in language class.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

21. The more I study for a language test, the more confused I get.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree

22. I don't feel pressure to prepare very well for language class.

Strongly agree  Agree  Neither agree nor disagree  Disagree  Strongly disagree
23. I always feel that the other students speak the foreign language better than I do.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

24. I feel very self-conscious about speaking the foreign language in front of other students.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

25. Language class moves so quickly I worry about getting left behind.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

26. I feel more tense and nervous in my language class than in my other classes.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

27. I get nervous and confused when I am speaking in my language class.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

28. When I'm on my way to language class, I feel very sure and relaxed.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

29. I get nervous when I don't understand every word the language teacher says.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

30. I feel overwhelmed by the number of rules you have to learn to speak a foreign language.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree
31. I am afraid that the other students will laugh at me when I speak the foreign language.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

32. I would probably feel comfortable around native speakers of the foreign language.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree

33. I get nervous when the language teacher asks questions which I haven't prepared in advance.

Strongly agree   Agree   Neither agree nor disagree   Disagree   Strongly disagree