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Appendix I

The Foreign Language Classroom Anxiety Scale (FLCAS)

Score range (1-5): 1 strongly disagree, 2 disagree, 3 undecided, 4 agree, 5 strongly agree

- 1*. I never feel quite sure of myself when I am speaking in my foreign language class.
- 2*. I don't worry about making mistakes in language class.
- 3*. I tremble when I know that I'm going to be called on in language class.
- 4*. It frightens me when I don't understand what the teacher is saying in the foreign language.
5. It wouldn't bother me at all to take more foreign language classes.
6. During language class, I find myself thinking about things that have nothing to do with the course.
7. I keep thinking that the other students are better at languages than I am.
- 8*. I am usually at ease during tests in my language class.
- 9*. I start to panic when I have to speak without preparation in language class.
10. I worry about the consequences of failing my foreign language class.
11. I don't understand why some people get so upset over foreign language classes.
- 12*. In language class, I can get so nervous I forget things I know.

- 13*. It embarrasses me to volunteer answers in my language class.
14. I would not be nervous speaking the foreign language with native speakers.
15. I get upset when I don't understand what the teacher is correcting.
- 16*. Even if I am well prepared for language class, I feel anxious about it.
17. I often feel like not going to my language class.
- 18*. I feel confident when I speak in foreign language class.
- 19*. I am afraid that my language teacher is ready to correct every mistake I make.
- 20*. I can feel my heart pounding when I'm going to be called on in language class.
21. The more I study for a language test, the more confused I get.
22. I don't feel pressure to prepare very well for language class.
23. I always feel that the other students speak the foreign language better than I do.
- 24*. I feel very self-conscious about speaking the foreign language in front of other students.
25. Language class moves so quickly I worry about getting left behind.
- 26*. I feel more tense and nervous in my language class than in my other classes.
- 27*. I get nervous and confused when I am speaking in my language class.
28. When I'm on my way to language class, I feel very sure and relaxed.
- 29*. I get nervous when I don't understand every word the language teacher says.
30. I feel overwhelmed by the number of rules you have to learn to speak a foreign language.
- 31*. I am afraid that the other students will laugh at me when I speak the foreign language.
32. I would probably feel comfortable around native speakers of the foreign language.
- 33*. I get nervous when the language teacher asks questions which I haven't prepared in advance.