

## MA seminar in applied linguistics

2020/2021

Instructor: dr hab. Anna Mystkowska-Wiertelak

### THE PSYCHOLOGY OF LANGUAGE LEARNING: CAPITALISING ON LEARNERS' INDIVIDUALITY

#### PSYCHOLOGICZNE ASPEKTY NABYWANIA KOMPETENCJI W JĘZYKU OBCYM: STWARZANIE WARUNKÓW OPTYMALNEGO ROZWOJU

Creating optimal conditions for learning a language requires understanding of differences between and among people, including their cognitive abilities, mindset, learning styles, motivation, willingness to communicate, anxiety and beliefs. Relatively recent advances in Positive Psychology (Seligman, 2011) have brought to the fore other phenomena such as grit, perseverance, enjoyment, flow, engagement and many more, all of which contribute to students' well-being and, consequently, success in language learning. However, a comprehensive picture will not emerge from grasping interpersonal differences only. To understand how psychological variables impact language acquisition, an insight into ways they operate within an individual is needed. Intrapersonal dynamism of individual characteristics as well as interpersonal differences will be the focus of this seminar. The discussion will concern underlying theory and research, which will serve as a basis for identifying students' own interest areas and formulating their topics. The students will be encouraged to conduct their own studies in the chosen area applying the mixed-methods approach. They will be evaluated on the basis of participation, written assignments and presentations.

Selected reading:

Gabryś-Barker, D., & Gałajda, D. (Eds.). (2016). *Positive psychology perspectives on foreign language learning and teaching*. Cham: Springer.

Jiang, Y., & Dewaele, J.-M. (2019). How unique is the foreign language classroom enjoyment and anxiety of Chinese EFL learners? *System*, 82, 13-25.

Kondo, D. S., & Ying-Ling, Y. (2004). Strategies for coping with language anxiety: The case of students of English in Japan. *ELT Journal*, 58, 258-265.

Oga-Baldwin, W. L. Q., Fryer, L. K., & Larson-Hall, J. (2019). The critical role of the individual in language education: New directions from the learning sciences. *System*. Advance online publication. <https://doi.org/10.1016/j.system.2019.102118>

Oxford, R. L., & Cuéllar, L. (2014). Positive psychology in cross-cultural narratives: Mexican students discover themselves while learning Chinese. *Studies in Second Language Learning and Teaching*, 4(2), 173-203.

Seligman, M. E. P. (2011). *Flourish: A visionary new understanding of happiness and well-being*. New York: Atria.