

Contents

Foreword	ix
Introduction	xiii
1 Anxiety	1
<i>From Premise ...</i>	
Exploring Foreign Language Anxiety, Its Origins and Its Significance	3
Capitalizing on Anxiety: An Action Plan	10
<i>... To Practice</i>	
Anxiety Activities	13
2 Beliefs	32
<i>From Premise ...</i>	
Exploring Beliefs, Their Origins and Their Significance	33
Capitalizing on Beliefs: An Action Plan	35
<i>... To Practice</i>	
Beliefs Activities	43
3 Cognitive Abilities: Aptitude, Working Memory and Multiple Intelligences	64
<i>From Premise ...</i>	
Exploring Cognitive Abilities, Their Origins and Their Significance	65
Exploring Aptitude	66
Capitalizing on Aptitude: An Action Plan	69
Exploring Working Memory (WM)	71
Capitalizing on WM: An Action Plan	72
Exploring Multiple Intelligences (MIs)	74
Capitalizing on MIs: An Action Plan	76
<i>... To Practice</i>	
Cognitive Abilities Activities	79

4	Motivation	107
	<i>From Premise...</i>	
	Exploring Motivation, Its Origins and Its Significance	108
	Capitalizing on Motivation: An Action Plan	114
	<i>... To Practice</i>	
	Motivation Activities	118
5	Language Learning Strategies	146
	<i>From Premise...</i>	
	Exploring Language Learning Strategies, Their Origins and Their Significance	147
	Capitalizing on Language Learning Strategies: An Action Plan	152
	<i>... To Practice</i>	
	Strategy Activities	155
6	Language Learning Styles	174
	<i>From Premise...</i>	
	Exploring Language Learning Styles, Their Origins and Their Significance	175
	Categorizing Language Learning Styles	176
	Capitalizing on Language Learning Styles: An Action Plan	179
	<i>... To Practice</i>	
	Language Learning Styles Activities	183
7	Willingness to Communicate	211
	<i>From Premise...</i>	
	Exploring WTC, Its Origin and Its Significance	212
	Capitalizing on WTC: An Action Plan	216
	<i>... To Practice</i>	
	WTC Activities	223
	Epilogue	240
	References	245
	Index	256