

Project Perseverance Overview

Dörnyei insightfully observed that “we need to shift our focus...to the learner’s self-regulating capacity, that is, the extent of the learner’s proactiveness” (2009:183). Below are ways for a student to become a highly effective foreign language learner.

1-Emotional self-regulation

Recognize and deal with stress/anxiety which can result in “fight or flight” reaction (including esp. avoidance behavior) and arises from:

-perceived challenges to identity (comparing self to others, feeling foolish using the target language...)

-frustration, discouragement

Make wise choices that result in greater self-efficacy and leave one feeling positive, fulfilled, energized

2-Capitalize on key principles of learning

“Power Law of Practice”

“Test Effect” (study then self test then clear working memory then self test...)

Focus (proactive choices can increase attention)

realistic and vivid short-term goals

balancing challenge and skill level

“Chunking” (acquire a repertoire of well practiced high frequency routines)

“Sharpening” (notice the difference between own and model behavior, engage in relevant and “relentless practice,” get expert feedback on performance, reflective self-evaluation)

3-General healthy behavior

Sleep promotes memory function...

Exercise (relieves stress, oxygen flow promotes peak brain functioning)

Diet

Self-awareness/Mindfulness

References

Dörnyei, Zoltan. 2009. *The Psychology of Second Language Acquisition*, Oxford, UK: Oxford University Press.