

Foreign Language Classroom Anxiety Scale (FLCAS)

Horwitz, E.K., Horwitz, M.B., Cope, J., 1986. Foreign language classroom anxiety. *Modern Language Journal*, 70 (2), 125–132.

33 Items

1 Dimension

- (1) I never feel quite sure of myself when I am speaking in my foreign language class.
- (2) I do not 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 do not understand what the teacher is saying in 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 language than I am.
- (8) I am usually at ease during my tests in my language class.
- (5) I start to panic when I have to speak without preparation in language class.
- (6) It does not embarrass me to volunteer answers in German in my German class.
- (7) Even if I am well prepared for my German class, I feel anxious about it.
- (9) I feel confident when I speak German in my German 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 class.
- (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.

5-point Likert Scale (SA = strongly agree; A = agree; N = neither agree nor disagree; D = disagree)

Cronbach alpha= .93