“Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.”

Norman Vincent Peale, *The Power of Positive Thinking*
“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”

Helen Keller

Building Confidence in the ESL Learner

Jennifer Weiler
Audrey Beaulne
Brett Basbaum

Jennifer Weiler
If you can’t think of anything nice to say, you’re not thinking hard enough.

Robbie Novak (Kid President)
“The moment you doubt whether you can fly, you cease forever to be able to do it.”

J. M. Barrie, Peter Pan
"If you realized how powerful your thoughts are, you would never think a negative thought."

— Peace Pilgrim

Building Confidence in the ESL Learner

Jennifer Weiler
Audrey Beaulne
Brett Basbaum
Jennifer Weller
"If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

Mahatma Gandhi
“Kind words can be short and easy to speak, but their echoes are truly endless.”

Mother Teresa
“Never discourage anyone who continually makes progress, no matter how slow.”

Plato
Agenda

• Questions and Comments
• Top Tips
• Group Activity
• Theory and Applications
• Personal Reflection
• On the Road

Building Confidence in the ESL Learner
2. Role Models

3. Encouragement

4. Body Response

1. Previous Experience

On the Road to a Half Marathon

Building Confidence in the ESL Learner
On the Road to a Half Marathon

Building Confidence in the ESL Learner
On the Road to a Half Marathon

1. Previous Experience

2. Role Models

3. Encouragement

4. Body Response

Building Confidence in the ESL Learner
1. Previous Experience... What had you achieved in the past that was similar?
2. Role Models... Had you seen others accomplish similar things? Who?
3. Encouragement... Did people support you? Who supported you? How?
4. Body Response... What physiological reactions did you have along the way? How did you manage them?
Definitions of Self-Efficacy

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"People's judgments of their capabilities to organize and execute courses of action required to attain designated types of performances" (Bandura, 1986, p. 391).

"Whether you think that you can or you can't, you are usually right." — Henry Ford

Self-Efficacy Definitions of
Mastery Experiences

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- Learning from experiences
- Positive results = more likely to do it again
- Negative results = more likely to stop doing it
- Classroom application: scaffolding, rehearsals, learner self-reflections

Experiences

Mastery
Vicarious Experience / Building Confidence in the ESL Learner

Classroom application: demonstration, modelling with a think-aloud

- Observe others doing something
- Learn better ways to do things

Learning Observational Experience / Vicarious
I Like Fruit

I like grapes.
I like oranges.
I like bananas.
I like apples.
I Like Fruit

Building Confidence in the ESL Learner
Building Confidence in the ESL Learner

Classroom application: ongoing formative feedback, strategy-oriented feedback.

“People are led, through suggestion, into believing they can cope successfully with what has overwhelmed them in the past.”

Bandura, 1977, p. 198

Encouragement/discouragement about skills and abilities.

Persuasion

Verbal
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Physiological Arousal

- How your body reacts to a situation
- How you interpret those reactions
- How well you can cope with those reactions

Classroom application: safe and inviting classroom, guest speakers about local support services, normalize feelings of anxiety (e.g., before a presentation) and teach coping strategies (e.g., deep breaths)

How your body reacts to a situation

Arousal

Physiological
In the middle of a unit, students complete a learning reflection activity. They note what new vocabulary and skills they've learned and give an example of when they've used them well.

They note what new vocabulary and skills they've learned and give an example of when they've used them well.
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- Physiological Arousal (body response)
- Mastery Experience (previous experience)
- Verbal Persuasion (encouragement)
- Vicarious Experience/ Observational Learning (role models)

Group Activity
Top Ten Tips

1. Breathe.
2. Apply broadly.
3. Celebrate success.
4. Provide (many) models.
5. Give meaningful feedback.
6. Set students up for success.
7. Share the role of the expert.
8. Look for the right, not the wrong.
9. Recognize the power of your words.
10. Create a safe learning environment.

Building Confidence in the ESL Learner
Thank you!

Questions? Comments?

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Building Confidence in the ESL Learner...


References