



2025

TITLE

Fluency Without Fear: Strategies for Conquering Anxiety in Language Learning

Speaker: Robert Stroud

Date: 20 August @14.00 – 14.45

Presentation Type: Workshop



Abstract

For many students, Foreign Language Anxiety (FLA) poses a significant barrier to becoming confident communicators. Anxiety often stems from fear of making mistakes, negative self-perception, and pressure to perform, leading to reduced participation and slower language acquisition. Students with high FLA may avoid speaking altogether, hindering their progress and damaging their self-confidence. This workshop equips educators to address the roots of FLA and create supportive learning environments where anxiety is minimized. By using practical tools like collaborative planning, scaffolded learning, and AI-driven interaction, educators can foster engagement and empower students to take risks in their language use. The benefits of reducing FLA include improved participation, better retention of language skills, and the development of lifelong confidence in communication. Through some example tasks and short hands-on activities, this session provides the strategies and knowledge necessary to transform language classrooms into spaces where students thrive and their communication skills flourish.

Biography

Dr. Robert Stroud, professor at Hosei University, Japan, specializes in tools for scaffolding, structured planning, and AI-driven engagement to ease anxiety and boost classroom engagement. As editor of 'The University Grapevine' newsletter and co-author of the 'SMART communication' textbook series, his work blends academic rigor with practical strategies for transformative language learning.