

Adjusted Foreign Language Classroom Anxiety Scale*

This survey aims to explore your opinion about using English in classes, whether it is an English language course or any course that uses English to teach in class such as your current programming course.

The following statements refer to how you feel about using English in class. Please select one answer based on your first reaction to each statement.

Items	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
1. I never feel quite sure of myself when I am speaking in English					
2. I don't worry about making language mistakes when I am speaking English in class.					
3. I tremble when I know that I'm going to be called on in classes that uses only English.					
4. It frightens me when I don't understand what the teacher is saying in English.					
5. It wouldn't bother me at all to take more classes that using only English.					
6. During class that uses only English, 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 English than I am.					
8. I am usually at ease during tests in classes that uses only English.					
9. I start to panic when I have to speak English without preparation in class.					
10. I worry about consequences of failing my class because my English is bad.					
11. I don't understand why some people get so upset about using English in other subjects.					
12. In classes that uses English, I can get so nervous I forget things I know.					
13. It embarrasses me to volunteer answers in classes that use English.					
14. I would not be nervous speaking English with native speakers					
15. I get upset when I don't understand what the teacher is correcting in English.					
16. Even if I am well prepared for using English in class, I feel anxious about it.					
17. I often feel like not going to my class that uses only English.					

* This survey is based on the scale created by Horwitz et al. [1] with a few adjustments to fit the purpose of this research.

[1] Elaine K Horwitz, Michael B Horwitz, and Joann Cope. 1986. Foreign language classroom anxiety. The Modern language journal 70, 2 (1986), 125–132.}

18. I feel confident when I speak English in class.					
19. I am afraid that my teacher is ready to correct every language mistake I make when I speak English in class.					
20. I can feel my heart pounding when I am going to be called on in class where I have to use English.					
21. The more I study for a test of subject that use English, the more confused I get.					
22. I don't feel pressure to prepare very well for using English in class.					
23. I always feel that the other students speak English better than I do.					
24. I feel very self-conscious about speaking English in front of other students					
25. The classes that use English move so quickly I worry about getting left behind					
26. I feel more tense and nervous in the class that uses English than in my other classes that use my native language.					
27. I get nervous and confused when I am speaking English in class.					
28. When I am on my way to classes that uses English, I feel very sure and relaxed.					
29. I get nervous when I don't understand every English word the teacher says.					
30. I feel overwhelmed by the number of rules you have to learn to speak English.					
31. I am afraid that the other students will laugh at me when I speak English.					
32. I would probably feel comfortable around the native speakers of English.					
33. I get nervous when the teacher asks questions which I haven't prepared to answer in English.					

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