

# Enhancing Learners’ Motivation and Attitudes Toward English Learning

## Webinar handout

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### Classroom activities to boost motivation

Intrinsic motivation activities	Extrinsic motivation activities	Attitude-shaping activities
<p><b>English autonomy tasks</b></p> <p>Allow students to choose their reading materials, video content, or language topics to foster autonomy and intrinsic motivation.</p>	<p><b>Goal-setting challenges</b></p> <p>Students set language learning goals (e.g., achieving an IELTS score) and track their progress with external rewards like certificates or class points.</p>	<p><b>Language culture exploration</b></p> <p>Encourage research and presentation on the culture of English-speaking countries to promote integrative motivation.</p>
<p><b>Peer-to-peer conversations</b></p> <p>Organize small group discussions where students talk about their interests in English, emphasizing self-expression.</p>	<p><b>Mock presentations</b></p> <p>Have students present on professional topics in English, simulating job interview scenarios or career-related activities.</p>	<p><b>Confidence boosters</b></p> <p>Regular speaking sessions with positive feedback can help address feelings of nervousness or shame about making mistakes.</p>

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## Practical tips for teachers

- Address individual student anxieties about speaking English by offering constructive feedback that focuses on their improvement and effort, rather than their mistakes.
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- Design lessons that cater to both younger learners' curiosity and older learners' practical motivations, making content relatable to all age groups.
- Female learners may benefit more from group projects emphasizing communication, while male learners might respond better to task-oriented learning.
- Encourage students to embrace their own accents rather than aiming for native-like perfection, which can boost confidence and participation.

## Checklist for teachers

- Integrate activities that balance intrinsic and extrinsic motivation.
- Provide tasks that are age-appropriate and cater to both young and mature learners.
- Design activities that allow students to explore English-speaking cultures.
- Encourage frequent use of English in real-life situations, both inside and outside the classroom.
- Offer both individual and group activities to accommodate different motivational needs.
- Use positive reinforcement to reduce students' fear of making mistakes.

## Insights from the study on Vietnamese learners' motivation and attitudes

This study explored how age, gender, and English proficiency impact the motivation and attitudes of Vietnamese learners. Younger learners displayed higher intrinsic motivation, driven by curiosity and engagement with the global community. In contrast, older learners were more extrinsically motivated, often learning English to enhance career prospects or for practical uses such as international communication.

Gender differences also influenced language learning. Female learners tended to express greater integrative motivation, valuing social and cultural aspects of learning English, while male learners often showed instrumental motivation, focusing on achieving specific goals like career advancement.

The findings suggest that creating a supportive, inclusive, and motivating classroom environment that caters to different ages and genders can lead to higher success rates in English language learning.

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## Recommended reading & resources

- Dörnyei, Z. (2005). *The Psychology of the Language Learner: Individual Differences in Second Language Acquisition*.
- Ryan, R. M., & Deci, E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being.
- Le & Le (2022): Factors affecting Vietnamese learners' attitudes towards English learning.