

## The Effects of Social and Language Anxiety on English Language Learners

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### **Abstract:**

This paper describes two forms of anxiety and suggests methods for reducing their negative influence within the context of teaching English to speakers of other languages. The author describes a case study in which attempts were made to inculcate confidence in an English language student displaying traits associated with social and language anxiety. The results of this case study are then discussed and recommendations are made for reducing the effects of social and language anxiety within a classroom environment.