

STRATEGY GROUP: Affective

STRATEGY SET: Encouraging yourself

STRATEGY: Rewarding yourself

Learners need more reward than that they can get externally. They also need it more regularly and more often. Some of the most potent and useful rewards come from within the learners themselves. Therefore, learners need to discover how to reward themselves for good work in language learning.

Here are some examples of tangible rewards. Hildegard rewards herself for good work by watching a favourite TV show. Elgard eats a big pizza. Lindsay goes out shopping. Lois calls up a friend for a long chat. Frederick goes to hear a beautiful opera. Ernie takes his family out for a drive by the lake.

Positive statements, when used after a particularly good performance on the part of the learner, can become a form of self-reward as well.