

Stress less for better success in international adult SL education

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This presentation follows up and is based on the results of CLESOL 2006 paper Debriefing Beginners' Stress (Theron, 2006). It attempts to practically apply insights concerning alleviating stress factors, re-minting them in the coin of practical learning/tutoring situations – requested by delegates to CLESOL 2006. These insights from a range of authorities regarding stress factors and proven approaches to stress debriefing are initially summarised and applied to practical SL teaching and andragogic learning in international situations. Lines are then drawn to modern approaches to SL learning and to the main facets of an eclectic, methodology that includes facets of holistic learning applied to SL learning, "multi-portal" and "multi-level" SL learning, radicalised metaphorical and "narrative" learning, "sense, will and motivation" in SL learning, etc. As an extension to Theron, 2006, the bibliography is a modified version of that in Theron, 2006. The final section on the resultantly recommended methods is very brief and awaits further elaboration.