Students' Progress and Attitudes in an Extensive Reading Class

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#### Abstract

\section*{Introduction}

Two common problems facing second language (L2) learners in Japan is gaining exposure to the L2 outside of the classroom, and finding opportunities to use it for communicative purposes. An extensive reading (ER) approach with graded readers (GR) is an effective way to expose students to the L2. Incorporating it into a communicative approach in the classroom can help solve the second problem mentioned above. That extensive reading has enjoyed explosive growth in recent years reflects educators' recognition that reading graded materials is effective in developing learner's reading fluency, vocabulary acquisition, and motivation.

A main reason for this growth is that ER aligns naturally with basic human motivation. People naturally pursue activities that they enjoy, and usually avoid those that they consider unpleasant. Admittedly, this explanation is simplistic, for there are factors other than pleasure that motivate people. The sense of fulfillment and confidence that comes with achievement, a desire for self-determination, and greed - doing what one must to get what one wants - are also powerful motivators. Schools and teachers at all levels in Japan and elsewhere in Asia have been, in recognition of this "pleasure principle," increasingly including some ER in their foreign/second language curriculum. But ER is no panacea, and is not without its critics. Administrative gatekeepers in many schools see ER as burdensome and costly. Academic gatekeepers complain that, in addition to being difficult to measure achievement, ER is irrelevant to the testing and test preparation culture common in Japanese schools. Some critics challenge the learning gains claimed by ER proponents.

This author set out to see where his students fall in amidst these various claims. He conducted a series of classes based on an ER approach but with oral communication elements. The objective was to determine reading habits and gains in reading fluency. They study also measured students' attitudes towards reading grader readers as a method for English learning, and their attitude toward various communicative activities that were tied to the books that they read.


## Research Review

By its nature, an ER approach signals an acceptance of Krashen's (1985) Input Hypothesis. Written as $i+1$, the Input Hypothesis argues that learners acquire a second language most efficiently if they regularly are given a lot of comprehensible input. This includes language already acquired, as well as items and structures that are just beyond their proficiency level. In this way, learners will then bridge these gaps of meaning through various methods of negotiation. An ER approach deviates somewhat from the $i+1$ model by adopting an i-1 model, which encourages texts that are fairly comprehensible to the reader, requiring less negotiation of meaning by the learner.

The benefits of ER have been demonstrated in numerous studies. The benefits include gains in reading speed, comprehension, motivation, and increased interest in L2 reading by students (Jones, 2008; Kusunagi, 2007; Murphy, 2007; Lemmer, 2006; Day \& Bamford, 1998; Mason \& Krashen, 1997a; Nation, 1997; Contantino, 1994; Elley \& Mangubhai, 1983). Success in developing L2 competence must, of course, derive from motivation. Motivation
theories abound regarding what pushes or pulls students to seek or reject acquiring a foreign or second language. Most theories advanced today are rooted in the expectancy-value theory, which claims "behavior (is) determined by the expectance of success, the value of incentives, the need for achievement, and the fear of failure." (Apple, 2005). Studies by Apple, 2005; Day \& Bamford, 1998; Mason \& Krashen, 1997a and others report on the various theories of motivation and what motivates students to read in English.

One finding that appears consistently in the research, and in this author's experience, is the satisfaction and surprise that many first-time or reluctant L 2 readers experience when they finish their first graded reader (GR). Many are surprised that they finished an entire book, that they understood it, and that they enjoyed the experience. Having succeeded once, many are motivated to try again. While this increased level of motivation is relatively easy to maintain during an academic semester, motivating students to read voluntarily is a bigger challenge. Students often report in surveys that they would like to continue to read in English on their own, but the number that actually do so is considerably less. In Burke (2006), 53 percent of students said that they "want to" read in English, and 95 percent "will continue to read" in their free time. Enbody (2005) found that 78 percent of his respondents said that they would continue to read GRs on their own time. However, he then found that 35 percent had read books in English during vacation. That gap between intention and actual follow-through should not surprise nor discourage teachers or administrators. On the contrary, these findings are both revealing and encouraging in two ways. First is the fact that so many students indicate a willingness to read GRs independently. The other revealing point is the finding that some (Enbody's 35 percent, for example) actually do read independently. Unfortunately, the other studies did not ask about actual independent reading behavior. But Enbody's 35 percent is impressive. It is worth wondering what percentage of students read their conventional, skills-based intensive reading textbook on their own time. Experience suggests very few.

Students often attribute the drop-off in reading books in English (RBE) after their English class is finished to lack of time, access, and resources. This highlights the importance for schools to design a curriculum that includes ER systematically and thoroughly, rather than in the one-off way some universities presently include it. Repeated exposure is essential for maintenance of gains in vocabulary, fluency, appreciation, and other benefits. (Day \& Bamford, 1998; Nation, 1997; Krashen, 1997a,b).

Numerous studies have found favorable attitudes toward ER classes and GRs. (Jones, 2008; Kusunagi, 2007; Lemmer, 2006; Hayashi, 1999; Day \& Bamford, 1998; Mason \& Krashen, 1997a; Nation, 1997). Students with high intrinsic motivation naturally like the experience of RBE. In regard to less-motivated students reporting positive attitudes, their positive feelings are primarily due to the satisfaction they felt at their unexpected accomplishment. But many of these students stop RBE when the motivation provided by an instructor's homework assignment is absent. But this stoppage should not necessarily be understood to mean that they do not like reading GRs. The students' reading success, as well as the opportunity to practice English in a way that allows them choice, independence, and pleasure (a pedagogy polar opposite of traditional English reading classes) generates the positive attitudes and intentions mentioned above, and also introduces students to a different way of developing their English proficiency.

## Oral and writing activities in an ER approach

The benefits discussed above are not the only value of an ER approach. Gains are also realized in the classroom activities associated with the reading. Day \& Bamford (1998) and Kusunagi (2009) found that written reports -- as a follow-up to students' GR -- is highly effective. Such reporting allows the teacher to monitor progress and students' attitudes. These reports also allow students to interact retrospectively with the story, the characters, and the
grammar and vocabulary. Another effective and popular type of activity is letting students discuss the stories in pairs or in groups. These allow students the opportunity to recycle vocabulary and grammar, engage in oral communication, and "expand their views and share someone's experience through reading because they do not often contact people from other generations or in other social contexts." (Kusanagi, 2009).

## The ER Class

The classes in this study were a combination of ER and oral communication emphasizing communicative strategies (comm strats). The ER element of the course focused on finishing a graded reader (GR) for homework most weeks of the 15 -week semester, and the student then writing a paragraph summarizing the story and his or her response to it. In the activity "Book Talk," students told a partner about the book for five minutes then changed to a new partner. They changed partners 4-7 times. This took about half of the class time.

## The Study

This study among first and second-year non-English majors at a national university in western Japan involving students in the faculties of Engineering (electrical), Humanities, and two classes of Science (biology, and earth science) students. In the first class, students were timed as they read a chapter of the graded reader The Good Earth, (Heinemann Intermediate level). In the second to last class of the semester, they were timed again reading a different chapter of the same book. Both chapters were similar in setting and characters. Students were also asked about their reading habits. In the last class of the semester, students were interviewed in small groups in English or Japanese, and interviewed about their attitudes and opinions toward the class.

Due to the subjective nature of qualitative data, general categories (positive and negative) were established for reporting purposes. Each of these categories was further divided into class and activities. Positive/class responses were grouped into enjoyed (the ER experience was positive), I like to read (likes reading in general), speed/skill up, and other. Within positive/activities, subsections are: discussion good, chain story (a group writing activity), oral strategies (communicative strategies), writing, and other. Negative/class subsections are: prefer another (prefers oral English class to ER), more talk (emphasizing oral communication), and other.

## Findings

The most significant quantitative finding involves the gains in reading speed (Table 1). The study showed an overall gain of about 29 percent among all students. What is notable is the consistency of the gains when broken down by individual classes. Although the reading rate (words-per-minute) as a class average varied between three of the four classes, the percentage gain in the reading rate remained consistent.

Table 1. Reading speeds before vs. after

| Class | WPM 1 $^{\text {st }}$ class | WPM last class | Pct. Gain |
| :--- | :---: | :---: | :---: |
| Science I | 60 | 84 | $+29 \%$ |
| Humanities | 83 | 116 | $+28 \%$ |
| Engineers | 61 | 80 | $+24 \%$ |
| Science II | 105 | 154 | $+31 \%$ |

The time that students spent reading comprehensible input (Table 2) -- 2 hours 30 minutes to 3 hours 15 minutes -- is considerably longer than a student would have spent reading a passage from a conventional intensive-reading (IR) textbook. In fact, the way that many students "read" conventional IR passages might not be considered "reading" in the usual sense. In many cases, IR passages are difficult for students, and they spend a great amount of mental energy is spent trying to process the meaning. They often, when encountering a non-comprehensible word, stop their reading entirely and consult a dictionary, which defeats the goal of fluency. Reading intensively can be justified if the purpose is to practice intensive reading skills. But often, these types of passages are typically followed by comprehension and vocabulary exercises, and other exercises of a closed nature.

Table 3 reflects the ubiquitous nature of the Internet and comics in Japan. Table 4 indicates students' interest in various genre.

Table 2. Average time per week spent reading a GR

| Science I | 2 hrs .30 min. |
| :--- | :--- |
| Humanities | 2 hrs. 50 min. |
| Engineers | 2 hrs. 50 min. |
| Science II | 3 hrs. 15 min. |

Table 3. What do students read?

| Internet | $21 \%$ |
| :--- | :--- |
| Comics | 17 |
| Novels | 13 |
| Newspapers | 12 |
| E-Mail | 12 |
| Magazines | 11 |
| Textbooks | 11 |
| Non-fiction | 4 |

Table 4. Favorite topics and genres

| Sports | $30 \%$ |
| :--- | :--- |
| Romance | 25 |
| Fiction | 20 |
| Horror | 15 |

Of the 131 comments in the interview transcripts that pertained to one of the research questions of this study, 75 percent were positive and 25 percent negative (Table 5). Enjoyed $E R$ Class ( $47 \%$ ) was the most-frequent response type (Table 6). Within that response type, seven respondents specifically said that the ER element of the class was difficult, but interesting or enjoyable nonetheless (appendix). Eighteen percent indicated some kind of achievement (Speed/Skill Up) and 14 percent said that they would take the ER course again. Twelve percent said that their liking of the course came from the fact that they like reading.

Table 5. ER Experience Overall

| Positive | $75 \%$ |
| :--- | :--- |
| Negative | 25 |
| Total $(n=68)$ | 100 |

Table 6. Positive Class Comment
Enjoyed ER class 47\%
Speed/skill up 18
Would repeat 14
I like to read 12
Other 20
Total $(n=51) \quad 100$
Table 7. Negative Class Comment
Preferred another 47\%
More talk 29
Other 24
Total $(n=17) \quad 100$
Table 8. ER Activity Opinion Overall

| Positive | $65 \%$ |
| :--- | :--- |
| Negative | 35 |
| Total $(n=63)$ | 100 |

Table 9. Positive Activity Comment

$$
\text { Discussion good } \quad 41 \%
$$

Chain story good 24
Oral strategies 7
Writing 7
Other 20
Total $(n=41) \quad 100$

## Table 10. Negative Activities Comment

More/other talk 32\%
Partner 18
Story chain 14
Other 36
Total $(n=22) \quad 100$

Among the minority of negative comments about the ER class in general was the feeling by 47 percent (from a base of only 17; Table 7) who said that they would prefer a different type of course - oral communication being the favorite. Twenty-nine percent said that they wished the ER course itself was weighted more heavily toward conversation.

As for how the activities were judged, positive comments were made by 65 percent (Table 8) of the students. The favorite activity was discussion (Table 9), which meant primarily Book Talk, though there were other discussion activities as well. The writing activity Chain Story was also well liked ( $24 \%$ ). Lastly, table 10 reveals the desire for oral communication class among the small number who reported a negative ER experience overall. Eighteen percent were unhappy about their partners, and 14 percent sited Chain Story as negative.

## Discussion

The consistency of the increase of overall reading speeds for the two groups suggests that reading a lot of comprehensible input does, in fact, lead to greater reading fluency. What this finding cannot determine, however, is any gain in comprehension or vocabulary.

As for students' attitudes, The 3-1 ratio of positive to negative comments reinforces ER proponents claim that an ER approach is attractive to students, and it also coincides with the findings in many of the studies mentioned earlier in this paper. Additionally, only seven respondents claimed specifically that the ER element of the class was difficult/enjoyed. This suggests that most students were reading at an appropriate level, which is a critical point if ER is to improve reading fluency. My review of the Student Reading Records (not reported here) revealed that, indeed, most students felt that the books that they read were "at the right level." Further, that this difficult/enjoyed subset of students was able to enjoy the class despite its perceived difficulty is a positive, though this author is curious to know how much the difficulty interfered with L2 development.

Further evidence that the ER element confirmed proponents' claims is the two of the three remaining response types in the positive/class category. Nine (18\%) said that their reading skill improved and seven ( $14 \%$ ) said that they would take this class again, as opposed to only two negative/ class students (appendix) who would not take the class again, and six saying that they would prefer a conversation class to ER. This finding, however, does not necessarily suggest students' dislike of ER, for it is possible that they valued the course, yet still prefer an oral communication class. A few comments to this effect can be found in the class/positive category in the transcript notes (appendix). The 18 percent of the speed/skill up responders sited various gains they experienced over the duration of the course.

The last of the four identifiable response types, I like to read, is a counter-weight to those negative/class students who prefer oral communication classes. It also offers a window into the kind of content students who read prefer. While this study did not measure students' attitudes towards intensive reading or intensive reading courses, it is fair to assume that students who say that they 'like to read' are referring to reading for pleasure (probably in the L1), and not teacher-selected intensive reading homework.

Of the 41 comments in the positive/activities category, 17 (41\%) identified the discussion activity being good. Second to that was chain story (24\%), the story-creating writing activity.

## Conclusion

The findings in this study confirm those of other researchers in EFL environments at Japanese universities, and they again strengthen the argument that ER should be one of the cornerstones of L2 curriculums. Students obviously enjoy - or prefer - oral English. But communicative activities can easily be incorporated into an ER course, with graded readers providing a treasure chest of content and ideas for discussion. Students also enjoy feeling successful in the L2. That the subject matter is of interest, and the language is within their range, provides the motivation to read. The high levels of positive attitude toward this type of approach, when considered with the real reading gains measured in part 1 of this study, seems
to suggest that a communicative approach with ER is an obvious path toward better student performance (versus intensive-only reading classes) and attitudes toward reading in the L2 and the language and culture in general.

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## Appendix

Sorted by comment. (note: some comments abbreviated and/or summarized for space.)

|  | ENJOYED ER CLASS |  |
| :---: | :---: | :---: |
| A3 | enjoyed | Liked class. It was good for me. I can read many books. |
| A5 | enjoyed | I enjoyed reading many books. |
| A7a | enjoyed | Reading books was very good. |
| A8 | enjoyed [but...] | If everyone read the same book it would be interesting. |
| A14 | enjoyed | I liked class but I don't like (lack of) conversation. I want conversation. |
| A18 | enjoyed | I really enjoyed this class. So I became to like English more. |
| H16 | enjoyed | I liked everything. This class was much better than high school English. |
| H43 | enjoyed [but...] | ...I want more interesting books and different kinds of books. |
| H44 | enjoyed | I would not change anything. It is good the way it is. |
| H47 | enjoyed | Reading in H.S. was memorizing, etc. This class reading easy and fun, so enjoyed. |
| H48 | enjoyed | Reading in English was not so difficult, so I enjoy it. |
| J7 | enjoyed | Reading is important. Style of this class was very good. |
| J8 | enjoyed [but...] | ...I want more books - history, chemistry... different kinds |
| K2 | enjoyed | Fun. In Science class, we have to translate sentences |
| L1 | enjoyed | Reading a book is interesting. |
| L2 | enjoyed | Reading book interesting. |
| M32 | enjoyed | I enjoyed reading. J. education is writing so this class was good experience for me. |
| A12 | difficult/enjoyed | At first, I don't read English book because difficult.... [inaud] but I liked books. |
| A21 | difficult/enjoyed | $\ldots$.. the books I read are difficult, but interesting. |
| A22 | difficult/enjoyed | I enjoyed it, but new vocabulary is difficult to explain. |
| A23 | difficult/enjoyed | It was difficult, but I enjoyed it. |
| A32a | difficult/enjoyed | Reading books and writing was difficult but very interesting. |
| H18 | difficult/enjoyed | Enjoyed it but it was difficult to talk at length about the book. |
| M23 | difficult/enjoyed | Reading was good. Difficult but tried hard because it was interesting. |
|  | $\begin{aligned} & \text { I LIKE TO } \\ & \text { READ } \end{aligned}$ |  |
| A9 | enjoy reading | Interesting because I like reading books. But I have little free time. |
| A10a | enjoy reading | I enjoyed this class. I like reading. |
| A17 | enjoy reading | I looked forward to this class. I like reading and teacher is kind. |
| I6 | enjoy reading | I liked reading, but not speaking. |
| I7 | enjoy reading | I like reading more than speaking. Speaking, I have no control. Books are at my pace. |
| H30 | enjoy reading | I like reading, but frustrated if there was too much work in other classes. |
|  |  |  |
| IT | TAKE AGAIN |  |
| J31 | would repeat | Would take class again. |
| J32 | would repeat | Would take class again. |
| K5 | would repeat | Prefer ER to conversation (K6-8 prefer conv.) Would take class again. |
| M5 | would repeat | I would definitely take this class again. |
| M6 | would repeat | I would take this class again. |
| M7 | would repeat | I would take this class again, too. |
| M8 | would repeat | I want to take this class once more. |
|  | $\begin{aligned} & \hline \text { SPEED/SKILL } \\ & \text { UP } \\ & \hline \end{aligned}$ |  |
| A16 | skill up | Reading books helped my vocabulary. |
| H29 | skill up | After 2-3 weeks, 50 pages no problem. My speed increased. I could enjoy stories. |
| J1 | skill up | I want to increase reading speed for TOEIC. Reading is very interesting. |
| J3 | skill up | I didn't like E books befoe, but I learned in this class E. books interesting. Speed up. |
| J11 | skill up | My confidence is up. |
| J14 | skill up | I've never read E book for class. My vocabulary is poor. This was very useful. |
| J22 | skill up | Homework was difficult but good. My reading skill improved. |
| J26 | skill up | When I finished a book, I said "tashika!" I did it! |
| I4 | skill up | My reading speed increased. I want to read more. |
| $\mathrm{B}_{\mathrm{B}}$ | OTHER |  |
|  | motivation | I read Secret Garden during vacation by myself. |


| A4 | write | Good point was WBR. I can write many sentences. Bad point was silent Ss |
| :--- | :--- | :--- |
| I5 | happy but... | I like speaking more than reading, but I'm happy I took class. |
| J29 | $1^{\text {st }}$ English book | I never read English novel, so it was fresh. So interesting! |
| H9 | other | Partner explanation interesting. I learned about other books I wanted to read. |

Positive Comments: Activities

|  | DISCUSSION GOOD |  |
| :---: | :---: | :---: |
| A6 | Discussion good | Speaking about the book was difficult but fun. |
| A7b | Discussion good | Book Talk very good. I want to know other's feeling. |
| A10b | Discussion good | I want to listen to many things about the book. |
| A11 | Discussion good | Me, too. [agrees with 10b] |
| A13 | Discussion good | ER was very interesting because I talked with partner. |
| A21a | Discussion good |  |
| A27 | Discussion good | It is practice to speak one's opinion.... |
| A29 | Discussion good | Time for pair work was OK. More kinds of activity. |
| A40 | Discussion good |  |
| H17 | Discussion good [but...] | ... I wanted to talk with more different partners. |
| H20a | Discussion good [but...] | If partner same level book, enjoyed. If not, not. |
| H38 | Discussion good | I thought ER would only be HW, but talking was good. |
| A41 | Discussion good |  |
| J5 | Discussion good | I enjoyed telling my idea. I liked it better than writing. |
| M1 | Discussion good | I enjoyed talking about the stories |
| M3 | Discussion good [but...] | More time with each partner would be good. |
| M39 | Discussion good | Book Talk interesting. I like reading so I like talking. |
| N | CHAIN STORY GOOD |  |
| A24 | Chain story good | I like to make a story |
| I8 | Chain story good | I enjoyed the Chain story - I can learn spelling |
| I10 | Chain story good | I liked the Chain Story. It was fun. |
| J11 | Chain story good |  |
| J21 | Chain story good |  |
| J30 | Chain story good |  |
| M22 | Chain Story good | I liked Chain Story. I like surprises. |
| M31 | Chain Story good | This was good, but make it a longer exercise. |
| M33 | Chain Story good | Each student had many opinions, so it was good for us. |
| M40a | Chain story good | I enjoyed class, especially Story Chain and Book Talk |
| WW | ORAL STRATEGIES |  |
| A33 | comm strats useful | Conversation control techniques were useful |
| I9 | comm strats useful | Communication techniques were very useful. |
| M37 | comm strats useful | Strategies very important for us to talk with foreigner. |
| M | WRITING |  |
| A30 | Writing oppty wanted | I want more writing activities. We might need in future. |
| A32b | Writing interesting | Writing was difficult but interesting. |
| K1 | WBR (written report) | good experience, but hard |
| N | OTHER |  |
| A42 | 'Math' quiz |  |
| A39 | 'Math' quiz |  |
| A19 | General enjoy | I like games, Christmas songs, math game |
| A20 | Games | I enjoyed it. I liked games. |
| H40 | Variety good |  |
| L3 | Crossword | The Crossword game was fun. |
| A28 | Mr. Bean | More Mr. Bean would be good. |
| A31 | Mr. Bean | Mr. Bean. |

Negative Comments: Class sorted

| J13 | PREFER ANOTHER |  |
| :--- | :--- | :--- |
| Prefer conv. class | Prefer conv. class | would choose conv. class over ER - Stdt 1 |
| J15 | Prefer conv. class | would choose conv. class over ER - Stdt 2 |
| K5 | Prefer conv. class | would choose conv. class over ER - Stdt 3 |
| K6 | Prefer conv. class | would choose conv. class over ER - Stdt 2 |
| K7 | Prefer conv. class | would choose conv. class over ER - Stdt 4 |
| J33 | Would not take again | Wouldn't take class again |
| J34 | Would not take again | Wouldn't take class again |
|  |  |  |
| $\mathbf{K}$ | MORE TALK |  |
| A14 | conversation wanted |  |
| A15 | conversation wanted | Wanted more conversation practice |
| A26 | conversation wanted | More speaking is better |
| A43 | conversation wanted | I want even more conversation |
| H38 | conversation wanted | more ER discussion |
|  |  |  |
| $\mathbf{N}$ | OTHER |  |
| A4 | silent students | Bad point was silent students. Very few responses. |
| A8 | same book | If everyone read the same book it would be interesting. |
| H19 | nervous | I was nervous talking to people I didn't know |
| I3 | discussion difficult | I used a lot of Japanese. Too difficult. |

Negative Comments: Activities sorted

| MM MORE/OTHER TALK |  |  |
| :---: | :---: | :---: |
| A25 | more talk | Wanted to speak with teacher |
| A26 | more talk | More speaking is better |
| A34 | more talk | I wanted more discussion. |
| A43 | more talk | I wanted more conversation. |
| H45 | more group talk | I would like to do groups of 3 or 4. |
| J4 | more group talk | Too much one-to-one. I wanted group talking. |
| J17 | more group talk |  |
| WW STORY CHAIN |  |  |
| A37 | story chain wanted | I like writing chain story. |
| A38 | story chain wanted | I enjoy that (chain story), too. |
| A24 | story chain wanted | I like to make a story. |
| MM PARTNERS |  |  |
| H46 | wants frequent partner change | It's better to change partners frequently. |
| K4 | more partners | Book Talk too long; change partner more. |
| H17b | more partners [but...] | ... Book Talk good. |
| J9 | different partners | I want to speak [with] everyone in the class. |
| MW OTHER |  |  |
| A36 | want grammar games | I want grammar games. |
| A28 | Mr. Bean | More Mr. Bean activities would be good. |
| A31 | Mr. Bean | [no comment] |
| A29 | more variety | Not just one kind of activity. |
| A30 | writing | I wanted more writing practice |
| K3 | not academic | Cannot help us read Science book |
| L4 | too much Japanese | Too much Japanese. |
| L5 | variety of books | There should be more books about chemistry, science. |

