

Guided Study and Learning Anxiety Reduction Through Anki

My name is John Hasseler and I am a senior student in Japanese Language and Culture at California State University Monterey Bay. For my senior project, I am asking people who regularly use the program "Anki" for Japanese learning to explain how well it helps them review their work. I'm also looking to see whether it reduces the stress of language learning, by allowing students to set achievable goals for themselves.

* Required

Background Information

1. **1. What is your gender?**

Mark only one oval.

- Male
- Female
- Other

2. **2. What is your age? ***

Mark only one oval.

- Younger than 18
- 18 - 21
- 22 - 25
- 26 - 29
- 30 - 39
- 40+

3. **3. Have you ever taken Japanese classes? ***

Mark only one oval.

- Yes
- No

4. **4. If yes, what kind of Japanese classes have you taken?**

Check all that apply.

- High school classes
- College classes (lower level)
- College classes (upper level)
- Independent classes (adult school, etc)
- Other:

5. **5. How many years have you been studying Japanese? ***

If significantly more than 3 years, enter the number in the "Other" box

Mark only one oval.

- Less than 6 months
- 6 - 12 months
- 1 - 2 years
- 2 - 3 years
- More than 3 years
- Other:

Learning

How well do you feel Anki helps you learn and review Japanese?

6. **6. How useful is Anki in learning and reviewing Japanese? ***

Mark only one oval per row.

	Very useful	Useful	Neutral	Not very useful	Not useful at all
Learning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reviewing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. **7. How many cards per session do you study? ***

In this case, a session is all your study over a single day. If you study significantly more than 200 per day, list what you think is the average in the "Other" category

Mark only one oval.

- Less than 20
- 20 - 50
- 50 - 100
- 100 - 150
- 150 - 200
- 200+
- Other:

8. 8. How much time per day do you devote to Anki? **Mark only one oval.*

- Less than 0.5 hours
- 0.5 - 1 hour
- 1 - 1.5 hours
- 1.5 - 2 hours
- 2+ hours
- Other:

9. 9. How frequently do you use Anki? **Mark only one oval.*

- Every day
- Every couple days
- Once a week
- Less than once a week
- Not using now, but have used in the past
- No longer using

10. 10. How long have you been using Anki? **Mark only one oval.*

- Less than 6 months
- 6 - 12 months
- 1 - 2 years
- 2 - 3 years
- More than 3 years

11. 11. What do you use Anki to study? **Check all that apply.*

- Individual kanji meanings without readings (Heisig method etc.)
- Individual kanji meanings and readings
- Compound kanji meanings and readings (熟語)
- Non-kanji words
- Hiragana / Katakana
- Grammar
- Pronunciation (pitch accent, cadence, etc.)
- Other:

Strengths and weaknesses

Here are some common pros and cons of using Anki. Personal opinions vary, so positive aspects for some are negative aspects for others. Feel free to leave your own opinions in the paragraph box.

12. 12. What do you feel Anki's greatest strengths are? *

What makes Anki unique, better than other flashcard programs?
Check all that apply.

- Guided review (spaced repetition)
- Premade decks available online
- Local and cloud accessibility on all platforms
- Multitude of options for customizing study
- Access to learning statistics
- Open-source, free, and not for profit
- Other:

13. 13. What do you feel Anki's greatest weaknesses are? *

What does Anki not do well? What makes it frustrating to use?
Check all that apply.

- Commitment to usage over an extended period
- Complicated interface
- Boring to use
- Unsocial (individual study rather than group oriented)
- Words don't seem to stick
- Other:

14. 14. Do you have any further input?

Is there anything you like or dislike about Anki that's not covered here?

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Language Anxiety

What parts of learning Japanese make you anxious?

15. 15. What types of language anxiety do you experience in class? *

How anxious do the following situations in Japanese class make you feel? (If you haven't taken a class, you can mark N/A)

Mark only one oval per row.

	Very anxious	Anxious	Neutral	Not very anxious	Not anxious at all	N/A
Tests (non-presentational)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Quizzes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Presentations in Japanese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being called on to speak	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Speaking with other students	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading (aloud in class)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading (to yourself)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

16. 16. What aspects of Japanese are challenging to you? *

Mark only one oval per row.

	Very challenging	Challenging	Neutral	Not very challenging	Not challenging at all
Writing kanji	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading kanji compounds (熟語)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding the meaning of kanji	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Spelling non-kanji words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Memorizing words	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Understanding grammar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reading sentences	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Speaking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How much do you agree with the following statements?

17. 17. I feel intimidated whenever I see a whole page of Japanese in front of me *

Mark only one oval.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

18. 18. I get upset whenever I encounter unknown grammar when reading **Mark only one oval.*

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

19. 19. I don't mind reading to myself, but I feel very uncomfortable when I have to read aloud **Mark only one oval.*

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree
- N/A

20. 20. Class moves so quick, I worry I'll get left behind **Mark only one oval.*

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree
- N/A

21. 21. I don't worry about making mistakes in class **Mark only one oval.*

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree
- N/A

22. 22. It frightens me when I don't understand what the teacher is saying *

Mark only one oval.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree
- N/A

23. 23. I keep thinking the other students are better at Japanese than I am *

Mark only one oval.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree
- N/A

24. 24. I am usually at ease during tests *

Mark only one oval.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree
- N/A

Anki and Anxiety

Does the guided environment of Anki reduce learning anxiety? How much do you agree with the following statements?

25. 25. I enjoy using Anki *

Mathematically effective or not, learning a language should never be a chore. Is studying with Anki enjoyable?

Mark only one oval.

- Very enjoyable, I do it for fun.
- Enjoyable, I don't mind using it.
- Neutral
- Not very enjoyable, wish I could use something else.
- Not enjoyable at all, Anki is a chore.

26. 26. Using Anki allows me to know what I need to do to be successful in Japanese *

Mark only one oval.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

27. 27. Anki allows me to be goal oriented, and understand how long it will be before I can read most Japanese. *

Mark only one oval.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

28. 28. Anki reduces the stress of learning Japanese *

Mark only one oval.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

29. **29. Anki helps me do well on Japanese tests ***

Mark only one oval.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree
- I don't take tests

30. **30. Anki helps my reading ability ***

Mark only one oval.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

31. **31. Anki helps my listening ability ***

Mark only one oval.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

32. **32. Do you have any further opinions on Anki and language anxiety?**

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