



SUSTAINABLE  
MULTILINGUALISM  
CONFERENCE

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## **ICT tools for reducing stress in the language-learning process**

### **ABSTRACT**

Stress is always present in the language-learning process. There are students who are struggling with the learning process and with high expectations, as well as their teachers, who are sometimes overwhelmed with their workload, professional development, and performance pressures. Effectively integrated information and communication technology (ICT) can help to reduce stress in the process of learning a language. ICT is often argued to increase motivation and is also linked with learner autonomy (Duda, 2005). ICT is believed to have the potential to improve the overall learning situation (Benson, 2001). Therefore, ICT can also be considered as a great asset when it comes to class management, while providing help for students and teachers to collaborate and to reduce anxiety and stress. This paper retraces a number of our own experiences with ICT usage in a variety of contexts in order to manage stressful situations in the classroom. Firstly, we tried to indicate what causes stress for students when they learn a new language. Then, it was also important to understand and explain how a teacher can empower the use of different ICT tools. Finally, a selection of ICT tools was chosen and used to collect different insights on stress reduction in the classroom. The collected data and practical examples will give language teachers a clear idea how concrete ICT tools can help reach students more effectively, while simplifying resource sharing and reducing stress.

### **KEYWORDS**

*ICT Tools; Language-Learning Process; Stress Reduction; Class Management.*

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