Contents

Part I  Introducing Positive Psychology in Second Language Acquisition

So Far So Good: An Overview of Positive Psychology and Its Contributions to SLA .............................................. 3
Peter D. MacIntyre

Powerfully Positive: Searching for a Model of Language Learner Well-Being ................................................. 21
Rebecca L. Oxford

Difficulty and Coping Strategies in Language Education: Is Positive Psychology Misrepresented in SLA/FLT? .............. 39
Hanna Komorowska

Part II  Focus on a Learner: Positive Interventions

The Positive Broadening Power of a Focus on Well-Being in the Language Classroom ............................................. 59
Tammy Gregersen

Activating Character Strengths Through Poetic Encounters in a Foreign Language—A Case Study ............................. 75
Liliana Piasecka

Pedagogical Implications of Positive Psychology: Positive Emotions and Human Strengths in Vocabulary Strategy Training .............. 93
Sylwia Kossakowska-Pisarek

A Positive Intervention: Personal Responsibility Among First-Year, L2 University Students ........................................ 115
Andrea Dallas and Mary Hatakka
Positive Emotions and Learner Engagement: Insights from an Early FL Classroom ................................. 133
Ewa Guz and Małgorzata Tetiurka

Caring and Sharing in the Foreign Language Class: On a Positive Classroom Climate .............................. 155
Danuta Gabryś-Barker

Personality, Emotional Intelligence and L2 Use in an Immigrant and Non-immigrant Context .................... 175
Katarzyna Ożańska-Ponikwia

International Students in Australia: What Makes Them Happy? Student Data from the Positive Education Perspective .............. 193
Beata Malczewska-Webb

Part III Focus on a Teacher: Personal and Professional Well-being

Helping Language Teachers to Thrive: Using Positive Psychology to Promote Teachers’ Professional Well-Being ........................................... 213
Sarah Mercer, Pia Oberdorfer and Mehwish Saleem

High Inhibitions and Low Self-esteem as Factors Contributing to Foreign Language Teacher Stress .................... 231
Anna Ligia Wieczorek

“I Want to Be Happy as a Teacher”. How Emotions Impact Teacher Professional Development ....................... 249
Elena Gallo

Adult Learners’ Expectations Concerning Foreign Language Teachers and the Teaching-Learning Process ............... 267
Teresa Maria Włosowicz

Part IV Focus on Assessment: Achievement and Success

How to Test for the Best: Implementing Positive Psychology in Foreign Language Testing ........................ 289
Monika Kusiak-Pisowacka

Can Earning Academic Credits be Enjoyable? Positive Psychology in a University Course of Intercultural Communication ................. 307
Agnieszka Strzałka

Helping Low Achievers to Succeed in Tertiary Education: Explicit Teaching of Academic Literacy as a Way to Positive Educational Experiences ................................................................. 323
Jan Zalewski
Self-regulatory Efficacy and Foreign Language Attainment .......... 337
Ewa Piechurska-Kuciel

Translation Competitions in Educational Contexts:
A Positive Psychology Perspective ................................. 353
Piotr Szymczak