

Investigating High School Students' Self-Efficacy in Reading Circles

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The purpose of this quasi-experimental longitudinal study is to investigate the effects of EFL reading circles on Japanese high school students' reading self-efficacy and reading anxiety. The participants ($N = 316$), first-year students at a Japanese coeducational high school, participated in regular reading circles over the course of one academic year. Quantitative data were collected through questionnaires measuring reading self-efficacy, reading anxiety, and attitudes towards reading circles. A repeated-measures analysis of variance (ANOVA) was performed to evaluate changes in reading self-efficacy and anxiety. Reading self-efficacy was shown to improve significantly over the course of the academic year, while reading anxiety significantly decreased. Reasons for these changes are discussed.

この特定の被験者に対する縦断的実験研究の目的は、日本の高校生の英文読解に対する自己効力感と不安感に、EFLリーディングサークルがどのような効果をもたらすかについて調査することである。316人の被験者は日本の男女共学の高校一年生であり、1年間を通して定量的リーディングサークルに参加した。定量的データは、読解における自己効力感、不安感、そしてリーディングサークルに対する態度を測る質問票から集計されたものである。読解に対する自己効力感と不安感の変化を評価するために反復測定分散分析 (ANOVA) が行われた。1年の間に、読解に対する自己効力感は有意に向上し、不安感は有意に減少した。本稿では、こういった変化の理由についても論じている。

A great deal of research in reading motivation and English as a Foreign Language (EFL) supports the development of reading programs, yet they are not commonplace in Japanese high schools. Despite the push from the Ministry of Education, Culture, Sports, Science and Technology (MEXT) to include programs reflecting principals in Communicative Language Teaching (CLT) (Tahira, 2012), many reading programs in high schools remain rooted in more traditional teaching methods, such as direct translation of texts or intensive reading for the purpose of preparing for university entrance examinations.

The reading treatment in this study, regular reading circles as part of first-year communication classes in a Japanese high school, was implemented as a way to address the lack of consistency between

national education guidelines and in-class activities. It was also a way of operationalizing the school's mandate to include more leadership training and autonomy through cooperative learning. Therefore, the purpose of this study was to investigate the students' motivational and behavioral changes towards reading as a result of introducing reading circles in the class.

Literature Review

Reading Circles in Language Education

Reading circles, also referred to as literature circles, were first adapted in language arts classrooms in the United States. Daniels (2002) describes reading circles as "small, peer-led discussion groups whose members have chosen to read the same story, poem, article or book" (p. 1). Structured as a cooperative learning activity, students interact and discuss from the viewpoint of their individual role within the group. Initial guidelines introduced by Daniels (2002) promoted student autonomy in leading discussions and advised teachers to become facilitators in the classroom. This approach allows students to develop their interpretive skills in reading and their ability to approach texts from different perspectives while encouraging conversations about reading materials. In adapting the activity for EFL students in Japanese universities, Furr (2007) proposed modifying Daniels' guidelines for EFL learners, specifying that teachers should select reading materials so as to better match students' reading levels and that post-reading circle discussions can involve some language teaching activities to clarify parts of the story or facilitate discussion in the L2.

The roles in reading circles help learners explore different perspectives in reading text. Although there are variations in how to perform or divide these roles, the reading circles in this study were comprised of five roles: the discussion leader, the summarizer, the connector, the word master, and the passage person (Furr, 2007). The discussion leader directs the group discussion and makes sure

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Table of Contents Selfefficacy Raising The Bar For All Students

1. Understanding the eBook Selfefficacy Raising The Bar For All Students
 - The Rise of Digital Reading Selfefficacy Raising The Bar For All Students
 - Advantages of eBooks Over Traditional Books
2. Identifying Selfefficacy Raising The Bar For All Students
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Selfefficacy Raising The Bar For All Students
 - User-Friendly Interface
4. Exploring eBook Recommendations from Selfefficacy Raising The Bar For All Students
 - Personalized Recommendations
 - Selfefficacy Raising The Bar For All Students User Reviews and Ratings
 - Selfefficacy Raising The Bar For All Students and Bestseller Lists
5. Accessing Selfefficacy Raising The Bar For All Students Free and Paid eBooks
 - Selfefficacy Raising The Bar For All Students Public Domain eBooks

- Selfefficacy Raising The Bar For All Students eBook Subscription Services
- Selfefficacy Raising The Bar For All Students Budget-Friendly Options
- 6. Navigating Selfefficacy Raising The Bar For All Students eBook Formats
 - ePub, PDF, MOBI, and More
 - Selfefficacy Raising The Bar For All Students Compatibility with Devices
 - Selfefficacy Raising The Bar For All Students Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Selfefficacy Raising The Bar For All Students
 - Highlighting and Note-Taking Selfefficacy Raising The Bar For All Students
 - Interactive Elements Selfefficacy Raising The Bar For All Students
- 8. Staying Engaged with Selfefficacy Raising The Bar For All Students
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Selfefficacy Raising The Bar For All Students
- 9. Balancing eBooks and Physical Books Selfefficacy Raising The Bar For All Students
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Selfefficacy Raising The Bar For All Students
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Selfefficacy Raising The Bar For All Students
 - Setting Reading Goals Selfefficacy Raising The Bar For All Students
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Selfefficacy Raising The Bar For All Students
 - Fact-Checking eBook Content of Selfefficacy Raising The Bar For All Students
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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