**Appendix**

Language Learning Orientations Scale - Final List of Items Used

**External regulation**

1. In order to get a more prestigious job later on.
2. To gain the benefits (e.g., job, money, course credit) which knowing French will provide me.
3. Because it will help me to get a better salary later on.
4. Because I want to pass this course and get the course credit.

**Introjected regulation**

1. Because I feel an obligation to learn French.
2. Because I would feel ashamed if I couldn’t speak to French speakers in French.
3. Because I would feel embarrassed if I didn’t know the language.
4. To prove to myself that I am a good citizen because I speak French.
5. Because it makes me look good if I speak French.

**Identified regulation**

1. Because I think it is important for my personal development.
2. Because I choose to be the kind of person who can speak more than one language.
3. Because it helps me to achieve goals that are important to me.
4. Because I think it’s a good idea to know some French.

**Integrated regulation**

1. Because learning French is a part of who I am and what I do.
2. Because knowing French is a part of my identity.
3. Because French is an important part of how I define myself.
4. Because I see myself as the kind of person who can speak French.
5. Because being able to speak French is important to how I think about myself.

**Intrinsic motivation**

1. Because I enjoy the feeling of acquiring knowledge about the Francophone community and their way of life.
2. For the “high” I feel when learning French.
3. For the enjoyment I experience when I grasp a difficult construct in French.
4. For the pleasure I experience when surpassing myself in my French studies.
5. Because I enjoy the challenge of learning the language.
6. For the pleasure I get when hearing French spoken by French speakers.