The turn from behaviorism to sociocultural theories of human cognition influenced perspectives on how human learning occurs. Research on teachers’ mental health has shown that among other factors, teachers’ prior experiences are key elements in shaping teachers’ beliefs about teaching and learning (Johnson, 2006). It has been claimed however that prior learning experiences and teachers’ beliefs are resistant to change and could be inadequate models to follow mainly for novice teachers. On the other hand, teacher education pedagogies and practices are believed to be effective not only in raising teachers’ awareness of these beliefs but also in reshaping them. This paper investigates the effectiveness of second language teacher education programs in changing teachers’ beliefs about teaching and learning. The results show that teacher training courses can have an impact on teachers’ beliefs if new strategies and practices (like critical thinking, reflections, and collaborative teaching) are appropriately employed.

**Keywords:** Teacher beliefs – second language teacher education – teacher education and beliefs – preservice teachers

**Virtual Seminar:** [ZOOM LINK HERE]

**Monday, Jan 31st @ 2:30 – 4:00 PM**