

**Bio-Data: Lena Barrantes**

Lena Barrantes is currently a Ph.D. candidate in educational research at the University of Calgary, Alberta. She has been an EFL instructor in her home country, Costa Rica, for 16 years at Universidad Nacional, Brunca extension. She has also worked as a pre-service and an in-service teacher trainer. Her current research focuses on the professional agency of EFL instructors in higher education.