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This presentation will focus on the use of life history as a research methodology in order to further understand the current English language learning motivation of college-level students in Puerto Rico. I conducted individual case studies in which the life stories of four UPRM students were collected, focusing on their prior experiences learning English. A realistic sample of participants was purposively selected in order to best represent students at UPRM. Their socio-cultural and educational environments were included in the study in order to profoundly understand the origin of their perceptions and motivations.