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To: *IELTS Prep Group*
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Lesson Objective

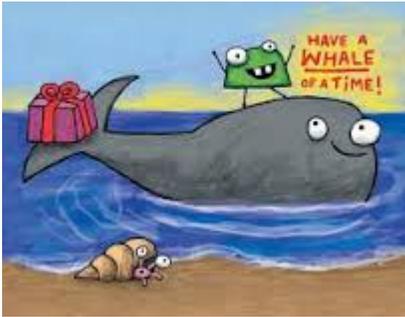
The student shall be able to use “power words” as part of their oral vocabulary, read and comprehend both social and business language and demonstrate effective oral communication skills

Section One

Vocabulary

Evaluation Criteria: Ability to understand definitions of English vocabulary

Look at the chart

Idioms	
<p>Having a whale of a time have a very good time, have an exciting or fun time</p> 	<p>On cloud nine very happy, cheerful</p> 
<p>It's all Greek to me we use this expression when we cannot understand something we read or hear</p> 	<p>Go Dutch We go Dutch when we go to a restaurant and share the bill.</p> 

Now complete these examples with one of the idioms and ask someone else to make another example with that idiom.

1. I recently read this book on Metaphysics. Did you understand it, because
2. Rachel does not like her male companion to offer her dinner. She always prefers to
3. I was very afraid of the history exam, and when I managed to pass it, I was, I invited all my friends to a drink in the local pub.
4. How was your birthday party?
- Oh great, there were a lot of friends, we were playing games and dancing, we really.....

Once the participants had seen enough snippets to feel reassured that a group were essentially goodies, brain activity in the anterior temporal pole quickly tailed off. But it continued to respond strongly to the negative snippets about the behavior of the “bad” group.

“The negative groups become treated as more and more negative,” said Spiers. “Worse than the equivalent for the positive groups.”

4. Bastian Schiller, a neuroscientist at the University of Freiburg in Germany who was not involved in the work, said: “They really investigated the process of stereotype formation. Previous studies looking at implicit bias have found activity in similar regions and so it makes sense.”

The scans also revealed a characteristic signature of activity in the brain’s prefrontal cortex, which lit up when participants were given information that went against the stereotype. Again, this response was stronger when a member of a “bad” group did something good than for the reverse.

“It’s a bit like learning there’s some really nice people working in some dangerous organizations.” said Spiers. “We found a very strong activity in a network of brain areas, in particular the prefrontal cortex, which is involved in detecting anomalies in the world.”

5. The findings did not reveal whether negative stereotypes are more difficult to reverse, but Spiers predicts that this is likely to be the case, based on the findings.

Scientists believe that stereotypes serve a purpose because clustering people into groups with a variety of expected traits helps us navigate the world without being overwhelmed by information. “[Negative information] may have been more important for your own survival in ancient times,” said Schiller. “It might be more important to store that in your brain.”

In future, scientists predict that it may even be possible to uncover differences in brain structure that explain why some people hold racist or sexist views. “It may just be that certain brains are configured to be more flexible and able to unlearn prejudice and others less so,” said Spiers. “That might be driven by the environment, say if someone grows up in a very racist household, the brain might become trained to be less flexible in its thinking.”

ARTICLE B

8 Simple Habits for a Happier Life

1. Look for joy in the small things around you

Do not wait for something exceptional to happen, to make you happy. Exceptional events do not happen every day, but small things you can enjoy are abound. Here are a few examples:

- Taking a short walk in the early morning
- Preparing and eating a good breakfast before leaving home to work
- Reading a good book
- Watching a funny movie
- Spending time with your children



You can find many simple activities you can enjoy, which will make you feel happy.

These activities bring a sense of happiness, because they calm the mind and feelings, and for a while, you forget anything that is troubling you.



2. Find time to be out in nature

Go to a park, to the beach, to a river or lake. Being out, close to nature, you experience a sense of peace, tranquility and joy, which are the main ingredients of happiness.

3. Enjoy the company of friends

When with friends, try to enjoy every moment you are with them. Focus on love, joy and fun, and enjoy the conversation, the laughter and the food.

Share your happy experiences with you friends, and listen to theirs'.

If there are problems you want to discuss, or if your friends want to talk about matters that are bothering them, choose some special time and place for this, not while you are having fun.

4. Avoid jealousy

Instead of being jealous of other people's success, be inspired by it, learn how they achieved it, and follow their steps.

There is enough success for everyone and there is no need to be jealous of anyone.

Being jealous is like telling your subconscious mind and the Universe that you are no good and a failure. Participating in the happiness of other people's success makes you more magnetic to success, and puts you in a better position to attract success into your life.

5. Be kind and considerate of other people.

If you treat people with kindness and considerateness, you will get the same treatment from them, and this will lead to contentment and inner peace.

6. Learn to accept things as they are

It is tough to be content with life and accept it, when you face difficulties and problems. However, if you accept things as they are, you make peace with yourself, and this will take away, anger, resentment and unhappiness. This does not mean that you should not try to improve your life. On the contrary, do your best to improve it. The knowledge that you are improving your life will bring you a sense of content, inner peace and happiness.

7. What people say and think is their business

Do not allow your happiness to depend on what people say and do. People might think, say and do things you do not like or criticize you, but there is no reason to take it personally, and let this make you unhappy. It is your choice to allow them affect how you feel, or refuse to do so.

What people think or say is their business, it is their opinion, and there is no reason why you should let this affect you. Do not take anything too personally, and you will have more happiness in your life.

8. Do not depend on external events to make you happy

You are not always in control of every situation you encounter. If you depend on external factors for your happiness, you might get disappointed over and again.

You do not need someone to tell you how wonderful you are to make you feel happy. You can be happy irrespective of your financial situation, occupation, where you live, or the people you encounter.

The sooner you realize and accept this idea, the sooner happiness will become a habit in your life and you would experience it more often.