



IELTS READING/Writing LESSON 8-29-2018

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.

Evaluation Criteria: Ability to understand definitions of English vocabulary.

Section One Vocabulary

➤ Match the correct word in column A with the definition in column B, then use in a sample sentence

Column A	Column B
VOCABULARY	DEFINITION
1. Emotional (Adjective)	A. Not tangible; incapable of being perceived by the sense of touch, as incorporeal or immaterial things; impalpable.
2. Intangible (Adjective)	B. Pertaining to or involving emotion or the emotions.
3. Competence (Noun)	C. To set or hold before or above other persons or things in estimation; like better.
4. Awareness (Noun)	D. To declare or tell in advance; prophesy; foretell.
5. Prefer (Verb)	E. To set forth the opinions, feelings, etc., of (oneself), as in speaking, writing, or painting.
6. Predict (Verb)	F. The state of one's ideas, the facts known to one, etc., in having a meaningful interrelationship.
7. Perspective (Noun)	G. Mode of organization; construction and arrangement of tissues, parts, or organs.
8. Express (Verb)	H. the reason for which something exists or is done, made, used, etc.
9. Purpose (Noun)	I. The quality of being competent; adequacy; possession of required skill, knowledge, qualification, or capacity.

Section Two

Reading Comprehension and Pronunciation skills.

Evaluation Criteria: Ability to effectively read and comprehend written English in a social or business environment.

ARTICLE A

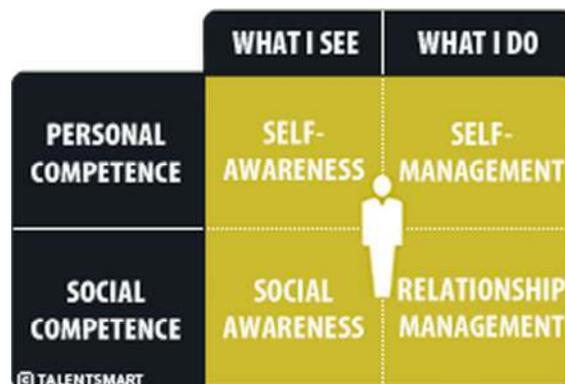
[Source](#)

1. Emotional Intelligence Is the Other Kind of Smart.

When emotional intelligence first appeared to the masses in 1995, it served as the missing link in a peculiar finding: people with average IQs outperform those with the highest IQs 70% of the time. This anomaly threw a massive wrench into what many people had always assumed was the sole source of success—IQ. Decades of research now point to emotional intelligence as the critical factor that sets star performers apart from the rest of the pack.

Emotional intelligence is the “something” in each of us that is a bit intangible. It affects how we manage behavior, navigate social complexities, and make personal decisions that achieve positive results. Emotional intelligence is made up of four core skills that pair up under two primary competencies: personal competence and social competence.

Personal competence is made up of your self-awareness and self-management skills, which focus more on you individually than on your interactions with other people. Personal competence is your ability to stay aware of your emotions and manage your behavior and tendencies.



Emotional intelligence is made up of four core skills.



2. Different types

- *Self-Awareness* is your ability to accurately perceive your emotions and stay aware of them as they happen.
- *Self-Management* is your ability to use awareness of your emotions to stay flexible and positively direct your behavior.

Social competence is made up of your social awareness and relationship management skills; social competence is your ability to understand other people's moods, behavior, and motives in order to improve the quality of your relationships.

- *Social Awareness* is your ability to accurately pick up on emotions in other people and understand what is really going on.
- *Relationship Management* is your ability to use awareness of your emotions and the others' emotions to manage interactions successfully.

3. Emotional Intelligence, IQ, and Personality Are Different.

Emotional intelligence taps into a fundamental element of human behavior that is distinct from your intellect. There is no known connection between IQ and emotional intelligence; you simply can't predict emotional intelligence based on how smart someone is. Intelligence is your ability to learn, and it's the same at age 15 as it is at age 50. Emotional intelligence, on the other hand, is a flexible set of skills that can be acquired and improved with practice. Although some people are naturally more emotionally intelligent than others, you can develop high emotional intelligence even if you aren't born with it.

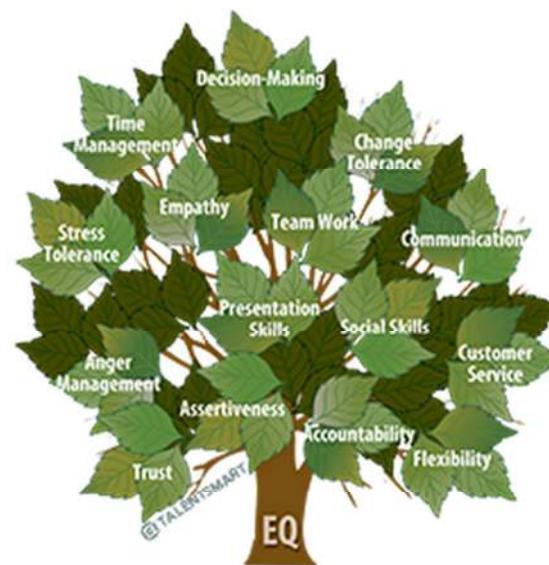
Personality is the final piece of the puzzle. It's the stable "style" that defines each of us. Personality is the result of hard-wired preferences, such as the inclination toward introversion or extroversion. However, like IQ, personality can't be used to predict emotional intelligence. Also like IQ, personality is stable over a lifetime and doesn't change. IQ, emotional intelligence, and personality each cover unique ground and help to explain what makes a person tick.

4. Emotional Intelligence Is Linked to Performance.

How much of an impact does emotional intelligence have on your professional success? The short answer is: a lot! It's a powerful way to focus your energy in one direction with a tremendous result. TalentSmart tested emotional intelligence alongside 33 other important workplace skills and found that emotional intelligence is the strongest predictor of performance, explaining a full 58% of success in all types of jobs.

Your emotional intelligence is the foundation for a host of critical skills—it impacts most everything you say and do each day. Emotional intelligence is the single biggest predictor of performance in the workplace and the strongest driver of leadership and personal excellence.

Of all the people we've studied at work, we've found that 90% of top performers are also high in emotional intelligence. On the flip side, just 20% of bottom performers are high in emotional intelligence. You can be a top performer without emotional intelligence, but the chances are slim. Naturally, people with a high degree of emotional intelligence make more money—an average of \$29,000 more per year than people with a low degree of emotional intelligence. The link between emotional intelligence and earnings is so direct that every point increase in emotional intelligence adds \$1,300 to an annual salary. These findings hold true for people in all industries, at all levels, in every region of the world. We haven't yet been able to find a job in which performance and pay aren't tied closely to emotional intelligence.



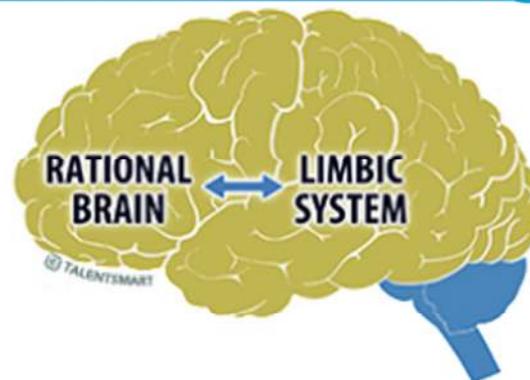
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“Plasticity” is the term neurologists use to describe the brain’s ability to change. Your brain grows new connections as you learn new skills. The change is gradual, as your brain cells develop new connections to speed the efficiency of new skills acquired.

Using strategies to increase your emotional intelligence allows the billions of microscopic neurons lining the road between the rational and emotional centers of your brain to branch off small “arms” (much like a tree) to reach out to the other cells. A single cell can grow 15,000 connections with its neighbors. This chain reaction of growth ensures it’s easier to kick this new behavior into action in the future. Once you train your brain by repeatedly using new emotional intelligence strategies, emotionally intelligent behaviors become habits.



Emotional intelligence is a balance between the rational and emotional brain.

ARTICLE B

Source

1. Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They are able to cope with life’s challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Being emotionally healthy does not mean you are happy all the time. It means you are aware of your emotions. You can deal with them, whether they are positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

Research shows that emotional health is a skill. There are steps you can take to improve your emotional health and be happier.

2. Path to improved well being

Emotional health is an important part of your life. It allows you to realize your full potential. You can work productively and cope with the stresses of everyday life. It helps you work with other people and contribute to society.

It also affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight

There are many ways to improve or maintain good emotional health.

Be aware of your emotions and reactions. Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.

Express your feelings in appropriate ways. Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.

Think before you act. Emotions can be powerful. Give yourself time to think, and be calm before you say or do something you might regret.

Manage stress. Try to change situations causing you stress. Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.

Strive for balance. Find a healthy balance between work and play and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.

3. **Take care of your physical health.** Your physical health can affect your emotional health. Exercise regularly, eat healthy meals, and get enough sleep. Don’t abuse drugs or alcohol.

Connect with others. We are social creatures. We need positive connections with other people. Make a lunch date, join a group, and say hi to strangers.

Find purpose and meaning. Figure out what it is important to you in life, and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.

Stay positive. Focus on the good things in your life. Forgive yourself for making mistakes, and forgive others. Spend time with healthy, positive people.



4. Things to consider

People who have good emotional health can still have emotional problems or mental illness. Mental illness often has a physical cause. This could be a chemical imbalance in the brain. Stress and problems with family, work, or school can trigger mental illness or make it worse. Counseling, support groups, and medicines can help people who have emotional problems or mental illness. If you have an ongoing emotional problem, talk to your family doctor. He or she can help you find the right type of treatment.

Questions to ask your doctor

- What steps should I take to improve my emotional health?
- Would medicine help me be able to cope better?
- Should I see a therapist or counselor?
- How does my physical health affect my emotional health?
- What stress management techniques would work best for me?

Section Three

Writing skills.

Evaluation Criteria: Ability to effectively write coherent and grammatically correct paragraphs based on randomly selected topics. You will be asked to write a paragraph on the topic of emotional wellness, approximately 100 words. The specific topic will be provided by the instructor at time of the session.