



IELTS READING LESSON 5-2-2018

By Rick

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. DETRIMENTAL (adjective)	A. The act of or need for making up one's mind.
2. ALTERNATIVE (noun)	B. A natural or innate impulse, inclination, or tendency.
3. DECISION (noun)	C. Highly effective; striking.
4. INSTINCT (noun)	D. An act or instance of choosing; selection.
5. CHOICE (noun)	E. An acquired behavior pattern regularly followed until it has become almost involuntary.
6. HABIT (noun)	F. Having innumerable phases, aspects, variations, etc.
7. DRAMATIC (adjective)	G. An instance of apprehending the true nature of a thing, especially through intuitive understanding.
8. MYRIAD (adjective)	H. A choice limited to one of two or more possibilities.
9. INSIGHT (noun)	I. Causing detriment, as loss or injury; damaging; harmful.

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**How to Make the Right Choices in Life**

Source

1. A few weeks ago I asked readers what one problem they would like solved. Salina had a really interesting question regarding decision making and how to 'know' when you're making the 'right' choices.



Salina asked:

"I'd love to get your insight into decisions that we make in life. When you reach a fork in the road, how do we know the decisions are right? When all is lost how do we trust our hearts to make the right choices? Also, should we be ruled by our hearts or our heads? For heart led people, this can sometimes be detrimental as we need to listen to the logic sometimes. Complex stuff...would love your wise words on this." Great question Salina.

There are a couple of things that impact decision-making and can leave us feeling like we have made the 'wrong' choices in life. The first is this:

2. Fear of failure

At times, we can put off making a decision because we don't want to make the wrong one. When the reality is – there are no 'wrong' decisions. If you break down the term 'wrong decision' what does this even mean? Usually that we haven't got the result that we wanted. The Dalai Lama once said: "Sometimes not getting what you want is a wonderful stroke of luck"



I think this is an interesting point. We often 'think' we know what we want and what is right for us. It can be helpful though, to not get too 'attached' to an outcome as a result of a decision.

I like to call this approach 'Open Minded Action' – where the emphasis is on 'taking action' but not becoming too fixated with achieving a specific outcome or result.

The point is, sometimes we make a decision and we don't get what we originally 'wanted', but what we do get turns out to be better. So start by being open to alternative outcomes.

3. Avoid Over-thinking

I think secondly, over-thinking is one to avoid when decision-making. If we think too much about a problem, it's easy to over-complicate it and end up more confused than when we started.

I've talked before about the difference between 'over analysis' and 'useful analysis'. It's important to restrict any repetitive thoughts that are not bringing you to an action point – because this is an indicator you are running 'over-analysis' which is detrimental to decision making.

A good tip to overcome 'over-analysis' is to get your thoughts out of your head and onto paper. This is a great way to 'structure' your thinking.

4. Head Vs Heart

Thirdly, in response to your question about 'head vs heart' – this is a really interesting point. In my opinion, balance is key. You don't want to be so ruled by your heart that all logic goes out the window, yet you don't want to only be ruled by the 'facts' because gut instinct is very powerful stuff. Let's break it down...

If I were to ONLY be ruled by my heart I might 'feel' like my heart is telling me to bet my life savings on a horse on the Melbourne Cup. Would this be a wise decision? I would say not.

On the other hand, we can sometimes be so consumed by 'the facts' that we miss solutions! I'm sure we have all had a situation in our life where we have 'felt' like we were about to make a bad decision – yet logically our 'feeling' didn't make sense and we went ahead anyway. A few weeks later it didn't work out and we are mentally screaming 'I JUST KNEW IT WAS A BAD IDEA!'

5. So how do you tell the difference between 'gut instinct' and 'regular feelings or desires'? That is the million-dollar question.

I might 'feel' like eating a pie, but that doesn't mean my gut instinct is telling me too – clearly this is just a 'desire' in the form of an intense 'feeling'.

In my experience 'instinct' is an 'all pervading knowing'. It's not led by a sensory gain (i.e. pleasure of any kind) – but is usually preceded by quiet contemplation.

One thing I have noticed is that 'gut instinct feelings' do not go away! If you get the 'feeling' something is not right then it lingers. Whereas 'feelings' associated with 'pleasure' (i.e. eating the pie) can be fleeting (depending on how good the pie looks!)

So, before you jump into making a decision based on a 'feeling' of any kind, I would try letting it sit with you for a while to see if it 'lingers' or if it disappears.

One other thing you can do to ensure you're not being led by 'feelings associated with pleasure' is to ask the question: "Is what I'm about to do for the benefit of everyone involved?" This is a great way to check that the decision is morally sound.

6. Simple Life Strategy: 6 Tips for Making the Right Choices in Life

1. Banish any FEARS associated with making the wrong decision. Remember that failure is a pre-requisite for success.
2. If the voice inside your head is starting to repeat its-self, switch it off! This is over-analysis in action. Try getting your thoughts out of your head and onto paper to structure your thinking.
3. Practice 'Open Minded Action' where you 'take action' and make a decision but don't get too attached to the outcome
4. Tune in for any 'instinctive' feelings associated with the decision you're about to make. Be careful not to confuse 'instinct' with 'desire'. Try sitting with your decision for a while to see if it 'lingers' before taking action.
5. Check in with your morals. Ask yourself "Is what I'm about to do for the benefit of everyone involved?"
6. Keep a balance between your head and your heart – you don't want to throw logic out of the window, however it's important to listen to your gut.



ARTICLE B

The 11 Most Important Choices You Can Make in Life

[Source](#)

1. When I was growing up there was a truly awful television program which I watched religiously. I think it was called Take Your Pick and it involved the oily host, Hughie Green, alternatively buttering up and intimidating poor members of the audience, who were invited to “take the money” — a certain amount of cash he offered them, with readies in his hand — or “open the box”.



Inside the box might be far more money, a wonderful prize ... or, for example, a box of paperclips. The suspense was — would the guest make the right choice? Whatever they decided, they then had to open the box, with Hughie goading them, “You took this much money” or “You turned down this much”. Their reaction — rueful, joyous or downright angry — was then plain for all to see. As I say, a really nasty game.

2. Life is a bit like that. We can view it as a succession of choices. Indeed, modern life in rich countries is a series of choices which would utterly have bewildered our forebears, who usually had precious little choice of the work they did, where they lived, or even what they thought. And like a game, but played out over a lifetime, the choices we make will be fateful and determine, in good measure, how we end up and how we feel about it.

Nothing is more important than making the right choices.

Nobody else can make the choices for us, but I'd like to use the 80/20 principle — together with some observations and prejudices I have accumulated over the years — to help us frame the choices a little better.

The 80/20 principle will never tell us what to do, but it gives us a better map of reality, judging by causes and results. And the principle will tell us about choices, as about everything else, that most of reality doesn't matter, but a few things — in this case choices — matter a huge amount. In other words, there is a very small number of choices that will determine the great majority of results.

Rather arbitrarily, here is my “top eleven” — I tried to cull it to ten but couldn't — of the most important choices we can make in our lifetimes, in ascending order of importance. But bear in mind that these choices, though only a tiny fraction of the choices we will make in our lives, are the ones most likely to determine how happy and useful we are:

3. 11. Choose to Get a Dog
I wanted to start with something you wouldn't expect. But I am not being frivolous. Six years ago my partner and I did what it turned out we had each wanted to do for a long time, but never had — we welcomed a tiny little canine friend to our family. Since then we have fallen in love again - with the dog, I hasten to add — and she makes it clear she's in love with us too. Tocker is a beautiful brown Labrador, and I recommend that you choose one of the friendly and good-natured breeds, as no doubt at least 80 percent of dog affection comes from 20 percent of breeds. If we are a bit down, Tocker comes and says hello and stares with her liquid green-brown eyes straight into our eyes, and it cheers us up no end. We also do a lot more walking.
4. 10. Choose to Save Money - Automatically
Specifically, get into the habit of saving a tenth of everything you earn. Do it by direct debit, straight from your income, so you never see the money. This habit alone is likely to ensure that you will never be hard up, and it may help you get rich. It will certainly diminish your money worries — and that is important for happiness and effectiveness.
5. 9. Choose to Give Money
Give it personally — to a real, specific individual, or to a small charity that you are personally involved with. There is a theory that the more money you give, the more you get; and though this is not a great reason to give money away, it does seem to work eerily often. The real reason is that giving money helps other people, and it helps you too by making you feel good. Very good value.



6. 8. Choose to Eat Healthily

All food is habit forming. You eat bad food — you'll want to eat more. You eat good food — even if you don't like so much to start with, you soon will — at least for some of it. So eat more of that. I adore garlic — you have been warned — onions, berries and cherries, certain fish, and most green vegetables. Experiment with food that is good for you — it is well worth having a blood test and seeing a nutritionist — until you find food you love and that loves you.

7. 7. Choose to Exercise every day

It is easier to exercise each day for half an hour or more, than to try to do it three times a week. Do it at a fixed time so it becomes a habit. Don't let work interfere with it. If work might, do it first thing. Find some exercise you enjoy and stick to it — walking, running (but not on hard surfaces, especially if you are over 40), cycling, and swimming are all excellent. Exercise not only improves health immeasurably, but also clears the mind and makes you feel good.

8. 6. Read a Book every day

Not a whole book! But for at least half an hour be alone with a book. Reading is an incredibly 80/20 activity — you experience life and ideas through books almost more efficiently than any other way; reading takes you into new worlds you wouldn't easily experience otherwise; reading requires you to think and imagine; and reading is highly enjoyable. There are so many books of so many different types that if you can't find a book you really want to read, you are not being serious. Make sure you have a small pile of real books or a few on your Kindle that you want to read. Take a book or Kindle everywhere you might be able to read for a few minutes.

9. 5. Choose to Get Excited Every Day

Without excitement, we are not fully alive. Some people are fortunate: they get excitement every day from their job. But if you don't (or even if you do), find excitement, again for at least half an hour, in some activity that really turns you on — sport, sex, dancing, games, gambling, playing cards, anything at all that doesn't do you or someone else harm. Modern life is often far too tame. We are designed to get our thrills (and if we don't, we may turn to destructive drugs to do that for us). Shout, scream, holler, or just enjoy — but do it intensely. Before you start each day, work out what is going to give you half an hour of excitement. If it has a strong physical element, so much the better.

10. 4. Choose a Career You Love

Totally obvious. We spend half our waking hours working. Utterly mad not to enjoy it too — even if it requires years of learning or experimentation to find out what that is.

3. Choose the Right Partner

This week I met a friend I hadn't seen for six months. He'd just split up from his wife and he was extremely happy about it. His children are grown up, so I'm sure he made the right choice. Better of course to make the right decision first time. Fine, it's hard to do, and I didn't, so who am I to talk? Actually a very good person to talk, because I didn't think about my first relationship as seriously as I should, nor try it out gradually until I knew whether it would work. It may be that no single decision is as important this one in terms of happiness, for you and other people too. So give it the thought that it deserves and beware of your first answer.

11. 2. Choose the Right Friends

You may find the order here a bit odd, but friends in aggregate are probably an even more important cause of our happiness and value than our partner. Over time, we become more like our friends, and they become more like us. We influence each other enormously — or else we are not true friends.

So if you want to know what somebody is really like — a prospective partner, for example — get to know their close friends. You may well be surprised. Make time for friends, help them in adversity, and see them as much as you can, even if they live a long way away. Review your friendships honestly, even brutally. A few real friends are worth more than dozens of others. Make room for new close friends — by gradually dropping old friends, if you find that they are not adding a lot to your life and you are not adding a lot to theirs.

12. 1. Choose to Love Yourself

I've blogged about this recently, so I won't go on. If you love yourself, you will be more demanding of yourself also, because everyone wants to love someone they admire. If you are not the most important thing in your life, you won't be doing anybody else a favor either. Take your life seriously. It's the only one, or the only one of its kind, that you will ever get. It could be so-so, it could be fulfilling, or it could be truly great. Which would you prefer?
Choice is a serious business. Choose to take your life choices seriously.



ARTICLE C

Life Events in Living Color

1. "Life Event". Sounds dramatic, maybe even scary. Well, let's take a moment and think about those two words Life + Event. As we know, life is something that to most people is precious, something that we value. Whether you are religious or not, whether you believe in an after-life or not, we all can appreciate that our life on this earth is something we should treasure and enjoy.

We also know what an event is, something significant that happens such as the starting of a new company, or a birthday party, or perhaps going to your first day of school. So, when we think about the words "Life Event", we can think about something significant in our life that has the potential of changing it forever. Sometimes we also hear the words "Life Changing Decision" and we'll talk more about this later.

2. So, take your choice of life changing events, because we all, without exception, go through them. Perhaps it's the birth of a child or the loss of a loved one. Maybe it's the start of a new bright career or being fired from your job. For some, it may be recovering from a deadly disease such as cancer, or for others it could be finding out you have a terminal disease, and only have so much time left on this earth. Finally, it could be finding the "love of your life" and spending a lifetime of happiness together or breaking up from a deep relationship and feeling like you are alone in the world.

The point is, there is a myriad of life changing events that we all will encounter in our lives. If you are breathing and alive, you will not only have life changing events, but you will have the choice about how you face them. You will also notice, for every "negative" life changing event, there is also a positive one. We lose sight of this last part, and trust me, it's easy to do. Often when faced with a tragic life changing event, our vision is clouded over with a darkness that it seems no light can penetrate.

3. As someone that understands how a series of negative events can seem like waves crashing on the shore, never ending and slowly over time beating your sense of "self" as the waves over time beat the sands on a beach, it's imperative that we understand the power of positive change that can come from them. The human spirit is something that cannot be seen, heard, touched or tasted. It is something that resides both inside and outside of ourselves. As something that is not "physically measurable" it therefore has infinite power and influence.



4. When we choose to take this infinite power from a tragic situation, and use it as a tool for positive change, we not only create change within ourselves, but also for those people around us. It's like throwing the small rock into the pond, and the ripples from that change flow outward. Of course, it's natural to go through some down time; we are human beings after all. Just as when we lose a loved one, we grieve for that person, for the loss in our life but think how powerful those feelings of loss can be when turned into something positive. This, to me, is the human spirit.



5. Yes, we all go through hard times and life changing events. Again, some of those are very happy: graduation from college, the birth of a child, the start of a new career, meeting your life partner, buying your first house, traveling abroad for the first time, starting a company that you feel passion for. Some as I said before, are very sad: divorce, financial losses, being fired, death of a loved one etc. These are just a few, among countless events, that you will have in your life. Good and Bad. Our true character, and who we are, is not measured in the best of times, but to me, in the worst of times. We choose how we face these events and we can make the choice to bury ourselves or lay down in feelings of guilt, shame, anger, loss and self-pity or.....we can choose to pick ourselves up, move forward, and make positive change. The choice is yours.