



## IELTS READING/Writing LESSON 1-23-2019

### 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 form simple and complex sentences.

### Section One Sentence Construction

**Directive:** Select a Pronoun/Noun from Column A, a Verb from Column B, an Adjective from Column C and a Noun from Column D to create a complete simple sentence, then use a coordinating conjunction from Column E to form a new complex sentence.

Column A	Column B	Column C	Column D	Column E
NOUN/PRONOUN	VERB	ADJECTIVE	NOUN	COORDINATING AND SUBORDINATING CONJUNCTIONS
1. We	A. Swim	A. Big	A. Gym	<b>Coordinating</b>
2. He	B. Walk	B. Small	B. School	A. But
3. She	C. Run	C. Red	C. Park	B. Yes
4. They	D. Eat	D. Hard	D. Beach	C. And
5. You	E. Cook	E. Easy	E. Pool	D. So
6. The Boy	F. Clean	F. Healthy	F. River	E. Or
7. The Girl	G. Call	G. Quiet	G. Kitchen	F. Nor
8. The People	H. Study	H. Clean	H. Food	
9. The Men	I. Learn	I. Mature	I. Shape	<b>Time Related Subordinate</b>
10. The Women	J. Diet	J. Intelligent	J. Life	A. After
	K. Create	K. Adventurous	K. Mind	B. Whenever
	L. Play			C. While
				D. Once
				E. Still
				F. Until

### VOCABULARY EXPANSION

**Directive:** Select a word in Column A, and then select 3 words normally associated with it from Column B. Select at least 1 Synonym from Column C.

Column A	Column B		Column C
Primary Word	Associated Words		Synonym
1. Gym	A. Exercise	M. Trees	A. Fitness Club
2. River	B. Ocean	N. Snow	B. Knowledgeable
3. Lake	C. Student	O. Large	C. Evaluate
4. Office	D. Teacher	P. Boat	D. Pupil
5. Classroom	E. Laboratory	Q. Wet	E. Big
6. Student	F. Science	R. Supervisor	F. Reservoir
7. Large	G. Desk	S. Meetings	G. Stream
8. Mountain	H. Computer	T. Diploma	H. Work
9. Analyze	I. Water	U. Classmates	I. Peak
10. Education	J. Fish	V. Outer Space	J. Study Hall
	K. Sweat	W. Statistics	
	L. Muscles	X. Homework	



## Section Two Reading Comprehension and Pronunciation skills.

### ARTICLE A

#### How to Stop Lying to Ourselves: A Call for Self-Awareness

##### Source

1. It was September of 1816 and two Parisian boys were playing in the courtyard of the Louvre, the famous museum in Paris.  
On the other side of the courtyard, a physician named René Laennec began to quicken his pace as he walked along in the morning sun. There was a woman with heart disease waiting for him at the hospital and Laennec was late.

As Laennec crossed the courtyard, he looked toward the two boys. One of them was tapping the end of a long wooden plank with a pin. On the other end, his playmate was crouched down with his ear pressed against the edge of the plank.

Laennec was immediately struck with a thought. "I recalled a well-known acoustic phenomenon," he would later write. "If you place your ear against one end of a wood beam the scratch of a pin at the other end is distinctly audible. It occurred to me that this physical property might serve a useful purpose in the case I was dealing with."

2. When Laennec arrived at the hospital later that morning, he immediately asked for a piece of paper. He rolled it up and placed the tube against his patient's chest. He was stunned by what he heard next. "I was surprised and elated to be able to hear the beating of her heart with far greater clearness than I ever had with direct application of my ear," he said.

René Laennec had just invented the stethoscope. Laennec quickly upgraded from his piece of paper and, after experimenting with various sizes, he began using a hollow wood tube about 3.5 centimeters in diameter and 25 centimeters long. Laennec's simple invention instantly changed the field of medicine.

For the first time in history, physicians had a safe, unbiased way to understand what was going on inside a patient's body. They didn't have to rely solely on what the patient said or how the patient described their condition. Now, they could track and measure things for themselves. The stethoscope was like a window that allowed a doctor to view what was actually happening and then compare their findings to the symptoms, outcomes, and autopsies of patients. And that brings us to the main point of this story.

3. The Lies We Tell Ourselves. We often lie to ourselves about the progress we are making on important goals.

For example: If we want to lose weight, we might claim that we're eating healthy, but in reality our eating habits haven't changed very much.

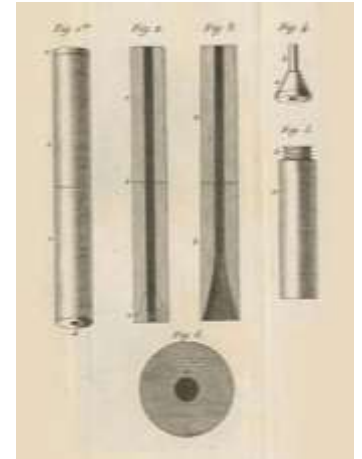
If we want to be more creative, we might say that we're trying to write more, but in reality we aren't holding ourselves to a rigid publishing schedule.

If we want to learn a new language, we might say that we have been consistent with our practice even though we skipped last night to watch television.

We use lukewarm phrases like, "I'm doing well with the time I have available." Or, "I've been trying really hard recently." Rarely do these statements include any type of hard measurement. They are usually just soft excuses that make us feel better about having a goal that we haven't made much real progress toward. (I know because I've been guilty of saying many of these things myself.) Why do these little lies matter?

4. Because they are preventing us from self-awareness. Emotions and feelings are important and they have a place, but when we use feel-good statements to track our progress in life, we end up lying to ourselves about what we're actually doing.  
When the stethoscope came along it provided a tool for physicians to get an independent diagnosis of what was going on inside the patient. We can also use tools to get a independent diagnosis of what is going on inside our own lives.

Tools for Improving Self-Awareness. If you're serious about getting better at something, then one of the first steps is to know—in black-and-white terms—where you stand. You need self-awareness before you can achieve self-improvement.





Here are some tools I use to make myself more self-aware:

5. **Workout Journal** – For the past 5 years or so, I have used my workout journal to record each workout I do. While it can be interesting to leaf back through old workouts and see the progress I've made, I have found this method to be most useful on a weekly basis. When I go to the gym next week, I will look at the weights I lifted the week before and try to make a small increase. It's so simple, but the workout journal helps me avoid wasting time in the gym, wandering around, and just “doing some stuff.” With this basic tracking, I can make focused improvements each week.
6. **My Annual Reviews and Integrity Reports** – At the end of each year, I conduct my Annual Review where I summarize the progress I've made in business, health, travel, and other areas. I also take time each spring to do an Integrity Report where I challenge myself to provide proof of how I am living by my core values. These two practices give me a chance to track and measure the “softer” areas of my life. It can be difficult to know for certain if you're doing a better job of living by your values, but these reports at least force me to track these issues on a consistent basis.
7. **RescueTime** – I use RescueTime to track how I spend my working hours each week. For a long time, I just assumed that I was fairly productive. When I actually tracked my output, however, I've uncovered some interesting insights. For example, I currently spend about 60 percent of my time each week on productive tasks. This past month, I spent 9 percent of my working time on social media sites. If you would have asked me to estimate those two numbers before using RescueTime, I'm certain I would have been way off. Now, I actually have a clear idea of how I spend my time and because I know where I truly stand, I can start to make calculated and measured improvements.
8. **A Call for Self-Awareness**  
If you aren't aware of what you're actually doing, then it is very hard to change your life with any degree of consistency. Trying to build better habits without self-awareness is like firing arrows into the night. You can't expect to hit the bullseye if you're not sure where the target is located.

Furthermore, I have discovered very few people who naturally do the right thing without ever measuring their behavior. For example, I know a handful of people who maintain six-pack abs without worrying too much about what they eat. However, every single one of them weighed and measured their food at some point. After months of counting calories and measuring their meals, they developed the ability to judge their meals appropriately.

In other words, measurement brought their levels of self-awareness in line with reality. You can wing it after you measure it. Once you're aware of what's actually going on, you can make accurate decisions based on “gut-feel” because your gut is based on something accurate. In short, start by measuring something.

## ARTICLE B

### Four Ways to Constructively Criticize Yourself

[Source](#)

1. Many people believe that being hard on themselves will make them better people, but research doesn't support this belief.

When we fail at something important to us, whether in relationships, at school, or at work, it can be very painful. These experiences can threaten the very core of who we think we are and who we want to be.



To cope with failure, we often turn to self-protective strategies. We rationalize what happened so that it places us in a more positive light, we blame other people, and we discount the importance of the event.

2. These strategies may make us feel better about ourselves in the short term, but they are less likely to help us improve or avoid repeating our mistakes in the future. Research shows that people who have an overly inflated view of their performance on an academic task show decrements in subsequent motivation and performance, compared to people who view themselves more realistically. It makes sense: if you already think you're great, it may feel like there's no need to put the effort into improving yourself.



Taking an honest look at ourselves is, of course, easier said than done. Confronting our inner demons can be overwhelming and lead to feelings of hopelessness and despair. Determined to take responsibility, we may get carried away, blaming ourselves for far more than our share and beating ourselves up emotionally.

3. Although many people believe that being hard on themselves will make them better people, research does not support this belief: Self-criticism has been shown to increase procrastination and rumination and impede goal progress. If you already feel worthless and incompetent, you may feel like there's no point in even trying to do better next time.

Whether your M.O. is to build yourself up or put yourself down, it's all about self-judgment. The focus is on, am I good person or a bad person? It's easy to lose sight of questions that are more likely to get us somewhere, like how did this happen, and how can I avoid letting it happen again? What does it take to get out of the trap of self-judgment? Research from the field of social psychology offers some useful perspectives.

4. Criticize specific, changeable behaviors, not global, unchangeable attributes.  
Research on explanatory style shows that people who blame negative events on all-encompassing, permanent aspects of themselves (e.g., "I'm just not an intelligent person") are more likely to become depressed and suffer from health problems. Constructive self-criticism, by contrast, involves a more optimistic explanatory style, with a focus on specific and modifiable areas in need of improvement (e.g., "I stayed up too late watching TV when I could have been studying; next time I could set a TV limit for myself").
5. Criticize external circumstances, but then try to change them.  
Even in situations where we are obviously to blame, there may be situational factors that push us in one direction or another. For example, you stayed up late watching TV, but that's partly because your roommates were also watching TV and it was hard to concentrate on your work. Rather than use this as an excuse, however, you could use it as leverage: When you have an exam the next day, you now know that studying at home may not be a good idea. One misconception about social psychology is that it focuses so much on external influences on the self that it denies individual responsibility. But awareness of the power of situational factors like peer pressure can actually help us make better decisions. If we believe we're invulnerable to external pressures, we are more likely to be blindsided by them.
6. Shift your focus from yourself to others.  
Instead of getting caught up in self-judgment, whether positive or negative, it can be helpful to consider how your actions affect other people. This broader focus can help reorient your attention to what matters most to you—the people you're trying to help through your work, the relationship you want to nurture—and encourage you to make amends that benefit others. Research suggests that people who pursue compassionate goals rather than self-image goals have less conflict in their relationships, receive more support, and experience less loneliness. When we're focused on protecting our own self-esteem, other people may represent competition or threats, and we may fail to recognize their needs.
7. Practice self-compassionate self-criticism.  
Especially for people who are prone to shame, self-compassion can be exactly what is needed to make self-criticism bearable. Self-compassion is like a parachute that allows you to glide safely down into the parts of yourself you're afraid to look at. It won't let you get off easy, but it also won't drop you down into the depths of despair. Self-compassion means saying, yes, I messed up, but this doesn't make me a horrible person. This makes me a person who has strengths and weaknesses and room to improve. In this atmosphere of warmth, taking a closer look at those weaknesses is not as scary.