



IELTS READING/Writing LESSON 10-24-2018

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

Directive: 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. Optimism (Noun)	A. Agreeing; accordant; congruous.
2. Pessimism (Noun)	B. Of very little importance or value; insignificant.
3. Virtue (Noun)	C. Direct perception of truth, fact, etc., independent of any reasoning process; immediate apprehension.
4. Intuition (Noun)	D. A disposition or tendency to look on the more favorable side of events or conditions and to expect the most favorable outcome.
5. Therapeutic (Adjective)	E. The tendency to see, anticipate, or emphasize only bad or undesirable outcomes, results, conditions, problems, etc.
6. Solitude (Noun)	F. Moral excellence; goodness; righteousness.
7. Coherent (Adjective)	G. Of or relating to the treating or curing of disease; curative.
8. Congruent (Adjective)	H. Logically connected; consistent.
9. Trivial (Adjective)	I. The state of being or living alone; seclusion.

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

Yes, Your Thoughts Can Actually Change Reality

[Source](#)

1. Yes. Oh, wait... you want more details? Sure, I'm happy to oblige.

When the conversation shifts to the power of positive thinking, setting intentions, Think and Grow Rich, the Law of Attraction, fake it until you make it... one crucial point often gets lost.

To change the world with your thoughts, you must think with coherent intention. This means you must...

- Think the same thing every day
- Fully believe in your thoughts
- Match your actions to your thoughts, and more importantly...
- Conduct your life in a manner that is entirely congruent with your thoughts.

2. Let's start with a simple, if somewhat dramatic, example. If you thought that a 100' high tidal wave was going to hit your city in the next hour, what would you do? Would you listen to the news and hang around in your home or office? Hell, no! You would gather your loved ones and race to higher ground, even if it meant driving the wrong way down the highway or leaving everything you own on the sideways.





Belief changes everything. Now let's shift to a more complicated example. If you want to think your way to a more peaceful world, how would you begin?

You'd start, I would hope, by finding peace within yourself. What shifts you towards anger, frustration, envy, or even self-criticism? You would need to understand the answers. How can you counterbalance those forces? You're not going to accomplish this by meditating once or writing a few passages in your journal. It will take a ton of consistent effort and focus.

3. You'd also shift your actions in the real world, perhaps by showing kindness to others whom you fear or dislike. You might skip your luxury vacation and work instead with gang members through a community center.

What? Does working with gang members sound like a crazy thing to do? Perhaps you don't believe your own thoughts. Did you think it would be easy or trivial to make the world more peaceful?

Powerful thoughts change the world, once they reach a certain consistent intensity. The true test is whether your thoughts are powerful enough to change your own actions.

You've probably heard the story of Scott Harrison, a NYC club promoter who became the founder of the non-profit organization Charity: water. He had the thought to change the direction of his life and started applying to work at major non-profits. They all turned him down, because of his partying background.

4. Did he abandon his thought? No, he doubled down on it, kept working until someone said yes, and then expanded his vision once he realized just how great the need was for clean water.

"I was running around telling everybody I wanted to see a world where everybody drank clean water regardless of where they are born," says Harrison via CNBC. He didn't just allow his thought to reside in his head; he shared it with everyone who would listen, including some who weren't inclined to listen.

This is how your thought changes the world: when it is powerful enough that it takes you to northern Uganda and also compels you to sleep on floors while you raise money to help people you don't know.

But wishes that you make while waiting in line at Starbucks? They don't change the world. In most cases, you have forgotten them after a few days or a week.

To change the world, you need persistent and positive thoughts that are strong enough to change your own actions. In other words, before your thoughts can change the world, they must change you.

ARTICLE B

Always Bet on Optimism

[Source](#)

1. Throughout our lives we're faced with a lot of ups and downs and negative circumstances that test us every day.

When a loved one passes, when we lose a job, when a relationship ends, we feel bad, but it's necessary to learn to see the bright side, because there always is one.

What is optimism? The word optimism comes from the Latin "optimun" that means "the better." Optimism is the ability to see the bright side of things. It's a matter of character. There are people that stay whole and keep going in the face of adversity, they have a positive attitude and see the good in every situation.

"Can't change the situation? If the power to change a situation that causes you pain is not within your hands, you can always choose the attitude with which to face this suffering" -Viktor Frankl-





2. Can you learn to be optimistic?

Psychologist Martin Seligman, Director of the Psychology Department at the University of Pennsylvania, is the creator of positive psychology and states that: "Being optimistic involves putting in the effort to find solutions, advantages and possibilities in every situation you are presented in life". Therefore, using optimism requires a great effort and strong will power. It requires training. That is to say that a person can learn to be optimistic, to see the good side of things. But how?

Love yourself: Don't think negatively towards yourself, love your flaws and your virtues. We're all imperfect. If we weren't, we wouldn't be human. Take care of yourself every day, eat healthy, exercise. Keep your brain active by reading, writing, learning.

3. Don't seek the approval of others

Sometimes it causes us a lot of frustration that our friends and family don't approve of us or the choices we make, but we can't allow that to paralyze us. It's important to keep going, rely on our intuition to make decisions that make us feel good. High self-esteem is a fundamental part to having a positive view on reality.

Learn to say no. How many times do you surprise yourself by saying yes when you want to say no? Saying "no" is necessary and even therapeutic at times. Limit things that you don't like, things that bother you. No one will do it for you. We shouldn't be afraid of the consequences of the negative, because that fear paralyzes us and makes us feel as if we're not ourselves.

4. Learn from your mistakes

Throughout life we make mistakes and fail many times, but we always learn. It's critical that we find a positive lesson in every failure. "Sometimes you win and sometimes you learn" -Robert Kiyosaky-

Try to find the bright side in every dark moment. If your partner left you maybe they weren't the one, maybe they need to leave your life for someone else to come in or for you to enjoy solitude.

If you lost your job, maybe there's a better one waiting for you, or you can take advantage of this moment to obtain some training. You get to choose how you want to view life. Don't just think, you must also act. It's not enough to think positively. It's also fundamental to get hands on and build our reality from a positive and happy point of view.

(WARNING! THE NEXT POINT CAN BE OFFENSIVE!)

5. Understand your emotions: It's necessary to understand why we feel guilty or sad in certain occasions and to identify that emotion to understand and control it.

Benefits of being optimistic: Better health.

An optimist gets sick less frequently and gets over an illness much quicker, probably because their positive attitude makes their immune system produce the necessary hormones to fight off antibodies quicker.

Lower stress levels: With optimism, we experience less stress than with pessimism. Optimists believe in themselves, in their qualities and in their achievements, know their flaws, know themselves, learn from their mistakes and are always able to see the bright side.

Better relationships: Optimists have better relationships with their families, their partners, and their coworkers. They've learned to connect and learn from each person to bring out the best side of everyone.

The secret, as Mark Stevenson said, founder of the L.O.P.O (League of Pragmatic Optimists) is: "It's not about saying 'everything will be alright', but rather 'it can be better.' But we have to look for it".

Section Three Writing skills.

Directive: Students will be asked to write a short passage (no more than 100 words) about their idea of changing reality. They should use specific examples of challenges they have faced and what they did to overcome them and "change their reality".

Evaluation Criteria: Ability to write using correct vocabulary, spelling and grammar.