



IELTS READING/WRITING LESSON 12-26-2018

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. Vision (Noun)	A. A social behavior that benefits other people or society as a whole.
2. Achieve (Verb)	B. The quality of being capable; capacity; ability.
3. Capability (Noun)	C. To bring to a successful end; carry through; accomplish.
4. Accountable (Adjective)	D. to seek for (something) by entreaty, earnest or respectful request, formal application, etc.
5. Prosocial (Adjective)	E. a gathering held for such solicitation: often used to generate money for charity
6. Promote (Verb)	F. Subject to the obligation to report, explain, or justify something; responsible; answerable.
7. Solicit (Verb)	G. To present as a gift, grant, or contribution; make a donation of, as to a fund or cause.
8. Fundraiser (Noun)	H. To help or encourage to exist or flourish; further.
9. Donate (Verb)	I. The act or power of anticipating that which will or may come to be.

Section Two Reading Comprehension**ARTICLE A**

7 Steps to Achieve Your Dream

[Source](#) | [Source](#)



1. “Vision is the spectacular that inspires us to carry out the mundane.”
—Chris Widener

Can achievement be broken down into steps? It isn't always that clean and easy, but those who achieve great things usually go through much of the same process, with many of the items listed below as part of that process. So, if you have been struggling with achievement, look through the following. Begin to apply them and you will be on the road to achieving your dream

2. Step 1: Dream it.
Everything begins in the heart and mind. Every great achievement began in the mind of one person. They dared to dream, to believe that it was possible. Take some time to allow yourself to ask, “What if?” Think big. Don't let negative thinking discourage you. You want to be a “dreamer.” Dream of the possibilities for yourself, your family and for others. If you had a dream that you let grow cold, re-ignite the dream! Fan the flames. Life is too short to let it go.
3. Step 2: Believe it.
Yes, your dream needs to be big. It needs to be something that is seemingly beyond your capabilities. But it also must be believable. You must be able to say that if certain things take place, if others help, if you work hard enough, though it is a big dream, it can still be done. Good example: A person with no college education can dream that he will build a \$50 million-a-year company. That is big, but believable. Bad example: That a 90-year-old woman with arthritis will someday run a marathon in under three hours. It is big all right, but also impossible. She should instead focus on building a \$50 million-a-year business! And she better get a move on!
4. Step 3: See it.
The great achievers have a habit. They “see” things. They picture themselves walking around their CEO office in their new \$25 million corporate headquarters, even while they are sitting on a folding chair in their garage “headquarters.” Great free-throw shooters in the NBA picture the ball going through the basket. PGA golfers picture the ball going straight down the fairway.



World-class speakers picture themselves speaking with energy and emotion. All of this grooms the mind to control the body to carry out the dream

5. Step 4: Tell it.

One reason many dreams never go anywhere is because the dreamer keeps it all to himself. It is a quiet dream that only lives inside of his mind. The one who wants to achieve their dream must tell that dream to many people. One reason: As we continually say it, we begin to believe it more and more. If we are talking about it then it must be possible. Another reason: It holds us accountable. When we have told others, it spurs us on to actually doing it so we don't look foolish.

6. Step 5: Plan it.

Every dream must take the form of a plan. The old saying that you "get what you plan for" is so true. Your dream won't just happen. You need to sit down, on a regular basis, and plan out your strategy for achieving the dream. Think through all of the details. Break the whole plan down into small, workable parts. Then set a time frame for accomplishing each task on your "dream plan."

7. Step 6: Work it.

Boy, wouldn't life be grand if we could quit before this one! Unfortunately, the successful are usually the hardest workers. While the rest of the world is sitting on their sofas watching reruns of Gilligan's Island, achievers are working on their goal—achieving their dream. I have an equation that I work with: Your short-term tasks, multiplied by time, equal your long-term accomplishments. If you work on it each day, eventually you will achieve your dream. War and Peace was written, in longhand, page by page.

8. Step 7: Enjoy it.

When you have reached your goal and you are living your dream, be sure to enjoy it. In fact, enjoy the trip, too. Give yourself some rewards along the way. Give yourself a huge reward when you get there. Help others enjoy it. Be gracious and generous. Use your dream to better others. Then go back to No. 1. And dream a little bigger this time!

SEPARATE PASSAGE

3. Healthy relationships start with you having a healthy relationship with yourself.

Healthy relationships start with what you think and feel about yourself. Loving yourself is real and very important. If you don't have a healthy view of yourself, you will attract and let relationships into your life that aren't healthy. You must know and love who you are; your self-esteem must be strong.

If you are attracting nothing but unhealthy relationships into your life, take some time to examine your feelings and relationship with you. Get honest about the areas of your life that you want to change and start taking the first steps. Spend time doing the inner work to develop you as a whole individual that loves who you are and won't tolerate unhealthy relationships.

The journey to create success in your life isn't easy. Either the relationships in your life will help you get to the next level or they will hold you back from your untapped potential. You have a choice. No one can tell you how to live your life or who you should allow into it. Make smart choices and choose relationships that will help you live the kind of life that gives you happiness.

ARTICLE B

Thinking About Giving, Not Receiving, Motivates People to Help Others

[Source](#)

We're often told to 'count our blessings' and be grateful for what we have. And research shows that doing so makes us happier. But will it actually change our behavior towards others?

A new study published in Psychological Science, a journal of the Association for Psychological Science, suggests that thinking about what we've given, rather than what we've received, may lead us to be more helpful toward others.





1. Researchers Adam Grant of The Wharton School of the University of Pennsylvania and Jane Dutton of The Ross School of Business at the University of Michigan wanted to understand how reflection, in the form of expressive writing, might influence prosocial behavior. They observed that when we reflect on what we've received from another person, we might feel an obligation to help that person, but the motivation to help doesn't necessarily extend to other people. And reflecting on what we've received from others may even cause us to feel dependent and indebted.
2. The researchers wondered whether thinking about times when we have given to others might be more effective in promoting helping. They hypothesized that reflecting on giving could lead a person to see herself as a benefactor, strengthening her identity as a caring, helpful individual and motivating her to take action to benefit others.

In their first experiment, the researchers studied fundraisers whose job was to solicit alumni donations to support various programs at a university. The researchers randomly split the fundraisers into two groups: one group wrote journal entries about recent experiences of feeling grateful for receiving a benefit and the other group wrote journal entries about recent experiences in which they made a contribution that enabled other people to feel grateful.

4. Grant and Dutton then measured how many calls each fundraiser made per hour in the two weeks before and the two weeks after the week that they spent journaling. Because the fundraisers were paid a fixed hourly rate, with no fundraising goals or incentives, the number of calls they made reflected voluntary effort to help raise funds for the university.

As the researchers hypothesized, the fundraisers who wrote about giving for just two or three days increased their hourly calls by more than 29% in the following two weeks. The fundraisers who wrote about receiving, however, showed no change in the number hourly calls made.

In a second experiment, the researchers randomly assigned college students to one of three groups, requiring them to list three ways they had recently given help, list three ways they had recently received help, or list three different foods they had eaten in the last week.

5. When the participants came to the university's behavioral lab a few weeks later to pick up their payment for participating in the study, they were given a form describing the March 11, 2011 earthquake and tsunami in Japan. On the form, the participants were asked whether they would like to donate any portion of their \$5 payment to an earthquake relief fund. Overall, 26% of the participants donated some amount of money. Similar to the results of the first experiment, participants who reflected on giving were significantly more likely to donate (46.15%) than those in either the beneficiary (21.43%) or control condition (13.33%).

Grant and Dutton believe that the findings from these two experiments have important real-world implications.

6. "Helping, giving, volunteering, and other actions undertaken to benefit others play a critical role in protecting health, promoting education, fighting poverty and hunger, and providing disaster relief," the researchers write.

This new research suggests that self-reflection about giving can be a powerful tool for motivating helping and volunteering behaviors that benefit individuals and communities. When we reflect on positive experiences, it may be worthwhile to think about what we've given to others—not only what we've received.

Section Three Writing Skills

Students will be asked to write a short paragraph about their dreams and how they plan to accomplish them.

Evaluation Criteria: Ability to express your ideas through written English, using correct grammar, vocabulary and sentence structure.