



IELTS READING LESSON 8-15-2018

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

VOCABULARY	DEFINITION
1. INFLECT (verb)	A. A feeling of responsibility or remorse for some offense, crime, wrong, etc., whether real or imagined.
2. GUILT (noun)	B. To impose as something that must be borne or suffered.
3. PUNISHMENT (noun)	C. To manage or influence skillfully, especially in an unfair manner.
4. MANIPULATE (verb)	D. Causing detriment, as loss or injury; damaging; harmful.
5. BENEFICIAL (adjective)	E. Act of frustrating; state of being frustrated.
6. SCOLD (verb)	F. Harshness, sternness, or rigor.
7. DETRIMENTAL (adjective)	G. To find fault with angrily; chide; reprimand.
8. SEVERITY (noun)	H. Conferring benefit; advantageous; helpful.
9. FRUSTRATION (noun)	I. A penalty inflicted for an offense, fault, etc.

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

Can Self Punishment Be A Tool for Improvement?

[Source](#)

- Are you the kind of person who is harder on yourself than you are on others? Maybe you've heard people tell you that you need to have the same patience and generosity for yourself that you would give to someone else if they were in your position.

What Is Self-punishment?

At its most basic, self-punishment is the act of inflicting punishment on yourself by your own choice. No one tells you to do it. The act of punishing oneself has a long history in human civilization. Maybe you've heard of self-flagellation? It is the act of flogging oneself, and it was often done in public in the past.

Indeed, punishing oneself in public can make a statement about guilt or intentions, but most people today tend to punish themselves more privately.

Self-punishment can be performed as a physical act or a mental act. For instance, you can punish yourself physically by skipping a meal, or you can punish yourself mentally by continuing to feel guilty about a past action. How and why you punish yourself to determine whether what you are doing is harmful or beneficial to you in the long run.





2. Why Some People Gravitate Toward Self-Punishment

There is a misconception that only people who are mentally unwell punish themselves. But if you look at it closer, you probably already know that's not true. We punish ourselves all the time. How often do we tell someone, "Don't beat yourself up over it?" We say that because we can see that they are mentally punishing themselves.

Self-punishment is a fairly common reaction to guilt. If we don't do well on a test, don't come through for our co-workers or clients, or fail to meet a personal goal, we may find ways to punish ourselves. In fact, guilt seems to be the primary driving force behind many people's decisions to seek punishment.

Sometimes, we want to feel better about our internal guilt, but other times, we may seek to self-punish in front of others so that they will recognize our guilt. The second type of guilt is often played out when we feel like we've wronged someone else. Interestingly, it can also be used to manipulate another person into thinking we have a guilty conscious when, in fact, we want to get out of external punishment. We'll talk more about that later.

3. For now, just understand that self-punishment can come from a positive place, where you want to motivate yourself to improve or feel better, or it can come from a negative place, where you want to take advantage of or trick another person.

Although we all participate in self-punishment to some extent, it is true that some people are more prone to engaging in self-punishment than others.

The really interesting thing is what types of person are most likely to self-punish. It tends to be individuals who are highly sensitive to the perceptions of others. That is, they worry what others think of them, or what their reputation or standing is in their communities.



People who tend to take responsibility for their actions or are more likely to blame themselves than others are also amongst those who are more likely to punish themselves. Of course, if such a person feels like they haven't been doing bad, then they might not feel the need for frequent punishment.

4. Do You Punish Yourself Without Realizing It?

Mental punishments can often be carried out without your realizing that you are punishing yourself. This is called unconscious self-punishment. People who engage in unconscious self-punishment often make their lives more difficult than they need to. They take the hard way when an easier route to their goals is available.

Another word for this type of behavior is self-sabotage, and sabotage is not the type of self-punishment that can be beneficial to you. Self-punishment is most helpful when it is a behavior you are engaging in consciously and with a purpose.

Some argue that unconscious self-punishment is a way to evade guilt rather than dealing with it. What seems to happen, however, is that some of us can prevent guilt-inducing actions through self-punishment.

5. When Self-Punishment Is A Problem

In some cases, self-punishment can be a tool for forgiveness or improvement. Other times, however, it can diminish your self-esteem and confidence, especially if it's done too often or too publicly. Self-punishment as forgiveness seeking is supposed to help us connect further with our communities, to show that we intend to act with consideration for others. But obsessively punishing ourselves often has the opposite effect, making us feel like we are unworthy and further distancing us from our communities.

Punishment against ourselves works in similar ways to external punishments. If you know ahead of time that there is a specific negative consequence to your actions, then a predetermined punishment can be helpful in making right decisions. But if you are punished or punish yourself without any previous awareness of what punishment would come or what would cause the punishment, then you can't use it for motivation or to make better choices.

6. Self-Punishment Disorder

We tend to believe the things we are told about ourselves. That's why negative self-talk is so insidious. You're always with yourself. That means you can't escape the bad things you say about yourself unless you consciously decide to change your behavior and perspective.



It's a cycle that goes like this. You tell yourself you're a failure. You believe yourself and feel down about being a failure. The next time you try at something, you already think you're going to fail because..." you're a failure." Then, because you don't have any motivation or faith in yourself, you do fail. The thing is, you fail because you didn't give your full effort. You sabotaged yourself.



People with self-punishment disorder into a mindset in which they believe that they deserve punishment. They have convinced themselves that they are unworthy individuals-unworthy of love, happiness, or success. If your punishment behaviors are compulsive and frequent and are not planned out to generate a particularly successful outcome, then you may need to seek help from a professional therapist for a self-punishment disorder. Several mental illnesses are associated with chronic self-punishment, including anxiety, depression, borderline personality disorder, and obsessive-compulsive disorder.

7. If you are engaging in behaviors that physically damage your body, then you are performing self-injury behaviors. These are unhealthy behaviors that often become habits, and may include:

- Burning the skin
- Cutting the skin
- Seeking excessive body modifications
- Pulling hair
- Hitting yourself with objects
- Breaking bones
- Picking at skin
- Reopening wounds
- Banging the head

You may notice other self-injury habits aside from the ones listed here.

Self-Punishment and Religion

As mentioned at the beginning of this article, self-inflicted injuries and punishments have been part of religion for a long time. Many different religions include self-punishment rituals. These are often carried out to relieve the guilt of sinful acts, prove their faith, or in some cases of Christian rituals, to feel closer to Christ's suffering.

8. Self-Punishment To Manipulate Others

Another destructive form of self-punishment is when you try to manipulate the behavior of others by harming yourself. This can be physically, or mentally abusive behaviors done to get attention. Any of the physically harmful behaviors in the bullet list above may be used as manipulation tactics, and these are unhealthy ways to cope with relationships. In addition to physical harm, manipulation tactics may present as putting yourself down in front of others.

An example of manipulative self-punishment might be refusing to eat food for several days because your partner hasn't been paying enough attention to you. You try to force them to give you the attention or result you want by making them feel bad, guilty, or worried about you. The problem with this method of maintaining relationships is that the other person will eventually grow weary of this behavior and may feel less overall care for you or may become immune to your dramatic pleas.

It's also important to note that if someone in your life seems to be harming themselves for attention, they likely have a mental health issue that requires treatment from a professional, and you should attempt to help them seek treatment. This kind of manipulative behavior is often a plea for help from someone who has no other coping mechanism. But it doesn't mean that you have to give in to their manipulation because they can intentionally use it against you.

9. How To Stop Dangerous Self-Punishment Behaviors

Self-punishment can help people to regulate their emotions. That's why it's often seen in individuals with mental health problems they need to deal with. They are trying to self-medicate with pain. When self-punishment becomes harmful rather than helpful, here are some things you can do to stop the behaviors.

- Channel your urge to harm your body into adorning your body. Use markers or pens to draw on your skin rather than cutting it or picking at it, paint your nails, or do something different with your hair or makeup.
- Go somewhere that you can be around other people. This may mean simply leaving your bedroom to join your family, or it could mean leaving the house to go to a park, library, or coffee shop.
- Keep your hands busy. When you start thinking about harming yourself, have a hobby or activity ready that you need to use your hands for.
- Distract yourself. There are all kinds of ways to do this. Keep your schedule busy with work, studying, or hobbies so that you don't have time to sit and hurt yourself.
- Try loving-kindness meditation. Sending feelings of love and gratitude to yourself and your body helps you to remember that you are a person too.



- Remind yourself of the consequences of your actions. Hurting your body can leave you with scars.

Another good tool is to pay attention to your self-harm patterns. Do you injure yourself at certain times of the day or after certain events? Maybe specific emotions bring on the urge to harm yourself. Identifying your triggers can help you learn to recognize signs before you harm yourself and can help you learn to stop.

You should also understand that self-injury can become addictive, so don't be too hard on yourself if it takes a while for you to change the behavior.

ARTICLE B

Effectiveness of Punishment

[Source](#)

1. Every so often, news of heinous crime reaches our ears through the web, newspaper, or television. The Aurora Shooting that occurred during the midnight premier of the Batman movie horrified and terrified many citizens, and the Sandy Hook Elementary School shooting caused cries of panic and anger. Why would these people commit such a terrible act? Could we have prevented such disasters from happening? What if gun control laws have been stricter, would such crimes still have happened? The law is difficult to change especially since the Right to Bear Arms is the second amendment of our constitution, the supreme law of our nation, that has been around two hundred years. Now the question is, how do we punish these people, and how effective are these punishments?



2. When we think to our childhood, the way we learned that our actions were wrong or unacceptable was through punishment... Right? Or was it through rewarding the right behaviors? Most people believe that punishment is indeed effective because they use it in everyday situations whether it is firing employees at the workplace for disorderly conduct or scolding children for trying to take a toy from another child. Punishment is a method of deterring negative behavior that has been passed down through generations. Punishment is effective to subdue unwanted behavior, and it is usually painful, physically or psychologically, so people tend to avoid punishment. Punishment also enables people to condition responses so that associations between behavior and positive or negative reinforcement will lead to an automatic response to avoid such punishment.

The effectiveness of punishment depends on several factors: Frequency of punishment, immediacy of punishment, and positive reinforcement on positive or good behavior. However, punishment may also have serious negative effects if not carried out properly. Such effects include avoidance or escape, alienation of the punished, aggressiveness, and reimplementing punishment in the punished. So what draws the fine line between effective punishments and detrimental punishments?

3. The government regulates crime through policing. There is evidence that has proven that increased levels of policing has significantly reduced crime, and this is even more effective when such policing is specifically designated towards certain crimes or problems. Charles Murray conducted research on crime and punishment and concluded that executing severe sentences can reduce the amount of occurring crimes and that crime rate decreases when sentences per crime rises. He declared that the cause for the decline in criminal activity for 1990-2000 is a higher rate of imprisonment, which provides a deterrence and incapacitation effect. However, others disagree that increasing the severity of the punishment may not actually reduce the occurrence of these crimes since crime rates have actually risen over the years, and correlation does not imply causation. Unemployment could be just as much a cause of crime rather than increasing the severity of the punishments. If severe punishments were effective, is prison effective? After all, that where we place people who have committed felonies or severe crimes.
4. So how effective are prison sentences as punishment? It tends to depend on the prisoner and the type of crime that has been committed. For most people, prison is a severe punishment, but what about that other small percentage? There is a wide variety of reasons that motivate criminal activity from biological predispositions, personality, location, deprivation, and cognitive thinking. From conducted research, it is proven that the majority of prisoners are male, black, hispanic, or non-white, between eighteen and forty-four years old, and relatively illiterate compared to the rest of the population. However, more importantly, the re-arrest rate is a whopping 63% or 84% for juveniles, and almost half of those offenses are for violent actions. So it seems that the idea of prison didn't really deter these criminals from committing illegal acts once again.



5. Research has proven that the most effective way in reducing such criminal acts is simply through education. Inmates with at least two years of college education have a 10% re-arrest rate compared to a 62% re-arrest rate. Prisoners with associates degrees have a re-arrest rate of 13.7%, 5.6% with a bachelor's degree, and 0% for those with a master's degree.

So if education seems like a better and more positive reinforcement for deterring crime, why are we still using imprisonment? What if we focused on educating criminals in prison rather than re-arresting criminals or extending their prison sentence? Rather than emphasizing severe punishment, we should focus on positive reinforcement and education. It may not entirely prevent crime, but it will hopefully prevent prisoners from committing illegal acts.

ARTICLE C

Punishment versus Discipline

[Source](#)

1. Children need models more than they need critics.
- Joseph Joubert, Penstes, 1842



MANY PARENTS WONDER WHAT IS THE BEST WAY TO teach their children discipline. But the majority of those who have asked my opinions on discipline have spoken of it as something that parents impose on children, rather than something that parents instill in them. What they really seem to have in mind is punishment—in particular, physical punishment.

Unfortunately, punishment teaches a child that those who have power can force others to do their will. And when the child is old enough and able, he will try to use such force himself—for instance, punishing his parents by acting in ways most distressing to them. Thus, parents would be well advised to keep in mind Shakespeare's words: "They that have power to hurt and will do none They rightly do inherit heaven's graces." Among those graces is being loved and emulated by one's children.

2. Any punishment sets us against the person who inflicts it on us. We must remember that injured feelings can be much more lastingly hurtful than physical pain.

A once common example of both physical and emotional punishment is washing out a child's mouth with soap because the child has used bad language. While the procedure is only uncomfortable, rather than painful, the degradation the child experiences is great. Without consciously knowing it the child responds not only to the obvious message that he said something bad but also to the implicit message that the parent views his insides as dirty and bad—that the child himself is vile.

In the end the parent's goal—to eliminate bad language from the child's vocabulary—is rarely achieved. Instead, the punishment serves to convince the child that although the parent is very much concerned with overt behavior, he is completely uninterested in whatever annoyance compelled the child to use bad language. It convinces him that the parent is interested only in what he wants, and not in what the child wants. If this is so, the child in his inner being reasons, then why shouldn't he too be interested only in what he wants, and ignore the wishes of his parent?

3. I have known children who, upon having their mouths washed out with soap, stopped saying bad words out loud but continually repeated the words to themselves, responding to even the slightest frustration with streams of silent vituperation. Their anger made them unable to form any good relationships, which made them angrier still, which made them think up worse swear words.

Even if a child feels he has done wrong, he senses that there must be some better way to correct him than by inflicting physical or emotional pain. When we experience painful or degrading punishment, most of us learn to avoid situations that lead to it; in this respect punishment is effective. However, punishment teaches foremost the desirability of not getting caught, so the child who before punishment was open in his actions now learns to hide them and becomes devious. The more hurtful the punishment, the more devious the child will become.

Like the criminal who tries to get a more lenient sentence by asserting that he knows he has done wrong, our children learn to express remorse when we expect them to. Usually they are sorry only that they have been found out and may be punished. Thus, we should not be fooled when they tell us that they know they did wrong, and we certainly should not extract such an admission from them, since it is essentially worthless—made to pacify us or to get the reckoning over with.



4. It is much better to tell a child that we are sure that if he had known he was doing wrong he would not have done so. This is nearly always the case. The child may have thought, "If my father finds out, he will be angry," but this is very different from believing that what one is doing is wrong. At any moment a child believes that whatever he is doing is fully justified. If he takes a forbidden cookie, to his mind the intensity of his desire justifies the act. Later, parental criticism or punishment may convince him that the price he has to pay for his act is too high. But this is a realization after the event.

When we tell a child that we disapprove of what he has done but are convinced that his intentions were good, our positive approach will make it relatively easy for him to listen to us and not close his mind in defense against what we have to say. And while he still might not like our objecting, he will covet our good opinion of him enough to want to retain it, even if that entails a sacrifice.

Although we may be annoyed when our children do wrong, we ought to remember Freud's observation that the voice of reason, though soft, is insistent. Shouting will not help us. It may shock a child into doing our will, but he knows and we know that it is not the voice of reason. Our task is to create situations in which reason can be heard. If we become emotional, as we are apt to do when we are upset about our child's undisciplined behavior and anxious about what it may foretell about his future, then we are not likely to speak with this soft voice of reason. And when the child is upset by fear of our displeasure, not to mention when he is anxious about what we may do to him, then he is in no position to listen well, if at all, to this soft voice.

5. Even the kindest and most well-intentioned parent will sometimes become exasperated. The difference between the good and the not-so-good parent in such situations is that the good parent will realize that his exasperation probably has more to do with himself than with what the child did, and that showing his exasperation will not be to anyone's advantage. The good parent makes an effort to let his passions cool. The not-so-good parent, in contrast, believes that his exasperation was caused only by his child and that therefore he has every right to act on it.

The fundamental issue is not punishment at all but the development of morality—that is, the creation of conditions that not only allow but strongly induce a child to wish to be a moral, disciplined person. If we succeed in attaining this goal, then there will be no occasion to think of punishment. But even setting aside the goal of inspiring ethical behavior, punishing one's child is, I believe, undesirable in every respect but one: it allows the discharge of parental anger and aggression.

6. There is little question that when a child has seriously misbehaved, a reasonable punishment may clear the air. By acting on his annoyance and anxiety, the parent finds relief; freed of these upsetting emotions, he may feel somewhat bad about having punished the child, maybe even a bit guilty about having done so, but much more positive about his child. The child, for his part, no longer feels guilty about what he has done. In the eyes of the parent he has paid the penalty; in his own eyes, usually, he has more than paid it.

In this manner parent and child, freed of emotions that bothered them and stood between them, can feel that peace has been restored to each of them and between them. But is this the best way to attain the long-range goal: to help the child become a person who acts ethically? Does the experience of having a parent who acts self-righteously or violently produce in the child the wish to act ethically on his own? Does that experience increase the child's respect for and trust in his parent? Would it not have been better, from the standpoint of deterrence and moral growth, if the child had had to struggle longer with his guilt? Isn't guilt—the pangs of conscience—a much better and more lasting deterrent than the fear of punishment? Acting in line with the urgings of one's conscience surely makes for a more responsible and sturdy personality than acting out of fear.

7. Punishment is a traumatic experience not only in itself but also because it disappoints the child's wish to believe in the benevolence of the parent, on which his sense of security rests. Therefore, as is true for many traumatic experiences, punishment can be subject to repression.

A good case can be made that adults who remember childhood punishments as positive experiences do so because the negative aspects were so severe that they had to be completely repressed or denied. When the punished child reaches adulthood, he remembers only the relief that came with the re-establishment of positive feelings—with the reconciliation that followed the punishment. But this does not mean that at the time the punishment was inflicted it was not detrimental. As far as I know, no child claims right after being punished that it did him a lot of good.