



**LESZEK
WILCZYŃSKI**

**SPEAKING
PRACTICE
FOR ENGLISH
PHILOLOGY
STUDENTS**



PART THREE

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Zielona Góra 2025

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INTRODUCTION

Speaking Practice for English Philology Students: Part Three aimed at students preparing for exams at C2 level is a continuation of the previous books with the same title. It consists of 25 units; each unit proposes a topic ranging from issues dealing with selected aspects of modern living, e.g. *Use It or Lose It*, *Selfie Culture* to issues analysing the problem of self-improvement or self-development, e.g. *In Search of Wisdom*.

Each unit offers in-depth analysis of a particular topic. Speaking activities involve detailed questions, points to consider and problem-solving tasks. They encourage students to share their experiences and reflections, comment on excerpts from articles and expand on the quotes on a discussed issue. In the final part, students prepare speeches, thus being given a chance to come up with closing remarks.

The main idea of the book rests upon the principle that for English philology students language is not only the object of study but mainly a tool for self-expression and self-recognition. For that reason, it is to be hoped that students responding to proposed activities will not only gain confidence in expressing themselves, but they will also be able to better understand themselves and the world around them.

1. ILLUSIONS WE LIVE BY

Illusions are the truths we live by until we know better. (steemit.com). Very often, however, illusions are our conscious choice, meaning they help us cope with our lives in some way. This unit tries to answer the question whether illusions are a form of self-deception or simply a coping mechanism.

Points to consider.

1. Hopes vs. illusions. What is the difference?
2. Illusions
 - are a form of self-deception.
 - result from fear and anxiety.
 - are a form of wishful thinking, e.g. It will work out somehow.
 - help cope with difficult life situations.
 - other

Which of the mentioned ideas best reflect the nature of illusions?

3. One of the most common illusions is to live our lives as if we were immortal. What are the practical implications of such an idea?
4. Look at the list of ideas below and discuss their illusory nature.
 - Recycling will save the world.
 - Free will and having a choice.
 - We can change the people that matter to us.
 - Good deeds always return.
 - Hard work pays off.
 - Placebo effect.
 - Money protects against life's adversities.

- Everything happens for a reason.
- Religion.
- Learning from mistakes.
- Money translates directly into quality of life.
- I'm less selfish than the rest of humanity.
- other

5. We often make decisions not being certain of their outcomes. Do decisions made on uncertainty also include an element of illusion?

6. Illusions we should abandon. Give examples.

7. Is the meaning of life an illusion? Read the excerpt below and express your opinion. *But even the most meaningful lives come to an end, and the people living those lives die and get forgotten. Suppose, there was a person in the 800s who, by accounts, lived as meaningful a life as possible. Perhaps she was a great story-teller, intuitive psychologist, and highly respected in her community. She was the person everyone turned to when they were going through a rough patch. When she died, her death was experienced as a loss for everyone around her. Dozens mourned her passing. But however that may be, no one has any idea who she was. It no longer matters – how she lived or died. No one will ever utter her name again. Her life seemed meaningful at the time. But was it really?*

We are going to die indeed, and all of our hopes, dreams, and achievements will be forgotten. But even then, it will be true that, improbably remarkably, we lived and were conscious in a universe of matter, governed by physical laws. (Iskra Fileva, Psychology Today, October 3, 2021)

8. Vocabulary. Complete the sentences below with the following words or phrases: **façade, oblivious, delude, carry away, deceptive, delusion, err, flawed, one-size-fits-all, debunk, hallucinate, appearances.**

- These conmen the elderly lady into thinking that she was going to capitalise on that investment.
- Elections in totalitarian regimes are only of democracy.
- In his recent article, he tries to the myth of society as a form of community.
- Behind that friendly they are rather cold and reserved.
- She must have got by something, being totally to our presence.
- Even though first impressions are often, we often rely on them forming opinions about people we meet for the first time.

- Schools free from homework seem to be a/an idea for lots of teachers.
- To is human, which doesn't mean you should make the same mistakes.
- What most motivational speakers promote is solutions. Life, however, is much more complicated.
- Drug use can cause people to
- You're still under the that they will try to redeem themselves for all that mess they made.

9. Quotes on illusions.

- 'Don't part with your illusions. When they are gone, you may still exist, but you have ceased to exist.' **Mark Twain**
- 'Our experience is composed of illusions lost rather than of wisdom acquired.' **Carlos Santana**
- 'I don't want reality, I want magic.' **Tennessee Williams**
- 'We all need illusions. That's why we love movies.' **Monica Bellucci**
- 'We're born alone, we live alone, we die alone. Only through our love and friendship can we create the illusion for the moment that we're not alone.' **Orson Welles**

10. Speech. Prepare a speech consisting of 12-15 sentences on the following topic:
Illusions that hold us back.

2. SOCIAL MEDIA

Has social media become anti-social since it is blamed for a wide range of problems including misinformation, social anxiety, depression, loneliness or even suicide? Or is such a picture of social media oversimplified? This unit will try to answer this question.

Points to consider.

1. What do you need social media for? Would it be difficult for you to quit social media? Do you know any people your age who don't have a social media account?
2. Consider the terms below. How do they relate to social media?
Pathstreamer, digital natives, narcissism, political polarisation, hate-based content, misinformation, darknet, isolation, self-branding, consumerism, influencers, doomscrolling, social media fatigue.
3. Is life without social media possible these days? **Cal Newport**, a computer scientist and a declared opponent of social media at the same time, discusses in his TED Talk speech the reasons why people find it difficult to quit social media. What arguments do you think he mentions?
4. Good sides of social media. Social media has become an important element of our culture because of useful services it provides. Can you give examples.
5. Less apparent advantages of social media. Does it serve therapeutic purposes? Read the passage below and say your opinion.

But really, these sites aren't about connecting and reconnecting. They're a platform for self-branding. Old people are always worrying that our blogging and personal websites and MySpace profiles are taking away our privacy, but they clearly don't understand the word 'privacy'. We're not sharing things we don't want other people to know. We are showing you

our best posed, retouched photos. We're listing the Pynchon books we want you to think we've read all the way through. We're allowing other people to write whatever they want about us on our walls, unless we don't like it, in which case we just erase it. If we had that much privacy in real life, the bathrooms at that Minnesota airport would be empty. (Joel Stein, You Are Not My Friend, Time, November 19, 2007)

6. Social media as a tool for polarisation. What methods are employed by social media?

Consider the ideas below.

- name calling
- objectification
- overgeneralisation
- false analogy
- division
- memes
- other

7. While social media may have a destructive impact on very young people, it certainly improves the quality of life of people over 50 (Polityka, February 14, 2024). What may account for that difference?

8. Vocabulary. Complete the sentences below with the following words or phrases: **unfriend, social media savvy, deactivate, go viral, meme, retweet, notification.**

- people remember not to disclose too much personal information online.
- All those hateful comments were the reason why she her Facebook account.
- The moment they started going on about how Covid-19 vaccine would take toll of millions of people's lives I them.
- You'd better switch off your smartphone. All these constant prevent you from staying on task.
- A is an amusing item, often a captioned picture or video that is spread online usually through social media.
- Within hours the story triggering many malicious comments on the president's recent speech.
- The celebrity's comments were immediately by lots of fans.

9. Quotes on social media.

- 'The great thing about social media was how it gave a voice to voiceless people.'

Jon Ronson

- 'Social media makes it possible to go underneath a story, which sometimes abruptly ends.' **Kimberlé Williams Crenshaw**
- 'He who controls the media controls the minds of people.' **Noam Chomsky**
- 'Social media is an advertisement for the superficial extroverted self.' **Hozier**

10. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **How to use social media without losing your mind.**

3. SELFIE CULTURE

Since photography was invented, people have always wanted to look good in the photos and commemorate their presence in famous places – engraved inscriptions ‘I was here’ are the best proof of it. These days, this tendency is reinforced by the arrival of the Instagram, where everyone seems to compete to post the best snapshot.

Points to consider.

1. ‘Did I capture my good side? Were the angle and lightening flattering?’ These are only some of the dilemmas those posting their selfies on the Instagram face. Lots of Instagram users can go to any lengths to have a good selfie. Can you give examples.
2. Some people posting photos will go to any lengths to attract attention and get a thumbs up. What are those extraordinary, strange and risky things they do for the mentioned purpose?

3. Read the passage below.

They (women) are also a little more aware of how our appearance is controlled; how we try to conform with what society expects from us. But it’s hard to know. The whole selfie culture and selfie tools that automatically correct your skin tone or get rid of blemishes, they can be damaging to young minds trying to figure out their place in society. (The Guardian Weekly, July 19, 2024)

What other problems are attributed to selfie culture? Is there a link between selfies and:

- perfectionism
- identity problems
- self-branding
- narcissism
- external validation
- obsession with image
- other

4. Internet comments on selfies.

- *So you're telling me that if other older humans had front facing cameras they wouldn't have taken selfies?*
- *I'm a millennial, never used twitter, don't take selfies, haven't logged into Facebook for years, never used Instagram. What do I win?*
- *I think we're confusing self-esteem with self-obsession.*
- *Never before in human history has a generation so diligently documented themselves accomplishing so little.*

What would be your comment on selfies?

5. Vocabulary. Complete the sentences below with the following words or phrases:

selfie-shooter, curate, caption, skew, catch a glimpse, snapshot.

- All these can be quite annoying. The place is crowded anyway in high summer.
- Below, there's just the simple 'Just married'.
- Social media tends to present a/an picture of reality.
- There's no doubt that the photos they post are carefully
- Looking at the picture, you can only of the beautiful scenery.
- Analysing Instagram, you can't resist the impression that people take of anything these days.

6. Speech. Prepare a speech consisting of 12-15 sentences commenting on Andy War-

hol's words: **In the future, everyone will be famous for fifteen minutes.**

4. USE IT OR LOSE IT

Has modern life become too easy and comfortable? Can too much comfort make us lazy and unable to face unpredictable challenges, thus robbing us of our sense of purpose and efficacy? This unit focuses on what may be done to get the feeling that we literally can take our lives in our hands.

Points to consider.

1. Online shopping, air-conditioned smart homes with voice-activated light switches, food delivery via smartphone application, you name it. Does modern life drive laziness and inactivity?
2. Life essential skills. Can you give examples of up to ten skills everyone should master? Should primary and secondary schools be more skill-oriented?
3. Read the passage below. Will the mentioned pill impact our lifestyle or will it remain a niche product?

An Exercise Pill that Gives Benefits of Working out

Exercise is the best way to your health and overall fitness, but what if a pill could offer the same benefits as a workout? It doesn't seem like a far-fetched idea. Researchers from the Washington University School of Medicine in St. Louis have tested new drug compounds that appear to mimic the physical benefits of exercise. According to the researchers, a pill may some day be able to do the same in humans.

The scientists say the pill could offer other benefits including making us feel younger, working against obesity, heart failure, and kidney decline, as well as staving off cognitive decline. The researchers were scheduled to present the findings on Monday at the spring meeting of the American Chemical Society. (ndtv.com)

Can you think of other inventions or facilities that prevent us from being physically active?

4. Chatbots. Will we be able to think for ourselves relying on chatbots? Will we be able to differentiate our thoughts from those of chatbots?
5. Learned helplessness is a mental state where someone gives up trying to change a situation, even when they have the ability to do so. Can this phenomenon be attributed to the ease of modern life, in part at least?
6. *Sweden brings more books and handwriting practice back to its tech-heavy schools.* (*apnews.com*) What's the point of this idea?
7. Paper books, e-books and audio books. Does reading those formats mean the same experience and the same benefits?
8. Attempts at restoring sense of efficiency.
 - Simple living.
 - DIY.
 - Alternative holidays: camping, microadventures, solo expeditions.
 - Going to the gym.
 - Dangerous sports.
 - other
9. Vocabulary. Complete the sentences below with the following words or phrases: **futile, idle, slack, exploit, invigorating, atrophy, put sb/sth through their paces, empowering, sluggish, rusty.**
 - The competition was quite tough so all participants had a chance to their skills
 - The idea behind cold showers is that they can be quite
 - I tried to reason with her but to no avail. All my effort turned out
 - Some people consider small talk a form of chatter.
 - You overwork. It's time to put some into your life.
 - There is something wrong with the car. The engine feels
 - My driving skills are a bit I haven't been driving much recently.
 - One of my? It's certainly a parachute jump – it felt so
 - Daily workouts are essential to prevent muscles from
10. Quotes on modern life.
 - 'The fact is that modern life has deprived us of life's one great luxury: time.' **Laurie Calvin**

- 'The three norms of modern life: talk without meaning, desire without love, work without satisfaction.' **Mignon McLaughlin**
 - 'Depression: the healthy suspicion that modern life has no meaning and that modern society is absurd and alienating.' **Neel Burton**
 - 'IQ in general has improved since tests first began. Psychologists think that this is because modern life becomes ever more complicated.' **A.N. Wilson**
11. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **The art of simple living.**

5. THE POWER OF ATTITUDE

In psychology, an attitude refers to a set of emotions, beliefs, and behaviours toward a particular object, person, thing or event. (verywellmind.com). Such a definition implies that attitude should play a crucial role in coping with various life situations, thus motivating or demotivating us to take proper action.

Points to consider.

1. Attitude means among other things the ability to take a proper action or a lack of it. Can you recall a situation where the right attitude helped you cope with a particular problem? Conversely, a situation where negative attitude prevented you from reaching your goal.
2. The right attitude. Is there a universal concept of it applicable to most of life situations?
3. Attitude changes throughout our lives, often as a result of
 - growing up and maturing
 - dealing with life-changing situations
 - learning tolerance
 - going beyond stereotypes
 - boosted self-esteem
 - other

Explain how the above mentioned factors can lead to a shift in attitude.

4. Attitude can also change due to our conscious efforts. Consider the following ideas and explain how effective they may be in changing the attitude.
 - Overcoming negativity.
 - Flexibility.
 - Letting go of expectations.

- Healthy lifestyle.
- Motivational speakers.
- Being aware that we have a choice.
- Contacts with positive and inspiring people.
- Developing problem-solving skills.
- other

5. How to change attitude to ourselves?

6. Our attitude somehow impacts what happens to us in the course of our lives. For that reason, is there a correlation between:

- attitude and self-fulfilling prophecy.
- attitude and karma.

7. To strike an attitude means holding our body to create a particular impression. What attitudes can we communicate by means of body language?

8. Vocabulary. Complete the sentences below with the following words or phrases: **silver lining, succumb to, sulk over, counterintuitive, reluctance, fall over oneself/ outdo oneself, defeatist, imposter syndrome, can-do, zealot, not give a damn, give it a miss.**

- Her to cooperate may result from not being appreciated enough for all the contribution she has made so far.
- He's one of these positive people believing there's always a/an irrespective of what kind of predicament you find yourself in.
- Be more appreciative instead of the mismatched present.
- His mentality can be annoying as it may encourage the manager to assign more tasks to other team members.
- Over time, you'll learn what others think of you.
- We aren't going out this weekend. This time, we'll
- You will never succeed with such a/an attitude.
- If you such a negative mindset, it will prevent you from dealing with challenging situations.
- The politician was to promote the policy of the party.
- It may seem to take a loan with interest rates so high.
- He's one of these deeming their views dogmas.
- That you can't fully enjoy your achievements may be attributed to

9. Quotes on attitude.

- 'The only disability in life is bad attitude.' **Scott Hamilton**
- 'Weakness of attitude becomes weakness of character.' **Albert Einstein**
- 'For success, attitude is equally important as ability.' **Walter Scott**
- 'Our attitude toward life determines life's attitude toward us.' **John N. Mitchell**
- 'Let us be tried by our actions.' **John N. Mitchell**
- 'People may hear your words, but they feel your attitude.' **John C. Maxwell**

10. Speech. Prepare a speech consisting of 12-15 sentences on the following topic:

Change your attitude and you change your life.

6. IMMIGRANTS

Looking back on Poland's recent history, we have been emigrants escaping political persecution, especially in the 1980's, or looking for better living conditions. These days, however, our country attracts immigrants who either want to settle down or treat Poland as a transit country.

Points to consider.

1. There are obvious reasons that make people leave their home country such as poverty, authoritarian regimes, political persecution, but also climate crisis these days. However, there seem to be less apparent reasons behind emigration. Can you give examples?
2. Mass migrations. Emigrants escaping poverty or war see Europe as their promised land. This, however, poses serious problems to countries receiving immigrants. Countries once open to immigrants, such as Sweden, now face problems including increasing violence and crime rate. Some politicians put forward the idea of sending financial help directly to the countries stricken with poverty and wars to stop the inflow of immigrants. How effective, do you think, are such preventive measures?
3. What difficulties can immigrants face trying to settle down in a new country?
 - feeling homesick
 - feeling uprooted
 - feeling and being perceived inferior
 - not being given a helping hand
 - having to do the jobs below their qualifications
 - other

4. What happens on Poland – Belarus border? Do human rights activists and politicians perceive the problem of immigrants differently, the former being too idealistic and the latter too realistic? Read the passage below and express your opinion.

Poland's defence, interior and foreign ministers lined up in front of a tall, metal wall topped with barbed wire. Speaking to assembled television cameras, the three men warned of a terrible plot against Poland, orchestrated in Kremlin.

The weapons in this 'special operation' were not tanks or bombs, suggested the foreign minister Zbigniew Rau, but people from Middle East and Africa. It was only the decision of the patriotic Polish government to construct the wall behind him that had failed this Russian plan to sow discord and chaos in Poland, he said.

'Otherwise, we would have become Lampedusa, but a Lampedusa filled with migrants who had been given military training. Ninety percent of them, now and then, have been recruited by the Russian special services', Rau claimed, falsely. (The Guardian, October 2, 2023)

5. The government attempted to combine parliamentary elections with a referendum on immigrants. One of the referendum questions asked:

Do you support the admission of thousands of illegal immigrants from the Middle East and Africa under the forced relocation imposed by European bureaucracy?

What was the real purpose of asking such a question?

6. Vocabulary. Complete the sentences below with the following words or phrases:
fugitives, take refuge, go into exile, enclave, deport, push back, transit camp.

- Some immigrants find it difficult to integrate into their new home country and, as a result, live in their
- The writer decided to since his literary work poses a threat to the totalitarian government.
- from war-stricken areas shouldn't be denied asylum.
- For a start, refugees will be accommodated in a/an
- Attempts to immigrants to the illegally crossed border is a severe violation of the international law.
- All the illegal immigrants will be back to their country of origin.
- In the event of an attack, in the basement.

7. Quotes on emigrants and refugees.

- 'So if people have an opportunity for a decent job, a decent education, a decent health care system and security, I know that forceful migration will be reduced to zero.' **Nayib Bukele**

- ‘Emigration is no longer a solution; it’s a defeat. People are risking death, drowning every day, but they are knocking on the doors that are not open.’ **Tahar Ben Jelloun**
- ‘Whoever saves one life, saves the world entire.’ **Thomas Keneally**

8. Speech. Prepare a speech consisting of 12-15 sentences commenting on the excerpt below.

‘Refugees are mothers, fathers, sisters, brothers, children, with the same hopes and ambitions as us – except that a twist of fate has bound their lives to a global refugee crisis on unprecedented scale.’ Khaled Hosseini

7. SPEECH IS SILVER

There are plenty of motivational videos offering advice on how to communicate effectively. However, what is often overlooked is the fact that silence can also be an effective communication strategy. This unit will praise the benefits of it.

Points to consider.

1. Do you remember saying something you wished to retract later on?
2. We want to talk to
 - be in control.
 - impose our viewpoint on others.
 - assert ourselves.
 - connect with others.
 - make a point.
 - other
3. It is advisable to stay silent
 - when you want to reflect on what others say.
 - to gain time.
 - to control your emotions.
 - to avoid gossiping.
 - to respect others and not equate their experiences with yours.
 - not to reveal your standpoint.
 - when you don't have sufficient knowledge.

Which of the mentioned reasons justify staying silent?

4. Some things are better left unsaid. This sentence should be a reminder for those who tend to overshare. If you were asked to compile a list of 10 things we should keep to ourselves, what would it include?

5. Silence may be an effective communication strategy, however, it is not always recommended, especially when it comes to dealing with everyday problems. Can you outline some of the problems that may result from not speaking up?
6. Vocabulary. Complete the sentences below with the following words or phrases: **let it slip, at a loss of words, chatty, retract, wait out, overshare, bite one's tongue, tongue-tight, blurt out, chatter, understatement.**
- I'm not good at small talk. For me, it's an empty
 - Suddenly she got silent, as if
 - He that he only read the summary of the book, which infuriated the examiner.
 - To say 'you've made it' is a/an You simply surpassed yourself.
 - Have you ever said something you wished to
 - I wanted to tell them that wouldn't work but in the end.
 - Don't respond to their absurd arguments. them
 - She tends to about her personal life, which can be embarrassing sometimes.
 - They are those neighbours, always first to strike up a conversation.
 - Suddenly she, 'We got engaged.'
 - Brian is one of these students hardly ever taking part in discussions.
7. Quotes on staying silent.
- 'Silence is golden when you can't think of a good answer.' **Muhammad Ali**
 - 'Silence is the most perfect expression of scorn.' **George Bernard Shaw**
 - 'The more you know the less you need to say.' **Jim Rohn**
 - 'I have often regretted my speech never my silence.' **Xenocrates**
8. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **Simple conversation strategies that really work.**

8. EVERYDAY CELEBRATIONS

Looking forward to celebrating various festivities, we often end up confused, feeling that our expectations have not been met. Maybe the antidote to such disappointment lies in celebrating everyday life where every moment counts.

Points to consider.

1. For me, each new day
 - is like any other day.
 - reminds me of duties and responsibilities.
 - is a gift offering new opportunities.
 - is an occasion for self-development and self-improvement.
 - is a chance to actively shape my life.
 - other

2. To celebrate every day means to
 - plan your day.
 - incorporate daily rituals.
 - find time for self-reflection.
 - find new things to explore.
 - make things happen.
 - not put off important things until later.
 - develop yourself.
 - other

Which of these suggestions can lead to a more meaningful and fulfilling life?

3. Morning routines. Morning routines and rituals matter because they can set us up for the rest of the day. What in your opinion should they include?

4. How to practise the ‘art of living’? Consider the following possibilities.

Mindfulness is a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Hygge – quality of cosiness and comfort conviviality that engenders a feeling of contentment or well-being (regarded as a defining characteristic of Danish culture).

Niksen ‘literally means to do nothing, to be idle or doing something without any use,’ says Carolien Hamming, managing director of CSR Centrum, a coaching center in the Netherlands that helps clients manage stress and recover from burnout. Practising niksen could be as simple as just hanging around, looking at your surroundings or listening to music – ‘as long as it’s without purpose, she says, and not done in order to achieve something or be productive.’ (Time, July 12, 2019)

Microadventures. This term coined by Alastair Humphreys, a traveller and author, can be summed up as follows:

A microadventure takes the spirit of a big adventure and squeezes it into a day or even a few hours. The point of microadventure is that you don’t need lots of time and money to meet a new challenge. This practical guide is filled with ideas for microadventures – for you to experience on your own or with friends and family – over 150 stunning photographs, plus tips and advice on safety and kit. Whether it’s sleeping on a hilltop or going for a wild swim, cycling a lap on the Isle of Wight or walking home for Christmas, it’s time you discovered something about yourself and the world outside your window. Adventure is everywhere, every day and it is up to you to find it. (paperplus.co.nz)

How effective are these techniques in focusing on the present moment?

5. What may prevent us from appreciating everyday pleasures?

6. Vocabulary. Complete the sentences below with the following words or phrases:

mundane, conviviality, daily grind, festive, restorative, savour

- Since she retired, she’s been able to her newly-found freedom.
- He’s a firm believer in the power of naps.
- A Christmas tree with its coloured lights made us succumb to mood.
- All that of taking care of household can be overwhelming.
- It’s an attitude that turns the into something more enjoyable and exciting.
- We spent the night at Paul’s in the atmosphere of

7. Quotes on daily routines.

- ‘The secret of your life is hidden in your daily routine.’ **Mike Murdock**
- ‘I like a routine, because everything else... is so unpredictable.’ **Jordana Brewster**
- ‘Your daily routine is your life. Make it count.’ **Neyla Zahzah**
- ‘Happiness lies in the joy of achievement and the thrill of creative effort.’ **Franklin D. Roosevelt**
- ‘The less routine the more life.’ **Amos Bronson Alcott**

8. Speech. Prepare a speech consisting of 12–15 sentences elaborating on Matt Haig’s words: **Never underestimate the importance of small things.**

9. KEEP YOUR COOL

Anger can be a proper response to frustrating situations and annoying people. At the same time, however, it can be a self-destructive power preventing us from reasonably assessing and reacting to challenging issues.

Points to consider.

1. Can you recall a situation where anger helped you cope with challenging problem? Conversely, do you remember a situation where your angry response was an over-reaction?
2. Consider the following words and phrases. How do they relate to anger? Match synonymous expressions.

Rise to the bait, compose yourself, freak out, cool, calm and collected, have hysterics, the sea of calm, take it out, reactionary, seethe with anger, dispassionate, composed, flip out, edgy, lash out on others, at the end of your tether, temper tantrum, be laid back about.

3. What can trigger anger? Can you identify five reasons why we respond in an angry manner?
4. One of the factors accountable for anger may be taking things personally and this may be caused by:
 - our inflated ego.
 - low self-esteem.
 - inability to rationally analyse someone's motifs.
 - inability to put our ideas across.
 - other

Explain how the above factors can contribute to taking things personally.

5. What's wrong with anger? Why is anger viewed as a negative emotion?
6. Can anger be a motivator? Is it possible to channel anger into something positive?
7. Effective techniques to cope with anger. Read the excerpt below and decide how effective this method can be in controlling anger.

Grey rocking, or the grey rock method, is a tactic people may use to deal with abusive or manipulative behaviour. It involves becoming as uninteresting and unengaged as possible so that the other person loses interest. To 'grey rock' a person involves making all interactions with them as uninteresting and unrewarding as possible. In general, this means giving short, straightforward answers to questions and hiding emotional reactions to the things a person does or says. (medicalnewstoday.com)

8. Quotes on anger.
 - 'Anger and intolerance are the enemies of correct understanding.' **Mahatma Gandhi**
 - 'He who angers you conquers you.' **Buchi Emecheta**
 - 'Anger is a short madness.' **Horace**
 - 'We boil at different degrees.' **Clint Eastwood**
 - 'Sometimes, you have to get angry to get things done.' **Ang Lee**
9. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **The power of not reacting.**

10. IT'S MEN'S WORLD

Men, once providers and protectors, are now said to suffer from identity crisis. Is this a true state of a male condition or were we made to believe it? This unit focuses on the challenges the male part of humanity faces these days.

Points to consider.

1. What accounts for male identity? Should man grow a beard, go hunting, play football, drink beer, etc. What is the meaning of the colloquial expression 'to wear the trousers'?
2. Take a look at the archetypically male virtues and decide whether they are still relevant these days.
 - accountability for their actions
 - mental toughness
 - self-reliance
 - being unflinching
 - practicality
 - reliability
 - dominance
 - bravery
 - other
3. Everything masculine is often referred to as toxic. What kind of toxicity may masculinity display and how accurate is such a stance?
4. Jordan Peterson, a Canadian professor of psychology, concluded in one of the interviews that biological differences between men and women express themselves in temperament and occupational choices. How does biology determine gender differences? What is the impact of upbringing?

5. Gender equality and male rights. In regard to gender equality, mostly female rights are discussed. Do men have equal rights, for example when it comes to custody of children after divorce? How to interpret the fact that 78 percent of suicides are committed by men?

6. Is it difficult to be a man these days? Consider the impact of
 - political correctness
 - gender studies
 - feminism
 - decline of patriarchal structure of society
 - other

7. Men who earn more are still considered attractive as potential partners. True or false?

8. Vocabulary. Complete the sentences below with the following words and phrases: **proWess, machismo, archetype, misogynist, effeminate, boisterous, tomboy, un-manly, patriarchy, New Man, manhood.**
 - He's one of those hyperactive, boys who can't sit still in classroom.
 - means male behaviour characterised by being strong and dominant and having very traditional views on femininity and masculinity.
 - She was a bit of a always hanging around with boys.
 - Jim's always boasting about his sporting
 - It used to be a celebration held for boys at the age when they reached
 - You can be the of a successfully combining your career with child-care and domestic chores.
 - You can be rightfully labelled a believing in male superiority.
 - is a system of society in which men hold the power and women are excluded from it.
 - He may be a bit in the way he shows affection.
 - It's rather to hide your neck in the sand.

9. Quotes on men.
 - 'Masculinity is not something given to you. And you gain it by winning small battles with honour.' **Norman Mailer**
 - 'We hear a lot about this phrase 'toxic masculinity' but I think the real poison in manhood is silence.' **John Whaite**

- 'No man is more unhappy than he who never faces adversity. For he is not permitted to prove himself.' **Seneca**
- 'Some of the sexiest things to me in a man are confidence, honesty, kindness and masculinity.' **Sarah Evans**

10. Speech. Prepare a speech consisting of 12-15 sentences on the following topic:
Challenges men face these days.

11. FEMINISM

Feminism these days is certainly different from the one that began with the suffrage movement in the mid-1800. Even though women basically gained what they fought for, the fight for equality, subjectivity and women's dignity still goes on.

Points to consider.

1. Feminism these days. What does it struggle for? Read the introduction from *Feminism and Women's Rights Movements – Gender Matters* and answer the questions below.

There are people who believe that we do not need feminism today, but nothing could be further from truth. Women have struggled for equality and against oppression for centuries, and although some battles have been partly won – such as the right to vote and equal access to education – women are still disproportionately affected by all forms of violence and by discrimination in every aspect of life.

- In what way are women's rights not executed or violated?
- How does gender inequality manifest itself?

2. Equal but not the same. Read the passage below and express your opinion.

*It is a naive sort of feminism that insists that women prove their ability to do all the things that men do. This is a distortion and travesty. Men have never sought to prove that they can do all the things women do. Why subject women to purely masculine criteria? Women can and ought to be judged by the criteria of femininity, for it is their femininity that they participate in the human race. And femininity has its limitations. So has masculinity. That is what we've been talking about. To do this is not to do that. To be this is not to be that. To be a woman is not to be a man. To be married is not to be single. Which may mean to have a career. To marry this man is not to marry all the others. A choice is a limitation. (Elisabeth Elliot, *Let Me Be a Woman*)*

3. Modern feminism. Nina Gibson in her TED Talk speech claims that feminism is changing for the worse. What makes her think so? Has feminism become too exclusive these days since some women can't relate to it? Consider the following issues?
 - Right winged media distorts the issue.
 - Feminism as a threat to patriarchal structure of society.
 - Feminism promoted by elite or celebrity feminists.
 - Too much emphasis on the issues that might be considered too abstract, e.g. gendered upbringing, feminatives.
 - Hostile attitude to men expressed by some feminist, e.g. men viewed as oppressors, toxic masculinity.
 - Inability to bridge gender differences.
 - other

4. Vocabulary. Explain the following terms: **misogyny, femicide, straw feminism, suffrage, glass ceiling, quota, objectification, pink-collar worker**

5. Quotes on feminism.
 - 'Feminism... is not 'women as victims' but women refusing to be victims.' **Gloria Steinem**
 - 'Girls are weighed down by restrictions, boys with demands – two equally harmful disciplines.' **Simone de Beauvoir**
 - 'A feminist is a person who believes in the power of women just as much as they believe in the power of anyone else. It's equality, it's fairness, and I think it's a great thing to be a part of it.' **Zendaya**

6. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **Feminism – what kind of?**

12. IN THE RIGHT PLACE AT THE RIGHT TIME

Luck is usually understood as some mysterious force that favours only a few. Yet, since luck favours the brave, the essence of luck most probably lies in our attitude. In this unit, we will try to analyse factors that can increase our luck.

Points to consider.

1. Do you consider yourself lucky?
2. Have you experienced a situation where you attributed your success or achievement to luck?
3. Your lucky charm. Do you believe in the magic of luck bringers? Or maybe they are not about magic at all?
4. Explain the following phrases: **lucky break, push your luck, the luck of the draw, more by luck than judgement, take pot luck, hard-luck story, as luck would have it, lucky escape.**
5. Lucky people, who are they? What do you think characterises lucky people? Consider the ideas below.
 - positive mindset
 - self-confidence
 - perseverance
 - flexibility
 - intuition
 - other

6. Even though luck may mean the right attitude and mindset, there are some external factors that give us a head start like, for example being born into affluent families or having loving and stimulating parents. What else can facilitate luck?
7. **Push your luck.** Can you think of five situations in which this idiom can be used?
8. Vocabulary. Complete the sentences below with the following words or phrases: **coincidence, random, randomise, break a leg, boon, head start, strike gold, opportunist, serendipity, providential.**
- Self-confidence is certainly a great to public speaking.
 - He's a typical always keeping in touch with influential people.
 - We asked a group of people to fill in the questionnaire.
 - We the order of candidates to avoid any bias.
 - Even doctors who didn't give Josh much chance, believe it was a recovery. It can't be logically explained.
 -, Darlene. We'll meet when the show is over.
 - That scholarship I've just been granted will be a/an in my academic career.
 - Some of the best ideas I included in my work are rather the results of I didn't rely on any research.
 - It was a good deal. They not shying away from investing in real estate.
 - By some strange, we happened to work in the same office.
9. Quotes on luck.
- 'Luck is where opportunity meets preparation.' **Seneca**
 - 'Shallow men believe in luck, strong men believe in cause and effect.' **Ralph Waldo Emerson**
 - 'I say luck is when an opportunity comes along and you are prepared for it.' **Denzel Washington**
 - 'Some people are born great, some achieve greatness, and some have greatness thrust upon them.' **William Shakespeare**
10. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **Increase your luck.**

13. THE REAL VALUE OF EDUCATION

Those contesting the value of education usually point to the fact that it is possible to get a well-paid job without having a degree. Even though such a viewpoint may be true to some extent, the real impact of education goes far beyond that kind of pragmatism.

Points to consider.

1. University education. Can you say that your stay at university benefited you? If so, what benefits can you mention?
2. Education means
 - intellectual independence.
 - critical thinking.
 - self-confidence.
 - curiosity.
 - better practical skills.
 - knowing and demanding your rights.
 - ability to understand yourself and the world around.
 - less need for external validation.
 - other

Which of the mentioned factors do you consider important?

3. Education is a lifelong process. How to educate yourself to reap the benefits?
4. The role of schools in the process of education. Schools should
 - promote creativity.
 - stir curiosity.
 - prepare students for the reality of the fast-changing world.
 - provide relevant knowledge.

- be more skill-oriented.
- prepare for careers.
- teach how to learn.
- other

Choose three of the mentioned ideas and explain their relevance.

5. Is higher education less valued these days? Read the passage below and express your opinion.

Jordan Reconnu, 23, of Dallas, Texas, has no regrets about not getting a college degree. During the one semester of college she attended after graduating from high school in 2019, she felt she wasn't learning anything new. The idea of continuing did not appeal to her, and realising how much her college education would end up costing, she quit and works as a manager at fast-food restaurant. 'I wasn't thrilled with taking basic classes for two years and wasting even more money going to the same classes that we covered in high school,' she tells Newsweek. Higher education would not have improved her career prospects, she said, adding that she feels it is only worth pursuing for those hoping to work in fields that require it. 'I feel like experience is what makes people marketable.' she said. (Newsweek LearningEnglish)

6. The role of teachers. Christopher Emdin, an Associate Professor of Science Education at the Teachers College, Columbia University, claims in his TED Talk speech that 'teachers should create magic.' How do you understand these words?
7. Schools kill creativity. This is a frequent argument contesting the way schools approach both teaching and learning. Why schools may fail to foster creativity?
8. Students as teachers. Are students able to teach each other?
9. Vocabulary. Match the following terms with their definitions below: **fellowship, major in (US), internship, tutorial, associate professor, tuition, matriculate, apprentice.**
-means a class conducted by a tutor for one student, or money that you pay, especially at college or university.
 - is a book, film, or computer program that provides practical information about a specific subject.
 - means a period of time during which someone works for a company or organisation to get experience of a particular type of work.
 - means to study something as your main subject at college or university.

- means money that is given to post-graduates to enable them to study a subject at an advanced level, or the position of a high-ranking teacher at a college.
- is a person who is learning a job by working for someone who already has skills or experience.
- is a high-ranking teacher in a college or university who has a lower rank than a professor.
- To means to be formally admitted to study at a university or college.

10. Quotes on education.

- 'Education breeds confidence. Confidence breeds hope. Hope breeds peace.' **Confucius**
- 'I never teach my pupils, I only provide the conditions in which they can learn.' **Albert Einstein**
- 'Logic will get you from A to B; imagination will take you everywhere.' **Albert Einstein**
- 'Education is the key to unlocking the world. It's the passport to freedom.' **Oprah Winfrey**
- 'Education is the great equaliser of the condition of men.' **Horace Mann**

11. Speech. Prepare a speech consisting of 12-15 sentences on the following topic:
Education empowers.

14. THE REAL VALUE OF WORK

Why do we work? *Bills won't pay themselves* will be the most common answer. Nevertheless, life without work is unimaginable for most of us and this unit will explore reasons why.

Points to consider.

1. Why do we work except for having to earn a living? We work to
 - find purpose in life.
 - earn respect and self-esteem.
 - be useful and productive.
 - because of social aspect.
 - because it structures our day.
 - other

Which of the mentioned reasons do you consider important?

2. Happy at work? According to *General Job Sentiment*, 31% of respondents like their jobs, 46% tolerate and 23% hate them. How do you interpret this data?
3. Who is likely to enjoy their jobs? Probably those who
 - have an impact on what they do.
 - find purpose.
 - make good use of their skills.
 - feel appreciated.
 - are of service to others.
 - are able to develop themselves.
 - other

4. Those who don't like their jobs will mention
 - monotony
 - lack of appreciation
 - doing menial jobs
 - getting stuck
 - unpleasant atmosphere
 - difficulty in keeping work/life balance
 - other

5. Can we be more appreciative of our jobs by changing the attitude? Consider the following factors:
 - unemployment rate
 - work ethics
 - our position/ chances in the job market
 - other

6. Do work, work settings and co-workers shape our personality and our outlook on life?

7. Alienation of labour. Read the passage below and decide whether the problem discussed still holds true.

According to Marx, workers' labour was less alienating in past societies. He claimed this because the workers had more control over their working conditions, the work was highly skilled, and they would make the whole product from start to finish. This means that the work was more satisfying because the workers could see themselves in what they produced.

However, with the introduction of capitalism and industrial factories in the 19th century, this craftsmanship decreased. Workers had less control over their work, were often unskilled, and were often just part of a production line. (Olivia Guy-Evans, simplypsychology.org)

8. A four-day work week. This idea still remains a pioneer project. In 1930, John Maynard Keynes predicted in his essay 'Economic Possibilities for Our Grandchildren' that by 2030 the work week would be reduced to 15 hours. Why do you think that despite automation, we still work 40 hours a week?

9. Vocabulary. Complete the sentences below with the following words or phrases: **task (v), assignment, remunerate, delegate, labour law, commission (v), vacancy, toil.**

- After years of, she's looking forward to retiring next year.
- I'm afraid I'll be with the preparation of a welcome speech for the upcoming event.
- You are overwhelmed with work probably because you don't know how to
- specifies the rights and responsibilities of workers.
- Lots of employees are thinking of resigning since they aren't fairly
- There is a/an for an English teacher in our school.
- He will first visit Paris on for the summer Olympics.
- We will need to a company to do the repairs.

10. Quotes on work.

- 'By the work one knows the workman.' **Jean de La Fontaine**
- 'Work isn't to make money, you work to justify life.' **Marc Chagall**
- 'Nothing will work unless you do.' **Maya Angelou**
- 'Give yourself something to work toward constantly.' **Mary Kay Ash**

11. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **What makes us feel good about our work.**

15. THE ART OF PUBLIC SPEAKING

Fear of public speaking is a common occurrence. However, if you want your voice to be heard, public speaking seems a skill worth mastering. This unit offers advice how to give good speeches.

Points to consider.

1. Public speaking can take many forms, which means most of us will be confronted with having to deliver it. What are the most common occasions on which one may be challenged to speak publicly? Identify five such situations.
2. What are your experiences with public speaking?
3. Fear of public speaking is certainly one of the most common fears. That kind of stress usually results from
 - fear of being judged.
 - being introverted.
 - not being able to communicate your ideas clearly.
 - fear of not being confident enough.
 - negative past experiences.
 - inability to stir interest in the audience.
 - comparing yourself to other speakers.
 - other

Which of the mentioned ideas can trigger stress in your opinion?

4. How to deal with public speaking anxiety? Certainly preparation is the key as it increases your self-confidence. What else may help overcome it? Read the passage below and add your own ideas.

When you're about to give a presentation or talk and you're feeling terrified, your inner critic might start saying things like 'I can't do it' and 'I'm not good enough'. However, rather than listening to your inner critic as unquestionable truth, you should stop and think about the thought you're having. If you acknowledge that it's just a thought rather than a fact, you'll become more self-aware and less anxious.

Rather than completely shutting a thought like this down, it might be beneficial to replace this thought with a more considered statement, like 'This is difficult right now but it will get easier'. This kind of reframed thought still acknowledges how you're feeling, but isn't prepping for failure. (futurelearn.com)

5. Mistakes. What are the most common mistakes when speaking publicly?

- being too technical
- focusing too much on delivery and personal appearance
- monotonous language
- improper body language
- other

Explain how the mentioned ideas can negatively impact public speaking.

6. Public speaking: looking for pitfalls. Even though you may be well prepared and follow experts' recommendations, there are some problems likely to crop up. What difficulty can you anticipate when delivering a speech?

7. Vocabulary. Complete the sentences below with the following words or phrases: **rhetoric, plead, verbalise, credibility, insinuate, articulate, stammer, extemporaneous, eulogy.**

- Only by being honest in what you say can you maintain your
- Are you that I'm not suitable for this post?
- Fundraisers shouldn't with passers-by for donations. This practice is usually counterintuitive.
- Don't fall for such words. They are only part of his campaign
- All of a sudden, I was asked to say a few words. I was surprised to be communicative despite the fact that it was a/an speech.
- I know that allows you to be emotional but unfortunately I wasn't able to my feelings.
- Despite appearing confident, she was barely able to the main points of the meeting.
- At first, he appeared quite confident, but then he started and became embarrassed.

8. Quotes on public speaking.

- 'My silence had not protected me. Your silence will not protect you.' **Audre Lorde**
- 'All speaking is public, whether it's to one person or a thousand.' **Roger Love**
- 'If you can't explain it simply, you don't understand it well enough.' **Albert Einstein**
- 'Best way to conquer stage fright is to know what you're talking about.' **Michael H. Mescon**

9. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **Public speaking – practice makes perfect.**

16. THAT'S DEBATABLE

A debate usually means a formal discussion in which opposing views are presented. In reality, however, debaters usually limit themselves to presenting their arguments, often ignoring or dismissing the other side. This unit focuses on how to have constructive debates without being argumentative or dismissive.

Points to consider.

1. Have you ever taken part in a debate? Have you ever changed your viewpoint as a result of either taking part or following a debate?
2. Do public debates make sense since the participants usually present their viewpoints with the intention to win? Do debates, after all, bring debaters closer since they have to consider the arguments of the other side?
3. What accounts for effective debates? Debates are mostly a form of competition. Julia Dhar in her TED Talk speech proposes a different approach with the following strategies:
 - Don't dismiss and dehumanise your opponent.
 - Debate ideas not identity.
 - Accept the fact that you may be wrong.
 - Be ready to listen and learn.

How effective do you think these ideas may be? What else would you suggest? Why are debaters mostly unwilling to follow these principles?

4. Climate crisis, immigrants, abortion, LGBT, civil partnerships: these issues often result in heated debates polarising societies. Is it possible to have a reasonable and dispassionate discussion? Considering your views on the mentioned issues and decide what arguments of the other side would you be able to understand?

5. Vocabulary. Complete the sentences below with the following words or phrases: **entrenched, defensive, rebuttal, stance, discord, endorse, hard bargainer, unanimous/ly, mitigate, come round to, challenge (v).**

- The issue of abortion seems to be a reason for within a coalition.
- Maybe the candidate didn't make the best impression in the debate, but I fully everything he said.
- The question he asked the assumption that uncontrolled immigration is a good thing.
- Both parties are so in their positions that compromise seems impossible.
- We hoped to smoothly reach agreement, however our business partner appeared to be a/an
- The speaker tried to the effect of what he formerly said.
- Initially, the city council weren't much impressed by my vision of the building, but over time they it.
- He wasn't able to logically explain his viewpoint. He limited himself to a few comments about his opponent.
- The accusation of corruption met with the immediate of the mayor.
- As it was easy to predict, the opposition voted against the new law.
- It's very unlikely that the governing party will change their on same-sex unions.

6. Quotes on debates.

- 'I don't believe that using inflammatory rhetoric on either side of a debate is productive.' **Matt Rosendale**
- 'For good ideas and true innovation, you need human interaction, conflict, argument, debate.' **Margaret Heffernan**
- 'The political climate during a campaign is not the best climate for reasonable debate.' **José Mujica**
- 'A good leader can engage in a debate frankly and thoroughly, knowing that at the end he and the other side must be closer, and thus emerge stronger. You don't have that idea when you are arrogant, superficial, and uninformed.' **Nelson Mandela**

7. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **Public debates I would like to follow.**

17. THE MASKS WE WEAR

Be yourself, embrace who you really are: we hear it everywhere. Even though being authentic is an asset, it would be risky to always expose our true nature for two reasons. First, because we all try to present a better version of ourselves. Second, because we all play social roles.

Points to consider.

1. What's behind the masks we wear? We try to
 - hide our imperfections.
 - conceal our moods and emotions.
 - cover our insecurities and anxieties.
 - meet societal expectations.
 - be seen.
 - not to attract attention.
 - appear more powerful.
 - play gender roles.
 - other

Which of the mentioned reasons are in your opinion justified not to show our true face? In what situations is wearing a mask against our true self? Putting on a fake smile now and again should not do much harm in this respect.

2. Take off your mask. What masks can we remove not damaging our public image? Have you ever experienced making such a decision which had a liberating effect in the end?
3. Social masks. Can you give examples.

4. Vocabulary. Complete the sentences below with the following words or phrases: **disguise, unearth, for the sake of appearances, makeshift, conceal, feigned, lay bare, malingering, masquerade as, stiff upper lip.**

- The biography attempts to the truth behind the legend.
- Her reaction to our proposal was nothing but excitement.
- You're often absent from work. Are you seriously ill or just?
- These events are planned, just to make the impression in the media that the government consider the matter seriously.
- To have means not showing your feelings, especially when you are upset.
- Investigative journalists lots of corruption practices in state-owned companies.
- The conman tried to rip the elderly couple off their money by their grandson.
- She smiled trying to tears in her eyes.
- The solution – as always – simply exacerbates the brewing problem.
- We wear different masks as a social

5. Quotes on image and appearances.

- 'Our image, strongly held, essentially determines what we become.' **Maxwell Maltz**
- 'Image is powerful, but image is also superficial.' **Cameron Russell**
- 'Somehow Photoshop and the ease with which one can produce an image has degraded the quality of photography in general.' **Elliott Erwitt**
- 'Very few of us are what they seem.' **Agatha Christie**
- 'Once you are real, you can't become unreal again. It lasts for always.' **Margery Williams**

6. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **The masks we wear to present better versions of ourselves.**

18. IS YOUR FAMILY HOLDING YOU BACK?

What if instead of love, support and appreciation you experience indifference and feel irrelevant. At the same time, you are somehow unable to break free and fly the nest. This unit analyses this problem of toxic families and offers ways of tackling it.

Points to consider.

1. 'When you eat together, you stick together'. This quote from the film *The Old Oak* emphasises the importance of togetherness and having meals should integrate families. What other positive feelings should the word *family* evoke? What strengthens family ties?
2. Nuclear family, single-parent and blended family. What are the differences of growing up in these types of families?
3. Sibling rivalry. Is this a natural phenomenon or does it result from improper upbringing?
4. Is your family holding you back? This may be the case when
 - you feel stuffy domestic atmosphere.
 - your life choices are not understood.
 - you are discouraged from having ambitions and aspirations.
 - your success is not appreciated.
 - other
5. Reasons why the above situation happens.
 - Your family may not have any expectations of you.
 - Your family may feel threatened by your need to evolve.
 - They doubt your skills.
 - Your lifestyle and priorities seem to disrupt their world view.
 - Your family may feel left behind.
 - other

6. What are the implications of living in such families?

7. Why is it difficult to break free when you feel trapped? **Robert Bell**, an author and frequent public speaker coined the term *crab bucket*. Read the passage below and give other reasons.

In families, a crab bucket mentality can create the worst kind of loyalty – an honour code that forbids anyone from changing or growing. (The mentality being ‘If I can’t get out of that crab bucket, nobody’s getting out of this crab bucket.’)... . That’s where you have to be really careful, because the threat of losing your tribe can be so scary that we might sabotage ourselves to avoid testing the limits of our clan. But if you have a dream for your life, then the crab bucket is no place for you to remain. If you feel like you’re suffocating, it might be the time to fight your way out. (Elisabeth Gilbert, oprah.com)

8. Vocabulary. Complete the sentences below with the following words or phrases: **stifle, cold-shoulder (v), put a damper, run in the family, get bogged down, cut no ice, have a say, rub off, talk out of.**

- Don’t with the lack of enthusiasm from your parents and pursue your dreams.
- I told my parents about my aspirations, but they seem to with them.
- Parents should help their children develop their potential, not it.
- I think our children are old enough to where to go on holidays.
- The danger is that living in a family without aspirations can on children.
- Excited, I hoped for some encouraging words from my parents, but instead they on my enthusiasm.
- He’ll probably win the drawing contest – artistic ability just
- My parents weren’t much impressed by my career plans. They tried to of them.
- I told my parents about my final exam results, but instead of congratulations I was by them.

9. Quotes on family life.

- ‘A happy family is but an earlier heaven.’ **George Bernard Shaw**
- ‘Family means no one is left behind.’ **David Ogden Stiers**
- ‘In time of test, family is best.’ **Burmese proverb**
- ‘All happy families are alike; each unhappy family is unhappy in its own way.’ **Leo Tolstoy**

10. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **Family is what you make it.**

19. THE POWER OF STEREOTYPES

We all use them – intentionally or unintentionally – those widely held, fixed and over-simplified images of ideas, particular people or things. And we become aware how unfair or painful stereotypes may be mostly when we fall victim to them.

Points to consider.

1. Look at the statements below.

- Stereotypes are mostly dismissive.
- They may base on true observations and experiences.
- They present incomplete picture of reality.
- They are the outcome of limited knowledge.
- Our brain tricks us into creating stereotypes.
- Jumping to conclusions reinforces stereotypes.
- Stereotypes are overused by people with strong views.
- They result in prejudice and discrimination.
- We tend to stereotype especially when confronted with uncertainty.

Choose three of the above statements that in your opinion best reflect the nature of stereotypes.

2. Can we control stereotyping others considering the fact that this tendency is triggered by our brain recalling previous experiences? Are there any stereotypes you have unlearned. The stereotypes you find difficult to eradicate.

3. How to dispel stereotypes? Read the excerpt below and add your ideas.

When you label somebody and put them in a box, then you put the lid on the box, and you never look inside again. I think it's much more interesting for human beings to look at each other's stories and see each other. Really see each other and then see themselves through other people's stories. That's where you start break down stereotypes. (Stephanie Beatriz, BrainyQuote)

4. Vocabulary. Complete the sentences below with the following words or phrases: **label, proverbial, stigma, bias, break the mould, dissociate oneself, think outside the box, mould (n), discriminate against.**

- Journalists should be impartial and not show political
- She doesn't fit into the standard celebrity On the contrary, she keeps low profile.
- His pessimistic mindset doesn't help him to make friends.
- It's unfair to all politicians as power-obsessed.
- Am I not wearing a suit on that occasion?
- Working with much younger colleagues, she sometimes feels because of her age.
- He tries to from those party members with extreme views.
- means being creative, innovative and original.
- Is there still a/an attached to mentally ill people?

5. Quotes on stereotypes.

- 'Don't live up to your stereotypes.' **Sherman Alexie**
- 'We fight stereotypes, but in fighting them, we show them. There are stereotypes for a reason.' **Nicholas Gonzalez**
- 'Attempting to get a truth means rejecting stereotypes and clichés.' **Harold Evans**
- 'Once you label me you negate me.' **Søren Kierkegaard**

6. Speech. Prepare a speech consisting of 12-15 sentences on the following topic:
Stereotypes prevent understanding.

20. VALUES

Values are the norms and principles that help you decide what is right and wrong, thus becoming your inner compass, which is particularly important in a fast changing world. This unit focuses on how to identify your values and make certain you live by them.

Points to consider.

1. The European Union is founded on the following values:

- Human dignity
- Freedom
- Equality
- Rule of law
- Human rights

What are the practical implications resulting from them?

2. How are values formed? In the first place, it is parents who instill basic values into their offspring. Our values, however, are shaped throughout our lives. What other factors impact this process?

3. Do I live by my values? How to check whether the values you consider relevant still impact your life, for example when it comes to the way you interact with people, your priorities, career choices, political preferences, etc.? Tchiki Davis in the article *39 Core Values – and How to Live by Them* comes up with a solution that can be summed up as follows:

Choose your most important three values. For each of these, write down three or more actions that define what it would mean for you to live these values. For example, if you value loyalty, actions may include not talking about your friend behind their back, or choosing not to engage in extramarital affairs. Next, write down one thing you have done that does not reflect each of your chosen values.

Consider the values below. You may add additional values if they are not included on the list.

- Honesty, integrity, cooperation, community, empathy, freedom, friendship, justice, loyalty, respect, selflessness, tolerance, ...

Do your values help you remain true to yourself?

4. What if I do not live in alignment with my values? What may prevent us from living our values?

5. Values integrate and divide people. Can they, for example, be accountable for the generation gap?

6. Vocabulary. Complete the sentences below with the following words or phrases: **virtue, credo, preach, bedrock, prerequisite, asset, invaluable, on principle, credentials.**

- Living in alignment with my values has become my personal
- Self-discipline is a/an definitely leading to success.
- Internship in this company was a/an experience.
- Good looks can be a/an in a modelling career.
- He got this job mainly because of the excellent professional
- Loyalty should be a/an of any relationship.
- I never borrow money,
- The coach the virtues of self-restraint. Among other things, he recommended minimising excessive needs.
- Work experience is a/an for applying for this post.

7. Quotes on values.

- 'Among the many values in life, I appreciate freedom most.' **Haruki Murakami**
- 'Strive not to be a success, but rather to be of value.' **Albert Einstein**
- 'My values, our values, aren't about pointing finger. They are about offering a helping hand.' **Kathleen Blanco**
- 'When your values are clear to you, making decisions becomes easier.' **Roy E. Disney**
- 'Create a ladder of values and priorities in your life, reminding yourself of what really matters.' **Robert Greene**

8. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **Values we all should live by.**

21. ALL THAT FOUL LANGUAGE

Swear words once reserved for ill-mannered, uncouth, frustrated and uneducated and used only on rare occasions, seem to have entered the mainstream. The question arises whether swearing is still considered bad language or has become a common element of language repertoire.

Points to consider.

1. To swear or... Write down five synonyms.
2. Swearing
 - means emotional arousal
 - can ease the pain
 - is impossible to ban
 - means decline of good manners
 - can enrich the language
 - is a way of lashing out/giving vent to negative emotions
 - litters standard language
 - other

Which of the mentioned ideas do you agree with?

3. That swearing is now much more common is caused by:
 - the impact of the Internet
 - films
 - breaking taboos
 - disappearance of inhibitions
 - other

4. Do swearings always evoke negative connotations? Read the excerpt below and say whether you have ever experienced the mentioned benefits.

*Among friends, swearing has a crucial social function: sharing a lexicon of words and breaking societal taboos is a form of bonding. Ritual insults among friends are not abusive, but actually a sign of belonging to the group. In the context, 'fuckface', 'dickhead', 'bitch' and 'asshole' can all be terms of endearment. People tend to curse more in same-sex groups of peers and when the atmosphere is relaxed. People swear the least when things are really tense. (John-Eric Jordan, *The Science of Curse Words: Why The F... Do We Swear?*)*

5. Since expletives are omnipresent these days, does this inoculate against their harsh effect?
6. *Swearing can relieve the pain on condition it is not overused (Time, August 10, 2009)*, but it has no effect when you swear in a foreign language. What would be your explanation of this phenomenon?
7. Swearing as a stylistic device. Is swearing justified as a means to spice up language, especially in situations when standard language comes across as bland and not expressive enough?
8. To resist the urge to swear, some people tend to twist words saying, for example *fudge* or *shiz*. What do you think of such a practice?
9. Vocabulary. Complete the sentences below with the following words or phrases: **blasphemy, derogatory, profane (v), taboo, F-bomb, run down, have the mouth of a sailor.**
- The politician was cynically the government's attempts to reform the tax system.
 - Our society is becoming more open-minded about some subjects.
 - You the celebration wearing sports clothes.
 - If you, you tend to swear a lot.
 - The singer behaved in a very relaxed manner, dropping a lot.
 - Some clergy think that any criticism of the Church is
 - He referred to the refugees in terms with the intention of dehumanising them.

10. Quotes on swearing.

- 'When angry, count to four, when very angry, swear.' **Mark Twain**
- 'The foolish and wicked practice of profane cursing and swearing is a vice so mean and low that every person of sense and character detests and despises it.' **George Washington**
- 'Swearing is an art form. You can express yourself more exactly, much more succinctly, with properly used curse words.' **Coleman Young**
- 'Under certain circumstances, profanity provides a relief denied even to a prayer.' **Mark Twain**

11. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **How much swearing is too much?**

22. GENERATION Z OR YOUTH OF TODAY

Even though plenty of ink has been poured over Gen Z, one thing remains certain. Young people, irrespective of times they live, are pretty much the same displaying their youthfulness this way or another. At the same time, however, they are different being shaped by different living conditions. For that reason, young people these days differ from the generation of their parents from the times of their youth.

Points to consider.

1. To be young means... Read the excerpt below to find out. What else sets young people apart from other age groups?

'They say you know nothing at eighteen,' adds James. 'But there are some things you know at eighteen that you never know again.' One of these things, he suggests, is friendship as euphoric as this. (Max Dickins, Billy No-Mates, 2020)

2. Generation Z – facts and myths. Look at the statements below. Which of them best characterise today's youth?

- Digital natives
- Screen-raised generation
- Negation of gender differences
- No religion
- Online reality is their reality
- No political affiliations
- Hyper-consumers
- Poor mental health
- Confusion and feelings of transience
- other

3. Youthful idealism vs. the world of adults. Read through the lyrics of *The Logical Song* by Supertramp, an English rock band. Will young people experience that kind of dissonance or the fact that they keep their feet firmly on the ground protects them against such rude awakening?

*When I was young, it seemed that life was so wonderful,
a miracle, oh it was so beautiful, magical.
And all the birds in the trees, well they'd be singing
so happily,
joyfully, playfully watching me.
But then they sent me away to teach me how to be
sensible,
logical, responsible, practical.
And they showed me a world where I could be so dependable,
clinical, intellectual, cynical.*

.....
*Now watch what you say or they'll be calling you
a radical, liberal, fanatical, criminal.
Won't you sign up your name, we'd like to feel you're
acceptable, presentable, a vegetable!*

4. Looking for role models. What is on offer for the young? Only influencers? Influencers and youtubers seem to be dream jobs for people that age. What accounts for their appeal?
5. When I was your age... This statement certainly points to the generation gap. What do you think elder generations may not understand or accept about young people?
6. Vocabulary. Complete the sentences below with the following words or phrases: **juvenile, youthful, coming of age x2, greenhorn, rejuvenate, youngish.**
- He thinks his means taking life into his own hands.
 - Such behaviour prevents him from making a good impression on prospective employers.
 - I'm a/an when it comes to information technology?
 - To everyone's surprise, this-looking businessman turned out to be a hard bargainer.
 - Her enthusiasm is quite contagious.

- The coach is trying to by bringing in a few new, young players.
- It was taken for granted that democracy in the countries of the former east block.

7. Quotes on young age.

- 'Youth is happy because it has the ability to see beauty.' **Franz Kafka**
- 'In youth we run into difficulties. In old age difficulties run into us.' **Josh Billings**
- 'If youth knew, if age could.' **Sigmund Freud**
- 'Youth is a gift of nature, but age is a work of art.' **Stanisław Jerzy Lec**
- 'All teenagers have this desire to somehow run away.' **Joan Chen**

8. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **'Youth is easily deceived because it is quick to hope.'** **Aristotle**

23. OLD AGE: LOOKING ON THE BRIGHT SIDE

At my age I don't have to prove myself seems to be old people's maxim. At the some time, however, inactivity is not the best option to spend that stage of life. There are certainly plenty of things to be done and dispelling stereotypes about ageism may be one of them.

Points to consider.

1. Old age. When does it begin? Officially, senior citizens are those over 60. What are the implications resulting from reaching that age? Does this make one look back on or it reminds one to make the most of living in the here and now?
2. Old age as a state of mind. What does it mean to feel old?
3. Old age: facts and myths. Which of the ideas below do you connect with old age?
 - Old age: self-imposed limitations.
 - Age-related afflictions prevent joy.
 - Decline of hopes and possibilities.
 - Regrets are inevitable at that age.
 - Fear of losing the ability to look after oneself.
 - Fear of living in a nursing home.
 - other

4. People who refuse to grow old. Sister Jean Dolores Schmidt is one of them.

It is safe to say that God hasn't made too many people quite like Sister Jean. She's remained incredibly active, taking to heart a saying from her mother: 'It's better to wear out than to rust out.' Sister Jean has certainly embodied that philosophy throughout her 104 years of life. 'I keep saying that to myself,' she said in 1998 interview. 'Don't let yourself sit around here and do nothing.' (Getting to Know Loyola's Sister Jean: Loyola University Chicago).

What other factors help enjoy robust health at old age?

5. Age is often a heavy burden. One of the problems elderly people face are loneliness and isolation. There was a radio report about elderly women who visited shopping centres not so much because of shopping but to be among people and feel less lonely. At the same time, there are attempts on the part of governments to get them out of their four walls. Consider the options below and assess their effectiveness.
- day-care centres
 - senior clubs
 - Universities of the Third Age
 - elderly people's own initiatives
 - other
6. Can we age well? What things get better as we age?
7. Ageism. What are the ways in which elderly people may feel uncomfortable or discriminated against because of their age?
8. Vocabulary. Complete the sentences below with the following words or phrases: **robust, age-old, longevity, agile, get on in years, ageist, senile, be pushing.**
- The term '.....' is considered offensive by some people. 'Dementia' seems more appropriate.
 - I may be, but I'm still able to look after myself.
 - Despite the fact that he must 80, he still retained his boyish charm.
 - A blue zone is a region where people beyond the age of 80 are in health and have minds.
 - Does the end always justify the means? This is certainly one of the dilemmas.
 - A healthy lifestyle isn't so much about reaching but rather boosting quality of life.
 - To believe that all elderly people are in favour of early retirement is an example of thinking.
9. Quotes on old age.
- 'What makes old age so sad is not that our joys but our hopes cease.' **Jean Paul Richter**
 - 'Old age is just a record of one's life.' **Muhammad Ali**
 - 'Old age is like everything else. To make a success of it, you've got to start young.' **Theodore Roosevelt**
 - 'To be able to look back upon one's life in satisfaction, is to live twice.' **Khalil Gibran**

- 'When a noble life has prepared old age, it is not decline that it reveals, but the first days of immortality.' **Muriel Spark**
10. Speech. Prepare a speech consisting of 12-15 sentences on the following topic: **How much does age define us?**

24. WE ARE SPIRITS

We Are Spirits in the Material World. These lyrics point to duality of human nature. However, they can also imply duality of our needs both material and spiritual and the latter will be discussed in this unit.

Points to consider.

1. What is spirituality? *The School of Life*, educational video attempts to explain this concept. Consider the online opinions below. Which one resonates with your understanding of the term? What is your definition of spirituality?
 - *It's philosophy one lives by.*
 - *Spirituality is seeking truth about yourself. Trying to seek who you are.*
 - *Spirituality is the self-actualisation. The very essence and nature of bliss, self-fulfilment and inner peace despite the underlying worries on this earth.*
 - *Spirituality is relationship with your divine.*
 - *The connection you have with nature, and the universe. Leave dogmatic beliefs behind.*
 - *Spirituality in a nutshell: say no to excessive materialism and yes to higher things.*
 - *To love and be loved without condition.*
 - *We are spirits having a human experience. These by all things are relevant making us One with each other and the Universe.*
 - *I enjoy the explanation that a spiritual moment coincides with a temporary escape from the ego. To me that is a lot what spirituality is – living in the moment, looking beyond the self, and seeing the beauty in all things/people.*
2. 'We all need something that moves the spirit and elevates the soul.' These words by Richard England, a renowned architect provide a brief definition of spirituality and emphasise the importance of spiritual needs. What are the most common ways to experience spirituality? Consider love, interconnectedness, empathy, selflessness, beauty, meditation.

3. Spirituality and religion. Is it true to say that religion is a branch of spirituality? What are the other differences?

4. What are the practical implications of spirituality? Consider the following ideas:
 - less need for external validation
 - better focus
 - inner piece
 - personal growth
 - other

5. Complete the sentences below with the following words or phrases: **transcendence, esoteric, awe, flow, metaphysical, mysticism, finitude, mindful.**
 - He presented the topic quite logically, not in the way that demanded some knowledge.
 - That magnificent view filled us with a sense of
 - is a state of loss of self-awareness.
 - Paradoxically, of our existence gives life value.
 - He believes that composing music helps him achieve spiritual
 - Over time, I become more of what really matters.
 - Is a form of religious contemplation?
 - What's the meaning of life? This is one of questions.

6. Quotes on spirituality.
 - 'It is through gratitude for the present moment that the spiritual dimension of life opens up.' **Eckhart Tolle**
 - 'Just as candle cannot burn without fire, men cannot live without a spiritual life.' **Buddha**
 - 'Love is the essence of spiritual life.' **Lucius Annaeus Seneca**
 - 'You have to grow from the inside out. None can teach you, none can make you spiritual. There is no other teacher but your own soul.' **Swami Vivekananda**
 - 'Music is the mediator between the spiritual and the sensual life.' **Ludwig van Beethoven**

7. Speech. Prepare a speech consisting of 12-15 sentences elaborating on the following words: '**We are not only biological, social, and psychological beings, but spiritual beings as well.**' **Kenneth I. Pargament**

25. IN SEARCH OF WISDOM

The only true wisdom is knowing you know nothing. Socrates' words point to intellectual humility and self-awareness, which should be the basis for growth. Let's hope wise people know how to apply that principle to their lives.

Points to consider.

1. It was wise of me... Can you tell about one of your wise decisions.

2. What is wisdom? Read the excerpt below.

For some thinkers, notably Robert Nozick, wisdom has a practical dimension in that it involves an understanding of the goals and values of life, the means of achieving those goals, the potential dangers to avoid, and so on. I agree, but I also think that all this naturally flows from perspective: If you have proper perspective, you cannot fail to understand the goals and values of life or indeed fail to act on that understanding. This chimes with Socrates' claim that nobody does wrong knowingly: People only do wrong because, from their limited perspective, it seems like the right or best thing for them to do. In the words of Jesus from the cross, 'Father, forgive them; for they know not what they do.' (Neel Burton, *Psychology Today*)

The author of the above passage emphasises the importance of perspective taking. Consider other components of wisdom: knowledge, experience, self-reflection, ability to assess and predict situations, open-mindedness, then choose one of them and explain its importance.

3. Wise people:

- expand their horizons
- learn from mistakes
- learn from experience
- look for meaning
- are humble

- manage their emotions
- live by their values
- are non-judgemental
- are proactive
- other

Which of the above characteristics of wise people do you consider important?

4. You gain wisdom from... What makes us wiser?
5. Wisdom comes with age. To what extent can age make one wiser?
6. Conventional wisdom. This term refers to all general ideas and opinions that are commonly accepted as true. However, they may also involve stereotypes and prejudice. How accurate is conventional wisdom in your opinion? Are there any such ideas you can easily debunk?
7. Is wisdom appreciated these days? Ancient philosophers popularised principles that hold true up till now. Do we want to learn from them or we simply prefer a quick fix relying on motivational speakers, life coaches or influencers?
8. Practical wisdom. This term usually means the ability to use your knowledge and experience to make good decisions and get things done. It involves
 - emotional intelligence.
 - intuition.
 - learning from mistakes.
 - ability to improvise.
 - ability to move beyond the black-and-white of rules.
 - other

Which of the above ideas do you consider essential elements of practical wisdom?

9. Vocabulary. Complete the sentences below with the following words or phrases: **stand to reason, astute, true to say, sadder but wiser, prudence, wise up, outsmart, in sb's infinite wisdom, self-righteous, ingenuity.**
 - Successful political marketing relies among other things on a/an analysis of voters' expectations.
 - His sense of made him delay the decision of quitting the job until he found another one.

- The new employees innovative ideas testify to his dedication and
- It's time to to the fact that not everyone will be playing by your rules.
- He his political rival by starting with seemingly flattering comments.
- The manager,, arranged the meeting for Friday afternoon.
- It that speeding accounts for most of car accidents.
- we know now that we shouldn't have rushed the decision of buying such an expensive flat.
- He's one of those people confusing self-confidence with competence.
- Is it that you learn empathy by experiencing painful life situations.

10. Quotes on wisdom.

- 'The higher we are placed, the more humbly we should walk.' **Cicero**
- 'Patience is the companion of wisdom.' **Saint Augustine**
- 'The young man knows the rules, but the old man knows the exceptions.' **Oliver Wendell Holmes**
- 'Never mistake knowledge for wisdom. One helps you make a living; the other helps you make a life.' **Sandra Carey**

11. Speech. Prepare a speech consisting of 12-15 sentences expanding on the following words: **Wisdom comes from learning, experiencing, reflecting and interacting with others.**

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