Lesson 1 : Selfie Revolution

To begin with, it should be noted that there are 2 types of photo shoots

first one is the "usie" which is a group selfie, where someone takes a picture of

themselves with other people in the shot.

The Second one is the topic of this lesson, the SELFIE which is a self-portrait photograph.

selfies are typically taken with a digital camera or a camera phone and are often posted on social-media networks.

Most of the times, selfies are fun and entertaining, they allow us for example to create memories

People take selfies

to have proof that something important has happened

to post on social media and get likes

to gain popularity on social media and compete with others

to build an online reputation and show how interesting or cool they are

Otherwise,

they can have a lot of consequences for the people who post them. In some situations selfies can be seen as toxic that’s why, it is recommended to :

Don't post intimate selfie shots.

Be respectful.

Show kindness.

Lesson 2: The English Mania

Over the past decades new technologies have allowed us to work in close contact with people all over the world. As relationships with countries grow, so does the need to speak a foreign language.

of learning a foreign language have so manu positive points :

**1) Increase your brain power.**

Learning a language is a great way to keep your brain healthy and sharp.

Research shows that people who are multilingual may be better at processing language and other analytical tasks. Switching between languages causes the part of your brain responsible for problem-solving and filtering information to work more efficiently.

#### 2)Language is the gateway into another culture.

Most of the time, efforts at translation can’t fully capture the nuances conveyed in different languages. Even [movie titles](http://www.huffingtonpost.com/2014/02/28/hollywood-movie-titles_n_4873400.html" \t "_blank) can get lost in translation`

With a new language, a whole new world will be open to you.

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#### Further, Studying a foreign language will improve your chances of getting a job.

It will help you meet new and interesting people.

#### And it Make travel easier and more enjoyable.

Let’s talk about the English mania.

First of all, English is the most widespread language in the world and is more widely spoken and written than any other language.

In all the world's languages, English have the richest vocabulary;.

Likewise, the main language used throughout the world on the internet is English.

It’s easy to see just how important English is around the world.

In conclusion, as the most spoken language in the world, English holds a huge part in the communication. ...

A LINGUA FRANCA a language that is adopted as a common language between speakers whose native languages are different.

Aim: an attempt to convince, or persuade, the reader that the opinion, or assertion, or claim, of the writer is correct or valid.

Lesson 3: Cyberbullying

Cyberbullying is a type of bullying that takes place with the use of any electronic technology.

It is a major problem affecting young people today.

This topic comes as an interest to many people these days because bullying is very common and it can ruin a person’s life.

These days, cyberbullying is considered as a new form of [bullying](https://www.123helpme.com/topics/bullying). It can happen over the internet by computer, mobile phone or any other electronic devices.

Cyberbullying could involve any form of unpleasant words or pictures being displayed on the internet for others to see. It could also involve the spreading of lies about the victim on the internet.

The most common types of cyberbullying include passing of humiliating photos, cell phone pranks, cyber stalking, and anonym text message .

Victims of cyberbullying may succumb to anxiety, depression, and other stress.

it can steal their feelings of happiness and contentment. It also can increase feelings of worry and isolation.

They may lose interest in things they once enjoyed and spend less time interacting with family and friends. And, in some cases, depression and thoughts of suicide can set in.

Kids being victimized by cyberbullying may lose interest in school also.

Kids begin to feel hopeless and think that the only way to relieve the pain is ending their life. As a result, they may fantasize about dying in order to escape.

It seems impossible to protect children from cyberbullying but there is a lot you can do the help prevent it.

Lesson 4 : Predictive shopping

First of all, I’d like to give a definition of the predictive shopping.

Predictive shopping means that customer can get the desired item even before he has thought about it.

The question is: how does it work?

with the help of a client’s purchase history, their shopping patterns, and the levels of certain products’ supply and demand, trading company can predict the client’s next purchase.

The benefits include smarter, faster decision making, increased organizational agility and market and it permit better resource management.

Predictive analysis is an incredible aid to the retails since it encourages them to pick up insights into their customers and identify with their needs.

Lesson 5 : Water crisis

Water crisis is defined as a water deficiency or a lack of safe water supplies.

As the population of the world grows and the environment becomes further affected by climate change, access to fresh drinking water reduce.

Globally, [million](https://www.worldvision.com.au/global-issues/work-we-do/water-difference" \o "" \t "_blank) people lack access to clean drinking water. Every day, over [800 children](https://www.worldvision.com.au/donate/help-children/water" \o "" \t "_blank) die from dirty water.

Water crisis affects big cities around the word

BEIJING, CHINIA

Is THE MOST POPULATED CITY IN THE WORLD WITH

SEVERE WATER POLLUTION

MOSCOW, RUSSIA

THEIR WATER SUPPLY IS VERY POLLUTED

ISTANBUL, TURKEY

WATER CRISIS, SEVERE DROUGHT AND GROWING

POPULATION

Causes of Water Scarcity are several :

Firstly we can talk about the Overuse of Water

Secondly Pollution of Water

### We can also mention Global Warming

Here are some solutions :

### Save Water Whenever Possible

### Recycle Water

### Less Use of Chemicals in Farming

### Better Water Distribution Infrastructure

### Support Clean Water Initiatives

Lesson 6: Art Therapy

### The use of artistic methods to treat [psychological disorders](https://www.verywellmind.com/what-is-a-psychological-disorder-2795767) and enhance mental health is known as art therapy. Art therapy is a technique rooted in the idea that creative expression can foster healing and mental well-being.

### The goal of art therapy is to utilize the creative process to help people explore self-expression and, in doing so, find new ways to gain personal insight and develop new coping skills.

### The creation or appreciation of art is used to help people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills.

Emergence of Art therapy as a profession arose

independently simultaneously in the United States and

Europe.

Techniques of Art Therapy Painting Doodling Sculpting

Benefits of art therapy :

Reduce stress

Imagine a more hopeful

future

Health issues treated by Art Therapy :

Anxiety

Cancer

Substance

Dependence

Clients who have experienced emotional trauma can benefit from expressing themselves creatively.

Lesson 7 : Pandemic Billioanaires

More than five million people became millionaires across the world in 2020 despite economic damage from the Covid-19 pandemic.

While many poor people became poorer, the number of millionaires increased widely.

In 2020, more than 1% of adults worldwide were millionaires for the first time.

Recovering stock markets and soaring house prices helped boost their wealth.

New jobs and professions were created during this health crisis

Temperature screeners, Face mask makers, Covid-19 testers and Social-distancing monitors are jobs that are now booming.

Let me present to you a few people who became billionaires.

First one is Li Jianquan , During the outbreak,his company supplied billions of

masks and millions of protective overalls to front-line workers worldwide so he became billionaire

Second one is Dr Shi Xu, His company, founded in 1999, provides nanotechnology solutions for smartphones and other electronics.

Last one is Anthony Tan, co-founder and chief executive of the app Grap, to avoid crowded buses and trains. His business has seen his net worth rise to

million.

Otherwise, Covid-19 impacted the young

Workers countries now need to do everything they can to stop this jobs crisis from turning into a social crisis.

Lesson 8 : Academic writing

cademic writing is the writing done for academic purposes.

It is entering into a conversation with others, but the way this conversation is carried out differs from how everyday conversation unfolds. academic writing involves expressing your ideas, but those ideas need to be presented as a response to some other person or group; and they also need to be carefully elaborated, well supported, logically sequenced, and tightly stitched together.

Here are some qualities of a good academic writer :

First Has good time management

Applies critical thinking

Stuctures discussion within paragraphs

Proofreads carefully – spelling, punctuation, grammar and layout

Assumes the reader knows nothing about the subject at all

Writes clearly

Lesson 9 : Cryptocurrency

 a *cryptocurrency* is a new form of digital money. You can transfer your traditional, non-cryptocurrency money like the U.S. dollar digitally,. When cryptocurrencies become mainstream, you may be able to use them to pay for stuff electronically, just like you do with traditional currencies.

Bitcoin is a decentralized digital currency that was

created in January 2009.

Here some advantages of using cryptocurrency

Faster transactions

Payment tracking

Better accessibility

Disadvantages

Lack of regulation

Uncertainty for the

Future

Security issues

Lesson 10 : How to buy happiness

Happiness is something which we can’t describe in words it can only be felt from someone’s expression of a smile. Likewise, happiness is a signal or identification of good and prosperous life. Happiness is very simple to feel and difficult to describe. Moreover, happiness comes from within and no one can steal your happiness.

Every day we see and meet people who look happy from the outside but deep down they are broken and are sad from the inside. For many people, money is the main cause of happiness or grief. But this is not right. Money can buy you food, luxurious house, healthy lifestyle servants, and many more facilities but money can’t buy you happiness

It is something that you feel from within.

In addition, true happiness comes from within yourself. Happiness is basically a state of mind.

Moreover, it can only be achieved by being positive and avoiding any negative thought in mind. And if we look at the bright side of ourselves only then we can be happy.

To conclude, we can say that happiness can only be achieved by having positive thinking and enjoying life. Also, for being happy and keeping the people around us happy we have to develop a healthy relationship with them. Additionally, we also have to give them the proper time.