

ENGLISH

Chapter 16

5th
SECONDARY

CHALLENGES



 **SACO OLIVEROS**


Helico Motivation – Do you have a good friend?



Challenges

WDYT?
(What do you think?)

What can you do to
challenge yourself?

1  Complete the diagram with the words in the box. Can you think of any other words?

People

acquaintance best friend close friend colleague enemy
opponent relative rival stranger teammate



2



35

Work in pairs. Listen to the descriptions and match them with people from exercise 1. Then describe the other people to your partner.



acquaintance best friend close friend colleague enemy
opponent relative rival stranger teammate

Additional exercises:

1. **Enemy**
2. **Colleague**
3. **Best friend**
4. **Rival**
5. **Teammate**
6. **Opponent**

This is someone you don't know well.

Acquaintance

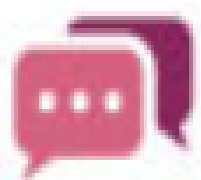
This is someone who you get along really well with.

Close friend

This is someone you don't know and have never met before.

Stranger

3



Work in pairs. Ask and answer the questions.

- 1** What do you and your best friend like doing?
- 2** Are you on any teams? If so, do you get along well with your teammates?
- 3** Did you beat your opponents the last time you played a game or match?

4 Look at the photos. What do you think they represent?



New skills/creativity: bot to pad asking, guitar lesson.

5



Read the quiz and check the meaning of the words in bold. Rate the statements 0–5 (0 = I totally disagree, 5 = I totally agree).

2

I can **overcome a failure** and keep **working on my goals**.

0 1 2 3 4 5

3

When I **make a resolution**, I'm likely to **break my resolution** after a few weeks.

0 1 2 3 4 5

4

I am willing to **take a risk** and try new things.

0 1 2 3 4 5

5

I sometimes **miss opportunities** because I'm scared that if I **take an opportunity**, I'll **be out of my comfort zone**.

0 1 2 3 4 5

6

I **take inspiration** from other people's achievements.

0 1 2 3 4 5

7

My friends help me **deal with setbacks** and **face challenges**.

0 1 2 3 4 5

8

When other people believe I can do things, it **increases my motivation**.

0 1 2 3 4 5

6 Look at the quiz again and find the noun form of the verbs in the box. Which are the same as the verb?

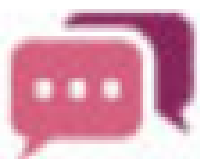
1. Achieve
2. Challenge
3. Change
4. Encourage
5. Fail
6. Inspire
7. Motivate
8. Promise
9. Resolve
10. Risk

- 1- Achievement
- 2- Challenge
- 3- Change
- 4- Encouragement
- 5- Failure
- 6- Inspiration
- 7- Motivation
- 8- Promise
- 9- Resolution
- 10- Risk

7 Guess whether your partner agrees (A) or disagrees (D) with the statements.

- 1** I'm the most out of my comfort zone when I have to speak in class.
- 2** I never need encouragement to try new things.
- 3** I need to motivate myself.
- 4** I'd rather break a resolution than risk failure.
- 5** If I make a promise to a friend to do something, I'm more likely to do it than if I promise myself.
- 6** I enjoy working on my goals and achieving them.

8



Work in pairs. Ask and answer questions using the ideas in exercise 7. Were your guesses correct?

When are you out of your comfort zone?
Is it when you speak in class?

No, I'm out of my comfort zone when ...

Both: Watch the video. Does Ben believe failure is a good or bad thing?

Failing isn't fun, but it teaches us lessons.

10



Work in pairs. Discuss the questions.

1 What goal that he has achieved does Ben talk about in this video?

1- **He makes his own music**

2 Do you think this video is professional or homemade? Why?

2- **Homemade. It is filmed at home. He uses his videos.**

3 Videos about 'life lessons' are very popular. Why do you think this is?

3- **They are helpful / They are inspirational.**



2 Do you think a rival would make you more or less likely to do the things in the box?

achieve goals encourage others face challenges
increase motivation inspire someone
miss opportunities overcome failure
set goals/objectives take risks work on goals

4 Read the Subskill tips. Are sentences 1–6 true or false? Find information in the article to support your answer.

1 Antoni believes having a competitor pushes you to achieve results.

TRUE

2 People ran more quickly only when they weren't trying to beat an opponent.

FALSE

3 Certain characteristics of opponents can make us angry because our opponents try to hide them.

FALSE

4 According to Isabel, one study showed that athletes practiced more after they were made to think of a rival.

FALSE

5 Teamwork usually makes it unlikely that people are not ready to face challenges.

TRUE

THE BIG QUESTION: Do you need a rival to be successful?



YES says Antoni, because rivals help us achieve our goals.

When you have a rival, it increases your motivation to succeed and can help you achieve far more than you ever imagined. How? Seeing what a rival accomplishes makes tough objectives seem more realistic, so you work harder. This effect is well known in sports – if you compete against a rival, you will be more motivated. In fact, one study showed that runners ran a 5 km race 25 seconds faster when competing against a rival. The positive effect of rivalry isn't just for sports – it has equal benefits in the classroom and other areas of life. Having a rival can help you to set objectives, keep working on goals and encourage you to dream big. As everyone knows, unless you set objectives, you don't work as hard.

Interestingly, rivals could also help us learn about ourselves. Often, our rivals have traits that annoy us and, according to a psychological theory, these might be characteristics of our own personality that we keep hidden. If we identified these traits, it would make us accept ourselves more. This can make us happier, more confident and get along better with others.

We need rivals. They bring out the very best in us and inspire us to do better, be better and achieve more than we thought possible. That is success.



NO says **Isabel**, because it is better to cooperate than compete.

Having a rival can be dangerous – we can become so focused on them that we take unnecessary risks and miss out on opportunities. Recently, researchers found that if athletes were reminded of their rival, they didn't practice as much because they wanted to play straight away to win. They ignored the opportunity to get extra experience. They wouldn't have done this if they hadn't been so obsessed with beating their rival. This is just as true in any area of life.



When we cooperate instead of competing, everyone benefits. Everyone has different strengths and talents, and teamwork means individuals can all contribute in different ways. Studies have shown that when people work together, creativity and learning increase. Not only that, but relying on others builds trust and improves relationships. People are generally more willing to face challenges and overcome failure when they have the support and encouragement of their teammates. Everyone succeeds and there are no losers.

It is absolutely clear that we do not need a rival to improve. The only person we should compete against is ourselves. Success is doing something better today than you could yesterday.

6 Circle the correct answer a–c.

1 Antoni thinks people work harder when ...

- a they set tough objectives.
- b their objectives are realistic.

c their competitors succeed in doing something.

2 Antoni says the positive effects of rivalry ...

a are more noticeable in sports.

b apply to different situations.

c have more benefits in the classroom.

3 Identifying our own negative characteristics ...

a can improve how we feel.

b doesn't affect our relationships with others.

c is only possible if they have been hidden before.

4 Research into cooperation has shown that depending on others ...

a increases people's different strengths and talents.

b boosts our belief in others and our connections with them.

c means people start to enjoy teamwork more.

7

Word work

Match the definitions with the words in bold in the article.



1 believe or recognize that something is good enough

2 trust someone to do something for you

3 achieves, succeeds in doing something

4 didn't consider something

5 a situation in which people or teams compete against each other

6 work with others for a good result for everyone

cooperate

7 particular qualities in someone's character

traits