

# ENGLISH

## Chapter 16 Session B

**5th**  
SECONDARY

## CHALLENGES

---



 **SACO OLIVEROS**

# Helicomotivation



# An opinion article

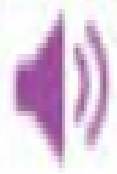
1



Work in pairs. What helps people succeed and overcome challenges?

## 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

**3**  **36** Read and listen to the article. Do the writers agree or disagree with you?

## 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.



**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.
- 2** People ran more quickly only when they weren't trying to beat an opponent.
- 3** Certain characteristics of opponents can make us angry because our opponents try to hide them.
- 4** According to Isabel, one study showed that athletes practiced more after they were made to think of a rival.
- 5** Teamwork usually makes it unlikely that people are not ready to face challenges.

**TRUE**

**FALSE**

**FALSE**

**FALSE**

**TRUE**

## 5 Which tip(s) helped you answer the questions in exercise 4?

### **Suggested answers:**

- 1** synonym and paraphrase: a rival (competitor), achieve far more than you ever imagined. (results)
- 2** synonym and paraphrase, and use of negative: faster (more quickly), competing against a rival (weren't trying to beat an opponent)
- 3** synonym and use of different subject: annoyed (angry), that we keep hidden (our opponents try to hide them)

## 5 Which tip(s) helped you answer the questions in exercise 4?

- 4 use of negative: didn't practice as much (practiced more)
- 5 use of synonym and double negative: generally more willing (unlikely that people are not ready)
- 6 paraphrase and qualifiers: we do not need a rival. The only person we should compete against is ourselves. (having a rival is unnecessary)

## 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.

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**