# Lesson: Grammar and Reading Comprehension

## Passage 3:

Many people get nervous when they have to speak in public. They find it (1) \_\_\_\_\_\_\_\_\_\_ and scary. However, researchers have some good news. They've found a way (2) \_\_\_\_\_\_\_\_\_\_ to handle talking to yourself. More specifically, you should talk about yourself in the third person. In other words, (3) \_\_\_\_\_\_\_\_\_\_. Instead of thinking "I'm doing well," you should say "David is doing well." By examining your own performance as if you were examining that of someone else, you can (4) \_\_\_\_\_\_\_\_\_\_ your stress levels. In their study, the researchers found that people who talked to themselves this way showed fewer signs of stress. It seemed to help them (5) \_\_\_\_\_\_\_\_\_\_ their feelings. What's more, their public speaking skills were rated (6) \_\_\_\_\_\_\_\_\_\_ than those of people who used first-person language. The researchers believe that this small change in the language people use to refer to themselves can make a (7) \_\_\_\_\_\_\_\_\_\_ difference. So the next time you have to speak in front of your class, give it a try!

## Questions

1. What is the most appropriate title for the passage?  
 a. How to Improve Your Language Skills  
 b. Public Speaking: Why It's So Stressful  
 c. Talking to Others is the Key to Success  
 d. How to Evaluate Public Speaking Skills  
 e. Need to Give a Speech? Talk to Yourself

2. Which of the options 1 to 7 does NOT correctly fill in the blank?  
 a. (1) stressful  
 b. (2) to handle  
 c. (3) judge other people  
 d. (4) reduce  
 e. (5) control  
 f. (6) lower  
 g. (7) big

3. Choose the most appropriate word to fill in the blank.  
 a. pretend you are fine  
 b. judge other people  
 c. ask a friend for advice  
 d. use your own name  
 e. practice in front of other people

4. Rewrite the sentence in a grammatically correct way:  
 "a way (2) \_\_\_\_\_\_\_\_\_\_ to handle talking to yourself."

5. What do researchers suggest to reduce stress when speaking in public?

6. What should you say instead of thinking "I'm doing well"?

7. According to the passage, how does examining your own performance as if you were examining someone else’s help?

8. What did the researchers find about people who talked to themselves in the third person?

9. True or False: People who used first-person language showed fewer signs of stress.

10. How can this small change in language make a big difference?

## Answer Key

1. e. Need to Give a Speech? Talk to Yourself

2. c. (3) judge other people

3. d. use your own name

4. "a way (2) \_\_\_\_\_\_\_\_\_\_ to handle talking to yourself." => "a way to handle talking to yourself."

5. Researchers suggest talking to yourself in the third person to reduce stress when speaking in public.

6. Instead of thinking "I'm doing well," you should say "David is doing well."

7. Examining your own performance as if you were examining someone else’s helps reduce stress levels.

8. The researchers found that people who talked to themselves in the third person showed fewer signs of stress and had better public speaking skills.

9. False

10. This small change in language helps people feel less stressed and more in control, making a big difference in their performance.