

Developing Oneself



Everyone has inborn talents and skills which are further enhanced and developed by everyday circumstances and experiences. Being a better version of ourselves is a struggle especially if we lack the will and determination. One can only develop oneself if he desires it. No one can force you to do it; you and only you can.

There are a lot of facets one must consider in developing himself. The physical, intellectual, emotional, social and spiritual aspects are the main domains that complete one's individuality. A person may engage in several different modes for him to attain personal growth and development.

In addition, to develop oneself, one should go through several obstacles or challenges along the way. One should be able to overcome these challenges successfully. This is one of the essentials in developing oneself. The more challenges you go through, the more experiences you gain, the better you become.

What's the Meaning ...

1. inborn
2. enhanced
3. facets
4. domain
5. modes

Lesson 11

Pronunciation Practice

- 1 further
- 2 circumstances
- 3 experiences
- 4 struggle
- 5 determination
- 6 individuality
- 7 engage

Questions Related to the Topic

1. How can an individual develop oneself?
2. Give examples of facets you can develop.
3. Why do you think you need to develop yourself?
4. Do you think you can easily develop yourself?

Dreams



A dream is a series of thoughts, images, or emotions occurring during sleep. The duration of a dream varies from a few seconds to approximately 20 - 30 minutes.

Dreams range from normal and ordinary to surreal and bizarre. Experts presented their idiosyncratic interpretations of a dream or two. A prominent man in this field is Sigmund Freud. He stated that dreams are the manifestations of our deepest desires and emotions which come as nightmares.

There has been a notion that that particular person or thing you dream about at night is the very last thing or person you think of before you doze off; or perhaps, the thing or person you have been thinking about all day.

Well, not only that. Have you ever felt like doing the same thing over again, or being in the same place, or in the same situation? As if, you've been there before? Guess what? You have; in your dreams. At least, that is what most people say. This is what people know as 'de ja vu'.

It does make sense, for the most part. If you think about it, you cannot remember what you dreamt about that night. But, when it happens, you feel it. You feel as if you have been there and done that.

Nevertheless, dreams are interpreted in many different ways. Some believe it is true, some do not. No matter, dreams are one of those things that make our lives more interesting and filled with wonder.

What's the Meaning ...

1. duration
2. surreal
3. bizarre
4. idiosyncratic
5. nightmare

Lesson 12

Pronunciation Practice

- 1 occurring
- 2 approximately
- 3 surreal
- 4 bizarre
- 5 idiosyncratic
- 6 interpretations
- 7 Sigmund Freud
- 8 manifestations

Questions Related to the Topic

1. Who is the most prominent when it comes to the study of dreams?
2. How does he define dreams?
3. Do you think animals also dream? Why or why not?

Multicultural Marriages



A multicultural or interracial marriage is when two people from different countries or culture unite through the act of marriage. Multicultural or interracial marriages have had a rapid growth throughout the years. It has become a common sight to see a couple of different nationality walking in the streets. Technology has become one of the factors that contribute to the rise in the number of interracial couples. This advancement has become the avenue of such couples to know each other. Particularly, they meet online through dating sites, social networks, and chat rooms.

Many researches on interracial couples have been conducted. Accordingly, there are a few common reasons why they tend to marry a partner from a different culture. One is that they have common interests. Another is, they are physically more attractive. They also share similar entertainment and socioeconomic interests. Some interracial couples marry for true love, but there are more couples who marry for greener pastures or financial reasons and stability, and so, they encounter many difficulties in their relationship and even in the society. Some people look at them with curiosity and some judge them for the motives of their marriage.

What's the Meaning ...

1. multicultural marriage
2. rapid growth
3. avenue

Lesson 13

Pronunciation Practice

- 1 multicultural
- 2 marriage
- 3 interracial
- 4 throughout
- 5 avenue
- 6 entertainment
- 7 curiosity
- 8 judge

Questions Related to the Topic

1. What is multicultural or interracial marriage?
2. Where does multicultural or interracial marriage usually start?
3. Give important facts of multicultural or interracial marriage.
4. Why do you think multicultural or interracial couples encounter difficulties in their marriage?
5. Are you willing to have a multicultural or an interracial marriage?

Stress



Everyone has the tendency to be stressed. It is our body's natural reaction when dealing with problems and challenges. There are numerous factors that cause stress such as work, school, family, friends, some unfortunate occurrences in life or even the road traffic.

Stress can most likely lead to health problems and even death, if not managed immediately. People who cannot handle stress well have a higher tendency to have poor health, often because they no longer have the appetite to eat or they smoke and drink, which would obviously jeopardize their health. The most horrifying and unfortunate effect of stress is suicide, wherein a stressed individual could no longer handle his problems and decides to end his life to free himself from such terrible situation.

Stress must be handled properly because it is not just your life that is on the line, but the lives of the people around you are at risk too.

What's the Meaning ...

- | | |
|---------------|----------------|
| 1. stress | 5. suicide |
| 2. numerous | 6. on the line |
| 3. jeopardize | 7. at risk |
| 4. horrifying | |

Lesson 14

Pronunciation Practice

- 1 occur
- 2 individual
- 3 innumerable
- 4 liquor
- 5 obviously
- 6 jeopardize
- 7 horrifying

Questions Related to the Topic

1. What are the most common causes of stress?
2. What are the common unfortunate effects of stress?
3. How can a single person's stress affect the lives of the people around him?

Superstitious Beliefs



Every country is uniquely different. Cultural beliefs and traditions define the identity of the people. Supernatural beliefs are one feature of culture that every country possesses. It is the fear of what is not known and the unexplainable. Many of us believe that certain things and our behavior can bring us either good fortune or bad luck. Belief in the supernatural like some certain unexplainable phenomena is an essential role in the way people live their lives. It is undeniable despite the world's rapid modern advancement. Some still adhere to the beliefs and traditions of their ancestors.

This belief in the supernatural can be witnessed worldwide. The people in each country believe in one or several supernatural beliefs that are different from the others.

People's way of thinking and decision-making abilities are influenced by their culture's superstitious beliefs. For instance, Filipinos believe that sweeping the floor at night will make good fortune disappear. In Japan, it is an omen of misfortune when you break a comb or the cloth strap of a geta wooden sandal. According to some Chinese superstition, if a person sees the reflection of a coffin in a mirror, there will be death from their family. In Korea, dreaming about pigs will bring you wealth and luck in the future.

Superstitious beliefs may be illogical and unexplainable, but its essence, makes our culture more vibrant and distinct.

What's the Meaning ...

- | | |
|--------------------------|--------------------|
| 1. supernatural beliefs | 5. decision-making |
| 2. phenomena | 6. illogical |
| 3. undeniable | 7. vibrant |
| 4. superstitious beliefs | |

Lesson 15

Pronunciation Practice

- 1 uniquely
- 2 phenomena
- 3 essentially
- 4 unexplainable
- 5 superstitious
- 6 vibrant
- 7 distinct

Questions Related to the Topic

1. What greatly influences one's superstitious beliefs?
2. Do you think superstitious beliefs of your culture really exist?
3. Can you give more superstitious beliefs of your culture?

Multiple Intelligences



Everyone is intelligent. It is only a matter of finding your area of expertise. Howard Gardner, a developmental psychologist, has identified eight different types of intelligence that every person possesses. This allows people to evaluate themselves and identify their strengths and weaknesses. Also, educators will have an idea which area they need to focus on when teaching their students. Gardner's theory of Multiple Intelligence identifies the following: Visual-Spatial, Verbal-Linguistic, Logical-Mathematical, Bodily-Kinesthetic, Musical, Interpersonal, Intrapersonal, and Naturalist.

Visual-Spatial involves perception of the environment. This creates and manipulates mental images. Verbal-Linguistic involves words, reading, writing, speaking, and knowing foreign languages. Logical-Mathematical involves numbers and solving different logical problems. Bodily-Kinesthetic is physical coordination or expressing oneself and learning through physical activities. Musical is expressing oneself to music and rhythm. Interpersonal involves knowing how to communicate and understand other people. While, intrapersonal is understanding one's inner self. Naturalist is understanding the environment and the world.

Multiple Intelligence theory gives you an idea on how to develop your strengths and use it to your advantage.

What's the Meaning ...

- | | |
|---------------------------|-----------------------|
| 1. expertise | 5. bodily/kinesthetic |
| 2. multiple intelligences | 6. interpersonal |
| 3. visual/spatial | 7. intrapersonal |
| 4. verbal/linguistic | 8. naturalist |

Lesson 16

Pronunciation Practice

- 1 expertise
- 2 intelligence
- 3 spatial
- 4 kinesthetic
- 5 rhythm
- 6 strength
- 7 naturalist

Questions Related to the Topic

1. Who identified the theory of multiple intelligences?
2. Can you give one intelligence that you possess?
3. Why is it good to know your type of intelligence?
4. How do you think you can develop your type of intelligence?

Computer & Internet



Technological development has come a long way. Many devices have emerged and became every man's necessity. One important invention is the computer. It contains commands and features that help people in various ways. This machine is very convenient in accomplishing people's needs and purposes. Some people use it for innovation at work. One feature of a computer is to write documents and make easy presentations. Other features include research, making reports, business proposals, photo and video editing, etc.

Despite the fact that computers are conducive, it also brings harm and negative effects to people. For instance, when a computer is used for entertainment they will need the internet to search different information, videos, and social networking sites. There is a high risk of getting into forbidden websites. It is also the main source of bullying. Thus, it is important to remember that computers and internet are for helping out, not for destroying yourself or other people.

What's the Meaning ...

1. features
2. conducive
3. high risk
4. forbidden

Lesson 17

Pronunciation Practice

- 1 forbidden
- 2 conducive
- 3 despite
- 4 entertainment
- 5 features
- 6 invention
- 7 technological
- 8 development

Questions Related to the Topic

1. What has been considered one of the most important inventions?
2. Why are computers constantly redesigned?
3. What are the current threats of the misuse of computers?

Tongue Twister!

"The leader left the leather in the corner near the ladder. The leather left by the leader near the ladder was put in the dresser."

Prejudice

Prejudice is not a stigma to most people.



On one hand, prejudice is an unreasonable opinion or judgment against a certain race or person not of your own culture. It shows hostility and unfairness towards people. It permits a person to show unreasonable dislike or disapproval. Discrimination is extracted from prejudice. It makes people treat another person or a certain group unfairly due to their skin color, religion, sexual orientation, etc. Prejudice may be passed from one generation to another resulting to hatred and bigotry.

On the other hand, we can get rid of prejudice since it is merely acquired. No one is born prejudiced. Showing prejudice can be learned and unlearned. Adequate education and awareness can get rid of prejudice.

What's the Meaning ...

1. prejudice
2. stigma
3. hostility
4. bigotry
5. get rid of

Lesson 18

Pronunciation Practice

- 1 prejudice
- 2 discrimination
- 3 orientation
- 4 bigotry
- 5 religion
- 6 adequate
- 7 unreasonable
- 8 hostility

Questions Related to the Topic

1. What is prejudice?
2. Define discrimination.
3. How can we get rid of prejudice?

Tongue Twister!

"She sells seashells by the seashore."

Endless Desires



She bought an iPod on the first day and an iPhone on the second. She purchased Chanel jewelry on the third day, acquired a Lamborghini car on the fourth and secured a Hermes bag on the fifth. She thought that was enough but it wasn't. She rushed to the mall, picked a pair of Louis Vuitton footwear and was tickled pink wearing it on her way back home. What an endless desire of luxury that was!

It is undoubtedly a fact that having unlimited desire is truly an innate human nature. We compare ourselves to others and always wish to have what others have. It is hilarious to note that we get so curious about the possessions our friends, family and relatives have, the brands they are in to, the size of their house, the place where they live and even their lifestyle. Sad but true, we are so fond of longing for things we don't have instead of counting our blessings.

What's the Meaning ...

- | | |
|-----------------|--------------|
| 1. purchased | 5. desire |
| 2. acquired | 6. luxury |
| 3. rushed | 7. innate |
| 4. tickled pink | 8. hilarious |

Lesson 19

Pronunciation Practice

- 1 purchased
- 2 acquired
- 3 secured
- 4 rushed
- 5 tickled pink
- 6 desire
- 7 luxury
- 8 undoubtedly
- 9 innate
- 10 hilarious
- 11 curious
- 12 possessions
- 13 lifestyle
- 14 fond

Questions Related to the Topic

1. Describe the woman in the article.
2. What is considered to be an innate human nature?
3. How does the writer express his opinion about human endless desires?

Tongue Twister!

"The soft soap softens softly in salty water."

Pollution



Mother Earth is dying. Her blue blood teemed with marine animals like fish, seashells and sea grass is now dirty and uninhabitable. Waste full of chemicals and pollutants are dumped into the oceans and seas. Tons of trash are thrown into different bodies of water which made her barely breathe.

Mother Earth is dying. Her skin full of green grasses and trees with thick leaves is now a mass of rotten brown flesh because of industrialization and illegal logging. Those grasses where terrestrial animals feed on; those trees of thick leaves where birds lay their eggs are now replaced with skyscrapers and establishments.

Mother Earth is dying. Her body so cool and relaxing is now burning like hell because of greenhouse gases. Industrial smoke, bus and car emissions, combustions rapidly increase her body's temperature causing her to be weak day by day.

*Mother Earth is dying and she is telling us to help one another - To **Reduce**, **Reuse** and **Recycle**.*

What's the Meaning ...

1. teemed
2. marine
3. uninhabitable
4. pollutants

5. dumped
6. industrialization
7. terrestrial
8. skyscraper

Lesson 20

Pronunciation Practice

- 1 reduce
- 2 reuse
- 3 recycle
- 4 skyscrapers
- 5 terrestrial

Questions Related to the Topic

1. What is happening to the oceans and seas now? What causes them to become dirty and uninhabitable?
2. What is happening to the green grasses and trees now? What have they become?
3. What is happening to our environment now?

Tongue Twister!

"Susie works in a shoeshine shop. Where she shines she sits, and where she sits she shines."