



UNIT


2

# Harmony

## UNIT ORIENTATION

This unit expands on the theme of harmony. As you work through the unit, you will develop an action plan aimed at tackling environmental issues on campus, thereby creating a harmonious community between people and nature. The unit provides various learning materials, helping you develop a critical perspective on harmony in different life scenarios. The listening material *Choosing a logo* will assist you in handling disagreement and achieving harmony. The reading article *How groupthink will close the 'flying bank'* will allow you to look critically at conformity. The TED Talk *Making peace is a marathon* shows how the Lebanese express to the world their desire to live in peace and harmony by organising a marathon. Towards the end of the unit, you will also listen to a news report about how the first high-speed railway through the Qinling Mountains seeks harmony with nature. This unit is expected to cultivate your awareness of contributing to building a harmonious society.





The Voca People, international vocal theatre group, combine a capella singing with the art of beatbox

## LEARNING OBJECTIVES

**This unit is designed to help you:**

- develop an awareness of contributing to creating a harmonious society;
- understand the concept of 'groupthink', and learn ways to achieve harmony in different life scenarios;
- recognise discourse markers in listening, talk about conformity and non-conformity, deal with disagreement and reach consensus, and make presentations by being personal and relatable;
- and develop critical thinking about 'harmony and conflict'.

# 2.1

## Which one gets your vote?

### LISTENING Choosing a logo

1. Work in pairs. Think of one or two company logos you really like. Why do you think they're effective?
2. A medium-sized city plumbing company is designing a new logo for the sides of its vans. Look at the three options. Discuss the questions.
  - 1) Which design do you think is the least appropriate? Why?
  - 2) Which design do you think is the most appropriate? Why?



2.1



3. Listen to a discussion about logo options between colleagues at the plumbing company. Make notes about what is said about each option. What is their decision?

	Option A	Option B	Option C
Pros			
Cons			
Decision			

4. Listen again and complete the sentences from the conversation. Then match the sentences with the correct heading in the Useful expressions box.
  - 1) Do you have any \_\_\_\_\_ on any of them?
  - 2) I don't \_\_\_\_\_ about you, but Option C really stands out for me.
  - 3) Hmmm. I'm not so \_\_\_\_\_.
  - 4) \_\_\_\_\_ you want that guy to come to your door?
  - 5) I \_\_\_\_\_ with Cath that Option C looks a bit too serious.
  - 6) I think one way of \_\_\_\_\_ at that is to say that none of the options really works.
  - 7) Can we \_\_\_\_\_ this by agreeing that we don't need to show a plumber at all?
  - 8) I'd \_\_\_\_\_ that style so long as it doesn't show a person.

## DEALING WITH DISAGREEMENT AND REACHING CONSENSUS

### Asking for opinions

What's your take on this?

What's your view?

### Disagreeing by expressing uncertainty

I can't say for certain that ...

I may be wrong, but ...

### Disagreeing by asking a question

Do you really want ... ?

Can you seriously picture ... ?

### Hedging (softening your own opinion)

... I guess you could say.

Maybe it's just me, but ...

### Reframing the disagreement

So here's the real question: ... ?

We could look at this from a different perspective.

### Setting conditions

I'll agree to your ... , so long as ...

I'd accept ... on the condition that ...

### Proposing a resolution

So why don't we ... ?

I'd like to suggest that we ...

### Signalling agreement

Right.

I'm with ... .

## SPEAKING Dealing with disagreement and reaching consensus

- 5. Work in groups of three. You're going to design a logo for an English club you're setting up. First, as a group, agree on the answers to these three questions.**

- 1) The most important part of our image is ... .
  - a) English
  - b) communication
  - c) excellence
- 2) We want people to think of us as ... .
  - a) fun
  - b) skilled
  - c) professional



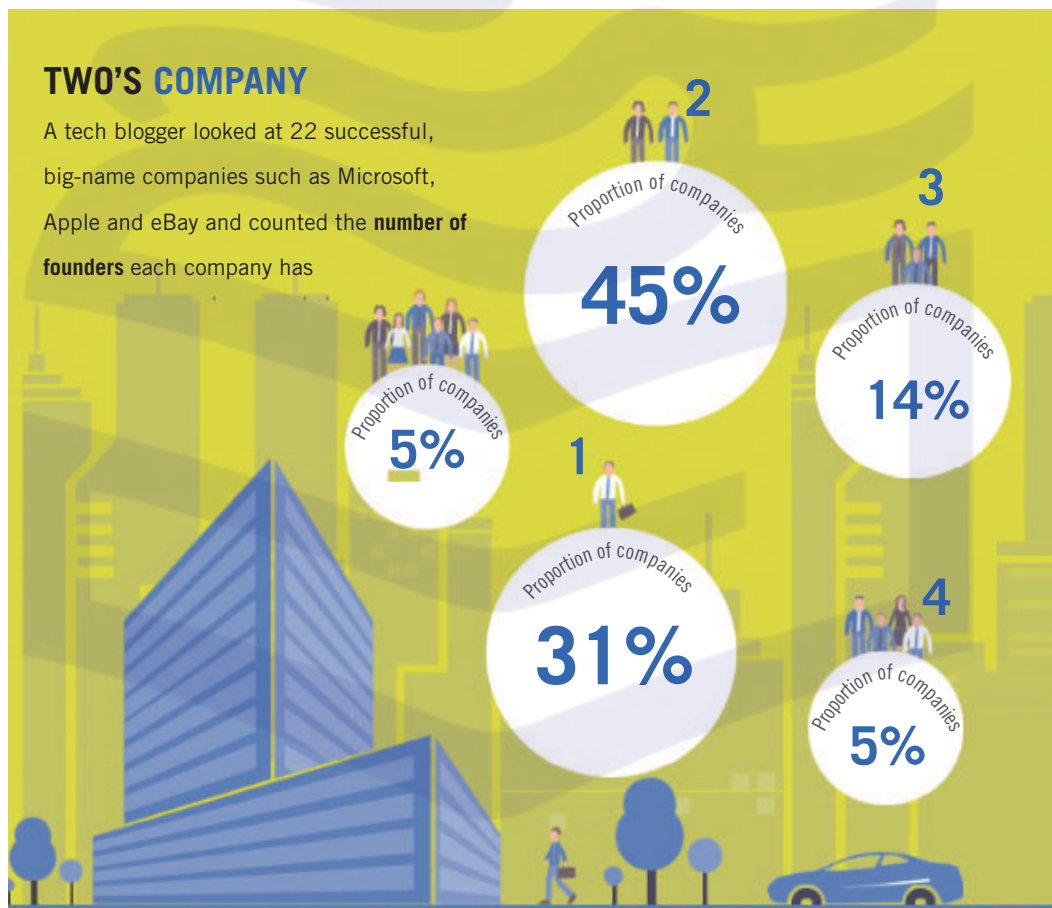
- 3) When we speak English, we're ... .
- a) sophisticated                      b) friendly                      c) intelligent

**6. 21st CENTURY OUTCOMES**

In your groups, list and discuss different design ideas. Choose one design or decide on changes that need to be made to one to make it appropriate. Use the language in the Useful expressions box.

**7. Look at the infographic. Answer the questions.**

- 1) How many founders did the greatest number of successful companies have?
- 2) What number of founders was the least common?
- 3) What percentage of successful companies had just one founder?
- 4) What does the infographic say about harmony and business?



## 2.2

## Dare to be different

### READING How groupthink closed the 'flying bank'

1. **Brainstorm:** What does *groupthink* mean?

2. **Work in pairs.** Discuss the questions.

- 1) Conformity is the act of behaving in a way that is generally acceptable in society. How many ways can you name in which people generally conform?
- 2) In what different ways are non-conformists usually viewed by society?
- 3) Do you think conformity is a good thing or a bad thing? Why?

3. **Work in groups of four.** Each person chooses a different part of the article to read and answers the corresponding question below. Share the main idea of the part you read and your answer to the question with other group members.

- 1) Read the introductory paragraph. What are the pros and cons of conformity?
- 2) Read 'The Symptoms'. How can groups suffering from groupthink be identified?
- 3) Read 'Groupthink Case Study: Swissair'. What happened in the case study? What does this show?
- 4) Read 'Know the Difference'. What do groups need to do to avoid disaster?

### HOW GROUPTHINK CLOSED THE 'FLYING BANK'

1 Imagine the ideal team. Everyone sees the world in the same way, is focused and working together, and everyone knows exactly the direction that the group is going, all in complete harmony.

5 With no time wasted arguing or trying to manage conflict, the potential to do great work is huge, right? Well, maybe. But then again, maybe not. Sometimes when a group of people focuses too much on harmony or conformity, their ability to make good decisions vanishes. What happens is that the desire to fit in with the group results in a failure to think critically or argue enough about ideas. The fact is that disagreement and discussion can have a profoundly beneficial effect on our thinking, provided the conflict remains constructive. Too little conflict, meanwhile, can mean that the group's ideas simply aren't being tested enough, which in turn can lead to bad performance. The name psychologists give this phenomenon is 'groupthink'.

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## THE SYMPTOMS

There are three main ways to identify cases of groupthink. First, members of the group overestimate the group's power and often its moral right to do what it does. They have the feeling that they can do no wrong. Groups suffering from these symptoms often fail to understand that their actions will have negative consequences and, as a result, they take risks.

The second characteristic of groupthink is close-mindedness. Groups suffering from groupthink tend to take the view that anyone who expresses doubts or has questions is weak, evil or stupid – even when critics make valid, well-informed points. The group knows what's right and doesn't want to discuss it any further.

Third, when groupthink occurs, the group's complete agreement becomes all-important. Group members who disagree with the group have to stop themselves from saying anything and just go with the flow. Any member who openly disagrees or appears to be rocking the boat is usually labelled disloyal. If the behaviour continues, they will soon find themselves no longer part of the group – an outsider.

## GROUPTHINK CASE STUDY: SWISSAIR

Swissair, founded in 1931, flew passenger routes in Europe through the 1930s and 1940s and was soon well established. From 1947, when it began flying to New York, South Africa and South America, the airline quickly became a hugely successful company – so much so that by the early 1970s, it was known as 'the flying bank' and was considered so stable and reliable that it came to be regarded as a national symbol of Switzerland.

By the late 1970s, however, the airline business had become more competitive and in the early 80s, Swissair began to lose its edge. In an article entitled, 'The grounding of the "flying bank"', management experts Aaron Hermann and Hussain G. Rammal suggest that groupthink took over at Swissair in the late 1980s, when the size of the company's board was reduced. They believe that at the heart of the problem was the fact that the directors who remained not only all came from similar backgrounds but also lacked any airline industry experience. There were two clear signs of groupthink: firstly, they believed that Swissair was too powerful to fail, and secondly, they thought their decisions were morally right. In the 1990s, no one on the board had the knowledge or experience to disagree when the company made a series of bad business decisions that finally led to the failure of 'the flying bank' on 31 March, 2002, after 71 years of service.

## KNOW THE DIFFERENCE

Of course not all conflict is constructive, nor is harmony always a problem. The key is to understand the difference between harmful conflict that damages people and organisations and constructive conflict that leads to better ideas. Next time your team seems to be working in peace and harmony, before you sit back to enjoy it, ask yourself: Is 'groupthink' taking over? If it is, watch out: you may be headed for disaster.



## VOCABULARY Conformity and non-conformity

### 4. Work in pairs. Categorise the expressions in bold into conformity and non-conformity.

- 1) Paul doesn't mind **swimming against the tide** when he believes in an idea.
- 2) It's important to hire people who **fit in** with the team.
- 3) I didn't raise my concerns in the meeting because I didn't want to **rock the boat**.
- 4) I think when you're new to a team, the best approach is to **go with the flow**.
- 5) When I was at secondary school, all I wanted to do was to **blend in**.
- 6) You shouldn't be afraid to **stand out** sometimes, even if it's a bit painful.
- 7) Louise was **sticking her neck out** when she said she'd like to double the budget.
- 8) When it comes to investment, I prefer to **play it safe** and put my money in established companies.
- 9) You have to **stand up to** Ollie if you think he's making a mistake.
- 10) I think it's better to **toe the line** than to make trouble at this point.

### 5. Work in pairs. Discuss and choose the correct expressions to complete the sentences.

- 1) Fiona is terrified of heights, so she couldn't just *swim against the tide* / *go with the flow* when everyone opted to go rock climbing.
- 2) I'm not afraid to *rock the boat* / *play it safe* if I think the group is making a truly bad decision.
- 3) If you want to *stand out* / *fit in* at the office, it's a good idea not to dress too differently from your co-workers.
- 4) When everybody was angry with Claire, I *stuck my neck out* / *blended in* and said that I could see Claire's point of view.
- 5) Joe is very good at his job, but you really have to *stand up to him* / *toe the line* if you want him to change his mind about anything.

### 6. Work in pairs. Give an example of a person – you, or someone you know of – who has stuck their neck out or rocked the boat. Then discuss why they didn't just go with the flow.

## SPEAKING Dealing with groupthink

### 7. 21st CENTURY OUTCOMES

Work in small groups. Discuss these questions. Then role play one of the situations.

- 1) A small company that has been successful is beginning to show signs of failure. The four co-founders believe the company still has the potential to make great products, but one of them – Beata – suspects that the team of co-founders is suffering from groupthink and isn't making good decisions. However, when Beata suggested that this may be the

case, the others accused her of being disloyal to the company. What are Beata's options? Should she continue to rock the boat, or just toe the line?

- 2) You enjoy playing computer games with your roommates on weekends. It's a good way to relax, and you enjoy the teamwork. Increasingly, however, the others often insist on playing on weekdays too. You think this will greatly affect your study and do not want to play on weekdays. You have made your opinion clear, but your roommates have begun accusing you of being no fun. What's the best solution?
- 3) A group of friends often go out for dinner together on weekends. Several members of the group often say very negative – and basically untrue – things about another friend who rarely joins the evenings out. One of the group, Julie, has challenged them a couple of times, but they've accused her of having no sense of humor. Julie thinks the behavior is creating a lot of unnecessary negative feelings for everyone, but she's also aware that she's sticking her neck out and is in danger of making herself unpopular. What should she do?

**21st CENTURY OUTCOMES** **MAKE JUDGEMENTS AND DECISIONS** Interpret information and draw conclusions





## 2.3

## Making peace is a marathon

## BACKGROUND

1. You are going to watch a TED Talk by May El-Khalil called *Making peace is a marathon*. Read the text about the speaker and the talk, then work in pairs and answer the questions.
  - 1) Why do you think people in a war-torn country would be interested in a sporting event?
  - 2) What skills and qualities do you think are necessary to prepare for and run a marathon?
  - 3) Do you know other stories of people who created something good out of something that seemed very bad?

## TEDTALKS

**MAY EL-KHALIL** was a marathon\* runner and local sports official in Beirut, Lebanon. In 2003, she was inspired to found the Beirut Marathon after she nearly died in a running accident. Beirut had been the scene of a long-running civil war in Lebanon. Over the past decade, the Beirut Marathon has become not only the largest running event in the Middle East but also a powerful force for peace. May El-Khalil's idea worth spreading is that political turmoil can be overcome if opponents can put aside their differences for a day and join together to complete something challenging and rewarding – like a marathon.

\* **marathon** (n) a 42-kilometre running race





## VOCABULARY

2. Read the sentences (1–6). The words in bold are used in the TED Talk. Guess the meaning of the words. Then match the words with their definitions (a–f).

- |  |  |
|--|--|
| 1) The country was torn apart by a <b>civil war</b> that lasted six years.                   | a) life-changing   |
| 2) The leaders of the opposing parties are <b>civil</b> when they meet.                      | b) easily spread to other people                                     |
| 3) Something happened one <b>fateful</b> day that changed everything for me.                 | c) conflict between different groups of people from the same country |
| 4) The country is <b>unstable</b> and likely to fall into chaos.                             | d) weak and easily hurt by   |
| 5) The peace agreement is new and still <b>vulnerable to</b> being destroyed.                | e) likely to change suddenly   |
| 6) Doing good is <b>contagious</b> because when people see the result, they want to join in. | f) polite in a formal way  |



3. Watch the clips from the TED Talk. Choose the correct meaning of the words.

4. Work in pairs. Discuss the questions.

- 1) When in your life have you started something from scratch, for example, learning a new skill or making something?
- 2) What stereotypes exist about teenagers? About mothers-in-law? About politicians?
- 3) What kind of event or activity would allow your country to show its true colours?

## AUTHENTIC LISTENING SKILLS Discourse markers

Discourse markers are words and expressions such as *anyway, right, as I say, to begin with* that show the connections between ideas and to engage listeners. Others, such as *frankly, as a matter of fact, and by the way* show a speaker's attitude. Recognising discourse markers will help you understand how ideas are connected.



5a.

Look at the Authentic listening skills box. Then listen to extracts 1–3 from the TED Talk. Underline one discourse marker in each extract. Check your answers. Then match your underlined words with functions a–c.

- |   |  |
|---|--|
| 1) You know, Lebanon as a country has been once destroyed by a long and bloody civil war.   | a) showing contrasting ideas                             |
| 2) Honestly, I don't know why they call it civil war when there is nothing civil about it.  | b) engaging the listener by identifying shared knowledge |
| 3) For years, the country has been divided between politics and religion. However, for one day a year, we truly stand united, and that's when the marathon takes place. | c) showing the strength of the speaker's feeling         |



5b.

Read sentence 4. What are the missing discourse markers? Listen and check.

- 4) The marathon grew. \_\_\_\_\_ did our political problems. \_\_\_\_\_ for every disaster we had, the marathon found ways to bring people together.

## TED TALKS



6.

Watch the TED Talk. Number the sections of the talk in order. Then check your answers with a partner.

- El-Khalil is struck by personal tragedy.
- Lebanon, a country ripped apart by war
- Peace is possible and other lessons from the Beirut Marathon.
- El-Khalil comes up with the idea of the Beirut marathon.
- Hope for the future
- The dream becomes a reality.

7. Find and correct five errors in the summary of the first part of the talk. Then watch the first part (0.00–4.43) of the talk again and check your answers.

The idea of starting a marathon came to May El-Khalil while she was recovering from a terrible rail crash. As a result, she spent two years in hospital and had six surgical operations. During this difficult time, she needed an objective to look forward to, and wanted to give something back to her doctors.

▷ I stayed in the hospital. N AM ENG  
 ▷ I stayed in hospital. BR ENG

▷ center N AM ENG  
 ▷ centre BR ENG

▷ moms N AM ENG  
 ▷ mums BR ENG

▷ colors N AM ENG  
 ▷ colours BR ENG

After she got out of the hospital, she visited and spoke with lots of people in different parts of the city. They shared their stories and together they built trust. They all agreed that together, they would show the politicians that Lebanon wanted to live in peace and harmony.

**8. Watch the second part (4.44–7.24) of the talk again. Answer the questions.**

- 1) What year was the first Beirut Marathon held?
- 2) What national tragedy occurred in 2005?
- 3) How was the 2005 Marathon a turning point?
- 4) Between 2006 and 2009, what three things did Lebanon lose?
- 5) In those same years, what did the country not lose?
- 6) How many countries were represented in the 2012 Marathon?

**9. Watch the third part (7.25 to the end) of the talk again. Are these sentences true (T) or false (F)?**

- 1) As the BMA has grown larger, the organisers have included more professional runners and not allowed as many inexperienced runners to join in.
- 2) More than four thousand runners joined a separate race, just for women.
- 3) The BMA has helped raise money to promote peace and cooperation in Lebanon.
- 4) Neighbouring countries such as Iraq and Syria have said they think the event should be stopped.
- 5) El-Khalil's main message is that realistically, peace is probably an impossible goal.

**10. Do you think sport always encourages harmony?**



## CRITICAL THINKING Distinguishing between fact and opinion

**11. When you hear about someone's life and achievements, it's important to distinguish between facts and opinions. Are the following sentences fact (F) or opinion (O)? Give reasons.**

- 1) May El-Khalil is a successful sporting event organiser.
- 2) Lebanon has a long history of conflict.
- 3) Sporting events are the most effective solution to civil conflict.
- 4) Running a marathon is one of the best ways to learn about yourself.
- 5) Runners from all over the world participate in the race.
- 6) Runners in some countries dislike the idea of the Beirut Marathon.



**12. Read the comments\* about the TED Talk. Decide if they are fact (F) or opinion (O).**

Viewers' comments



**Ismail** – El-Khalil is the best TED speaker ever.



**Yuka** – I agree, Ismail. I believe that running can truly bring peace to the world.



**Joey** – I like the talk, too. But it doesn't go into detail about the causes of Lebanon's civil war.



**Liz** – But is that necessary? The talk explains the history of the Beirut Marathon.



\*The comments were created for this activity.

## PRESENTATION SKILLS Being personal and relatable

**TIPS**

Be personal and relatable so that people identify with you and your ideas.

- Include relevant stories about yourself or people you know.
- Give examples that show the idea in action.
- Make sure the talk isn't too abstract.

2.6



**13. Look at the Presentation tips box. Then watch how El-Khalil includes her personal stories in the TED Talk. Answer the questions.**

- 1) Watch the clips from the talk. What effect do El-Khalil's personal stories have on you? How do they make you feel?
- 2) Why do you think El-Khalil chooses to tell her personal stories rather than just explaining the history and benefits of the marathon?
- 3) El-Khalil talks about the importance of 'walking the talk'. What examples in her personal stories can you find of this?

**14. Prepare a presentation on one of these topics. Use the ideas from the Presentation tips box. What stories could you tell from your own experience? Think about breakthroughs, difficult times, misunderstandings, etc. Be personal and relatable!**

- learning English or some other skill
- preparing and participating in a performance or competition
- your own idea





## 2.4 Strive for harmony

### LISTENING TO CHINA Rail line seeks harmony with nature

2.7



- 1** Listen to the news report about how the first high-speed railway through the Qinling Mountains seeks harmony with nature and answer the questions.

- 1) What are the characteristics of the railway in the news?
- 2) What measures were taken in the design and construction of the railway to minimise human influence on nature?

- 2** The news report detailed the measures the construction team took to protect the ecological environment along the rail line. Work in groups. Discuss the importance of harmonious coexistence between humans and nature. Use concrete examples to illustrate your point.





## PUTTING IT TOGETHER An action plan to build a harmonious campus community

**3 Project description:** The president of your university has received some complaints about environmental pollution on campus and directed the university administration to take action. The Campus Environment Protection Club at your university is asked to call for action plans from students so that funding can be granted to promote environmental harmony. As a group, choose one issue and develop an action plan to meet the needs on campus without damaging the natural environment. Make your action plan persuasive to the university administration so that your group can get a grant.

### 4 Steps to follow:

**Step 1** Work in groups and brainstorm issues about environmental protection on campus and decide on one issue to be addressed. Use expressions for dealing with disagreement and reaching consensus in your discussion.

The following issues are for your reference.

- Garbage cans overflowing with trash
- Pet waste spreading across the grass
- Fallen leaves unattended on the street
- Construction noise and emissions

**Step 2** Develop a written action plan following the outline given below. Your action plan should include 5 sections: the problem, goals, action steps, assessment plans (how to assess whether your actions will resolve the issue), and timeline.

Action Plan	
The problem	
Goal(s)	1
	2
	3
Action steps	1
	2
	3
	4
	5
Assessment Steps	1
	2
	3
	4
	5
Timeline	

**Step 3** Present your group action plan in class. Try to be personal and relatable by including relevant stories about yourself or people you know and giving examples that show the idea in action.

**Step 4** Comment on each action plan regarding the following aspects:

- 1) Is the issue under discussion generally important?
- 2) Is the action plan executable?
- 3) Will the action plan effectively address the issue?
- 4) Is the delivery personal and relatable?



# Unit assessment

Assess your learning in Unit 2 by referring to the assessment rubrics below. Go over each item and rate the performance on a scale from 1 to 5, where 1 means 'Poor', 3 means 'Average', and 5 means 'Excellent'.

Categories	Items	Rating				
		1	2	3	4	5
<b>Values</b>	Develop an awareness of how to contribute to building a harmonious society					
<b>Knowledge</b>	Learn ways to achieve harmony in different life scenarios					
<b>Skills</b>	Talk about designing a logo					
	Use expressions for dealing with disagreement and reaching consensus in discussion					
	Understand the concept of 'groupthink'					
	Identify expressions for conformity and non-conformity					
	Analyse and evaluate the pros and cons of conformity					
	Talk about dealing with groupthink					
	Identify discourse markers					
	Distinguish between fact and opinion					
	Being personal and relatable					
	Make an action plan to build a harmonious campus					
<b>Comprehensive qualities</b>	Develop critical thinking about 'harmony and conflict'					
	Work creatively with others to complete a project					



# Presentation 1 | My lifestyle

## YOUR IDEA

### 1. Read about each person's change of lifestyle. Complete the table.

- 1) **Aiko:** One of the biggest changes in my life has been how easy it is nowadays to get online. I used to work in an office and had to spend hours commuting from home. Now I can take my work with me wherever I go. As a writer, it's easy to keep in touch with my editor by email, I can do a lot of my research on the Internet, and of course submit my manuscripts electronically. These days I feel much freer – I am not tied to a desk or any one place, so I can set my own working hours. But most important of all, I am able to travel and experience different ways of life. That is such a great thing, as it means I am always exposed to new things and can include these experiences in my stories.
- 2) **Jan:** So many people do it every year, don't they? In January, usually after an overindulgent festive period, you see people joining gyms and fitness clubs. I used to be one of them too, but inevitably my enthusiasm dropped and a few months into the New Year I would stop going. But I found a solution – one that was obvious, now I think about it. I just made exercise a part of my everyday life, by walking a lot more instead of driving everywhere and doing little bits of exercise whenever I can, like some sit-ups or jogging on the spot. After a few months of making these small changes, I feel fitter and happier about myself. I also don't have to work out in a smelly gym anymore!
- 3) **Vanessa:** Something I'd been reading about a lot was the impact that what we eat has on the world. Did you know that the process of meat production causes a lot of waste and can damage the environment? So, I decided to become a vegetarian. It's not easy to make such a big change in your life, especially when your friends and family don't always understand. At first, I made the change gradually, only sticking to a vegetarian diet during the week, while still eating meat at the weekend. After a few months, no one questioned what I was doing any more, so I cut out meat from my diet completely. I feel a lot happier, even if this is only a small contribution to solving a problem in society today.

	Aiko	Jan	Vanessa
a) Who changed their routine so it was more flexible?			
b) Who had to introduce their lifestyle change gradually?			
c) Who has become more active?			
d) Whose lifestyle change was motivated by a bigger problem in the world?			
e) Who changed their lifestyle with technology?			
f) Who made small everyday changes to their lifestyle?			

2. Write notes about your lifestyle, focusing on one of these areas. If you can, think of a change you have made to your lifestyle.

work	diet	exercise	hobbies	home and family
------	------	----------	---------	-----------------

3. Answer the following questions about your lifestyle.

- 1) How would you describe your lifestyle or a change you have made to your lifestyle in one sentence?
- 2) Who or what things are important for your lifestyle to work?
- 3) What changes have you made to your lifestyle, if any?
- 4) What prop could you use to illustrate your lifestyle?

4. Practise talking about your lifestyle. Remember to practise using props to ...

- stimulate the audience's curiosity.
- provide a visual focus.
- serve as an example.
- make your talk memorable.

## ORGANISING YOUR PRESENTATION

5. Match the four steps of a presentation with the examples of useful language (a–d).

- |   |   |
|---|---|
| 1) Introduce yourself and your topic                        | a) I'm going to talk about a change in my lifestyle that relates to improving my memory.  |
| 2) Say what aspect of your lifestyle you want to talk about | b) For me, it was great to have the support of my friends and family to make this change. |
| 3) Say who or what is important to make your lifestyle work | c) Thank you for taking the time to listen.   |
| 4) Finish   | d) Hello. I'm Steven. It's great to have you here today for this talk.                    |

## YOUR PRESENTATION

6. Read the useful language on the left and make notes for your presentation.

<p>1) <b>Introduce yourself and your topic</b> My name's ... , and today I'm going to talk about my lifestyle. I'm ... . Today's presentation is about my lifestyle.</p>	
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(Continued)

2) Say what aspect of your lifestyle you want to talk about The aspect of my lifestyle I want to talk about is ... ... is an important part of my lifestyle ...	
3) Say who or what is important to make your lifestyle work In order to make my lifestyle work ... The most important thing / person for me is ... because ...	
4) Finish Thank you for taking the time to listen. That's it from me. Does anyone have any questions?	

**7. Film yourself giving your presentation or practise in front of a mirror. Give yourself marks out of ten for ...**

- using props to give examples. ☐ / 10
- following the four steps in Exercise 6. ☐ / 10
- using correct grammar. ☐ / 10