

AYDI EST.

Open Learning & Translation

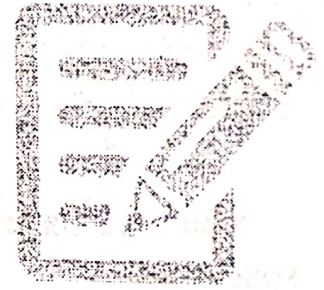
2021-2022

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Second Term



4



Reading Comprehension

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ReadingII 1.4

AYDI 2022

Hello everyone!

Before You Read

A. Completion.

Read the definitions. Complete the paragraph with the correct form of the words in bold.

- ✓ **Astronaut**: a person who travels into space
- ✓ **Colony**: a place or an area under the control of another place, usually another country
- ✓ **Establish**: to make or start something, such as a system or an organization
- ✓ **Rocket**: a vehicle used to travel to space

Robert Zubrin is a(n) 1. **rocket** scientist; he designs spaceships. He thinks we should send 2. **astronauts** into space, but not just to visit. Zubrin wants to 3. **establish** a human 4. **colony** on the planet Mars. He wants to change the planet into a new place for humans to live.

روبرت زوبرين هو عالم صواريخ، وهو يصمم سفن الفضاء. يعتقد أنه يجب علينا إرسال رواد فضاء إلى الفضاء، ولكن ليس للزيارة فحسب. بل يريد زوبرين إنشاء مستعمرة بشرية على كوكب المريخ، ويريد تغيير الكوكب إلى مكان جديد يعيش فيه البشر.

Note: we have a science called (rocket science): building rockets and spaceships

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B. Predict. Read the sentence below. Circle your answer and discuss your reasons with a partner. Then compare your ideas with those in the passage.

Sending humans into space to live (is/is not) a good idea because...

Student: It's not a good idea because humans bring destruction everywhere.

Student: It's not a good idea because the nature of space doesn't suit humans.

Instructor: of course when they send humans to live there, they will create conditions suitable for them.

*

Let's move to the text.

Before you read the first paragraph, can you scan the text to answer this question:

How long does the trip to Mars take?

Student: It took 6 months.

Now the first paragraph:

LIVING IN SPACE

Stephen Hawking, one of the world's most important scientists, believes that to survive, humans must move into space: "Once we spread out into space and establish independent colonies, our future should be safe," he says.

يعتقد ستيفن هوكينج وهو أحد أهم العلماء في العالم أنه من أجل البقاء على قيد الحياة، يجب أن ينتقل البشر إلى الفضاء وعلى حد قوله: "بمجرد أن تنتشر في الفضاء ونؤسس مستعمرات مستقلة يجب أن يكون مستقبلنا آمناً".

Why do you think they want to send people to space to live as to survive?

Student: to seek other natural resources.

Instructor: maybe but actually when you say "to survive", this means there is danger and threats to our life on earth. We all know about the pollution. Some scientists think this pollution and global warming and all these activities will someday destroy our earth, so humans will need another planet to live on.

• **Spread out:** to go everywhere, to go separately; apart from each other to cover a wide area. منتشر

• **Independent colonies:** they depend on themselves or their own. They don't depend on earth. المستعمرات المستقلة.

What is the main idea of this paragraph?

☞ *Space for survival*

Now, let's move to the next paragraph:

Today, the European Union, India, China, Russia, and Japan are all planning to send astronauts back to Earth's closest neighbor: the moon. Some of these countries want to create space stations there between 2020 and 2030. These stations will prepare humans to visit and later live on Mars or other Earthlike planets.

يخطط اليوم كل من الاتحاد الأوروبي والهند والصين وروسيا واليابان لإرسال رواد فضاء إلى أقرب جيران الأرض وهو القمر، حيث ترغب بعض هذه البلدان في إنشاء محطات فضائية هناك بين عامي 2020 و2030، وستحضر هذه المحطات البشر لزيارة وللعيش في وقت لاحق على كوكب المريخ أو الكواكب الأخرى الشبيهة بالأرض.

What are some countries planning to do?

Student: to send astronauts back to Earth's closest neighbor: the moon.

Instructor: why? Do they want to explore the moon?

No! To make it as a station to go to other planets, so it is like a stepping stone to go to other planets.

• **Earthlike planets:** planets that are like the earth; same atmosphere and same conditions. الكواكب الشبيهة بالأرض

What is the main idea of this paragraph?

☞ *A station on the moon.*

Now the next paragraph:

Robert Zubrin, a rocket scientist, thinks humans should colonize space. He wants to start with Mars. Why? He thinks sending people to Mars will allow us to learn a lot— for example, about the ability of humans to live in a very different environment. Then we can eventually create new human societies on other planets. In addition, any advances we make in the fields of science, technology, medicine, and health will also benefit us here on Earth.

يعتقد عالم الصواريخ روبرت زوبرين أن البشر يجب أن يستعمروا الفضاء، وهو يريد البدء بالمريخ. لماذا المريخ؟ لأنه يعتقد أن إرسال الأشخاص إلى المريخ سيسمح لنا بتعلم الكثير، مثل قدرة البشر على العيش في بيئة مختلفة تمامًا. ثم يمكننا في النهاية إنشاء مجتمعات بشرية جديدة على كواكب أخرى. بالإضافة إلى ذلك، فإن أي تقدم نحققه في مجال العلوم والتكنولوجيا والطب والصحة سيفيدنا أيضًا هنا على الأرض.

Where does Robert Zobrin want to send people?

☞ *To Mars.*

Why Mars? We have some **benefits** when we send people to Mars. Of course Mars is the closest planet to earth, so it is logical to send people first to Mars not for example to Saturn كوكب زحل or Uranus كوكب أورانوس.

What are the benefits of sending people to Mars?

To learn a lot about the ability of living in a different environment.

What do we mean by different environment here?

Student: the atmosphere, the gravity.

Instructor: of course gravity! Do you know that when astronauts spend for example one month in space and come back, they need physical therapy because their muscles and bones become weak? Why? Because

when we are on earth, we use our muscles and bones against gravity; this strengthens our bones and muscles, but in space they don't have this.

Instructor: now what is the second benefit?

Student: to make advances in some sciences like medicine, health and technology.

Instructor: How can we make advances in medicine?

Student: we can discover new things.

Instructor: of course! When you experiment things on liquids or materials on earth with gravity and pressure and everything, it is different from experimenting on them in space. When they have different conditions, they may have different results. So this is very important for experimenting.

• **Advances:** developments or improvement التقديم أو التحسين

What about the third benefit?

Student: to create new human societies on other planets.

Instructor: thank you.

What is the main idea in this paragraph?

☛ *Benefits of living on Mars.*

Now the next paragraph:

SpaceX is a company that builds rockets. Its owner, Elon Musk, also believes we should colonize Mars, but he doesn't want just one small colony. He doesn't want to send just "one little mission;" he would like to send millions of people.

SpaceX هي شركة تصنع الصواريخ ويعتقد مالكها إيلون ماسك أنه يجب علينا استعمار المريخ، لكنه لا يريد مستعمرة واحدة صغيرة فقط، فهو لا يريد إرسال " مهمة واحدة صغيرة " فقط إنما يرغب في إرسال ملايين الأشخاص.

Who owns SpaceX? ☛ Elon Musk.

Of course this man has no limits for his ambition.

What does this man believe we should do?

He believes we should send humans and colonize Mars.

• **Colonize:** Control. يستعمر: يسيطر

• **Colonization:** الاستعمار

Does he want small colony?

No! He wants a very big colony. He doesn't want to send only one little mission.

Mission: task- a trip for a group of people with a specific purpose.

What is the main idea here?

☞ *Musk's idea on Colonizing Mars.*

Now read the next paragraph:

Not everyone thinks sending humans into space is a smart idea. Many say it's too expensive, even if it's just a short journey. And most space trips are not short. A one-way trip to Mars, for example, would take about six months. People traveling this kind of distance face many health problems. Also, these first people would find life extremely difficult out in space. On the moon's surface, for example, the sun's rays are very dangerous. People would have to stay indoors most of the time.

لا يعتقد الجميع أن إرسال البشر إلى الفضاء فكرة ذكية حيث يقول الكثيرون إنها باهظة الثمن حتى لو كانت مجرد رحلة قصيرة، ومعظم الرحلات الفضائية ليست قصيرة، حيث تستغرق الرحلة في اتجاه واحد إلى المريخ، على سبيل المثال، حوالي ستة أشهر. والأشخاص الذين يسافرون في مثل هذه المسافات يواجهون العديد من المشاكل الصحية. بالإضافة إلى أن هؤلاء الأشخاص الأوائل سيجدون الحياة صعبة للغاية في الفضاء، فمثلاً تعتبر أشعة الشمس على سطح القمر خطيرة للغاية فسيضطر الناس إلى البقاء في منازلهم معظم الوقت.

- **Sun's rays:** narrow beams of light from the sun. أشعة الشمس.

What is the main idea here?

☞ *The disadvantages of living in space.*

Here we have a twist and the negative thing about going to space and living there.

Now the last paragraph; the conclusion:

Despite these concerns, sending people into space seems certain. In the future, we might see lunar cities or even new human cultures on other planets. First stop: the moon.

بغض النظر عن هذه المخاوف، يبدو أن إرسال الناس إلى الفضاء أمر مؤكد. ففي المستقبل، قد نرى مدناً قمرية أو حتى ثقافات بشرية جديدة على كواكب أخرى. والمحطة الأولى هي القمر.

- **Lunar:** related to the moon (adjective) القمرية

For example, we have lunar calendar التقويم القمري

The Arabic calendar is the lunar calendar.

What is the word related to the sun?

- solar. شمسي

What is the main idea here?

☞ *The certainty of living in space.*

We have "Neil Armstrong" who is the first man to land on the moon, but some people say it is all a lie. Russia is accusing America that it is a lie, and we don't the truth. We don't know if there is a conspiracy or not.

Reading Comprehension Multiple Choice.

Choose the best answer for each question.

Purpose

1. What is the main purpose of this passage?

ما هو الغرض الرئيسي من هذا المقطع؟

- to give reasons for and against space colonization**
- to describe what life would be like on the moon
- to explain the history of human space travel
- to compare the environments of Mars and the moon

Reference

2. What does *our* in Stephen Hawking's quote *our future should be safe* (line 4) refer to?

ما الذي يشير إليه (نا) في اقتباس ستيفن هوكينغ: يجب أن يكون مستقبلنا آمنًا (السطر ٤)؟

- colonies'
- scientists'
- humans'**
- astronauts'

Detail

3. Between 2020 and 2030 ,some countries plan to send astronauts to

- Mars
- other Earthlike planets
- the moon**
- another solar system

Detail

4. Why are some countries planning to create lunar space stations?

- to find out about the moon's surface
- to lower Earth's population
- to grow food for humans on Earth
- to prepare humans to live on other planets**

Detail

5. Which reason for living in space is NOT mentioned?
- We can learn if humans can live in a very different environment.
 - We can create human societies on other planets.
 - We can search for life on other planets.**
 - We can benefit from scientific advances.

Main Idea

6. Which of the following is the main idea of the fifth paragraph?
- There are reasons not to send humans to space.**
 - Travel to space is very expensive.
 - The sun's rays are dangerous for humans.
 - People living on the moon will need to stay indoors.

Paraphrase

7. What does *First stop: the moon* mean in the last line?
- Everybody wants to go to the moon first.
 - Mars's moon is the best place to have a human colony.
 - All spaceships to other planets will stop at the moon first.
 - The first human colony in space will likely be on the moon.**

Reading Skill

Identifying Reasons (2)

A reading text will sometimes contain arguments for and against an idea. It can be useful to identify and list all the reasons **for** and **against** an idea. This can help you form your own opinion on a particular topic.

A. Analyzing. Look back at the reading on page 57. Read the third paragraph and identify the main idea of the paragraph. Then underline the reasons that support the main idea.

The third paragraph:

Robert Zubrin, a rocket scientist, thinks humans should colonize space. He wants to start with Mars. Why? He thinks sending people to Mars will allow us to learn a lot— for example, about the ability of humans to live in a very different environment. Then we can eventually create new human societies on other planets. In addition, any advances we make in the fields of science, technology, medicine, and health will also benefit us here on Earth.

The main idea: living on Mars.

These scientists think we should colonize Mars.

The supporting ideas: the benefits:

- allow us to learn a lot; about our ability to live in different environment

- to create new human society.

- to benefit from any advances in sciences.

These are the reasons to support the main idea

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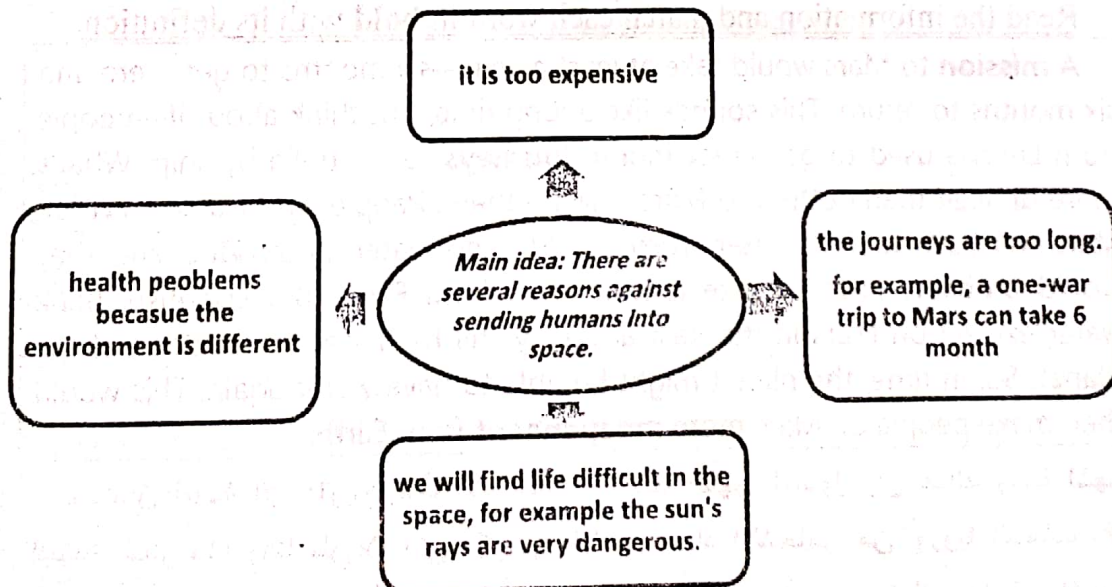
B. Completion. Now read the fifth paragraph of the reading on page 57. Complete the diagram below by writing the reasons in the boxes.

Main idea: *There are several reasons against sending humans into space.*

- *diagram* الشكل - الرسم البياني

The fifth paragraph:

Not everyone thinks sending humans into space is a smart idea. Many say it's too expensive, even if it's just a short journey. And most space trips are not short. A one-way trip to Mars, for example, would take about six months. People traveling this kind of distance face many health problems. Also, these first people would find life extremely difficult out in space. On the moon's surface, for example, the sun's rays are very dangerous. People would have to stay indoors most of the time.



Note: there is a difference between a "rocket" and "missile", in Arabic both of them are صاروخ

- **A rocket:** takes astronauts to spaceship.

- **Missile:** it is shot by a cannon or airplanes to explode somewhere.

They are one word in Arabic, but different words in English; that's why you have to pay attention when you translate. Actually, sometimes depending on English-Arabic dictionary is dangerous because we have sometimes the same word in Arabic and different words in English and each one is used in different context, so if you don't read the meaning in English-English dictionary, you can be confused.

Critical Thinking

Discuss with a partner. Do you agree with Elon Musk that we should send millions of people to Mars? Why or why not?

- What do you think would be **the most difficult thing** about living in a colony in space?

Student: providing oxygen all the time

Student: maybe they will find new diseases.

Instructor: We were created to live on earth, and if we want to go anywhere else, there will be problems.

Vocabulary Practice

A. Matching.

Read the information and match each word in **bold** with its definition.

A **mission** to Mars would take at least a year—six months to get there and six months to return. This sounds like a long time, but think about it—people from Europe used to go on six-month **journeys** to Australia by ship. What's more difficult than getting to Mars is living there. People who want to live on Mars will have to find water. They would need water to **survive**, and they would probably have to take it with them from Earth. But scientists think water existed on Mars in the past and may still be under the **surface** of the planet. So, in time, the planet might be able to have water again. This would then make people on Mars more **independent** from Earth.

تستغرق المهمة إلى المريخ عامًا على الأقل — ستة أشهر للوصول إلى هناك وستة أشهر للعودة. يبدو هذا وقتًا طويلًا، لكن فكر في الأمر—اعتاد الأشخاص من أوروبا الذهاب في رحلات مدتها ستة أشهر إلى أستراليا عن طريق السفن. وما هو أصعب من الوصول إلى المريخ هو العيش هناك. حيث يتعين على الأشخاص الذين يريدون العيش على كوكب المريخ العثور على الماء. وسوف يحتاجون الماء للبقاء على قيد الحياة، وربما يتعين عليهم أخذ الماء معهم من الأرض. لكن العلماء يعتقدون أن الماء كان موجودًا على سطح المريخ في الماضي وربما ما يزال تحت سطح الكوكب. لذلك وبمرور الوقت قد يكون من المستطاع الحصول على الماء مرة أخرى

في هذا الكوكب، والذي من شأنه أن يجعل الناس على كوكب المريخ أكثر استقلالية عن الأرض.

1. **Independent**: able to live on one's own
2. **surface**: the outer part of something
3. **mission**: a special trip that has an aim or a goal
4. **journey**: trips, travels
5. **survive**: to stay alive

B. Words in Context.

Complete each sentence with the correct answer.

1. A **neighbor** is a person who lives **near** you.

- a. **near**
- b. far from

2. A student of **medicine** probably wants to be a(n) **doctor**.

- a. **doctor**
- b. astronaut

3. If a group of people **spreads out**, they **move away from one another**.

- a. come together in one place
- b. **moves away from one another**

4. If we make **advances** in science or technology, we **improve** in those areas.

- a. do worse
- b. **improve**

5. If something **benefits** you, it **helps** you.

- a. **helps**
- b. hurts

Word Link in, im = not: independent, impolite, impossible

- Dependent ≠ independent معتمد ≠ مستقل
- polite ≠ impolite مؤدب ≠ غير مؤدب
- possible ≠ impossible ممكن ≠ مستحيل

Now let's move to the second text.

Before reading.

What can we do to be happy in life?

Student: do what we like or want

Instructor: Do you think that people who always do what they want are happy all the time? Do you know that most people who commit suicide are rich and among those who do whatever they like? Happiness doesn't depend on doing what you like. It depends on other factors.

How can we avoid being unhappy? Four psychologists give their advice.

Preparation

Match the vocabulary with the correct definition and write a--h next to the numbers 1-8.

1. the feel-good factor (B) عامل الشعور بالسعادة
 2. to lounge around (F) الاسترخاء
 3. to lose track of time (E) عدم الإحساس بالوقت
 4. to be true to yourself (H) أن تكون صادقاً مع نفسك
 5. To play to your strengths (G) اللعب على نقاط قوتك
 6. to have a heart-to-heart (D) إجراء محادثة مع شخص حول المشاعر
 7. for its own sake (A) لأجلها وحدها
 8. To fly off the handle (C) فقد صوابه
-
- a. because the thing itself is worthwhile (not for any other reason)
لأن الشيء نفسه يستحق العناء (ليس لأي سبب آخر)
 - b. the quality in something that makes people feel happy and positive
الجودة في شيء يجعل الناس يشعرون بالسعادة والإيجابية
 - c. to suddenly become angry with someone
لتغضب فجأة من شخص ما
 - d. to have an honest, open chat with someone about feelings
إجراء محادثة صادقة ومفتوحة مع شخص ما حول المشاعر
 - e. to become unaware of the passing of time
أن تصبح غير مدرك لمرور الوقت
 - f. to spend time sitting or lying somewhere and not doing very much
قضاء بعض الوقت جالساً أو مستلقياً في مكان ما وعدم القيام بالكثير
 - g. to do things that you know you can do well and to avoid things you are not so good at
القيام بأشياء تعرف أنه يمكنك القيام بها بشكل جيد وتجنب الأشياء التي لا تجيدها
 - h. to behave in accordance with your beliefs
أن تتصرف وفقاً لمعتقداتك

We asked four psychologists for their advice on how to be happy

and, equally importantly, how to avoid being unhappy.

طلبنا من أربعة علماء نصيحتهم حول كيفية الشعور بالسعادة، والأهم من ذلك، كيفية تجنب الشعور بالحزن.

- **Avoid:** keep away from تجنب
- Let's read the first paragraph:

How to be happy

A. There has been a lot of research which shows the importance of physical health in avoiding anxiety and depression. The mind and the body are highly interconnected. We can all make fairly easy changes in our lifestyle to include more exercise, healthier eating, getting enough sleep, being exposed to sunlight and so on. Research into exercise has found that it has a positive impact on mood. Physical activity stimulates the release of endorphins in the brain to produce the feel-good factor. Sleep is vitally important for children and adolescents to help concentration levels. A good night's sleep also stops people being bad-tempered and flying off the handle.

هناك الكثير من الأبحاث التي تظهر أهمية الصحة الجسدية في تجنب القلق والاكتئاب. فالعقل والجسد مترابطان للغاية. ويمكننا جميعاً إجراء تغييرات سهلة تماماً في نمط حياتنا لتشمل المزيد من التمارين، والأكل الصحي، والحصول على قسط كافٍ من النوم، والتعرض لأشعة الشمس وما إلى ذلك. وقد وجد بحث يخص التمارين الرياضية أن لها تأثيراً إيجابياً على الحالة المزاجية حيث يحفز النشاط البدني إطلاق الإندورفين في الدماغ لإنتاج عامل الشعور بالسعادة. النوم مهم للغاية (بشكل حيوي) للأطفال والمراهقين للمساعدة في مستويات التركيز. النوم الجيد ليلاً يمنع أيضاً الناس من المزاج السيئ وفقدان صوابهم.

- **Vitally important:** great- important. حيوي
- **Anxiety:** worries قلق
- **Depression:** great sadness that prevents you from doing anything.

اكتئاب.

- **Interconnected:** related to each other and have effect on each other. مترابطة.

- **Exposed:** not covered- not protected. مكشوف
- **Stimulate:** encourage- helps something to start. يحفز
- **Release:** flowing out تدفق: إطلاق
- **Bad-tempered:** someone who gets angry very easily and always annoyed. مزاج سيئ.

What is this psychologist talking about? What is her advice?

☞ *Happy people should eat healthy food and do exercise, and getting enough sleep. According to the psychologist A, healthy life is the way to happiness.*

B. Having good relationships is a big part of being happy. In one study, most happy people were found to have strong ties to friends and family and they made sure they spent time with them regularly. You also need at least one person who you discuss personal feelings with — called ' self-disclosure. Just one person for a heart-to-heart is enough, together with a network of other relationships. It's not enough to have lots of friends just to do things with or chat to about music or football. That deeper connection is all-important. Some people need to learn how to listen effectively to others in order to develop stronger relationships.

بناء علاقات جيدة هو جزء كبير من السعادة. وقد جدد إحدى الدراسات أن معظم الأشخاص السعداء تربطهم روابط قوية بالأصدقاء والعائلة وتأكدوا من أنهم يقضون وقتاً معهم بانتظام. أنت أيضاً بحاجة إلى شخص واحد على الأقل تناقش معه المشاعر الشخصية - وهو ما يسمى "بوح النفس". يكفي شخص واحد تتكلم معه من قلبك إلى قلبه، جنباً إلى جنب مع شبكة من العلاقات الأخرى. لا يكفي أن يكون لديك الكثير من الأصدقاء لمجرد القيام بأشياء أو الدردشة معهم حول الموسيقى أو كرة القدم. هذا الاتصال الأعمق مهم للغاية. يحتاج بعض الناس إلى تعلم كيفية الاستماع بفعالية للآخرين من أجل تطوير علاقات أقوى.

• **Disclosure:** telling secrets. البوح: اخبار الاسرار

What is the advice that this psychologist giving us?

☞ *Having good relationships.*

Does she mean that we have to have a lot of friends?

☞ *We can have friends but the most important thing is to have one friend that can listen to us and keep our secrets so that we can have a heart-to-hearth all the time.*

C. I would recommend being completely immersed in a pleasurable activity. Sometimes called experiencing flow. The activity could be anything from doing judo to painting a picture to playing chess. Typically, the activities require a certain amount of skill and are challenging but not too challenging. If you are experiencing flow, you lose track of time and are immersed in the present moment. You find the activity rewarding for its own sake. People who spend time doing ' high - flow ' activities feel more long-term happiness than those doing things like just lounging around or chatting online.

أوصي بأن تكون منهمكاً تماماً في نشاط ممتع. تسمى أحياناً تجربة التدفق. يمكن أن يكون النشاط أي شيء من ممارسة الجودو إلى رسم صورة إلى لعب الشطرنج. عادةً تتطلب الأنشطة قدرًا معينًا من المهارة وتشكل تحديًا ولكنها ليست صعبة للغاية. إذا كان لديك هذا التدفق، فإنك تفقد مسار الوقت وتنهمك في اللحظة الحالية. تجد النشاط مجزيًا في حد ذاته. يشعر الأشخاص الذين يقضون وقتًا في القيام بأنشطة "التدفق العالي" بسعادة أكبر على المدى الطويل من أولئك الذين يقومون بأشياء مثل مجرد التسكع أو الدردشة عبر الإنترنت.

- **Immersed:** completely involved منغمر - منهمك; منخرط بالكامل
- **Pleasurable activities:** activities that give you pleasure. ممتعة.
- **Flow:** continuous stream of ideas. تدفق

When for example an artist paints a painting, he doesn't like to interrupt this flow. Or when you read a novel, you don't like someone to interrupt your flow because you are immersed completely in this activity.

What are the activities that can make you happy?

☞ *Playing judo, painting a picture or playing chess.*

What is she saying to us here?

☞ *If you want to be happy, you have to be immersed in a pleasurable activity.*

Now that last one:

D. Make like Superman! Discover what your unique strengths and virtues are and then use them for a purpose which benefits other people or your community. People who play to their strengths (e.g. curiosity or persistence) or virtues (e.g. justice or humanity) and use them in different ways and in different situations are happier than those who focus more on their weaknesses. In other words, focus on the positive, not the negative, and be true to yourself. Studies in different countries have shown that people who do this report higher levels of well-being.

كن مثل سوبرمان! اكتشف ما هي نقاط قوتك وفضائلك الفريدة ثم استخدمها لغرض يفيد الآخرين أو مجتمعتك. الأشخاص الذين يلبون على نقاط قوتهم (مثل الفضول أو المثابرة) أو الفضائل (مثل العدالة أو الإنسانية) ويستخدمونها بطرق مختلفة وفي مواقف مختلفة يكونون أكثر سعادة من أولئك الذين يركزون أكثر على نقاط ضعفهم. بعبارة أخرى، ركز على الإيجابي وليس السلبي وكن صادقًا مع نفسك. أظهرت الدراسات في بلدان مختلفة أن الأشخاص الذين يقومون بذلك يبلغون عن مستويات أعلى من الرفاهية.

- What is this psychologist telling us?

☛ *That we have to discover our strengths and virtues.*

- Why this??

To benefit ourselves, other people, and our community.

This brings happiness when you use your strengths only to benefit yourself, this doesn't bring happiness. Happiness comes from helping others with your strengths.

- **Curiosity:** the desire to know everything الفضول

Curiosity is good when it is skills and science, but it is bad when you want to know about people.

- **Persistence:** the determination to do something even it is difficult.

الاصرار والمثابرة

These are examples of strengths, what about virtues?

Justice or humanity.

- **Values:** morals and good qualities. القيم

- **Justice:** العدالة

- **Just:** to treat people fairly عادل: معاملة الناس بإنصاف

Many people focus on their weaknesses; they can only say I can't do this, look at that person he can this which I can't do. Of course these people cannot do anything in their life. Every person has strengths so discover your strength whatever this strength is and use it.

Discover your strength early, so you don't waste time.

You have to use your strengths as superman did. Of course you will say I am not superman, but each person is superman in what he does well. If you are good at something, you are a superman.

Check your understanding: multiple choice

Choose the psychologist who gives the following pieces of advice. You can choose each psychologist more than once.

Pay attention that they are using different words but the same meaning.

1. Pay more attention to what people are saying to improve social bonding.

Psychologist B

2. Don't attach importance to things you don't do well.

Psychologist D

3. Work on how you bond with other people.

Psychologist B

4. Do something absorbing.

Psychologist C

Note: absorb means 'immerse yourself- something that consume you'.

5. Adjust simple aspects of your daily routine.

Psychologist A

6. Think about how you can help others.

Psychologist D

7. Make sure your activities aren't too easy (or too difficult).

Psychologist C

8. Be authentic.

Psychologist D

Note: authentic means 'genuine or original' اصلي او حقيقي

2. Check your understanding: true, false or not given

Read the sentences and write True if the information can be found in the text, False if the information says the opposite to the text or Not given if the information cannot be found in the text.

1. According to A, it isn't difficult to make changes to our everyday habits. (**true**)

وفقا للطبيب النفسي (١) انه من الصعب احداث تغييرات في عاداتنا اليومية

2. B thinks having a large group of friends is a waste of time. (**false**)

يعتقد الطبيب النفسي (٢) ان الحصول على عدد كبير من الأصدقاء هو مضيعة للوقت.

3. B believes that you should spend large amounts of time with your close friends. (**not given**)

يعتقد الطبيب النفسي (٢) أنه يجب ان نقضي وقتا طويلا مع الأصدقاء المقربين.

4. According to C, we should do activities which are enjoyable but require some effort. (**true**)

وفقا للطبيب النفسي (٣) فإنه يجب علينا القيام بأنشطة ممتعة لكن تتطلب بعض الجهد.

5. C thinks that we should seek to develop new skills. (**not given**)

يعتقد الطبيب النفسي (٣) أنه يجب ان نعسى لتطوير مهارات جديدة.

6. D believes that we should prioritize improving our weak points. (**false**)

يعتقد الطبيب النفسي (٤) أنه يجب ان نجعل نقاط ضعفنا أولوية.

Note: she mentioned that you should ignore your weaknesses.

3. Check your vocabulary: grouping
Write the collocations in the correct group.

an activity	changes	Things with your friends	research	Friends with someone
judo	A decision	progress	Something enjoyable	Like superman

*

DO	Make
An activity	Changes
Things with your friend	Friends with someone
Research	A decision
Judo	Progress
Something enjoyable	Like superman

Discussion

What do you do to be happy?

Student: make money.

Student: go on a journey.

Instructor: do you think there is a difference between happiness and joy?

Joy is a temporary situation that doesn't last for a long time, while happiness is something essential and lasts for a long time. If I describe you as a happy person, this doesn't mean I am talking about moments, days, or months. This is your personality.

But you do something that gives you joy, so journeys and money bring you joy but not happiness.

And actually there is something that is said all the time: *happiness comes from within not from outside.*

Which of the advice in the text do you think is good advice?

Student: ignore your weaknesses and focus on your strengths.

Student: do exercise and take care of your health.

Student: the relationships.

Instructor: for me I think all of them are important.

Are happiness levels high in your country? Do you think that people are not happy because of present conditions and situations or because of their reaction and their response to these situations?

Student: I think it is because of their mentality.

Instructor: yes of course! They think all the time that this bad and this will be worse, and they are always waiting for the worst and anything that happens,; they only see the bad side not the good side.

They say that *the optimist only looks at the full part of the glass and the pessimist looks at the empty side*. Actually you have to see both of them.

You see the full part and say thank God for it, and you see the empty part and try to fill it.

We should be more optimistic and know the positive things in everything we encounter.

There is a proverb in China that says: من المحنة تُخلق المنحة

And in Arabic we say: إن مع العسر يسر

They didn't say after, but it is during and with it. You can find that there is something good in every bad situation you encounter; you learn something from it. Most people understand that after hard times there will be good time. No it is with them.

I will ask you a question. If you have a factory and you want to employ an engineer. Two engineers came to you and they want the job. Both of them have the same qualities and skills and even personality. Only we have one difference between these two engineers. One of them lived an easy life and the other lives a hard life, which one will you choose?

Student: the easy life.

Instructor: do you think that the one who lived an easy life will know how to deal with things in hard times in your factory?

The one who lived in hard times will know how hoe to deal with hardship and problems. He can stand strong and deal with them.

If you look at the biography of famous people, they will see that they lived a difficult life.

Easy life doesn't make famous and successful people. Life wants us to be strong, but we insist on being strong.

True or false:

1. All the things that psychologists recommend to be happy are moral not material. (**true**)

2. It is enough to have lots of friends just to chat and to do things together. (**false**)

• **Impact:** effect تأثير

• **Unique:** one of its kind- special فريد

- Healthier eating, getting enough sleep, and being exposed to sun are a part of better of...

1. Physical activity

2. Relationship

3. Research

4. **Lifestyle** نمط الحياة

- Which of these activities are not mentioned by psychologist D:

1. Discover your unique strengths

2. Use your strengths in different ways

3. **Engage in good relationships** انخرط في علاقات جيدة

4. Focus on the positive not the negative

Thank You

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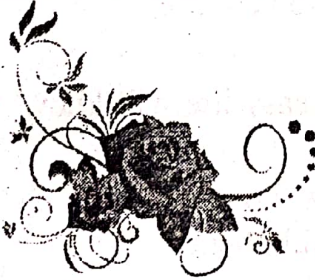


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