

araq

StartUp 7

Reading

Unit10 – Lesson4

Page120

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



MEDIOCRE


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


Teach the form of the word. Then ask some concept checking questions.
A RECOLLECTION
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afaq-lc.com
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Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


Teach the form of the word. Then ask some concept checking questions.
ROSY
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Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



ELAPSE


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


Teach the form of the word. Then ask some concept checking questions.
SELF-ESTEEM
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Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



CONSEQUENT


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


Teach the form of the word. Then ask some concept checking questions.
INSTILL


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



A YEARNING


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


Teach the form of the word. Then ask some concept checking questions.
ENVIABLE
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Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


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IN RETROSPECT
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FILL IN THE BLANKS.

Have your students do the task in class. Then check the answers right away.

mediocre - rosy - self-esteem - instill - enviable
a recollection - elapse - consequent - a yearning - in retrospect

1. seeming to be successful or happy
2. something from the past that you remember
3. not very good, but not very bad
4. a strong desire for something
5. the feeling that you deserve to be liked and respected
6. respected and desired by others
7. happening as a result of a particular event or situation
8. to teach someone to think, behave, or feel in a particular way over a period of time
9. if a particular period of time elapses, it passes
10. thinking back to a time in the past, especially with the advantage of knowing more now than you did then

Have your Ss preview the text and answer the task. If necessary provide enough explanation about how to preview the text.

A PREVIEW Read the title, look at the picture, and read the caption. What do you think the article will be about?

Home | Technology | Work | Social Media

DO WE VIEW THE PAST THROUGH ROSE-COLORED GLASSES?



If you say someone sees the world through rose-colored glasses, you mean they prefer to see everything in a positive light.

Have your Ss listen to the audio and answer the question. Check the answers in class.

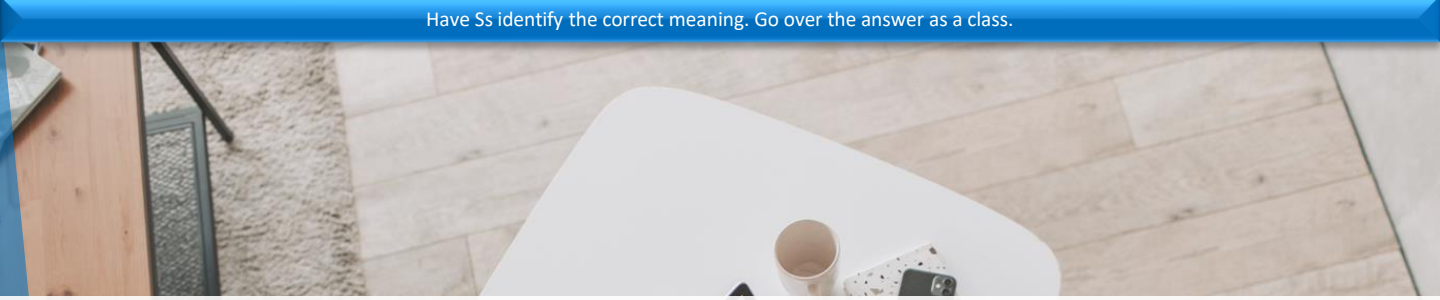
ANSWER THE QUESTIONS ACCORDING TO THE AUDIO.

10-17



1. What is the purpose of the story in the first paragraph?
2. What is the relationship between fading affect bias and rosy retrospection?
3. How is a declinist perspective sometimes exploited?
4. How does the writer suggest we deal with the effects of rosy retrospection?

Have Ss identify the correct meaning. Go over the answer as a class.



B **CLOSE READING** Reread the lines. Then circle the correct answers.

1. In the sentence in lines 9–10, why does the author use the phrase *that is*?
   a. to introduce a phrase with the same meaning as *fading affect bias*
   b. to introduce the cause of fading affect bias
   c. to provide an example of fading affect bias
2. Which sentence is closest in meaning to the sentence in lines 24–26?
   a. Because they are often false, declinist arguments have limited appeal in politics.
   b. In politics, declinist arguments, despite often being false, are persuasive.
   c. Declinist arguments by politicians are frequently unconvincing and exposed as false.



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READING SKILL **Use a cause-and-effect T-chart**

Using a T-chart with causes on the left in line with their effects on the right allows you to clearly visualize the effects of phenomena to understand them better.

C Read the Reading Skill. Then complete the chart.

Causes	Effects
1. letting go of negative memories	1. _____
2. forgetting the pain of past failures	2. _____
3. forgetting the negative consequences of mistakes	3. _____
4. a declinist perspective	4. _____
5. an awareness of the effects of rosy retrospection	5. _____

In pairs, have Ss take turns retelling the most important ideas in the article in complete sentences. Remind them to use their own words as they summarize.

VIEW THE PAST THROUGH ROSE-COLORED GLASSES?

A summer trip with the family to a theme park seems like a wonderful idea. As you load up the car, the kids can hardly contain their excitement. Along the way, you have to deal with a flat tire, and at the park, there are the usual high prices, long lines, occasional rudeness, and mediocre food. It's a relief when you get home, and you tell yourself it's the last time you'll go. But somehow, in the following months, all the negative memories seem to fade, leaving mostly happy recollections and the general sense that you had a good time. Next summer, or the summer after that, you will probably look forward to going again.

The memory changes described above are what psychologists call *rosy retrospection*, a cognitive bias that makes past events seem more positive upon later reflection than they were in reality. Several studies have confirmed this bias. For example, bicyclists who were surveyed b[illegible] some time had elapsed. This provide[illegible] ains positive memories while allowing negative ones to fade.

This distorted [illegible] tively is a coping mechanism that helps fight depression while bolstering an individual's sense of self-esteem and belief in personal control over influences that shape our lives. At [illegible] hances productivity. Furthermore, forgetting the pain of past failures [illegible] iers to healthy risk-taking.

However, rosy retrospection has drawbacks. Since we learn from our mistakes, forgetting their negative consequences can prevent us from learning valuable lessons. As a result, we might find ourselves repeatedly in the same bad situation. For example, if you only remember the exciting aspects of a hike climbing a mountain with friends and not how much you regretted having sore legs for a week after, you could easily find yourself making the same mistake again. Rosy retrospection has also been linked to a *declinist* perspective: the belief that a situation is in decline and heading, in the long run, toward collapse. Adopting this perspective instills the idea that our best days are behind us and a yearning for "the good old days." Declinist arguments are often used by politicians, and although historians have shown that they are frequently false, they can effectively [illegible] enviable in retrospect.



If you say someone sees the world throu[illegible] rose-colored glasses, you mean they pref[illegible] everything in a positive light.

WHAT WAS THE ARTICLE ABOUT?
RETELL THE MOST IMPORTANT IDEAS.
USE YOUR OWN WORDS.

Have your students think about the question. You're suggested to brainstorm some ideas first.

A THINK What did you do yesterday? List three things that you remember fondly and three things you'd rather forget. What are you most likely to remember about yesterday?



Have your Ss share what they have prepared in their breakout rooms. Monitor the groups and share your FEEDBACK afterwards.

B GROUPS Compare yesterday's fond and unpleasant memories and decide which ones are most likely to be remembered over time.



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The memory changes described above are what psychologists call *rosy retrospection,* a cognitive bias that makes past events seem more positive upon later reflection than they were in reality. Several studies have confirmed this bias. For example, bicyclists who were surveyed before, during, and after a three-week tour recalled their trip in a more positive light after some time had elapsed. This provides evidence of a phenomenon known as *fading affect bias*, that is, the way the brain retains positive memories while allowing negative ones to fade.

This distorted yet rosy view of the past seems to have a largely positive effect on our well-being as viewing life positively is a coping mechanism that helps fight depression while bolstering an individual's sense of self-esteem and belief in personal control over influences that shape our lives. At work, letting go of negative memories reduces anxiety and enhances productivity. Furthermore, forgetting the pain of past failures eliminates the consequent regrets and fears that could be barriers to healthy risk-taking.

However, rosy retrospection has drawbacks. Since we learn from our mistakes, forgetting their negative consequences can prevent us from learning valuable lessons. As a result, we might find ourselves repeatedly in the same bad situation. For example, if you only remember the exciting aspects of a hike climbing a mountain with friends and not how much you regretted having sore legs for a week after, you could easily find yourself making the same mistake again. Rosy retrospection has also been linked to a *declinist* perspective: the belief that a situation is in decline and heading, in the long run, toward collapse. Adopting this perspective instills the idea that our best days are behind us and a yearning for "the good old days." Declinist arguments are often used by politicians, and although historians have shown that they are frequently false, they can effectively appeal to a bias toward a past that looks enviable in retrospect.



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So, while researchers have confirmed the benefits of rosy retrospection for our well-being and its value as a coping mechanism, by maintaining an awareness of its effects, we can also improve the accuracy of our judgment and decision-making. This might help us avoid falling into a declinist perspective. In sum, rosy retrospection should have a net positive effect as long as we make sure not to prefer that rosy view of the past to a genuinely bright future.

READ THE TEXT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

DO WE VIEW THE PAST THROUGH ROSE-COLORED GLASSES?

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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.