



1 Caps Off to You!

Look at the picture and discuss:

- Where are these people?
- What are they probably going to do next?
- What else can we do at this place?



We are going to ...

- read a conspiracy theory and a university prospectus
- use idioms and slangs about studying
- quote, summarize, and paraphrase
- listen to a lecture and a conversation with a student counselor
- watch a video of a conspiracy theory
- hold a debate
- write complex and compound sentences
- write an analytical exposition essay



Skim the text on the conspiracy theories about the Bermuda Triangle!

Mysteries Surrounding the Bermuda Triangle

Sailors and pilots can become uneasy at the idea of traveling through the Bermuda Triangle, and no one can blame them for their nervousness. The Bermuda Triangle has become notorious for the hundreds of ships and aircraft that have vanished there over the past couple of centuries. It is said that the location has claimed over 1,000 lives. This area of water in the Atlantic Ocean, between Bermuda, San Juan, and Miami has become a graveyard for countless people and vessels. Despite this terrifying fact, the fascination with it only grows with each ensuing decade. The following are some of the most popular theories surrounding the mystery of the Bermuda Triangle.

A. Dangerous Methane Gas

Some believe that methane gas was responsible for driving ships and planes to their watery graves in the Triangle. It has been proven that substantial amounts of methane gas do exist in some spots on the ocean floor.

If said gas were to leak into the water, some experts believe it could sink ships, and even cause planes to crash! In addition, this could potentially happen rapidly, in just mere seconds, which would not allow onboard passengers enough time to radio for help or jump ship.

B. Behold, the Wormhole!

The wormhole theory holds a lot of appeal to science fiction fanatics. A wormhole is essentially a shortcut in the space-time continuum that could, in theory, even potentially allow time travel.

Although there has not been any solid evidence on wormholes, it has not stopped them from being championed as a Bermuda Triangle theory. Some people point to the wormhole explanation as a reason why many vessels cannot be found after crashing in the Bermuda Triangle, while others attribute this to the current of the Gulf Stream.

C. Human Errors, What Else Is New?

If it is a deep mystery you are looking for, then you might be disappointed by this theory. The truth is, simple mistakes cause a lot of accidents every year, both in the air and sea.

Any confusion or disorientation by a pilot or captain can imply deadly consequences, such as running out of fuel before reaching land. The Bermuda Triangle has a lot of islands that can be hard to distinguish from one another, which can contribute to the confusion.

Some people believe that one of the Bermuda Triangle's most intriguing mysteries—the disappearance of five torpedo bombers in 1945—was caused by human error. The formation was led by Lieutenant Charles Taylor, who was believed to be hungover and had a reputation for getting lost during flights.

D. Maybe... Aliens?

All Bermuda Triangle theories can never ignore the alien explanation. While there is no reason to believe aliens are behind any of the Bermuda Triangle accidents, they can be a convenient scapegoat whenever there are unexplained disappearances. Why the aliens might choose the large, rather isolated area of the Bermuda Triangle to snatch up unsuspecting travelers is easy to imagine, but near impossible to prove. Still, it provides a quick and convenient “answer” to the head-scratching questions regarding the disappearances.

E. No Mysteries at All! Surprise!

Some even think there is no mystery at all to the disappearances in the Bermuda Triangle. They say there that the disappearances are “normal” accidents, especially considering the Triangle is a frequently-traveled area.

The people who adhere to this theory say it is difficult to separate facts from telltale legends about where certain ships or planes have vanished. Moreover, if there were indeed more wrecks, they say they are still within statistics and are explainable due to the high number of ships and planes that travel there.

Will we ever know? Someday, perhaps, there will be a definitive answer to all this. Until then, it is hard not to join the fun of imagining what forces might be at work in the Bermuda Triangle.

Reference: <https://3oa.com/bermuda-triangle/>



REMEMBER THIS

Skimming a text means reading **very quickly**. When skimming, just look at the **headings, subheadings, and the first and last lines** of each section or paragraph. Skimming is done to understand the **gist**—the general idea of the text, not stopping at words that you don't understand as this will slow you down.

B Which of the following describes the main idea of the text?

- Aliens are the cause of the disappearances in the Bermuda Triangle.
- There is no definitive proof despite different theories having existed for years.
- The Bermuda Triangle causes nervousness among sailors and pilots.

C Skim the text, and write the main idea of each heading!

- Heading A _____
- Heading B _____
- Heading C _____
- Heading D _____
- Heading E _____

D Discuss the theories with a friend! Do you find a particular theory compelling? Why?



REMEMBER THIS

Scanning a text means looking for a **specific piece** of information or specific words. When scanning, find the **keywords** and ignore the information that is not relevant to your purpose. Scanning is a **useful strategy** to apply when the questions ask for specific factual information.

E Scan the following prospectuses of two study programs!



on the global community of this awesome field.

Art and Design work is an integral part of the world's development. Ranging from our personal items to the greatest of buildings in the world, the application of Art and Design is near limitless. Having a career in the Art and Design field allows you to be a part of this great adventure. By joining the Faculty of Arts and Design at Atlaz University, you will be equipped with the skills, creative thinking, and connections to make your mark

PROGRAM DETAILS

Students will learn the integrated process of Design starting from research all the way to the execution of various design areas of Visual Communication, Product Design, Fine Arts, Environmental Design, and Architecture. This program combines profound learning about design theory and practical projects that challenge and extend students' intellectuality, creativity, as well as technical skills.



minds converge to learn, explore and discover. Atlaz University utilizes state-of-the-art facilities to enhance an exciting and profound education experience to open your door to a plethora of rewarding opportunities.

Science and Engineering play a crucial role in the development of civilization. It is arguably the heart of many greatest innovations, which have a hand in shaping the world as we know it. Working in the field of Science and Engineering provides you with a rewarding career. Your knowledge and innovation get the world moving, literally. The Faculty of Science and Engineering at Atlaz University is where the brightest

PROGRAM DETAILS

This program provides a sound knowledge of the laws of nature happening around us. In addition, students also learn important techniques and skills of English language and computing to prepare them for real-life applications.

F Answer the following questions!

1. If you want to become an architect, which program should you choose? Why?

2. If you want to become a neural engineer, which program should you choose? Why?

3. Which program do you find more appealing? Why?

G Which program will you likely choose? Why? Discuss it!



VOCABULARY Idioms/Slangs in College

Knowing how and when to use slang terms will help you connect with and better understand your friends. Here are the examples that you can use:

- **Blow off steam:** get rid of stress or anger.
- **Break a leg:** a way to wish someone good luck, often before a performance of some kind.
- **Chill:** relax, calm down, or be easygoing.
- **Root for:** to cheer for or support something or someone.
- **Roomie:** a roommate.
- **Legit:** something that is good or worthwhile.
- **I'm down:** agree or interested in something.
- **Lose one's mind:** to go crazy.

Fill in the blanks using the idioms above!

- We finished our exam so it's time for us to _____.
- _____! I know you can do it!
- I will move to a single room because I don't have a _____ anymore.
- The new year's sale is totally _____.
- She gets angry easily, she really needs to _____.
- Have you got an annoying _____? Because my sister got one and she said she couldn't stand her anymore so she'll move.
- Will you come to Jennie's party? Cause _____ for it!
- Good luck! Remember that we're all _____ you and your team.
- She washed all her plates with expensive body soap, she's totally _____!
- Going to the beach might be the place to _____ with your loved ones.



GRAMMAR Compound and Complex Sentences

COMPOUND SENTENCE

A compound sentence has two or more independent clauses. Independent clauses are clauses that have **one subject** and **one verb** that can stand alone as a sentence. Those independent clauses can be joined by a coordinating conjunction (for, and, nor, but, or, yet, so).

For example:

- She mops the floor.
- He takes out the trash.
- and

Independent clause

Independent clause

Coordinating conjunction

Compound sentence: She mops the floor, and he takes out the trash.

S V

S V

COMPLEX SENTENCE

A complex sentence has one independent clause, a subordinate clause, and at least one subordinating conjunction (inside the subordinate clause).

A subordinate clause also has **one subject** and **one verb**, but it cannot stand alone as a sentence because the meaning is not clear. It needs to be connected to the independent clause (main clause) to make a complex sentence. A subordinating conjunction is used to connect the independent clause and the subordinate clause to make a complex sentence.

There are many types of subordinating conjunction, some of the examples are: because, after, while, since, if, when.

For example:

- I feel calm.
- When I'm listening to music.
- When

Independent clause

Subordinate clause

Subordinating conjunction

Complex sentence: I feel calm when I'm listening to music.

Exercise 1. Fill in the blanks with coordinating or subordinating conjunctions!

- I am excited for the weekend _____ I am going to see my cousin.
- She is reading a novel _____ he is watching a movie.
- My mother cooks, _____ my father washes the dishes.
- He likes watching action movies, _____ he does not like horror movies.
- I am finishing my homeworks now, _____ I can play with my friends later.
- The weather is very cold _____ it is winter season.
- She is not feeling well _____ eating yesterday's curry.
- _____ you are not feeling well, you should see a doctor.
- He cannot choose between going to the park, _____ visiting the museum.
- _____ you need someone to talk to, you can always call me.
- I was doing my assignment _____ my sister was singing some rock songs.
- My parents forgot to bring their phones _____ they were in a hurry.
- She did not study, _____ she passed.
- The students will be in the classroom _____ they finish their biology project in the lab.
- I am still on vacation, _____ leave me alone.



REMEMBER THIS

Coordinating conjunction:

- There are seven coordinating conjunctions (for, and, nor, but, or, yet, so) you can memorize them by thinking of "FANBOYS."
- You need to use a comma before FANBOYS.
- FANBOYS cannot be used at the beginning of a sentence.

For example:

- I have a lot of money. **But** I don't want to spend it all on clothes.

wrong

- I have a lot of money, **but** I don't want to spend it all on clothes.

right

Subordinating conjunction:

- You don't need a comma before subordinating conjunctions.
- Subordinating conjunctions can be used to begin a sentence.
- If you put subordinating conjunctions to begin a sentence, you need to use a comma before the independent clause.

For example:

- **When** I am listening to music, I feel calm.

Exercise 2. Connect the sentences below with coordinating or subordinating conjunctions!

1. Maya is no longer an only child. Maya has a baby sister now.

2. Nick likes desserts. Nick dislikes spicy food.

3. Gita often listens to sad music. Gita is feeling sad.

4. Omar loves playing soccer. Omar is very good at it.

5. Amanda wants to be a doctor. Amanda wants to cure people.

6. Jun hates horror movies. Jun never watches it.

7. She decided to buy two bags. The price was very cheap.

8. He did not finish the burger. He did not finish the fries.

9. I want to wake up early. I always sleep late.

10. Ms. Parker is still checking on student's homework. Ms. Parker is on holiday.

Exercise 3. Underline the conjunctions, and write "correct" or "incorrect"!

Example: correct *She is upset because her car broke down.*

1. _____ When I grow up, I want to become a professional badminton player.

2. _____ He wants to buy the latest video game but he does not have enough money.

3. _____ They have been staying at the dorm since they entered the university.

4. _____ Although we should keep moving forward, there are many obstacles.

5. _____ My friends are going to the mall while I am going to the park.

6. _____ During weekdays, my father goes to work, and my sister goes to school.

7. _____ You want to succeed, if you have to be disciplined with your time.

8. _____ My brother often goes to the gym, before he goes to work.

9. _____ Her mother does not like garlic, so she never eats garlic bread.

10. _____ I have known him since we were six. We went to the same school.

11. _____ They feel relieved although they can submit their dissertation on time.

12. _____ Vira will spend her weekend in Bandung because she wants to visit her grandma.

13. _____ So I am older, I will buy a new car for my dad and little brother.

14. _____ We were late to the cinema because we didn't know the direction.

15. _____ My mother was baking a cake if my father was washing his car.

16. _____ I need to go to the library and borrow some books for tomorrow.

17. _____ Alan has to be here at 6 but he hasn't called a taxi.

18. _____ And I tell you my secret, it means I trust you. You're my best friend.

19. _____ Although it's snowing, we must go to Mr. Andrew's class.

20. _____ I'll wash the dishes when I come home. I need to go now.



You gotta live and learn
You gotta crash...

SAMPLE

Paraphrasing: it is usually shorter than the original passage, taking a somewhat broader segment of the source and using your own words.



REMEMBER THIS

A summary is a shortened version of a text. It contains the main points in the text. It is a combination of reducing a long text to a short text and selecting relevant information. A good summary shows that you have understood the text.

In a listening activity, you might need to complete a summary. During the task, you will be given a limited time to read the summary first to understand the topic and help you expect the words that you need to fill in. However, while answering the questions, you should never rely on logic without listening to the recording. Instead, understand the words, phrases, or even sentences before and after the blanks to help you predict the correct answer.

There are other things that you need to be aware of. Read the instructions carefully, paying particular attention to how many words you are allowed to write for the answer as this varies. Then, anticipate any possible synonyms and paraphrasing of the answers based on the context.

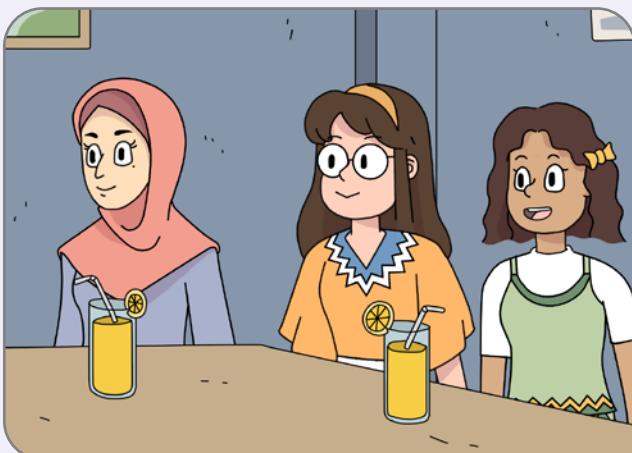
B Read the summary below, and understand the gist and the questions! Then, listen to the monologue and complete the summary! Write *no more than two words* for each answer! 🎧

Founded by a group of talented _____ in 2020, Atlaz University is meant to provide quality education and skill training which is affordable yet excellent in quality. It offers students _____ to leading opportunities for intellectual, professional, and leadership development to address the increasingly _____ of the global society.

We optimize the local curriculum by fulfilling global needs as our study programs and _____. Experience a more effective and interactive _____ in developing yourself through our _____ learning system, which optimizes offline and online study programs. We provide extra classes with our _____ for those who need further understanding in a more convenient way.

We welcome all high school _____ and _____ once a month to get to know better about our program and understand further about the current need of society, both locally and globally, to ensure the _____ of each student after graduating from Atlaz University.

C Watch the video and answer the questions! 📺



1. Do you think Topher Boyle really made a deal with the Devil?
2. What do you think makes for a conspiracy theory?
3. Have you heard a crazy conspiracy theory before? What was it about?

D Listen to the dialogue, and fill in the blanks in the table! Write *no more than three words/numbers* for each answer! 🎧

Major	Number of majors	Average tuition fee	Facility	Available club and activity
Business	1)	USD 8,000/ semester	6)	9)
Science	2)	4)	Aquatic tank	Green peace club
Art	11 majors	USD 9,000/ semester	7)	10)
Law	3)	5)	8)	Junior lawyer's club



REMEMBER THIS

In completing a table, you need to focus on the features provided in the table already as they can guide you to properly fill the blanks. Here are some other tips that can help you to handle table completion question types with ease.

- Underline keywords to know exactly what information to look for.
- Listen attentively, pay attention to sentence stress and emphasis on words and names which are often part of the table completion sequence.
- Write the word as you hear it.
- Don't ignore the word count.

VOCABULARY Academic Phrases in University Life

There are some expressions to use while you're in college. These expressions are also important if you're going to take IELTS or TOEFL test.

Verb

Sign up for

to agree to become involved in a group or organization.

Enroll

to put yourself or someone else onto the official list of members of a course, college, or group.

Plagiarize

to steal another person's ideas or work.

Hit the books

to begin studying.

Hand out

to give something to each of people.

Pull an all-nighter

To do something that lasts all night.

Hand in paper/assignments

to give paper/assignment to the responsible person.

Cut/skip class

to not do something that you usually do or that you should do. In this case, attending a class.

Example

They want to **sign up for** that organization.

I think it's not too late if you want to **enroll** at the college.

She **plagiarized** her work from an article she read on the Internet.

My brother will have a test tomorrow, so he is **hitting the books**.

The lecturer asks about the students' attendance. I think he's going to **hand out** the assignment.

We **pull an all-nighter** to finish the report.

I need to **hand in the paper** because I can't come to the class tomorrow.

Anthony is **skipping class**. He has to go somewhere with his friends.



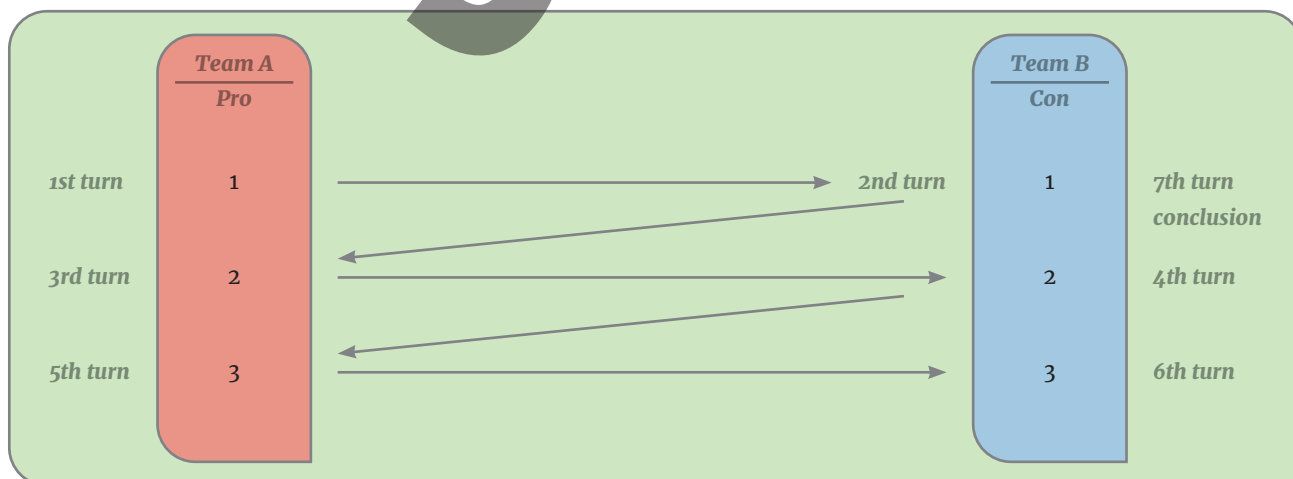
Choose the right answer for each sentence!

- The admission team took almost a week to _____ new students.
A. enroll
B. sign out of
C. catch up with
D. drop the
E. come with
- I'm bored with his class. I think I will _____ it.
A. go
B. skip
C. visit
D. follow
E. come
- Andy has a final exam tomorrow. Today, he's going to _____ at the library.
A. hand out
B. fall behind
C. give out
D. hand in
E. hit the books
- Do you hear that his brother is expelled from his university? Is it true that he _____ his papers?
A. handed in
B. plagiarized
C. caught up
D. threw
E. pulled an all-nighter
- I was sick for a week but today I need to _____ and finish all my assignments due tonight.
A. get caught up
B. run away from it
C. drop it off
D. pull an all-nighter
E. sign out

VOCABULARY Debate

A debate is a structured discussion of a controversial topic between two sides. One team supports a "motion," and the other refutes it. Each team consists of three speakers, and each speaker is allowed 5–8 minutes to deliver their arguments.

Here's the speaking turn of a World School Style (WSS) debating system:



Each speaker in the team has a specific role, as described in this table:

Pro (Team A)	Con (Team B)
First speaker: Define the motion, and present team's opinion and arguments.	First speaker: Counter Team A's 1st speaker's arguments, and present team's arguments.
Second speaker: Counter Team B's 1st speaker's argument, and present team's argument.	Second speaker: Counter Team A's 2nd speaker's arguments, and present team's arguments.
Third speaker: Counter Team B's 2nd speaker's argument, and present team's argument.	Third speaker: Counter Team A's 3rd speaker's argument, and present team's argument.
First speaker: Outline the main points of the debate, and deliver Team A's final statement.	First speaker: Outline the main points of the debate, and deliver Team B's final statement.

One of the goals of participating in a debate is **to be the best speaker**. This means you have to **deliver your argument in the most convincing way** regardless of what team and what role you have in a debate.

Take a look at some phrases you can use to help you express your argument in a debate.

PRESENTING OPINION & ARGUMENTS

When presenting opinion & arguments, you can say:

- The motion for today is...
- We... believe(s)/feel(s)/insist(s)/think(s) that...
- Let's first define some important concepts...

SEQUENCING A LIST OF ARGUMENTS

Here are some phrases you can use in sequencing a list of arguments:

- First of all, I'd like to state...
- To begin with, I'd like to address...
- Firstly, Secondly, Thirdly,
- The next point I'd like to state is...

SUPPORTING YOUR ARGUMENTS

To support your arguments, you can use these phrases:

- In addition to that,
- Furthermore,
- Moreover,
- What is more,
- Not only that but also...

RESPONDING TO THE OPPOSING TEAM'S ARGUMENTS

To respond to the opposing team's arguments, you can say:

- While you might say that..., it's questionable that...
- Although/even though it is... that..., I doubt that...
- I can understand your reason for that... Nevertheless,...
- However, I would like to point out that X is not the case.

DELIVERING THE FINAL STATEMENT

There are some phrases you can use to deliver the final statement, such as:

- As a final word, let me summarize our arguments.
- My final thought is...
- To sum up,
- Finally,



A Choose a topic!

Make a group of three, then discuss, and make a list of pros and cons from one of the following topics:

- Taking a gap year between school and university.
- Getting a part-time job while being a full-time student.

B Choose the speakers for your group!

In your group, discuss and decide whether you want to be Team A (Pro) or Team B (Con)! Then, assign the speakers (1, 2, and 3)!

C Fill in the table!

After you decide on your team, discuss what arguments you need to deliver in the debate and fill in the table!

Team (A/B):	The Motion:
First speaker's name:	Argument:
Second speaker's name:	Argument:
Third speaker's name:	Argument:
Team's conclusion:	Final statement:

D Do the debate!

With your teacher's guidance, have a debate with an opposing team that chooses the same topic! Even though the goal is to be the best speaker, remember to keep things civil in your debate!

E Watch your friends' debate!

Who do you think is the best speaker on each team? Express your opinion and give your reasons!

Handwriting practice area with lined paper and a large diagonal watermark reading 'SAMPLE'.

VOCABULARY Giving Presentation

When you're in college, your lecturer might ask you to prepare a presentation for your assignment, report, or other works. There are some useful phrases you can use in presentations. Take a look at the list below.

INTRODUCING THE TOPIC

When you want to introduce the topic of your presentation, you can use these phrases:

- The aim of this presentation is...
- My presentation today is about...
- Today, I'd like to talk about...

LISTING THE POINTS

To list the points of your presentation, you can use these phrases:

- My talk will be in two (three, four) parts: First, After that, Then, Finally,
- Firstly, Secondly, Thirdly, Finally,
- I'll begin by looking at... Then, I'll move on to... Towards the end I'll...

CHANGING THE TOPIC

Here are some phrases you can use when you want to change the topic:

- Now I'd like to turn to...
- Now let's look at...
- Moving onto...

FOCUSING YOUR AUDIENCE'S ATTENTION

When you want to draw the attention of your audience, you can say:

- What interesting/important is...
- Notice/observe that...

REFERRING BACKWARD/FORWARD

To refer backward/forward, you can use these phrases:

- I mentioned earlier that...
- We'll come back to this point later...

REFERRING TO VISUALS

There are some phrases when you want to refer to visuals:

- Looking at the chart you can see...
- As you can see from the graph,
- The graph/chart shows...

CHECKING UNDERSTANDING

To check if your audience understand what your presentation is about, you can ask:

- Is that clear?
- Any questions?

SPEAKER'S ATTITUDE

There are some phrases you can use to point out your opinions, such as:

- I believe/think that...
- It seems to me that...
- The point I'm trying to make here is...
- It's important/interesting to notice that...

REFERRING TO COMMON KNOWLEDGE

You can refer to common knowledge by saying:

- As you know...
- As I'm sure you are aware...

DEALING WITH QUESTIONS

To deal with questions, you can use some phrases, such as:

- That's a good point.
- Can we get back to it later?
- I'm afraid I'm not the right person to answer this question.

ENDING THE PRESENTATION

When you want to end the presentation, you can use these phrases below:

- So, to sum up...
- In conclusion, we can say that...





Writing an Analytical Exposition Essay

There are three things to consider before writing your essay: thesis, type, and audience. Of these, the most important by far is your thesis, or the core of what your essay is about. Before writing an essay you have to remember these points:

- **Make sure you understand the question.**
Take time to read the question very carefully. Underline the parts you have to write.
- **Introduce your essay.**
The introduction sets the scene for your reader. It tells them what you are going to discuss, what the issues are, and what your position is.
- **Make your opinion on the topic clear.**
Decide on your view and state this, either in the introduction or during the course of your essay. Keep your position clear and don't change it.
- **Draw a logical conclusion.**
At the end of your essay, you need to write one or two sentences that summarize your arguments and your point of view.

Example of an essay topic:

More and more students are choosing to take a gap year before starting university for traveling or gaining work experiences. What do you think is the reason behind this decision? Do you think it is a good idea? Give your answer and present your arguments! Write at least 250 words!

ANALYTICAL EXPOSITION ESSAY

The purpose of an analytical exposition essay is to propose and support an argument or a topic. By analyzing the topic, you should develop some ideas to develop as an argument.

A typical analytical exposition essay has a specific structure; they all have:

- an introduction
- a main body
- a conclusion

The introduction is one of the most important parts of an analytical essay because you have to write a clear thesis statement in your introduction. **Thesis statement is one sentence that answers the questions of an essay topic.**

How to write an analytical exposition essay:

1. Decide on a clear answer as a thesis statement.
2. Write the introductory paragraph that ends with your thesis statement.
3. Make clear topic sentences. Each main body paragraph should begin with a clear topic sentence that both introduces the topic of the specific paragraph, and ties it to your thesis statement.
4. In body paragraphs, you need to support your topic sentences with logical reasons and examples. You need to make your argument stronger by acknowledging another point of view.
5. Summarize the main topics in your body paragraphs in a concluding paragraph. Restate your answer to the essay question by paraphrasing your thesis statement.



Brainstorm with your friends! Think about the pros and cons of taking a gap year!

It is increasingly popular for students to have a year off between graduating from high school and going to college. What are the pros and cons of taking a gap year? Do you think that the advantages of taking a gap year outweigh the disadvantages? Write down the pros and cons on the area provided on the next page!

[illegible]

B Write an analytical exposition essay about this following topic!

What are the pros and cons of taking a gap year? Do you think that the advantages of taking a gap year outweigh the disadvantages? Write at least 250 words!

Be sure to check your essay for grammar, spelling, and punctuation errors before submitting!

This image shows a single sheet of white paper with horizontal blue ruling lines. A large, light gray watermark with the word "SAMPLE" is oriented diagonally from the top left towards the bottom right. The paper has rounded corners and appears to be a standard notebook page.



SUCCESS

HOW TO STRIVE FOR SUCCESS MINDFULLY

EFFORT

SUCCESS

Success is a state of mind. If you want success, start thinking of yourself as a success.

- Joyce Brothers -

To some people, success means working in the big city, climbing the corporate ladder, earning a large paycheck, and killing it in the office. Some people got there, but they suffered along the way—eventually leading to adrenal fatigue and major burnout.

We all want success in some way or another. Whether it means wealth, career, happiness, fame, power or love—success in life is a concept whose meaning is entirely dependent on the person seeking it. However, for all of us, success is the achievement of a goal, reaching a place in our lives that we have visualized and strived for.

"Success is a state of mind. If you want success, start thinking of yourself as a success."

— Joyce Brothers

So, how can we make sure we are looking after our mental health on our road to success?

Make Sure Your Dreams Are Your Own

The biggest tool for our journey to success is to make sure we are aiming for our true meaning of success, not someone else's or society's.

Be Realistic

Just like goal setting, success needs to be attainable. Sure, dreaming big is great, but you also need to be careful as to avoiding setting yourself up for failure before even starting. That being said, make sure the goals we set are not too attainable. By setting realistic yet challenging goals, we will hit the balance we need. These are the types of goals that require us to "raise the bar," and they bring the greatest personal satisfaction.

Celebrate Small Wins

Whenever you hit a small benchmark on the way to success, stop for a while to enjoy that fact. Give yourself a pat on the back! Go out for a good coffee or a nice lunch. That way, you will be much more motivated to achieve the next, bigger goal.

Remember: There Is Really No "There"

For most of us, there will be no moment where we can say, "That's it! I made it. I am now successful." The most successful people in the world still have dreams and future goals, and so will we. Keep the hunger going, and we will keep moving toward our next dream and goal.

Seize the Day

Mahatma Gandhi once said, "Live as if you were to die tomorrow. Learn as if you were to live forever." We need to look at what we have achieved in our lives so far and enjoy it—after all, who says that the success we achieve will last forever? It is easy to get carried away with the new thing we are doing, but appreciating today, practicing gratitude, and loving our life is so much more important.

Stop Racing, Start Living

At the age of 40, Samuel L. Jackson had not yet starred in a movie, Julia Child was working in advertising and Vera Wang had barely gotten her start in fashion—actually, Vera Wang had not designed a bridal gown until she herself got married—at 40. Colonel Sanders only became a successful restaurateur after he failed as a lawyer, insurance salesman, and tire salesman. He was 50 when he came up with his famous "secret recipe." Ray Kroc sold paper cups, was a piano player, and worked as a milkshake multi-mixer salesman before he purchased a little company called McDonald's at age 52. Also, John Pemberton invented Coca-Cola when he was 55. It is important that we live our lives at our own pace. This is life we are talking about, not a race!

Word Search

X	W	Y	B	L	O	C	K	B	U	S	T	E	R	Z
A	C	C	O	M	P	L	I	S	H	M	E	N	T	I
O	Q	A	X	W	R	R	Y	U	H	J	I	R	R	M
K	L	F	N	B	O	Q	O	T	W	A	X	E	I	B
Z	Y	A	G	F	F	K	M	G	G	B	U	W	U	C
R	W	M	Q	V	I	C	T	O	R	Y	S	A	M	F
P	W	E	A	L	T	H	L	U	I	E	N	R	P	E
A	S	H	H	A	P	P	I	N	E	S	S	D	H	R
A	C	H	I	E	V	E	M	E	N	T	K	S	W	M
U	P	S	H	O	T	R	F	O	R	T	U	N	E	Z

GOAL

HAPPY

SUCCESS

Triumph
Profit
Achievement
Accomplishment
Gain
Progress
Wealth
Victory
Reward
Happiness
Blockbuster
Fame
Fortune
Upshot



Reading

Exercise 1

A. Skim the following text on the Area 51 conspiracy theory!

How Area 51 Became the Center of Alien Conspiracy

In the early 1950s, US planes were conducting low-flying recon missions over the USSR, but there were constant worries about them being spotted and shot down.

In 1954, President Eisenhower authorized the development of a top-secret, high-altitude recon aircraft dubbed Project Aquatone. The program required a remote location that was not easily accessible to civilians or spies. One area comes into play.

It was in the Nevada desert near a salt flat called Groom Lake. No one knows exactly why it is called Area 51, but one theory suggests it came from its proximity to the Nevada Nuclear Test Sites. The Nevada Test Site was divided into number-designated areas by the Atomic Energy Commission. The location was already familiar territory for the military, as it had previously served as a World War II aerial gunnery range.

In the summer of 1955, sightings of “unidentified flying objects” were reported around Area 51. This was because the Air Force had begun its testing of the U-2 aircraft. The U-2 can fly higher than 60,000 feet, which was about three times the average capacity. At the time, normal airliners were flying in the 10,000 to 20,000 foot range, while military aircraft topped out around 40,000 feet. So, if a pilot spotted the tiny speck that was the U-2 high above it, they would have had no idea what it could have been. This, in turn, led to an increase of UFO sightings in the area. While Air Force officials knew the UFO sightings were U-2 tests, they could not really tell the public. So, they went with the excuse that the sightings were “natural phenomena” and “high-altitude weather research.”

The testing of the U-2 ended in the late 1950s; but Area 51 has continued to serve as the testing ground for many aircraft, including the F-117A, A-12, and TACIT BLUE.

No one knows for sure what Area 51 is up to these days. Even the government never publicly acknowledged the existence of the base up until 2013, where declassified CIA reports were released. Now, if you ever find yourself at the Las Vegas airport, do keep an eye out for some small, unmarked, passenger planes in a fenced-off area. They're how Area 51 employees get to work from their homes in Vegas.

B. Answer these questions!

1. Based on the text, do you think Area 51 is truly the houses of aliens? Why?

2. If you were in a situation where you spot unidentified flying objects, what would you do? Why?

Exercise 2

A. Scan the following prospectus!



Are you fascinated by human behavior and the development of society? Then, Arts & Social Science is the right choice for you. You will study how individuals and groups develop throughout history, covering academic disciplines of geography, economics, law, communications, and more. You will be equipped with the foundation to explore big ideas, seeing new perspectives, and discover alternative solutions to the many predicaments within our society. The Faculty of Arts & Social Science at Atlas

University combines time-tested traditional values with progressive and fresh ways of thinking to tackle age-old philosophical questions in a new light.

Program Details

Students will learn the fundamental skills needed for their future roles in society, such as English, Computing Studies, and also the Basics of Mathematics. The study aims to sharpen student's analytical thinking and develop their soft skills to excel at a later stage in their life.

Subjects to Be Completed

- Academic English
- Communication for Success
- Culture & Communication
- Management
- Computing for Academic Purposes
- Essentials of Mathematics
- International Issues & Perspectives

Career Progression

- Media (Communications and Journalism, Media Production, Screen, and Sound) Criminology
- Education
- Politics
- Linguistics
- Music
- Social Work

B. Answer the question!

1. Based on the prospectus, what jobs do you think will benefit from the program? Why?

Listening

Exercise 1

A. Listen to the audio and make a summary paragraph about it! Utilize the compound and complex sentences in your writing! Make a draft first to help you construct the summary by taking notes of the information! 🎧

GRAMMAR Fill in the blanks to make a proper compound/complex sentence!

1. The house was burned down, _____ the entire family was saved.
2. He expressed his disappointment _____ stated that he would not attempt to do it again.
3. Ones who dominate the world with their pens are more powerful _____ men who dominate with their swords.
4. The youngster was fast asleep two minutes ago, _____ now he is fully awake.
5. Hippopotamus is a herbivore. _____, they are known for their vicious behaviour.

GRAMMAR Rephrase and connect the following sentences to be compound or complex sentences!

1. Earlier this week, I went swimming at the beach. I got a really bad sunburn.

2. Omar thinks it is okay to tell jokes during a meeting. Nick disagrees with Omar.

3. Predators such as sharks are vicious. The population of sharks could determine the quality of the ocean.

4. Jun is capable of cooking delicious food. Jun enjoys watching cooking videos and learning about cooking techniques.

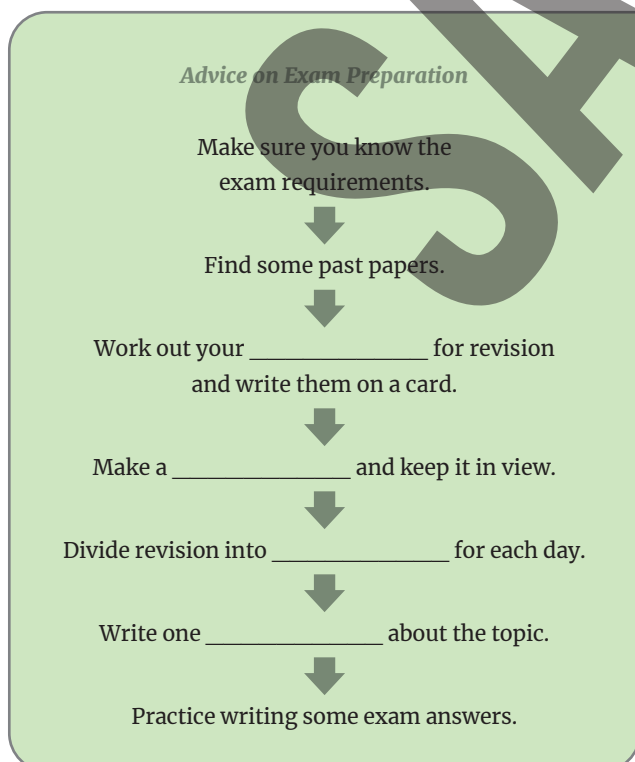
5. There is no way the monkey can get the banana. Climbing the tree is too scary for the monkey.

Exercise 2

A. Listen to the dialogue and choose the correct answers! 🎧

- In which **two** ways is Nick financing his study?
 - He is receiving money from the government.
 - His father is willing to help him.
 - The college is giving him a small grant.
 - His local council is supporting him for a limited period.
 - A former employer is providing partial funding.
- Which **two** reasons does Gita give for deciding to leave some college clubs?
 - She is not sufficiently challenged.
 - The activity interferes with her study.
 - She does not have enough time.
 - The activity is too demanding physically.
 - She does not think she is any good at the activity.
- What does Nick say about the seminars on the course?
 - The other students do not give him a chance to speak.
 - The seminar is unnecessarily complicated.
 - The preparation for the seminar takes too much time.
- What does Gita say about the tutorials on the course?
 - They are an inefficient way of providing guidance.
 - They are more challenging than she had expected.
 - They are helping her to develop her writing skills.

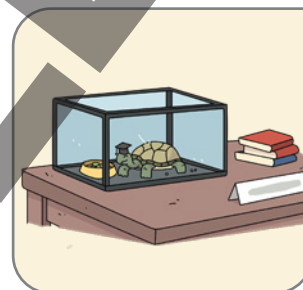
B. Listen and complete the flow-chart below! Write **no more than two words and/or a number** for each answer! 🎧



Speaking

Exercise 1

A. Look at the pictures, guess, and discuss the hidden idioms with your friends! What do they mean?



B. In pairs, create a role-play using some of the idioms you have learned in this unit!

Exercise 2

A. Go online and find a poster/brochure/prospectus from your dream university! Present it to one of your friends by addressing these topics:

- The major you are considering
- The tuition fee
- The subjects
- The lecturers
- The career pathways

B. Listen to your friend's presentation! Then, discuss these questions together:

- What university association are you interested in?
- Are you interested in taking a part-time job while being a full-time student?
- Do you think the services and facilities are worth the tuition fee?
- What other universities or majors do you have in mind? Why are you interested in them?

Writing

A. Look at the data below, and write the information from it in at least 250 words!

The table shows the difference between the activities of the graduate students before going to college in the year 2015 and 2020.

Reason	2015	2020
Working	38%	29%
Traveling	12%	15%
Volunteering	26%	16%
Going to college	24%	40%

B. Write your opinion in at least 250 words about this question below, and give some evidence for your opinion!

People have different reasons to go to college. Why would you consider going to college?

Handwriting practice area for question B. The area contains horizontal lines for writing and a large, diagonal watermark reading "SAMPLE".

Handwriting practice area for question A. The area contains horizontal lines for writing and a large, diagonal watermark reading "SAMPLE".

GRAMMAR Write other expressions for each statement!

1. A different way to say "I am going to finish with."

2. A very polite phrase used to welcome people to the presentation.

3. A different way to say "I am going to start with."

4. A polite way to ask people not to interrupt during the presentation.

5. A phrase used to express a point or opinion in a different and more understandable way.
