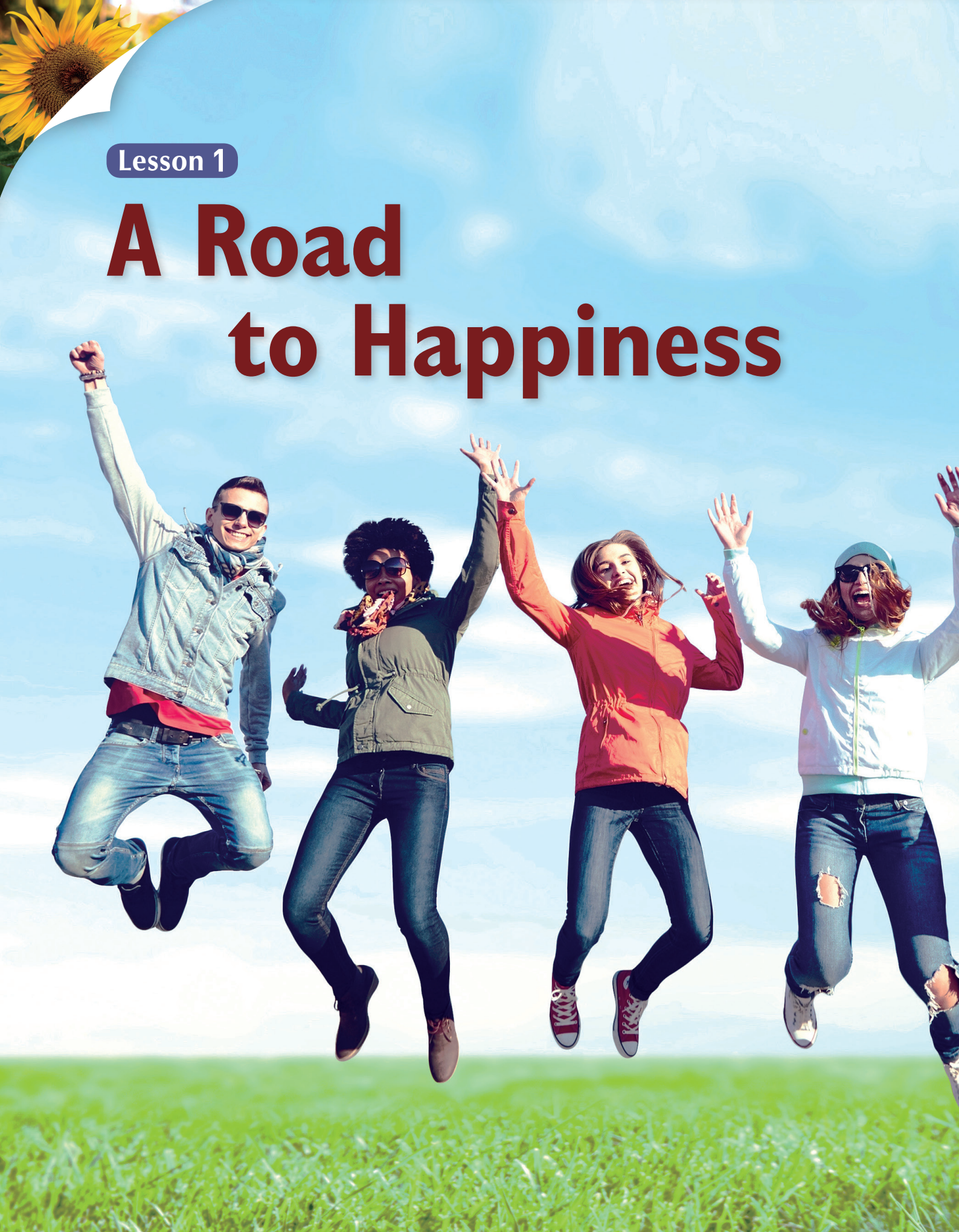




Lesson 1

A Road to Happiness



Before You Begin

Watch a teenager talk about his life's most rewarding and meaningful experiences. Then think about your own and share them.



Lesson Overview

Theme 자기 관리 / 배려와 관용

- L & S** 친구의 고민을 듣고, 조언해 줄 수 있다.
- R** 삶을 살아가는 자세에 대한 짧은 이야기 세 개를 읽는다.
- W** '이 달의 학생 상'에 추천하고 싶은 친구에 대한 추천서를 쓴다.

• Listening & Speaking •

충고 구하기 **What would you do if you were me?**
의견 표현하기 **It seems** to me you won't have enough time.

• Language Structures •

- My arm will cramp up, **which** will force me to drop the glass.
- **Behind him** were an elderly lady and a blind man.

Plan Ahead Skim the pages that follow and write about what you expect to learn in this lesson.

- I will learn about _____.
- The title of the part that looks most interesting is _____.

✓ Self-check

Check if you know the expressions below.

충고 구하기

☐ Can you tell me what I should do?

의견 표현하기

☐ In my view, you won't have enough time.

Compare the structural differences between the sentences on the right and those below.

- I was holding a glass **which** was half full.
- An elderly lady and a blind man were **behind him**.

충고 구하기 What would you do if you were me?

Get Ready»

What are you worried about these days?

- ☐ grades ☐ friends
☐ appearance ☐ _____
 (your own)

A Listen

1 What is the girl most likely to do after the dialog?

- a She is likely to give Emily a gift for her birthday.
 b She is likely to send an email to Emily.
 c She is likely to meet Emily in person to make up with her.

2 Check T for true and F for false.

		T	F
(1)	Peter practiced the piano over the weekend.	☐	☐
(2)	Peter is afraid of making mistakes at the recital.	☐	☐
(3)	Jane suggests Peter should practice the piano with her.	☐	☐

B Speak Out

Talk with your partner about how to help your friend in each situation.

A Bob makes fun of my name. What would you do if you were me?

B I would tell him I feel annoyed.



Talk further Ask your partner for advice about your own worries.

의견 표현하기 It seems to me you won't have enough time.

Get Ready»

What kind of person do you think you are?

☐ considerate

☐ warm-hearted

☐ humorous

☐

(your own)

A Listen

1 Which of the following is Justin most concerned about?

- a his Mom's health b his relationship with friends c his English exam to come

2 Fill in the blanks in the news article below.

LIFE

No. 154
© The Seoul Daily
Friday, March 13th, 2020

Go Bald, Show Support

Dongsu Kim, a second-year student at Hanguk High School, was diagnosed with _____. He lost all his _____ due to the treatment he received. To show support for him, his classmates shaved their heads.


B Speak Out

Talk with your partner about the given situations.

A Sam is now learning Korean, but he doesn't think he's improving.

B Really? Should we do something?

A Let's give him Korean lessons. It seems that he might need more practice.

Situation

Alice has had difficulty adjusting to her new school.

- spend some time with her
- she needs friends to talk to

Situation

Brian is in the hospital because he hurt himself playing baseball.

- bring him some books from the library
- _____
- _____

your own

Talk further → Share your opinions on how to help your friend in need.

A Listen

Listen and fill in the blanks.



Today's guest is Paul Potts, a successful salesperson-turned-_____. He overcame many _____ on his way. Let's hear his story on how he made his _____ come true. Please welcome Paul Potts!



TONIGHT SHOW

B Speak Out

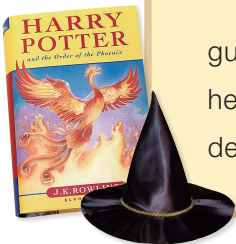
Complete the following with your ideas. Then take turns introducing the guest to your group members.



Guest J.K. Rowling

TONIGHT SHOW

Hello, and welcome to the *Tonight Show*! I'm _____. Today's special guest is J.K. Rowling, the author of the *Harry Potter* series. It seems to me that her great success was made by her _____ despite many difficulties. Ladies and gentlemen, please welcome Joanne Rowling!



Help Box

- passion for writing
- enthusiasm towards literature
- determination to pursue her dream
- _____
(your own)

✓ Peer-check

Exchange books and evaluate one of your group members' performance.

Was the voice loud and clear?	/ 5
Was the speed of speech appropriate?	/ 5
Did the speaker act like a talk show host?	/ 5

Before You Read

A Get Connected

How do you deal with your problems? Check one that applies to you and talk about it with your partner.

☐	I tend to keep worrying about them.
☐	I try to stop worrying and accept them as they are.
☐	I ask for advice from friends to solve them.
☐	I look for ways to solve them on my own.



B Vocabulary

Guess the meanings of the underlined words and talk about them with your partner.



My hands are still numb from the cold.



He is struggling in the face of adversity.



The glass is very fragile, so he is handling it with care.



My right leg is cramping because I've been sitting with my legs crossed for too long.



James ended up winning the competition.



Sharon seldom shows her sentiment in any circumstances.

✓ Self-check Timed Reading

The more you read, the better you understand. Read the text (pp. 14–19) and record your reading time below.

1st ____ min. ____ sec.

* While reading, check where your understanding fails.

Stories That Will Change the Way You Think

From time to time, you are told by parents or teachers to “think outside the box.” To this, you may say, “Easier said than done.” But try it. Looking at a problem from a different perspective can lead you to a new approach to handle the problem. It truly works. The following stories show how changing your perspective can change your life.

Story 1

The Weight of the Glass

- perspective
- approach
- handle

A professor walked around on a stage while teaching. She raised a glass of water and asked, “How heavy is this glass of water?” Students shouted out various answers.

- reply
- fairly
- ache [eik]

She replied, “From my perspective, the weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour, it may make my arm ache. If I hold it for an entire

5



Q1 Skim through the stories and choose the main purpose.

a to seek opinions from readers

b to give life lessons

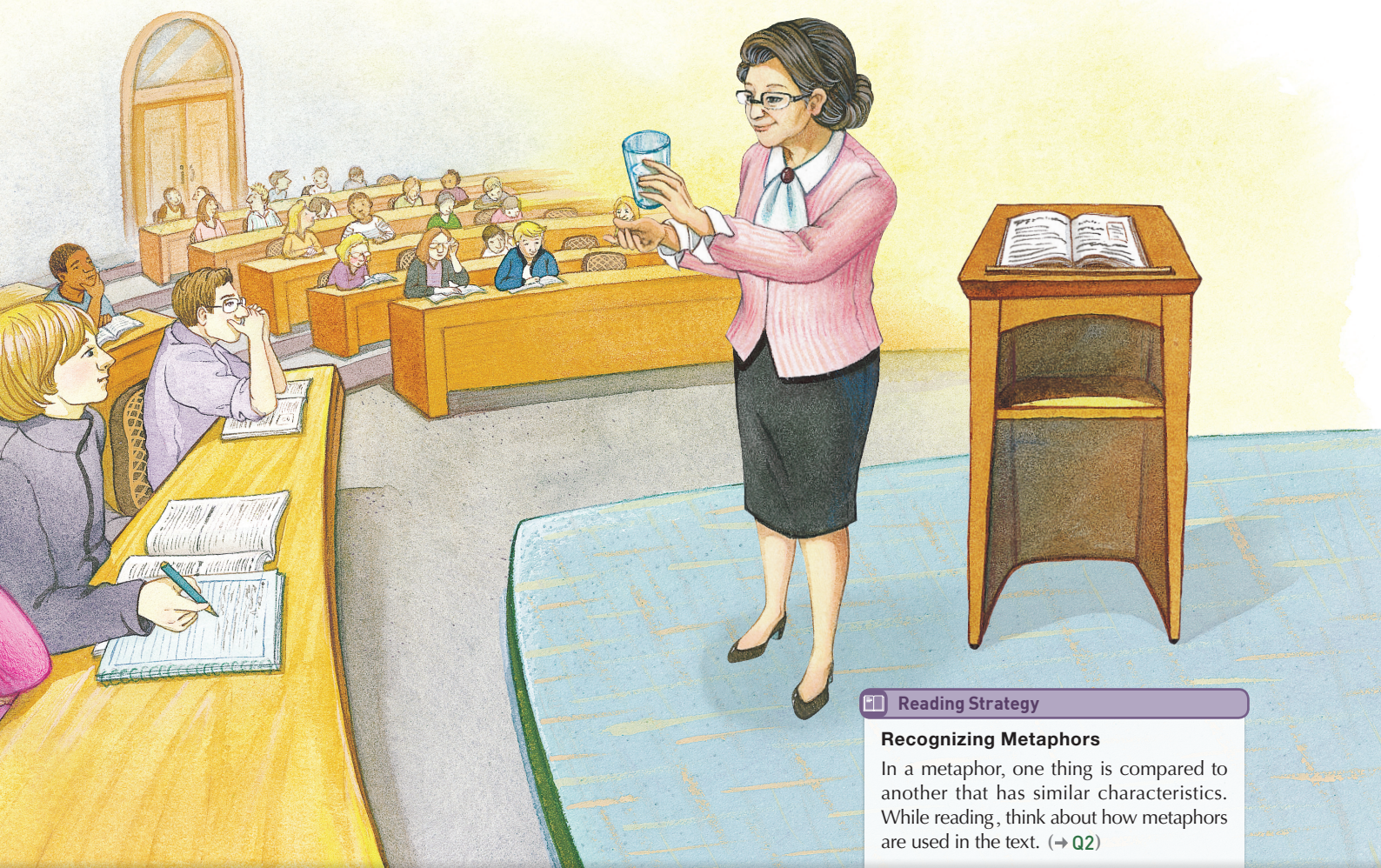
c to describe events

day, my arm will likely cramp up, which will force me to eventually drop the glass. In each case, the weight of the glass doesn't change, but the longer I hold it, the heavier it feels to me."

- cramp
- force
- eventually

"Some of your worries are like this glass of water. Think about them
5 for a short while, and nothing happens. Think about them a bit longer,
and you begin to ache a little. Think about them all day long, and you
will feel numb and be incapable of doing anything else until you drop
them."

- numb [nʌm]
- be incapable of



Reading Strategy

Recognizing Metaphors

In a metaphor, one thing is compared to another that has similar characteristics. While reading, think about how metaphors are used in the text. (→ Q2)

- Q2** Fill in the blank to complete the metaphor.
• how long you hold the glass = how long you think about your _____
- Q3** What do you think the professor's message is?

Story 2

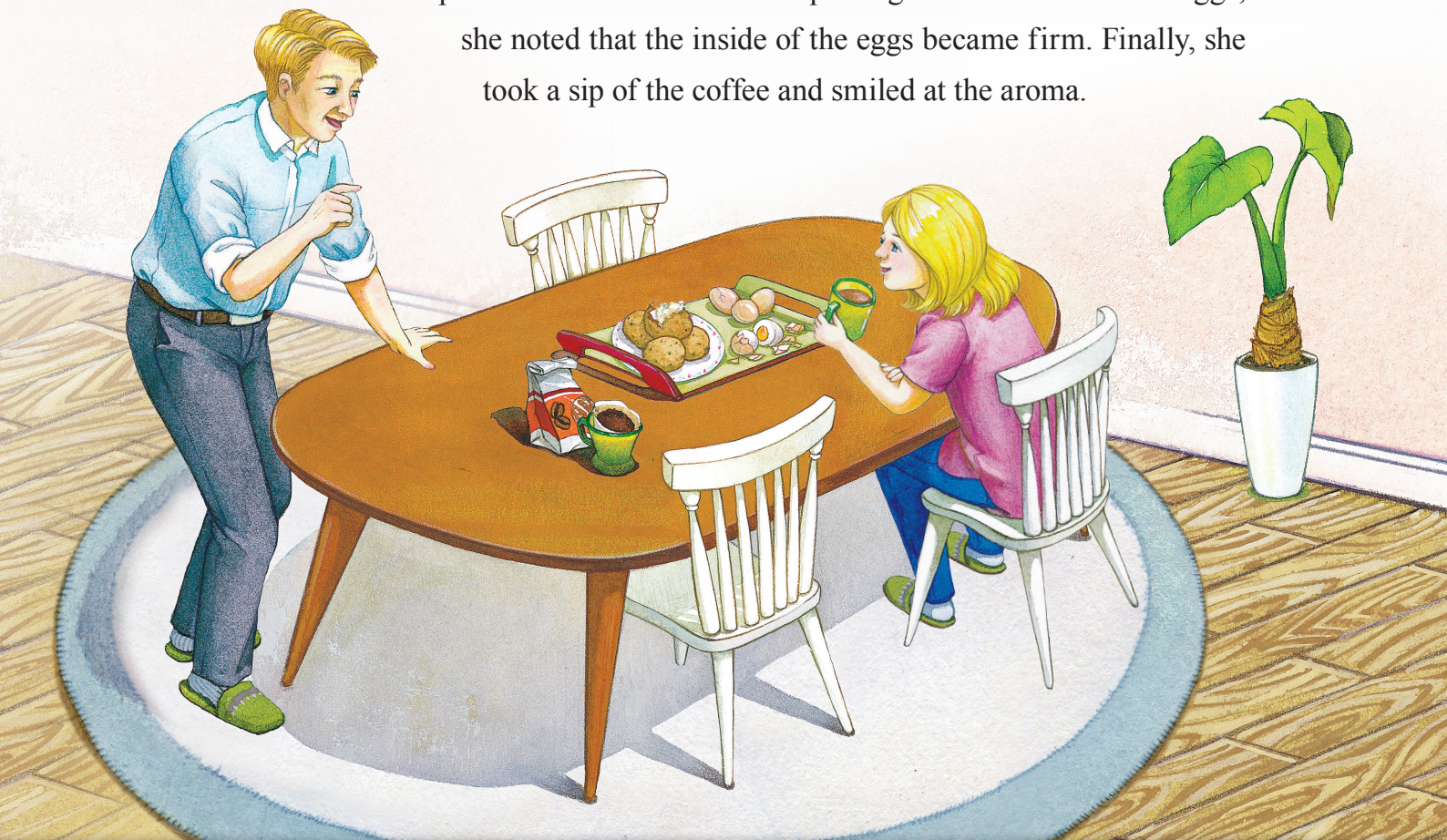
Potatoes, Eggs, and Coffee Beans

- struggle with
- frustrated

One day, a daughter complained to her father about the problems she was struggling with. She was frustrated because it seemed that just as one problem was solved, another followed.

- grind
- hastily
- peel off
- take a sip of
- aroma

Her father took her to the kitchen. He filled three pots with water and placed potatoes, eggs, and ground coffee beans in each of the three pots. He then let them boil. After twenty minutes, he turned off the stove. Turning to her, he asked, “What do you see?” “Potatoes, eggs, and coffee,” she hastily replied. “Yes, but look closer,” he said, “and tell me what happened to each.” Shortly after, she found that the potatoes became soft. After peeling off the shells of the eggs, she noted that the inside of the eggs became firm. Finally, she took a sip of the coffee and smiled at the aroma.



- Q4 Why did the father tell his daughter to look closer?
- a because her hasty reply irritated him
 - b because she didn't figure out what he meant



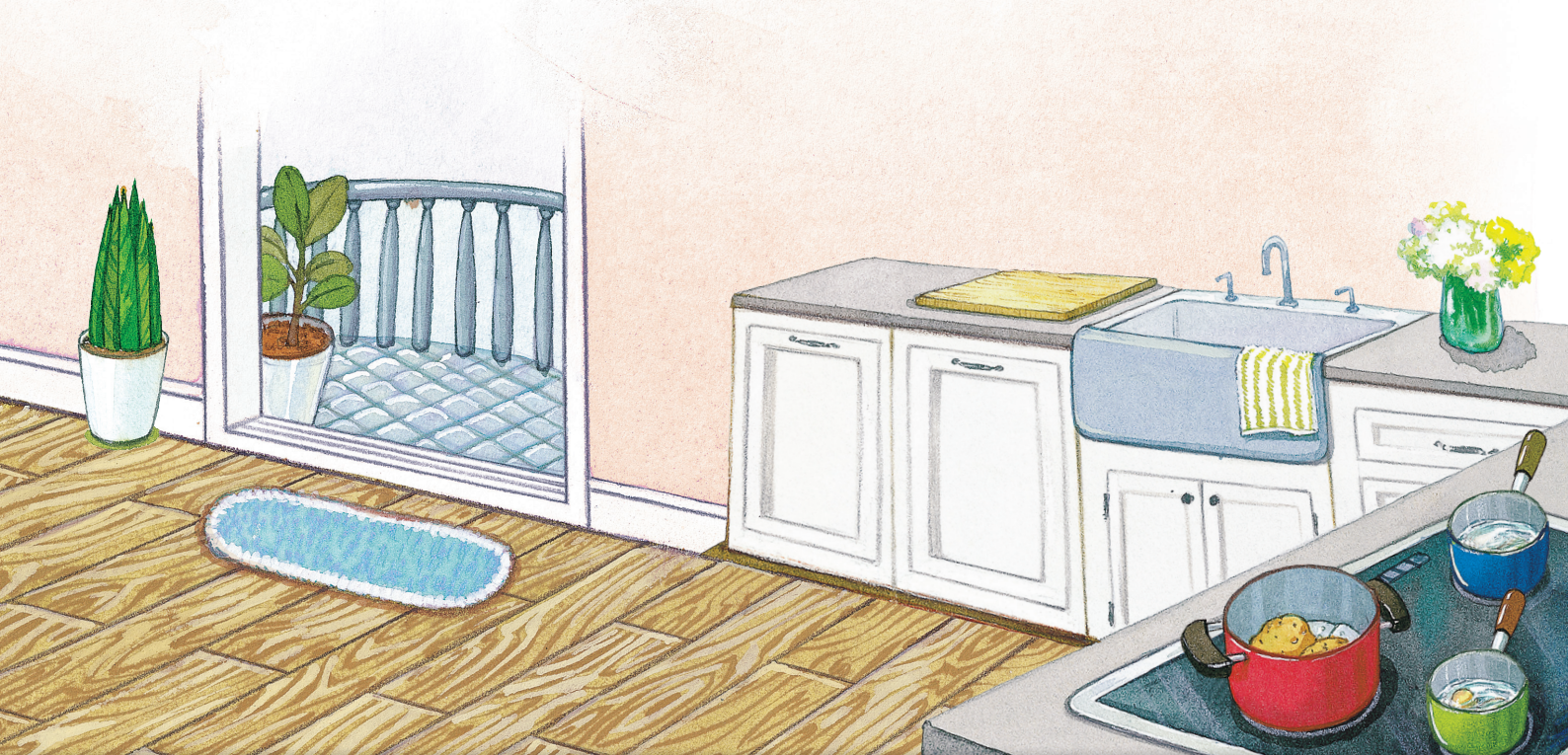
“Alright, Dad. What are you trying to tell me?” she asked.

He explained that each of these objects had faced the same adversity, but each one reacted differently. “The potato was strong and hard, but became soft and weak after sitting in the boiling water. The inside
5 of the egg was fragile but became hardened after being boiled in the water. The ground coffee beans stayed intact but changed the water itself, making it fragrant and flavorful.”

“Which are you?” he asked his daughter, “When adversity knocks on your door, how do you respond? You can lose your strength though you
10 started strong. You can be tough with a stiff spirit though you started weak. Or, you can change the circumstance that was brought about by adversity for the better. Are you a potato, an egg, or a coffee bean?”

- adversity
- fragile
- harden
- intact
- fragrant
- flavorful

- stiff
- circumstance



Q5 What does *the same adversity* in line 2 refer to?

Q6 Coffee beans are different from the other two in that they _____ the boiling water into something aromatic.

- athletic
- competition
- determination
- beat
- still (a.)
- sentiment

- present (v.)
- challenger

Once upon a time, there lived a young athletic boy who prepared himself for a running competition. He ran with determination, strength, and power, and always beat other competitors. Whenever the boy was running for a prize, a large crowd gathered together to watch the race. A wise old man, upon hearing of the boy, had traveled far to watch his races. Though the crowd cheered loudly for the boy, the wise man stayed still and calm, expressing no sentiment. 5

The little boy felt proud and important. “I can beat anyone!” cried the little boy. After hearing this, the wise man said to him, “Now I present two new challengers to you.” Behind him were an elderly lady and a blind man. “Race!” said the wise man. 10

The race began, and the boy was the only finisher because the elderly lady and the blind man were left standing at the starting line.

The little boy noted that the crowd did not cheer for him this time, which puzzled him. In the middle of the crowd was sitting the wise old man, looking calmly at the boy. He ran to the wise man and asked, “Why don’t people cheer for me now?” 15



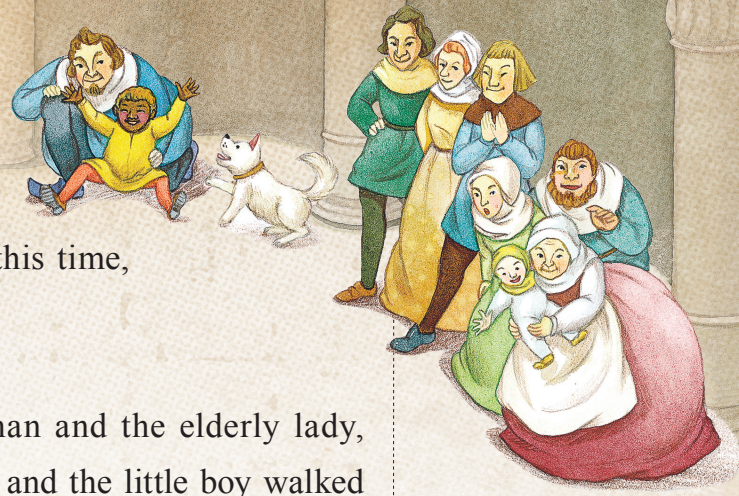
Q7 Which word best describes the boy?

a arrogant

b wise

c calm

d insightful



“Race again,” replied the wise man, “but this time, finish together.”

The little boy stood between the blind man and the elderly lady, holding them arm in arm. The race began, and the little boy walked slowly with the others. When they crossed the finishing line, the crowd cheered loudly and waved at the boy. The wise man smiled. He said, “Well done, little boy. You’ve won a lot more in this race than in any other you’ve run before. You are a real winner.” Now the little boy was greatly delighted, and he felt proud and important again.

- arm in arm
- wave at



Self-check

I understand how the metaphors are used. / 5

I understand the authors’ messages. / 5

• Read the text again and record your reading time.

2nd ____ min. ____ sec.

• **Read More!** Go to page 146.

Q8 How about you? Which of the three stories did you find most meaningful? Why?

A The three stories give meaningful messages about life. Complete the sentences.

Think Outside the Box
 The path of your life depends on the ¹⁾ _____
 in which you view your life's problems.

The Weight of the Glass	Potatoes, Eggs, and Coffee Beans	The Races
Don't keep your ²⁾ _____ in your head too long. 	When ³⁾ _____ knocks on your door, deal with it wisely. 	The beauty of our life lies in living ⁴⁾ _____. 

WORDS

worries

perspective

adversity

together

B What is implied by the speaker of each quote below?

- 1**


“ The longer I hold the glass, the heavier it feels to me. **”**

☐
- 2**


“ Each of the objects had faced the same adversity, but each one reacted differently. **”**

☐
- 3**


“ Little boy, you've won a lot more in this race than in any other you've run before. **”**

☐

- a** People respond to life's hardships in their own way.
- b** Your life can be more meaningful when you help others in need.
- c** If you think about your worries for too long, you become more stressed.



C

How do you respond when faced with hardships? Are you an egg, a potato, or a coffee bean? Talk about it with your partner.

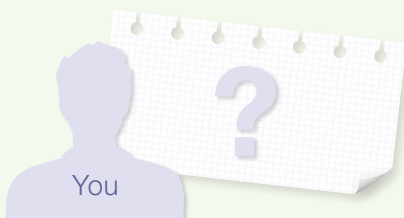


an egg

When I'm in trouble, I try to face my problems. I think this makes me stronger.

a coffee bean

By overcoming hardships, I believe I can make the tough circumstance better.



I become weak when faced with adversity. Sometimes, I just want to avoid it.

a potato



D

Complete the following quotes about life with the given words. Then create your own sentence about how to live a better life.

♦ Worry often gives a small thing a big _____. – An old saying in Sweden

♦ _____ is the opportunity to begin again more intelligently. – Henry Ford

♦ Alone we can do so little; _____ we can do so much. – Helen Keller

♦ _____ (your own sentence) – _____ (your name)

WORDS

together

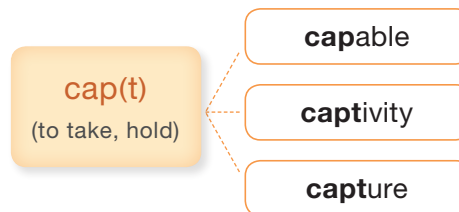
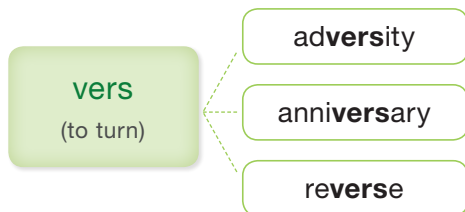
failure

shadow



Language Focus

A Word Forms



Complete each sentence with a word from above. Change the form if necessary.

- 1 I'm glad my parents will have a party to celebrate their 20th wedding _____.
- 2 Sally is very intelligent and enthusiastic, so she is _____ of doing the work well.
- 3 The thought of exploring the moon might have _____ many people's imaginations at that time.
- 4 Mr. Kim won't _____ the decision because he has confidence in a successful outcome.

B Expressions in Use

- **struggle with** to try hard to do something that you find very difficult
- **peel off** to remove the outer layer of something
- **take a sip of** to drink something slowly by taking small amounts into your mouth

Complete each sentence with an expression from above. Change the form if necessary.

- 1 My sore throat is killing me, so I can barely _____ water.
- 2 Tony spent the whole night _____ his math and biology homework.
- 3 Please _____ only the circle-shaped stickers from the walls that surround the square.

✔ **Self-check** Make your own sentence, using one of the expressions above.

C Grammar in Use

Point 1

- If I hold the glass for an entire day, my arm will cramp up, **which** will force me to drop it.
↳ and it
- The crowd did not cheer for the boy this time, **which** puzzled him.
↳ and it

✓ **Self-check** Skim through page 146 and underline the sentence with the structure above.

Choose an appropriate form to complete the conversation.

- A What kind of career do you want to pursue in the future?
- B Unfortunately, I have no idea, ¹⁾(and / which) bothers me these days.
- A I have no clue either, and ²⁾(it / which) frustrates me.
- B Why don't we visit the career test center, ³⁾(where / which) is located on 9th Street?
- A That's a great idea. Let's go right away.

Point 2

- **Behind him** were an elderly lady and a blind man.
(→ An elderly lady and a blind man were behind him.)
- **In the middle of the crowd** was sitting the wise old man.
(→ The wise old man was sitting in the middle of the crowd.)

Reshuffle the words in parentheses to complete the paragraph.

Today, I visited my teacher's place with my classmates. At ¹⁾(lay / the entrance / a lamp), which shed a warm light of welcome. In ²⁾(a leather sofa / were / the living room) and a small tea table. Across from the sofa was a huge shelf filled with classical music CDs as well as a pair of speakers for the music. It was a bit surprising that she didn't have a TV set in the living room.

A Get Ideas

Read about the candidates for the Student of the Month Award below and think about who you would recommend at your school.



"A True Friend"

Good Deeds

- helps the elderly in subway stations
- delivers lunch boxes to the elderly living alone

Main contribution

has shown what it means to live in harmony with others



Emily Jones



"A Genuine Animal Lover"

Good Deeds

- takes care of pets at the animal shelter
- volunteers at animal hospitals

Main contribution

has taught people to be more responsible for their pets



Peter Davis

B Organize Ideas

Choose one of your friends as a candidate for the Award and answer the following questions about the person.



1 Who do you want to recommend for the award at your school?

→ I want to recommend _____.

2 Describe the person you chose.

→ _____ is _____.

3 What are the good deeds she(he) has done?

→ _____
and _____.

4 What has she(he) done for the community through her(his) good deeds?

→ _____

Writing Tips contributions to a community

raise public awareness about ~ / provide hope to those who ~ / send us a message that ~

C Write

Write a letter of recommendation for the person you chose.



Letter of Recommendation

March 30th, 2020

Dear Selection Committee,

I am writing to recommend _____ as a candidate for
the Student of the Month Award at _____ High School.

I think _____ is _____.

She(He) has done many good deeds. For example, _____
_____.

Moreover, _____.

She(He) deserves the award because _____
_____.

I have learned a lot from what she(he) has done, and I'm proud to
call her(him) a friend. If I can help clarify anything for you, please
feel free to contact me at _____ @ _____.

Truly,

name / school

description

good deeds

contribution

contact information

your name

✓ Peer-check

STEP 1 Exchange books and evaluate your partner's writing. Leave comments where necessary.

Are the good deeds described in the letter appealing?	/ 5
Does the letter describe the person properly?	/ 5

STEP 2 Revise your letter based on your partner's feedback.



A Listen and answer the questions.

1 What is the relationship between the two speakers?

- ① instructor – student
- ② conductor – musician
- ③ salesperson – customer
- ④ counselor – patient

2 What will the speakers do after the dialog?

- ① They will ask Justin's neighbors about where Fluffy is.
- ② They will make posters to let people know Fluffy is missing.
- ③ They will look for Fluffy in the park with Justin's friends.
- ④ They will help Fluffy to find a missing person in the park.



B Put the sentences in order and practice the dialog with your partner.

3

- ☒ 1 Andrew, I dropped my sister's favorite doll house, and it broke into pieces.
- ☐ You should have been more careful. Does she know?
- ☐ Don't worry. I'll help you if you need a hand.
- ☐ That would be impossible because I've never built a doll house in my life.
- ☐ It seems to me it would be better to tell her about it and build a new one for her.
- ☐ No. What would you do if you were in my shoes?



C Read the passage and answer the questions.

A professor walked around on a stage while teaching. She raised a glass of water and asked, "How heavy is this glass of water?" Students shouted out various answers. She replied, "From my perspective, the weight of this glass doesn't matter. ④ It all depends on how (A) I hold it. If I hold it for a minute or two, it's fairly light. If I hold it for an hour, ⑥ it may make my arm ache. If I hold ③ it for an entire day, my arm will likely cramp up, which will force me to eventually drop the glass. In each case, the weight of the glass doesn't change, but the longer I hold ② it, the (B) it feels to me."

4 Which pair of words best fits in (A) and (B)?

- | | | | |
|-------------------|-----|-------------------|-----|
| (A) | (B) | (A) | (B) |
| ① long – lighter | | ② long – heavier | |
| ③ often – lighter | | ④ often – heavier | |

5 Which underlined word is referring to something different?



D Read the passage and write your answers.

The little boy felt proud and important. "I can beat anyone!" cried the little boy. After hearing this, the wise man said to him, "Now I present two new challengers to you." Behind him was an elderly lady and a blind man. "Race!" said the wise man. The race began, and the boy was the only finisher because the elderly lady and the blind man were left standing at the starting line. The little boy noted that the crowd did not cheer for him this time, which puzzled him.

6 Rewrite the underlined sentence in the grammatically correct form.

→ _____

7 Why didn't the crowd cheer for the boy?

→ _____

✓ Self-check Which question(s) did you miss?

Listening		Speaking		Reading		Writing	
1	2	3		4	5	6	7

What do you need to review?:

My Learning Log

Looking back at what I learned in this lesson will help me become a better learner!

Look through the Self-checks and Peer-checks, and rate your learning below.



My Learning

I have realized that my own perspective can determine the way I live.	☹️ 😐 😊
I had a chance to think about how I get along with my friends and family.	☹️ 😐 😊
Overall, this lesson has positively affected the way I think.	☹️ 😐 😊

- What is the most important thing you have learned in this lesson?

ex) Through this lesson, I have been able to think about my own attitude toward my life.



My Attitude

Did I have an overall plan for this lesson?	☹️ 😐 😊
Did I make connections between my learning and my life?	☹️ 😐 😊
Did I work well with my partners and group members?	☹️ 😐 😊

- What will you do differently next time?

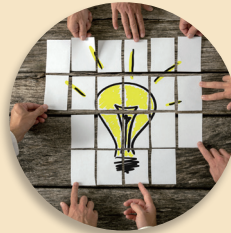
ex) I need to think about others' feelings more when working with them.

STEP 1

Gather & Discuss

Make a group of three. Talk with your group members about the bad habits or qualities you have and how you will change them.

** One person writes down what the members say during the discussion.



STEP 2

Make & Decorate

- Each group makes a resolution board by gathering members' resolutions.
- Decorate the board with an attractive title and visual aids.

** Make sure the resolutions are clear, specific, and achievable!

STEP 3

Present

Present the board to your classmates and post it on the classroom wall.



5 Resolutions to Change My Life

1. Become an early bird!
2. Laugh out loud at least once every day!
3. Save a quarter of my pocket money!
4. Try to say "I love you" to Mom and Dad!
5. Help my friends if they need help!

Different Me! Different Life!

1. Praise myself at least once every day!
2. Do not eat after 9 p.m.
3. Skim through what I learned right after each class.
4. Stretch my neck and shoulders during lunch break.
5. Say "Everything will be alright" when I'm down.

Hi, everyone. I want to share my group's resolutions with all of you. We've decided to do five things to change our lives. First we'll become early birds ... Laughing out loud every day is our second resolution ...



A Letter from My Heart



October 25th, 2013

To my beloved friends,

I'm happy to have a chance to write this letter as I have just turned 17. You've probably noticed that I look much older than you. The illness I've suffered from since I was born has aged my body much faster than normal people, and I don't know how many more years I will have. Through this letter, I'd like to share with you a few things I've learned about life before it's too late. 5

First, try to be OK with what you ultimately CAN'T do. There is so much you CAN do. I can't do hard physical activities like running long distances. Instead, I choose to focus on the activities I can do and I feel passionate about.

Second, surround yourself with people you want to be around. I feel most alive when I'm surrounded by those I love. Remember to appreciate and love the people around you, which will make a truly positive impact on your life. 10

Last but not least, keep moving forward. I try hard not to feel bad for myself. Whenever I feel down, I accept and acknowledge my feelings so that I can move past them. Don't look backwards for too long, but try to have something to look forward to. Please take the time to think over my words. I hope they can guide you through hardships you might face in your life. 15

With love,
Sam



A Little Biography

Sam Berns (1996-2014)

Born on October 23rd, 1996, Sam died on January 10th, 2014 at age 17. He suffered from progeria, a genetic disorder whose symptoms include a bigger head, tight skin, loss of hair, and limited growth.

Q1 What are the three things Sam wanted to tell his friends?

Q2 Discussion Of the three lessons Sam gave, which one do you find most meaningful?