

UPPER Secondary Plus

UPPER-INTERMEDIATE 1

THE SECRET TO SUCCESS



In the news

What stories have you heard or read recently about personal achievements?

What do you think was the secret to this person's success?

INSIDE

Learn and use vocabulary related to success and failure.

Read about and discuss views on what you need to be successful.

Identify and use language for expressing contrast, reason and purpose.

Learn how to give a successful presentation.

PROJECT

Explore and present ideas for improving an area of your English.

OUR WORLD

Aims

- Learn about grit and identify views on what can lead to personal success.
- Learn and use nouns related to the topic of being successful.
- Give my own views about what qualities are important for success.

Is there a secret to success?

However you define it, everyone tries to be successful and wants to find an easy way to achieve their goals. If you ask the internet what the secret to success is, you'll get a long list of self-help websites trying to sell you the latest quick solution or 'life hack'. If it were that easy though, why is success such a struggle for so many of us? Maybe the answer lies with Angela Duckworth, an ex-management consultant turned teacher and psychologist, and now author of *Grit: The Power of Passion and Perseverance*. When teaching, Duckworth became curious about the students she had who weren't necessarily the smartest, but got far better marks than some of those considered the best and brightest. She wondered what it was about them that made them do so well if it wasn't natural talent or intelligence. To answer this question, Duckworth studied both children and adults in various settings, trying to predict who would be successful. She found that no matter the person, from young soldiers to salespeople, school teachers and spelling champions, one characteristic appeared again and again: grit.

WHAT IS GRIT?

Defined as 'perseverance and passion for long-term goals', grit is the ability to set objectives for the future and be motivated enough to complete them. You might think that naturally talented people have an advantage, but Duckworth found that whatever the profession, it's grit, rather than natural talent, wealth or intelligence, that determines success. So, what qualities do 'gritty' people have? Eleanor Roosevelt said 'Do one thing every day that scares you', and gritty people do just that. They aren't afraid of failure; in fact, they tend to view failure as an opportunity to learn. In terms of language learning, gritty people see mistakes as part of the process and aren't scared of trying. You might've heard the expression 'Practice makes perfect', but people with grit don't look for perfection. They practise because the more you practise,

the better you get. They therefore have what Dr Carol Dweck calls a 'growth mindset', which means that they understand that intelligence isn't something that's fixed. Instead, by challenging your brain to learn new and difficult things you can exercise it just like a muscle. It's through this exercise that new connections and cells are made.

DOES GRIT REALLY WORK?

Look into the lives of Michael Jordan and J. K. Rowling and you'd probably say yes to this question. Apparently, at 15, Michael Jordan failed to get picked for his high school's main basketball team, and a young and poor J. K. Rowling was rejected by 12 publishing houses. We may never have seen the best basketball player of his generation or read the adventures of Harry Potter if they hadn't had the motivation and determination to succeed through grit. However, there are arguments against the concept of grit. Critics say that it puts the responsibility for success in the hands of the individual and ignores luck or things that can disadvantage people, like social class, race or gender. The idea that people need effort, over and above luck or financial help, is perhaps too simple. Unfortunately, then, grit doesn't come easily and is certainly not a quick solution for success. Putting yourself in challenging situations, working hard to achieve your objectives and not giving up when you find something difficult might not be a simple trick for success, but if Duckworth is right, it might just be worth a try.



'I can accept failure, everyone fails at something. But I can't accept not trying'

Michael Jordan

1. PREPARE TO READ

Do you agree with the statements? Write A (agree), D (disagree) or ? (don't know). Compare and justify your answers.

1. People have a certain amount of intelligence and can't change it.
2. For success, talent is more important than effort.
3. The harder you work at something, the better you become.
4. Truly intelligent people don't have to work hard.
5. Talent is something you're born with.
6. It's important to set long-term goals.
7. You can't learn anything from failing.
8. If something is difficult, it's better to give up.

☐
☐
☐
☐
☐
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2. READ THE ARTICLE

Read the article and decide to what extent a 'gritty' person would agree with the statements in activity 1.



My Practice 1

3. READ FOR MORE DETAIL

Read the article again and answer the questions.

1. Why did Angela Duckworth become interested in grit?
2. According to the article, what are the qualities that 'gritty' people share?
3. What do critics say about the idea of grit?
4. How do you think the author of the article feels about success and grit?

4. EXPLORE VOCABULARY

Check you know the meaning and pronunciation of these nouns used in the article. All the nouns refer to things that may lead to success. Which do you think are qualities that a person is born with? Which do you think are factors related to circumstances?

intelligence	failure	determination
passion	opportunity	effort
perseverance	perfection	luck
talent	wealth	motivation

Pronunciation

Say each noun aloud. Mark the stressed syllable.

•
intelligence

My Practice 2

5. GIVE YOUR VIEWS

Discuss the questions. Report your ideas to the class.

1. Which three of the qualities or factors in activity 4 do you consider the most important for success?
2. What other qualities or factors do you think can lead to success?
3. Which of the qualities do you think you have? Which would you like to acquire or improve? Why?
4. Which of the qualities do you think are the hardest to acquire or improve? Why?

My Practice 3



Reflect

Write down three useful facts you learned today and three useful words or expressions. Explain why they're useful for you.

LANGUAGE IN ACTION



1. PREPARE TO LISTEN

Answer the questions.

- What do you know about Angela Duckworth and what she says about grit?
- Which two of these factors do you think are most important for success in life?
 - hard work
 - clear objectives
 - talent
 - gender
 - physical appearance
 - financial situation
 - intelligence



2. LISTEN TO THE CONVERSATION

Listen to Kate and Ross discussing Angela Duckworth's talk about grit. Tick the factors in activity 1 that they mention.



3. LISTEN FOR MORE DETAIL

Read the sentences and decide if they are true or false. Write T or F. Listen to the conversation again and check your answers. Correct the false statements.

- Ross thinks that 'follow your dreams' is good advice.
- Kate says that scientists learn from failing.
- Ross thinks that people like Steve Jobs show how easy it is to get rich.
- Ross says that black people who go to university have the same chance of getting a job as white people who don't complete their high school education.
- Kate believes that everyone should make an effort, even if some people have more opportunities.
- Ross doesn't think that it's the individual's fault if he or she fails.



My Practice 4

Aims

- Understand different points of view as two young people talk about grit, effort and success.
- Talk about my own opinion on grit, effort and success.
- Observe, analyse and practise language for contrast, purpose and reason.
- Learn expressions for success, failure and effort.



4. GIVE YOUR VIEWS

Ask and answer the questions.

- To what extent do you agree that effort is more important than opportunity?
- What effect do you think the advice 'follow your dreams' has on people's lives?
- 'To be successful at something, you first have to fail.' Discuss and give examples from your own experience.

5. TEST YOUR KNOWLEDGE

What do you know about these people? Match a name (A–D) to each sentence.

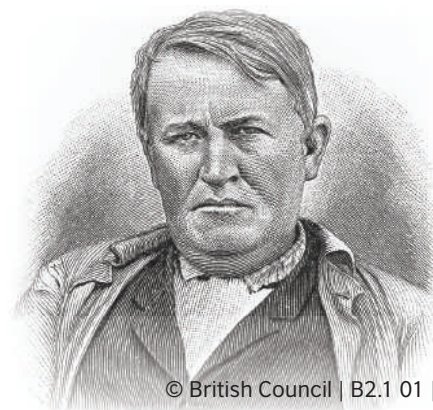
A. Steve Jobs

C. Malala Yousafzai

B. J. K. Rowling

D. Thomas Edison

- Despite** failing miserably at school and university, he followed his dreams.
- Although** she was rejected by 12 publishers, she kept trying to sell her book.
- In order to** make a breakthrough with the light bulb, he spent hundreds of hours experimenting.
- His company became hugely successful **because of** his passion and enthusiasm.
- Due to** her hard work and determination, she eventually became a literary sensation.
- She got shot in the head. **Nevertheless**, she didn't stop fighting for women's rights and access to education.



Thomas Edison

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6. LOOK AT LANGUAGE

Look at the linking words and expressions in bold in activity 5 and consider how they're used. Write each one in the correct box.

To explain the purpose	To give a reason	To talk about contrast
		despite

7. PRACTISE

Sentences 1–6 in activity 5 have been rewritten with other linking words and expressions so they have the same meaning. Are the sentences grammatically correct (✓) or incorrect (x)? Correct the mistakes.

1. Though he failed miserably at school and university, he followed his dreams. ☐
2. In spite of she was rejected by 12 publishers, she kept trying to sell her book. ☐
3. He spent hundreds of hours experimenting so that he could make a breakthrough with the light bulb. ☐
4. His company became hugely successful thanks to his passion and enthusiasm. ☐
5. As a result her hard work and determination, she eventually became a huge literary sensation. ☐
6. Although getting shot in the head, she did not give up the fight for women's rights and access to education. ☐

My Practice 5 & 6

8. EXPLORE VOCABULARY

Listen to the conversation again and read the audioscript. In your notebook, write expressions Kate and Ross use related to failure, success and effort.

<u>Failure</u>	<u>Success</u>	<u>Effort</u>
fail miserably		

My Practice 7

9. PRACTISE

Read about Yusra Mardini.



Yusra Mardini

1. What do you know about Yusra Mardini? What obstacles did she face? How did she become successful?

2. Write ONE correct word in each gap.

Someone who I admire for her grit and determination to succeed is the Syrian teenager Yusra Mardini.

a. _____ having her home destroyed in the Syrian civil war, Mardini didn't give b. _____ her dreams of being an Olympic swimmer. In 2015, she almost died crossing the Mediterranean in a boat when it stopped working. c. _____ to their ability to swim, Mardini and three others were able to help the boat to safety, after more than three hours. d. _____ she'd left her home and country behind, she continued to train in Germany. As a e. _____ of her hard work, in 2016 she represented the Refugee Olympic Athletes Team in the Rio Olympics and won the first round of the 100 metres butterfly. Mardini is an amazing example of someone who, against all the odds, followed her f. _____ and succeeded.



10. SHARE IDEAS

Think about a famous person or someone you know who has succeeded despite obstacles.

1. What obstacles did this person face? How did she or he become successful?
2. Write three sentences about this person, using the linking expressions and vocabulary from activities 5 and 6.

Reflect

Think about what you've studied in this magazine so far. What do you need to improve? What did you do well? What steps will you take to improve in this area?

PROJECT



1. SHARE IDEAS

Talk about what makes a good presentation.

1. How important do you consider these aspects?

- the topic
- clear signposting
- voice
- interesting visuals/slides
- body language
- ability to involve the audience

2. What else do you think is important?

3. What are the differences between giving a face-to-face and an online presentation?



2. PREPARE TO WATCH

Look at the presentation slides and predict what the speaker will talk about. What do you already know about growth mindsets? What do you want to know?

1

HOW TO LEARN BETTER

- What are fixed and growth mindsets?
- What happens in the brain when you learn?
- How can you learn from failing?
- How can you change the way you think?

2

WHICH IS YOU?



3



GROWTH MINDSET

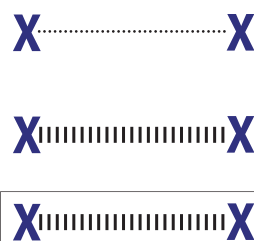
- Intelligence is developed
- Values learning
- Embraces challenges
- Effort leads to success
- Learns from others



FIXED MINDSET

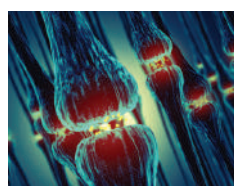
- Intelligence is fixed
- Values looking smart
- Avoids challenges
- Effort is pointless
- Threatened by success

4



5

NEUROPLASTICITY



6

MiNDSET

- Feel good about failure.
- Challenge yourself.
- I can't ... yet.



3. WATCH THE PRESENTATION

What does the presenter do well? What do you think she could improve? Think about the points you talked about in activity 1.

4. LOOK AT LANGUAGE

Watch the presentation again and write expressions the speaker uses to:

- give structure to her presentation
- include the audience in her presentation
- clarify or give examples.

Give structure to your presentation	
Involve the audience	
Clarify or give examples	



My Practice 8

5. GIVE YOUR VIEWS

Talk with your classmates about improving the way you learn English.

1. How do you think you can apply growth mindset principles to learning English?
2. Discuss one of these areas of English. What are the challenges for you? Why would you like to improve this skill or area?
 - reading
 - writing
 - listening
 - speaking
 - pronunciation
 - vocabulary
 - grammar

6. RESEARCH

Focus on one of the areas from activity 5. Talk to people and explore the internet to get ideas about tips, strategies and activities that could help you overcome some of the challenges you face.

7. CREATE YOUR PRESENTATION

Follow this five-step guide to create a short presentation giving some useful ideas and strategies for improving in the area you chose.

STEP 1: Share ideas.

- What do you and other students usually find difficult about the area you chose? Make a list.
- Select three of the main challenges.
- What solutions and strategies have you found to help deal with these challenges?
- How can you apply growth mindset principles to this area?

STEP 2: Plan your presentation.

STEP 3: Choose roles.

STEP 4: Prepare the presentation.

STEP 5: Practise giving the presentation.

8. PRESENT YOUR IDEAS

Watch each other's presentations and give feedback. As you watch, think about the following questions:

1. How useful is the presentation?
2. How clear and organised is the content?
3. How engaged is the audience?
4. What do the presenters do well?
5. What could they do better?



Reflect

What are the main things you've learned from doing this presentation?

Note down three things you'd like to work on to help you give better presentations.

MY CHOICE

CHOOSE YOUR NEXT STEPS

HIGH-ACHIEVING TEENS

Success at any age is a remarkable achievement, but even more so when the individuals are young. From fashion and music to computers and even politics, teenagers are making their mark everywhere. What famous teenagers do you know? How are they successful? What drawbacks do you think there might be to being young and famous?

Listen to a radio programme about famous teenagers, and find out about more successful teenagers.



WHAT IS SUCCESS?

What do you think of when you hear the word success? How would you define the word success? Which of these words do you associate with success?

affection
career fame
MONEY
family
friendship happiness
travel hobbies
power study
sport
status

Watch a video about the meaning of success, and talk about what success means to you.

SETTING GOALS

In this module, you've learned how effort and hard work can help you achieve your goals. One way of making sure that your hard work pays off is by making and sticking to goals. What do you think is the best way of setting goals? Do you know what 'SMART' goals are?

Find out how to set effective objectives, and decide on some personal goals for learning English.



REVIEW YOUR LEARNING

How well did I do?

I talked about what's needed for success.

I wrote about people who have succeeded in spite of obstacles.

I used language for talking about personal qualities.

I gave a presentation about useful strategies for improving English.

= I did this well.

= I did this quite well.

= I can't do this yet.

What do I need to do next?





Aims

- Learn to identify specific information in the text of an exam reading task.
- Present a personal opinion clearly and respectfully in your writing.

THE SECRET TO SUCCESS

STUDY SKILLS



1. SHARE IDEAS

Discuss the questions with a partner.

1. In what everyday situations might you scan a text?
2. Have you ever made comments on any websites? What were your comments about?



READING



2. PREPARE TO READ

When you **scan** a text, you look through it quickly in order to find **specific information**, such as dates and names. Scanning is a useful skill to help you to answer questions quickly during an exam.

Look at the article and read the title and the introductory text in the orange box. Tick five words you would expect to find in the article. Then get into pairs and explain your choices to a partner.

1. artist
2. computers
3. dinosaurs
4. eggs
5. failure
6. hospital
7. spiders
8. training
9. universities
10. war



3. READ AN ARTICLE

Read the article. What is the connection between ancient animals and today's students?

Adapt to Succeed

The idea of success is changing. Good grades are no longer enough; universities and employers are looking for people with so-called '21st century skills'. As well as teaching maths, science and languages, schools now prepare students to understand the digital world, think critically, be creative and adapt to unpredictable situations. The first and last of these are especially important, as new technology forces our brains to adapt faster than ever before. But how can someone improve their adaptability? Perhaps they can take inspiration from the animal kingdom ...

The Horseshoe Crab

One animal clearly understands that adaptability is the secret to success, and that is the horseshoe crab, which has lived on Earth for 445 million years. (The first humans appeared just 200,000 years ago.) These crabs have survived three Ice Ages, asteroids and the 'Great Dying', which was a period of massive environmental change that killed 96 per cent of sea creatures. That's why these horseshoe crabs are often called 'living dinosaurs'.

On paper, the continued success of the species doesn't make sense. Horseshoe crabs move slowly, making them easy to catch, and they can't bite. How have they survived for so long? The answer is that they have adapted.

Horseshoe crabs live in shallow, dirty water in which they struggle to see. However, their ten eyes have developed to cope with this challenging habitat. The crabs have learned to lay eggs on the beach, not in the

sea, which keeps them safe from underwater predators. Horseshoe crabs can spend time on land because of specially-adapted gills, which allow them to breathe as long as the gills stay wet. Finally, their unusual blue blood can identify and fight bacteria.

Like the horseshoe crab, the best thing we can do in a challenging situation is adapt. For example, if you have to speak in public but it makes you nervous, you can research and practise techniques that professional speakers use to stay calm. Just like the horseshoe crab, adapt to your surroundings – the more adjusted to your environment you are, the more comfortable you will feel.

The Duck-Billed Platypus

No one is sure how old the duck-billed platypus is. Fossils suggest that compared to the horseshoe crab it's a young species, but compared to humans it's ancient. However, it's one of the most divergent animals on the planet. For years, confused scientists have asked, 'How can this creature exist?' And now we know: over time, the platypus made a series of behavioural and biological changes in order to survive.

Science says it's a mammal since it has warm blood and hair, and feeds milk to its babies. But it also shares characteristics with reptiles and birds, such as laying eggs, and it can stay underwater for two minutes by closing its eyes, nose and ears. Its bill – which is soft and not like a duck's at all – uses an electric current to find food in the sea. In addition, the male platypus produces

poison, just like snakes, spiders and starfish do. It's hardly surprising the animal caused such confusion with its strange mix of characteristics!

The strength of the platypus is its flexibility. When it was first threatened by marsupials (the group of animals that includes the modern-day kangaroo), it hid underwater. By slowly learning to swim, it avoided attack. After that, it developed an extra layer of hair to keep its body dry and warm in the sea.

Like the platypus hiding under the sea, you can change your behaviour in order to succeed. For example, if you find it hard to concentrate in long lectures, try a new note-taking technique, or record the lecture and listen again at home in shorter sections.

Lessons for Us

What can we learn from the horseshoe crab and the duck-billed platypus? In short: their success comes from their ability to change. When they faced a problem, they adapted their behaviour instead of giving up. Consider how this might be applied to your life. A poor grade helps you understand your weak areas, so don't treat it as a failure. The important thing is to reflect on why it happened, making notes for future improvement, so you don't make the same mistake again.

The horseshoe crab and the platypus learned the lessons of adaptability over millions of years. You won't have quite that long – but the next time you meet a challenge, remember these prehistoric animals!



READING continued



4. READ FOR SPECIFIC INFORMATION

Tips

- When you're reading for specific information, look for key words in the question. They will help you to locate the answer in the text.
- Multiple choice questions can be tricky. It's not enough to think you know the right answer – check that the other answers are wrong.

Complete the summary with words from the article.

The horseshoe crab is a living 1. _____. Over millions of years, it has adapted to survive, for example by learning to lay 2. _____ on the beach rather than underwater. The duck-billed platypus has also adapted its behaviour over time, for example by starting to produce poison like snakes, starfish and 3. _____ do. We can learn from these animals and change our own behaviour in challenging situations. If you get a bad grade, don't consider it a 4. _____ but a chance to learn. This skill of adaptability is essential for higher study at 5. _____, and also in the workplace.



5. READ FOR MORE DETAIL

1. Read the article again and choose the correct answer.

- Which 21st century skill is not mentioned in the article?
 - creativity
 - flexibility
 - digital literacy
 - leadership
- What happened during the 'Great Dying'?
 - The Earth was hit by an asteroid.
 - The first dinosaurs appeared.
 - The third Ice Age began.
 - The Earth's climate changed.
- What does the writer say about horseshoe crabs?
 - They are challenging to catch.
 - They lay their eggs on land.
 - They are dangerous to humans.
 - They cannot see underwater.
- According to the article, which sentence is true about the duck-billed platypus?
 - It is neither a mammal nor a reptile.
 - It is more poisonous than most snakes.
 - It has two layers of hair on its body.
 - It has no similarities with a duck.

READING continued

2. Read the article again and write the answers.

1. Four 21st century skills now taught in schools:

2. The name of the event that killed nearly all sea animals:

3. The number of eyes a horseshoe crab has:

4. How long a platypus can stay underwater:

5. The secret of the two animals' success:



My Practice 1

WRITING

6. PREPARE TO WRITE

When we present a **personal opinion** in writing, it's important to be **clear** and **respectful**. If we are not clear, the reader will either lose interest or believe the opinion must be wrong. If we are not respectful, the reader may refuse to engage with our opinion at all.

1. Read *Lessons for Us* in the article again. Identify two facts and three opinions. Write them in the chart.

Fact	Opinion

2. Read the paragraph and decide if the sentences are true or false. Write T or F.

An endangered species is a type of organism that is threatened by extinction. Species become endangered for many different reasons. Not helping endangered species is not a good idea because we have to take care of our planet. We have to help endangered species to survive. All animals are beautiful and have the right to live.

- The writer is specific.
- The writer keeps opinions short.
- The writer does not use neutral language.
- The writer uses emotional adjectives.
- The writer gives reasons.
- The writer offers solution to problems.



7. WRITE A PARAGRAPH PRESENTING YOUR PERSONAL OPINION

Tips

Follow these tips when giving your personal opinion:

- be specific
- keep your opinion short
- use neutral language
- give reasons for opinions
- offer solutions to problems

Write a paragraph giving your personal opinion.

The 21st century skills are known as 'the Four Cs'. In your opinion, which is the most important skill for school and work?

- communication
- creativity
- collaboration
- critical thinking



My Practice 2

8. SHARE AND DISCUSS

Exchange your paragraph with a partner. Read one another's paragraphs and check if your partner covered the points in the Tips Box above.



My Practice 3



Reflect

Do you agree that adaptability is the secret to success? Why or why not? Why do you think it might be helpful to scan a text first, before reading the entire text?

Did you find it challenging to keep your opinion clear and respectful in writing? Why?

How well did I do?

I identified specific information in a reading text.

I presented a personal opinion clearly and respectfully.

= I did this well.

= I did this quite well.

= I can't do this yet.

What do I need to do next?

