

English 302

Chapter 21

Reading with understanding

Summary

This essay is about the purpose of education as a means of acquiring certain knowledge and skills in order to earn a living. The goal of education is to purify emotions and feelings, generate responsible citizens, and prepare personalities to handle life's problems. The contributions of educated people help the country, and such persons should seek to develop the community, society, and country as a whole. Acquiring an education promotes a sense of cooperation and coexistence, fosters a sense of love and fraternity, and promotes an attitude of caring and sharing.

Important points from the text:

- The purpose of education is to facilitate socialization and produce responsible and committed citizens who would be able to contribute to the progress of the community, society and the country at large.
- Education serves a higher purpose than living a materialistic life and grooming one's personality. Education grooms one's personality which tends to promote a sense cooperation and co-existence, a feeling of love and brotherhood and an attitude of caring and sharing.
- The process of acquiring education starts from home and gets strengthened when one receives education with a proper perspective and policy.
- As one grows older, one develops the capacity to appreciate the finer aspects of life than material wealth. The objective of education is to become a good human being, and lead a prosperous life. Education teaches us to cope with various anxieties and strains of modern life, and lead meaningful and purposeful life.

Important words from the text:

- Wages: pay/payment
- Endowed: to provide/ supply
- Enrich: to contribute or give
- Prosperous: being successful financially
- Co-existence: exist at same time or place
- Strains: tension/pressure

Evaluate yourself:

1. What is your view on the purpose of education?
2. How does education help a person to face the challenges of life?
3. Why do you think we need education? Give your views in about 40-50 words.

Section 2

Summary

- The second section of the lesson is about stress. Stress is nothing but mental tension caused by incomplete or undone work. Stress emerges when he/she does not have an aptitude for a subject

and opts for it. Stress leads to a feeling of inferiority, inefficiency, loss of interest. One should find out the cause of the problem, analyse the problem, get help. Failures lead to negative feeling and stress.

- Exercising, picking up a hobby, and going on long walks can all help us release stress. Dealing with stress requires the use of an efficient and effective time management strategy. A time plan should contain all actions that must be completed at a specific time. The timetable should be practical, feasible, and realistic.

Important points from the text:

- The second section of the lesson is about stress. Stress is nothing but mental tension caused by incomplete or undone work. This inability to do well leads to anxiety and gradually this feeling leads to development of inferiority.
- In order to handle stress one should take time to find out the cause of the problem and analyse what truly went wrong. One should not hesitate to seek help and should be open-minded and honest about one's weaknesses and deficiencies.
- It is important to have a balanced mind and patience to begin a task and accomplish one's goal. Successfully completing a task will promote self-confidence and resilience. Stress is also caused by getting into a rat race and by always having an urge to be on top.
- In an extremely competitive world, it is important to manage time efficiently. A time plan is an advance plan of all the activities to be performed in the allotted time.
- All great men who achieved greatness were aware of the value of time and time was precious to them. Great men had put time to good use to meet the challenges of life and achieve success.

How to deal with stress effectively?

Listen to music/take long walks/ adopt a likeable hobby/ exercise/physical work out

Making an efficient and effective time plan

Important words from the text:

- Compelled: to force somebody to do something
- Diffidence: shyness/ timidity
- Deficiencies: lack or insufficiency of something
- Urge: desire/ wish
- Stint: time/ limitation
- Feasible: practical/ workable

Evaluate yourself:

1. What do you think causes stress?
2. Mention two effects that physical work and listening to music have on the human mind.
3. What should a good time plan include?
4. Do you value time? How do you think great men achieved success in life?
5. Make a time plan for yourself and try to implement it in your daily life.

Extend your horizon.

Prepare an efficient time plan for yourself and follow it for a week. See if it makes a difference in your life and changes it for better.

DAILY TIMETABLE

Time	Activity
6:00AM	
7:00AM	
8:00AM	
9:00AM	
10:00AM	
11:00AM	
12:00AM	
1:00PM	
2:00PM	
3:00PM	
4:00PM	
5:00PM	
6:00PM	