

Features

Unit 1

The Importance of Social Relationships

Friendship is born at that moment when one person says to another, "What! You too? I thought I was the only one."
— C. S. Lewis, English writer

Think and Discuss
A. Look below and think about the topic.
All connections start from within us. We are the creators of our own social connections.

B. Discuss this question with your classmates:
How can we enhance our social relationships in schools?

Unit Focus
Topic: Social relationships
Speech: Lecture about the importance of social connections in schools
Strategies: Listening, Note-taking skills, Presentation, Structuring a presentation, Debate, Presenting objections & defending your opinions

Each unit opens with a captivating image accompanied by a thought-provoking statement, and a discussion question to get students interested in the topic.

Exploring the Topic and Language

A. Background
Answer the questions below to learn about your social relationships. For each question, answer Yes or No.

How healthy are your social relationships?

	Yes	No
1. Do you have friends with whom you regularly share your thoughts and feelings?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel like you belong to a group or community where you are accepted and valued?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you participate in social activities or events on a regular basis?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you find it easy to communicate with people online?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you use social media to stay in touch with friends or family members who live far away?	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you feel a sense of belonging to any online communities or groups on social media?	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you feel that you maintain a healthy balance between your social connections online and those in person?	<input type="checkbox"/>	<input type="checkbox"/>

For each "yes" color one box on the left; for each "no" color one box on the right.

Yes No

If you answered "Yes" to most of the above questions, it means that you may have good social relationships with others in general.
If you answered "No" to most of the above questions, it means that you may need to put in some effort to improve your social relationships.

C. Compare your answers with a partner's. Are they similar or different?
Are you happy with your current social relationships, or do you wish they were better? What makes you feel that way?

B. Vocabulary Preview
Here are some words used in the upcoming sections. Complete the sentences using the given words.

decline depression fundamental manipulate

- Working memory is the part of our brain that holds information and allows us to _____ in the short term.
- Poor working memory, sometimes caused by cognitive _____, can have many negative effects because it makes holding the necessary information in our minds more difficult, stopping us from completing the task at hand.
- Social connections are _____ to human happiness, and when you are happy, your critical thinking skills are greatly enhanced.
- If you have weak social connections, you are more likely to experience _____ and anxiety.

C. Functions

Introducing a Topic	Thanking the Audience
<ul style="list-style-type: none"> I'd like to talk about... Today I'm going to talk about... The topic of my talk today is... I'm excited to talk to you about... The purpose of my talk is to... I'd like to draw your attention to... The subject of my talk today is... 	<ul style="list-style-type: none"> Thank you all for listening. I appreciate your attention. Thanks for being such a great audience. Thank you for your time and attention. It has been a pleasure to speak with you all today. I'd like to thank you for your interest in...

Let's assume today's lecture title is "The Strength of Positive Relationships" and that you are the lecturer for today. Write your answers to the questions below, using the expressions mentioned above.

- How would you introduce today's topic?
- How would you thank your audience at the end of the lecture?

Exploring the Topic and Language includes initial activities related to the topic, essential vocabulary and functions, reading exercises for better understanding, and helps prepare for listening to the main sample speech.

Exploring a Sample Speech

A. Listen to the beginning of the lecture. Check whether each sentence is true (T) or false (F) based on what the speaker said.

	T	F
The concept of social connections actually is...	<input type="checkbox"/>	<input type="checkbox"/>
1. the number of friends you have.	<input type="checkbox"/>	<input type="checkbox"/>
2. how often you interact with others.	<input type="checkbox"/>	<input type="checkbox"/>
3. about the quality of your relationships.	<input type="checkbox"/>	<input type="checkbox"/>
4. about the sense of belonging that you have.	<input type="checkbox"/>	<input type="checkbox"/>
5. a feeling of trust and acceptance in your community.	<input type="checkbox"/>	<input type="checkbox"/>
6. about being appreciated for who you are.	<input type="checkbox"/>	<input type="checkbox"/>

B. Listen to the lecture and number the following sections from 2 to 5 in the order in which you hear them.

1. Defining Social Connections
 The Impact of Social Connections on Learning
 Social Connections and Mental and Physical Health
 The Connection Between Social Connections and Problem-Solving Skills
 Promoting Social Connections in Schools
 The Need to Prioritize Social Connections in Education

C. Listen again and fill in the notes.

Introduction

Greeting and Presenting Today's Topic

- Today's lecturer is Dr. _____ SC = social connections
- Topic: the importance of _____ in schools

What is SC?

- about quality of relationships + sense of _____
- create feelings of _____ + acceptance in community
- about being _____ + feeling like you belong

Why is SC important for students?

- afflicts _____
- executive function _____ memory & attention
- ability to creatively solve problems _____
- critical for _____ physical health
- weak SC = depression, _____ substance abuse

What can be done to promote SC in schools?

- create culture of _____ belonging
- reach out to others + be _____ to new friendships
- teachers + staff → foster sense of _____
- use _____ to your advantage: social media

Importance of SC

- SC = essential for _____ success, mental + physical health, overall well-being
- need to prioritize SC in schools _____ supported, connected
- create an environment where all feel _____

Focus on Form

- This results in your being less able to listen, follow directions, and focus on complex learning.
- However, if it is used responsibly, social media can help to break down barriers and create new connections.

* Refer to the appendix pages (156-161) for explanations and exercises.

Exploring a Sample Speech assists students in grasping effective presentation skills by listening to and summarizing a sample speech before they start their own presentations.

Presenting Yourself

Nuts & Bolts of Presenting

A Strategy

Structuring a Presentation

A presentation can be divided into three parts: an introduction, a body, and a conclusion.

Introduction You need to explain the subject and purpose of your presentation while gaining the audience's interest and confidence. Keep in mind that the main aim of the introduction is to grab the audience's attention and connect with them.

Body You need to provide support for your main message. You should discuss each of your main points in a clear and logical order. When planning your presentation, write a list of main points you want to make and ask yourself "What am I telling the audience? What should they understand from this?" This will help you produce clear messages.

Conclusion You need to summarize the key points. In the process, remind the audience of the significance of the topic, the aim of your talk, and how you have met those aims. Thank the audience for their attention and invite them to comment or ask questions.

B Expressions

Introducing Yourself and the Topic of Your Speech

At the beginning of a speech, speakers typically greet the audience, introduce themselves, and present the topic. Here are some common expressions.

Good morning, everyone! I'm Emma Thompson, a student at Riverside High School.
Today, I'll be sharing insights on the impact of social media on friendships.

Hello, I'm Alex Choi, currently a 10th-grade student at Maplewood High School.
My presentation today focuses on friendships evolving from childhood to adulthood.

Hello, fellow students! I'm Emily, and I'm excited to discuss the impact of social media on our lives. (with a familiar audience)

Good morning, everyone! I'm Greg, your classmate. And I'm excited to share my project on family communication with you. (with a familiar audience)

Presenting Yourself

equips students with effective presentation strategies, involves reviewing a sample presentation, and engages them in presenting their own ideas.

From Presentation to Debate

Read the opinions about the motion below and answer the questions.

Motion: Social media enhances true social connectedness.

For	Against
Social media enhances social connectedness by providing various ways to communicate and connect with others. This new medium brings us much closer together and family as well as helping our communication reach people that might not be reached with regular forms of social communication and support. Social media also facilitates the formation of new communities based on shared interests and values, providing a platform on which people can discuss topics that are important and develop a sense of belonging. Furthermore, social media can be a powerful tool for social activism and awareness-raising, bringing together individuals with shared values and goals to create positive change. Although it may have some drawbacks, social media has the potential to enhance social connectedness and bring people together.	Social media does not enhance social connectedness for either entire a large group of it. While it allows us to keep in touch with friends and family members, these connections lack the richness and intimacy of face-to-face interactions. Spending more time on social media can also lead to social isolation and loneliness, and research has shown that social media use is associated with increased levels of anxiety, depression, and stress. Moreover, social media encourages us to compare our lives to the highlight reels of others, leading to feelings of inadequacy and self-doubt. While social media does have some benefits, we need to respond to its challenges and address its negative impacts on mental health and social connectedness. We should focus on building meaningful connections and prioritizing face-to-face interactions.

1. Underline the main ideas of each opinion.
2. What supporting ideas are given for each opinion?

For: _____
Against: _____

From Presentation to Debate

explores both the pros and cons of a debate topic, learning strategies for successful debating.

Joining the Debate

allows students to choose their debate topic and participate in activities before, during, and after the debate.

Wrap Up

While listening to the speeches, write the instructor's name, job, and lecture topic.

Read and fill in the blanks with the expressions in the box.

I have a different perspective. The audience consistently agrees that I've said what I had to say. Let me explain why I believe that.

Relationships have a significant impact on quality of life, as strong social connections promote better mental and physical health, providing emotional support and encouragement. Quality of life can be influenced by various factors, such as personal achievement and financial stability, but our relationships are fundamental to our well-being. Spending more time on social media can lead to lower rates of depression, higher levels of happiness, and improved resilience to life's challenges. And you'll likely find me smiling in my class. So, when I present, I will use all the different angles before being asked to defend my point of view.

Each country's cultural context influences how students utilize social media. Select a country and research how students there utilize social media platforms to enrich their relationships and introduce other topics.

Wrap Up

concludes the unit, covering presentation, debating strategies, culture, and summarizing the debate.

Joining the Debate

Before the Debate

Step 1 Choose a Topic

1. Read the following motions and then add your own motion to the list.

- Social media enhances true social connectedness.
- Friendships are more important than romantic relationships.
- It is better to have a few close friends than many shallow friends.
- People are more likely to be friends with people who are similar to them.

Step 2 Collaborate

2. Collaborate with your classmates to discuss the above motions and collectively select one for the upcoming debate.

Motion: _____

Step 3 Choose Sides

Determine whether you will adopt the affirmative or negative position.

Step 4 Brainstorm and Research

Take some time to brainstorm your thoughts and ideas. What do you know about the topic? What do you think about it? What are your arguments for or against the topic? Once you have a good understanding of the topic, start researching to find evidence to support your arguments.

Research Tips for a Debate

The tips below will help guide your research efforts and ensure you're well prepared for the debate.

1. Understand the topic and define your position.
2. Identify key arguments.
3. Conduct thorough research from credible sources.
4. Evaluate sources critically.
5. Take organized notes.

Reflect

Give your answer to the unit's opening question:

How can we enhance our social relationships in school?

Take a moment to reflect on the knowledge you have acquired throughout this unit and assess your progress.

Learn:

- identified and supports the content while taking notes during a lecture.
- organize a presentation logically by dividing it into an introduction, main body, and conclusion.
- effectively counter the other person's opinion and defended my own viewpoint during the debate.
- conduct comprehensive research on the topic of hand using reliable sources and critically evaluate the information.
- cooperate with my classmates during a debate while effectively sharing the roles that we have to play.
- identify individuality, learn performance and my own performance, and then prepare for a better debate next time.

Write and share your final thoughts.

I have learned how to take notes effectively when listening to lectures or participating in debates.

Reflect

encourages students to motivate themselves by reviewing their learning progress.

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3  <i>p. 66</i> A World Without Discrimination	Lecture about microaggressions	Recognizing transitions	
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			Functions	Culture
	Presentation	Debate		
	Structuring a presentation	Presenting objections and defending your opinions	<ul style="list-style-type: none"> • Introducing a topic • Thanking the audience • Introducing yourself and the topic of your speech 	Using effective body language: eye contact
	Making a story come alive	Agreeing and disagreeing	<ul style="list-style-type: none"> • Sharing experiences • Disagreeing 	Using effective body language: gestures and posture
	Using transitions and signposting	Asking for clarification and elaboration	<ul style="list-style-type: none"> • Putting emphasis on something • Linking words 	Using inclusive & neutral language
	Using presentation aids	Things to consider when using online sources	<ul style="list-style-type: none"> • Describing trends • Explaining visual data • Introducing information from sources 	Different approaches to sustainable living
	Using supportive evidence	Persuasion	<ul style="list-style-type: none"> • Persuading • Calling to action 	Assistive technology around the world

Key Word List
Sources

p. 170
p. 174