

3 Working together

Reading

1 Read the messages about problems (1–3). Then quickly read the expert's responses (a–c) on page 23. Match the problems with the responses.

- 1 I like my job, but I see other people promoted into positions like team leader before me. What's my future in this company?
- 2 I love painting and I'd like to join a local art group. I'm nervous because I think they'll probably be much better painters than me.
- 3 My kids are both on their school sports teams, but they never score lots of points or come first in races. I'm worried that they're not enjoying themselves.

2 Read the article again. Do the tasks below and answer the question.

- 1 Underline three expressions that introduce examples.
- 2 Circle one place where there are examples that are not introduced.
- 3 What ideas or facts do the examples support in each case?

3 Read the article again. Number the ideas in the order they are mentioned.

- a ____ Compete with yourself, not with others.
- b ____ Enjoy the activity, not the result.
- c ____ Focus on your personal best.
- d ____ Set your own goals and allow other people to set theirs.
- e ____ Value each person without thinking about who's better.
- f ____ You can never be the best in the world.

4 Look again at the ideas in Exercise 3. Answer the questions.

- 1 Do you agree with the responses in the article?

2 What responses would you give?

- 3 Have you experienced any similar situations? What happened?

Look at the Learning to Learn box. Then do the task.

LEARNING TO LEARN: READING

Reading outside the classroom

Reading English outside the classroom is a great way to improve your skills, but how do you decide what to read? Here are some tips. Remember, you can read for pleasure as well as study. This can include fiction and non-fiction too.

- Choose topics that interest you. You can look in magazines or the sections of newspapers.
- Read the title and any subtitles in articles and decide if you want to know more. Do you know any English words connected to the topic? That will make it easier to read.
- Look for graded readers. The level is shown on the book cover.
- Look for news stories in English that you've already heard about in your first language.
- Try reading a book in English that you've already read in your first language.
- Read books that tell the stories of movies you've enjoyed.

Think of three different types of reading you normally do in your own language—newspapers, social media posts, fiction, etc. Look for something similar in English and read one text this week.

Ask the expert



Last week, we asked you to share ideas on the topic of competing with others. Here are three of your emails, with responses from our expert.



a _____

Have you watched professional sports on TV? The top athletes don't only focus on winning—they also talk about their PB, or personal best. For example, the marathon runner Kenenisa Bekele improved his PB by seven minutes between 2018 and 2019. After he won the 2019 Berlin marathon, he said, "I'm very happy running my personal best." These athletes are in competition with themselves. You know, at school I was never picked to play on sports teams. It didn't matter to me—I was into other things like theater and singing. Perhaps your kids are quite happy!

b _____

I'm sorry to have to tell you this, but there's always somebody better than you. That's life. Picasso, Rego, Mondrian, and so on—they were all better artists than us, but that doesn't stop us making our own art. And, of course, nobody stays at the top forever. The best example I can give you is movie stars. Who's the best actress? One year it's Renée Zellweger and the next year Frances McDormand, according to the Oscars. Yet we all carry on acting or painting or playing football or whatever we enjoy doing. You can't compete with the whole world, but you can still feel great about your own achievements.

c _____

Let me ask you a question: Do you want to be a team leader? Your answer is important, because I think you're judging yourself by other people's goals instead of your own. And that means you don't value your own abilities. Listen, everybody has different skills, such as being good at organizing or having ideas or motivating others. There are lots of different skills needed in any organization. Look it up—there's a lot about this online. Do you need to compete with those people or understand that everybody has something different to offer?