

Self-Study Guide #2 for 11-5 grade April



Unit 1 :Love what we do!

School Name: Liceo de San Roque
Subject: English. Level: 11th

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Esta guía se realizará del 12 al 18 de Abril en la medida de las posibilidades. Recuerde que si tiene dudas puede contactar al docente a través de Teams o el día martes donde se aclararan dudas. Puede contestarla en liveworksheets o en tareas en Teams. Tiene 3 días posteriores al vencimiento para justificar de manera escrita al correo mep de la docente la no entrega de esta guía. La misma queda a criterio de la docente.

Persona estudiante: _____ Sección: _____

Subgrupo: A ☐ B ☐ C ☐ Tipo de escenario: Virtual ☐ Presencial ☐ Mixto ☐

Número telefónico: _____ Correo electrónico: _____



1. Me preparo para hacer la guía/ Getting ready to do my self-study guide

Pautas que debo verificar antes de iniciar mi trabajo. /Aspects to verify before I start working:

Materiales o recursos que voy a necesitar/ Materials needed	<i>Suggested materials:</i> • Notebook, pencil, pen, eraser, highlighters, etc. • Self- study guide #1 for 11th grade • Computer & Internet access if possible
Condiciones que debe tener el lugar donde voy a trabajar/ Conditions of the place to work	• Work in a place where you do your assignments and homework daily.
Tiempo en que se espera que realice la guía/ Expected time to work this self-study guide	• This self-study guide will take you 80 minutes to be completed.



2. Voy a recordar lo aprendido en clase. Recalling what I learned in class.

Indicaciones /	Dear student,
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Instructions	The following tasks will help you to reinforce and review information related to <u>Unit #1: Love What We Do! Ingredients for Healthy Living, Add a Pinch of a Positive Attitude, Follow the recipe: a Plan for success, Give me a Taste: Stories of Successful People</u> , however the goals of this Self- Study Guide are included at the end of this document, in the rubric: "Nivel de Desempeño" / "Performance Level".
Actividad / Activity Preguntas para reflexionar y responder Questions to reflect on and answer	Think about the following questions: 1.What means having a healthy lifestyle? 2.What makes people successful? 3.Who is a successful model for you? 4.What would you do to have a successful future?



3. Pongo en práctica lo aprendido en clase / Putting into practice what I learned in class.

Indicaciones / Instructions	THEME 2: Add a Pinch of a Positive Attitude Task #1: LISTENING A. Think about POSITIVE ATTITUDES in my lifestyle. B. Listen to the recording "HEALTHY EATING". C. Use this link :https://share.america.gov/everyday-conversations-healthy-eating/, and bring the best responses to each question. <u>Ind. L.2</u> D. Write in complete form the answers for each question. - What happens to Ajay when he stays up all night studying? _____ - Where does Jana buy vegetables? _____ - What does Ajay propose to Jana at the end of the conversation? . _____ - What is Jana's limitation in her healthy lifestyle? _____ THEME 3: Follow the recipe: A Plan for success Task #2: READING A. Skim the text 'What Makes people Successful?' and <u>underline</u> or highlight with different colors the main idea and the meaning of success. <u>Ind. R.1</u>
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What makes people successful?

Who do you think is the most successful? Who do you think is the least successful?



In order to answer these questions, we first need to define success. Everyone has a different definition. Many of us place great value on performance, on achievements, or on reaching various goals. Others associate success with material goods, measuring it by how much one can acquire. Others measure success by how much they can contribute to the well-being of their families, or to the community and society in general. There are many other definitions, but mostly success is associated with becoming rich, famous, and respected at work. Yet, it doesn't have to be that way.

Being successful could mean simply being satisfied with oneself and one's career. For many people, a successful person is someone who feels that his or her work and life in general offer an exceptionally high degree of satisfactions. However, how does one get from here to there? How does one reach this feeling of satisfaction with life and career? It seems that successful people consistently do two things:

- They use their natural abilities in their work.
- They set career and life goals.

In other words, successful people choose careers where they can use their natural abilities or do what comes naturally to them. For example, successful teachers are people who instinctively know how to help people learn, and the best doctors are those who know how to listen to people. Successful people know where they are starting from, and what direction they want to give their lives and careers, even if it is something as simple and wonderful as raising a happy family.

What are your natural abilities? What are your career and life goals? If you can answer these questions, you are on your way to having a successful career and life.

B. Then, based on the reading, mark (X) the affirmations that are examples of success.

- ☐ There is a general consensus on the definition of success.
- ☐ A lot of people think that you are successful if you are rich and famous.
- ☐ Successful people choose careers that match their skills.
- ☐ Successful people don't plan their lives.
- ☐ Doing what comes naturally to you helps make you successful.
- ☐ Raising a happy family is not enough to be considered successful.

C. I read the text for the second time and then, answer the given questions.

a) Choose the most accurate summary of the corresponding answer from the following questions with an X.

- ☐ What kind of other definitions can be found about how to succeed?
- ☐ People can define success as having material goods and raising a family.
- ☐ Success is measured only by being rich and famous. However, other people consider that it reach their goals in life.
- ☐ The definitions of success can vary from one individual to another. Thus, some people can r material goods, reaching their life goals or simply giving their best to their families or commun

b) How can a successful person be defined?



- ☐ It can be defined when someone is enjoying what he/she does. Nevertheless, he/she can enjoy it in their lives in a regular basis. For this reason, it cannot have an exact definition at all.
- ☐ Human beings as a whole can feel the pleasure of being successful by his or her job, and live that they are entirely pleased with them.
- ☐ A successful person is someone who presents an exceptionally high degree by having material happiness with their families.

THEME 4: Give me a taste: Stories of successful people

Task 3: Choose a person to be nominated as the successful person of the year. Complete the chart with the collected information. Use phrases in this section. In reasons and tips number the examples from 1 to 5 or from 1 to 3. Ind. W.2

Successful person's name	Occupation	Reasons why he/she is successful (at least five)	Tips to become successful considering this person's experience (3 examples)	type

Indicaciones

Review the following questions to self-regulate and self-assess:



preguntas para auto regularse y evaluarse / Instructions or questions for self-regulation and self-assessment	Did I read the instructions carefully? Did I underline the words that I didn't understand? Did I use a dictionary or asked a relative about the meaning of the words that I didn't understand? Did I read the instructions again when I didn't understand what I had to do?
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Con el trabajo autónomo voy a aprender a aprender/ With the self-study guide, I'm going to learn how to learn.	
Reviso las acciones realizadas durante la construcción del trabajo. / I check the actions carried out while completing the self-study guide Marco una X encima de cada símbolo al responder las siguientes preguntas/ Mark with an X on the icon that answers the following questions.	
¿Leí las indicaciones con detenimiento? Did I read the instructions carefully?	☐ ☐
¿Subrayé las palabras que no conocía? Did I underline the words that I didn't understand?	☐ ☐
¿Busqué en el diccionario o consulté con un familiar el significado de las palabras que no conocía? Did I use the dictionary or asked a relative about the meaning of the words that I didn't understand?	☐ ☐
¿Me devolví a leer las indicaciones cuando no comprendí qué hacer? Did I read the instructions again when I didn't understand what I had to do?	☐ ☐