LESSON 4

LIFE STORIES: CHANGES AND CHALLENGES



Every story brings a change. Every challenge builds strength.



Section 1. Getting Started: Vocabulary and Pronunciation

Challenging Beliefs

- Belief system challenges
- Changing belief structures
- Reevaluating values
- Shifting perspectives
- Value system transformations

Cultural Impact

- Cross-cultural experiences
- Cultural immersion
- Transformative travels
- Worldview expansion

Facing Fears

- Conquering fears
- Face down fears
- Overcoming phobias
- Fear-challenging experiences

Learning from Failure

- Failure as a learning opportunity
- Lessons from setbacks
- Overcoming setbacks
- Resilience
- Turning failures into success

Personal Growth

- Coping with trauma
- Growth through trauma
- Overcoming adversity
- Transformative setbacks
- Traumatic experiences

Verbs and Phrasal Verbs:

- Break through (challenges)
- Come through (adversity)
- Confront
- Embrace
- Evolve
- Face
- Grow
- Overcome
- Transform

Phrasal Verbs/Idioms:

- Turn the corner
- Weather the storm
- Rise from the ashes
- See the light at the end of the tunnel

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LESSON 4

MY LIFE-CHANGING EXPERIENCE

Moments that shape who we are and where we are going.



SPEAKING WARM-UP ACTIVITY

Think of a life-changing experience you have had.
Fill in the mind map with as many details as you can.

When did it happen?

What happened?

Who was involved?

MY LIFE-CHANGING EXPERIENCE

What did you learn?

How did it make you feel?

How did it change your life?

LET'S TALK! Discuss the questions with your partner or group.

1. What has been the most life-changing experience in your life so far?
2. How did that experience change the way you think or act?
3. What lessons did you learn from that experience?
4. What challenges helped you grow the most?
5. If you could go back in time, would you change anything? Why or why not?

"Every experience, good or bad, makes you the person you are today."

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LESSON 4

SPEAKING

Navigating Life's Challenges

Every challenge is a chance to grow stronger.



LET'S TALK! Work in small groups. Read the scenarios below and discuss how you would cope with and overcome each challenge.



1. What challenges have you faced? How did you handle them?



2. What helps you stay strong during difficult times?



3. Can challenges make you a better person? Why or why not?

CHALLENGE SCENARIOS

1 LOSS OF A LOVED ONE



Death of a family member, friend, or pet, grieving the loss of someone close.

2 ACADEMIC OR CAREER SETBACK



Failing an important exam, losing a job, or experiencing a setback in a personal goal.

3 HEALTH CHALLENGE



Physical or mental health crisis: a serious illness or injury, or struggling with mental health issues such as anxiety or depression.

4 TRAUMATIC EVENT



A natural disaster, accident, assault, or witnessing violence.

5 RELATIONSHIP BREAKDOWN



A romantic relationship, friendship, or family conflict, the dissolution of a significant relationship.

DISCUSSION HELP



Think about these questions to guide your discussion:

- What would be your first step?
- Who can support you?
- What strengths do you have?
- What can you learn from the experience?

REFLECTION

After discussing, share one important idea or lesson you took from your group's conversation.

You are stronger than you think! ☆

Remember: Challenges don't define us. **How we face them does.**

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LESSON 4

BRAVE SCENES

Discussion Prompts



Sit in a circle with your classmates. One student chooses a prompt from the list. Share your thoughts and experiences, and listen actively to others.

HOW TO PARTICIPATE

- Share your ideas and experiences.
- Listen actively and respect others.
- Ask questions and give examples.
- Encourage each other and build on ideas.

Use the prompts below to start interesting conversations and explore different perspectives.

1. Can you share a moment that completely changed your perspective on life? How did it impact you?
2. Describe an experience that challenged your beliefs or values. How did you navigate through it?
3. Have you ever encountered a traumatic experience that led to significant personal growth? What did you learn from it?
4. How do you think travel experiences influence our understanding of different cultures and ways of life?
5. Share a story of overcoming a fear or obstacle in your life. What strategies did you use to overcome it?
6. Discuss the concept of failure as an opportunity for learning and growth. Can you share an experience where failure led to positive outcomes?



IDEAS TO STAY ENGAGED

Add a twist!
After answering, invite someone to add a different angle or example.

Set a time limit!
Give everyone 1–2 minutes to speak so all voices are heard.

Build on ideas!
Agree, disagree, or add something new to what others say.

Use "why?"
Ask follow-up questions to go deeper.

Be brave and kind!
Share honestly and respectfully. Every voice matters.

Remember: There are no right or wrong answers—only honest conversations and new perspectives.

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LESSON 4

LIFE CHANGING EXPERIENCES



LISTENING ACTIVITY

Listen to the podcast and answer the questions.

PART 1 | CHOOSE THE BEST ANSWER

1 What is the main focus of the podcast "Life Altered"?

a) Traumatic events ☐
b) Travel destinations ☐
c) Fearful encounters ☐
d) Life-altering experiences ☐

2 Whose story emphasizes the impact of travel on personal growth?

a) Emma ☐
b) Miguel ☐
c) Sophia ☐
d) Podcast Host ☐

3 According to Miguel, what did surviving a traumatic event teach him?

a) The fragility of life ☐
b) Resilience and inner strength ☐
c) The inevitability of challenges ☐
d) The importance of avoiding risks ☐

PART 2 | DISCUSSION

Discuss the following questions with your classmates. Give reasons and examples.

1 Reflect on Emma's statement: *"It's not just about places; it's about the people who shape our worldview."* Can you share a personal experience where interactions with people during your travels significantly impacted your perspective?

2 Discuss Miguel's perspective on traumatic growth: "Life's challenges can be the catalyst for profound personal growth." How do you interpret the concept of traumatic growth, and can you think of examples in your life or others' lives?

3 Consider Sophia's belief: *"Failures are steppingstones, not stumbling* blocks." How can embracing failures contribute to personal development and success? Can you share a personal experience where a failure led to positive outcomes?

IDEAS TO STAY ENGAGED!

Be an Active Listener
Pay attention and take notes of key ideas.

Ask & Explore
Ask follow-up questions to dive deeper.

Connect It to You
Relate the stories to your own life and experiences.

Share Your Voice
Don't be shy! Every opinion adds value to the discussion.

Respect & Support
Listen with respect and encourage your classmates.

Remember: Everyone's story matters. Be open, be respectful, and be ins[illegible]!

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LESSON 4

LISTENING

Turning Points in Life's Odyssey

We all face challenges, but every turning point can lead to growth, purpose, and new opportunities.



PRE-LISTENING

Think, share, and get ready to listen!
Discuss these ideas with your partner or group.

1 WORD ASSOCIATION

What words come to mind when you think of "turning points" in life? Write at least 5 words.

1. _____
2. _____
3. _____
4. _____
5. _____

2 QUICK POLL

Which turning point do you think has the biggest impact on a person's life?

- ☐ Career change
- ☐ Starting a business
- ☐ Overcoming an illness
- ☐ Failing and trying again
- ☐ Something else: _____

3 DISCUSSION STARTERS

- Can setbacks ever be positive?
- What can we learn from difficult times?
- Do you believe everyone has turning points in life? Why or why not?

EXERCISE 1

Listen to the following podcast and answer the questions.

1 What is the main focus of the radio show "Life's Odyssey"?

- ☐ a) Life's fragility
- ☐ b) Business triumph
- ☐ c) Turning points in life
- ☐ d) Mental health advocacy

2 Whose story emphasizes the idea that setbacks can lead to success in business?

- ☐ a) Ava
- ☐ b) Olivia
- ☐ c) Carlos
- ☐ d) Radio Show Host

3 What did surviving cancer teach Carlos?

- ☐ a) Fragility of life
- ☐ b) Resilience and strength
- ☐ c) Importance of mental health
- ☐ d) The inevitability of challenges

QUICK NOTE

While listening, note down one key idea that inspired you.

_____

_____

EXERCISE 2

Let's Discuss!

Answer the questions below. Use specific examples and explain your ideas.

1. Discuss Olivia's perspective: "What seemed like a failure became the blueprint for a successful business." Can you think of examples where setbacks or failures turned into opportunities for success in your life or someone else's life?

2. Explore Carlos's statement: "Surviving cancer was more than a battle; it was a journey of resilience." How do you perceive resilience in the face of significant challenges, and can you share examples from your own experiences or observations?

3. Reflect on Ava's advocacy focus: "Turning pain into purpose, we can create positive ripples." How can personal struggles be transformed into meaningful advocacy, and what positive changes can result from such efforts?

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LESSON 4

LISTENING

Life's Crossroads

Every choice shapes the path you take. What would you choose?



PRE-LISTENING

Think, share, and get ready to listen!

Discuss the questions and complete the activities with your partner or group.

1 WORD ASSOCIATION

What words come to mind when you think of "llife's crossroads"? Write at least 5 words.



1. _____
2. _____
3. _____
4. _____
5. _____

2 QUICK POLL

Which decision is usually the hardest for you?

- ☐ Choosing a career path
- ☐ Moving to a new place
- ☐ Following my passion
- ☐ Helping others vs. taking care of myself
- ☐ Other: _____



3 DISCUSSION STARTERS

- Do we really have to choose between two good options?
- Can you think of a time when a difficult choice changed your life?
- What helps you make important decisions?



EXERCISE 1

Listen to the following podcast and answer the questions.

1 Elena had to choose between:

- ☐ a) Passion and travel
- ☐ b) Stability and travel
- ☐ c) High-paying job and societal impact
- ☐ d) Artistic passion and financial stability

2 Javier's crossroads are primarily related to:

- ☐ a) Travel and stability
- ☐ b) Passion and societal impact
- ☐ c) Stability and high-paying job
- ☐ d) Artistic passion and financial stability

3 Isabella faced a dilemma after:

- ☐ a) Graduating
- ☐ b) Making societal impact
- ☐ c) Pursuing an artistic career
- ☐ d) Choosing between passion and stability

> MORE CROSSROADS <

Read the situations below. Which choice would you make and why? Discuss with your partner.

1 DREAM JOB ABROAD

You get a job offer in another country that you've always dreamed of, but it means leaving your family and friends.



What would you do? Why?

2 HELPING OR HEALING

Your best friend needs your support during a difficult time, but you also need to focus on your exams.



What would you do? Why?

3 CREATIVE OR SECURE

You can follow your dream in art or music, but it's uncertain. A secure job pays well but doesn't excite you.



What would you do? Why?

4 MOVE OR STAY

You want a fresh start in a new city, but you're scared of the unknown.



What would you do? Why?

5 MONEY OR MEANING

A high salary job is offered to you, but it doesn't contribute to something you believe in.



What would you do? Why?

6 ADVENTURE OR SAFETY

You want to travel the world for a year, but you're afraid of the risks and instability.



What would you do? Why?

7 SPEAK UP OR STAY QUIET

You witness an unfair situation, but speaking up could cause problems for you.



What would you do? Why?

"Every crossroads is a chance to grow. Choose, learn, and keep moving forward."

LIVEWORKSHEETS

LESSON 4

Life's Crossroads

Every decision shapes the path ahead.



WARM UP

Think about a time when you had an important decision to make.
Write down three words that describe how you felt at that moment.

1 _____ 2 _____ 3 _____

CONVERSATION QUESTIONS

Discuss the questions with your partner or in a small group.



1. What does the expression "a crossroads in life" mean to you?



2. Have you ever been at a crossroads in your life? What was the situation?



3. What are some of the biggest crossroads young people face today?



4. How do you decide which path is right for you?



5. Do you think it's better to follow your heart or your head? Why?



6. What role do family and friends play in our big decisions?



7. Can a wrong decision lead to something positive? Share an example.



8. What risks are worth taking in life? Why?



9. How do you feel about change and uncertainty?



10. What advice would you give to someone who is at a crossroads?



11. Do you think people can have more than one crossroads in life? Explain.



12. Where do you see yourself in five years? What choices can help you get there?

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