

Reading text

Life Milestones: More Than Big Events

When people hear the expression life milestone, they often think about major events such as graduating from university, getting a first job, travelling abroad, getting married or buying a house. However, milestones do not always have to be large or dramatic events. Sometimes, relatively small experiences can completely change the way we understand ourselves.

For example, learning to do something independently can become an important milestone. A teenager's first journey alone, a student's first presentation in front of a large audience or someone's first successful job interview may seem ordinary to other people, but these experiences can create confidence and independence.

Challenges can also become important milestones. Many people remember situations in which they failed before they succeeded. Someone may have failed an exam and later developed better study habits. Another person may have been afraid of public speaking but eventually learned to enjoy giving presentations. These experiences are important because people often discover their abilities when they have to overcome difficulties.

Travel can also influence personal development. Visiting a new city or country allows people to experience different cultures, food, languages and traditions. Even a short journey can change someone's perspective. Many travellers say that they have become more independent and open-minded after spending time away from home.

Interestingly, memorable experiences are not always positive. Difficult moments can teach patience, responsibility and resilience. What matters is not simply what happened, but what a person learned from the experience.

Throughout our lives, we collect hundreds of experiences. Some become major milestones, while others are almost forgotten. Together, however, they help create our identity. Looking back at these moments can help us understand how much we have changed and what we would like to achieve in the future.

Exercise A - Reading comprehension

1. According to the text, a life milestone...

- A. must be an important public event.
- B. can also be a relatively small personal experience.
- C. only happens during adulthood.
- D. must be a positive experience.

2. Why can challenges become milestones?

- A. Because people always avoid them.
- B. Because they help people discover abilities and grow.
- C. Because failure is more important than success.
- D. Because challenges are always memorable.

3. Travelling can help people become...

- A. less independent.

- B. more open-minded.
- C. less interested in other cultures.
- D. more afraid of change.

4. According to the text, difficult experiences...

- A. should always be forgotten.
- B. cannot be milestones.
- C. can teach important lessons.
- D. are more valuable than positive experiences.

5. What is the main idea?

- A. People should travel as much as possible.
- B. University graduation is the most important milestone.
- C. Different experiences contribute to personal development.
- D. People should avoid failure.

Exercise B - True or False

- Life milestones must always be major events.
- Giving a first presentation can be considered a milestone.
- Failure can sometimes lead to personal growth.
- Travelling cannot change someone's perspective.
- Negative experiences can teach useful lessons.
- Our experiences contribute to our identity.

Exercise C - Vocabulary in context

Use: milestone - achievement - memorable - overcome - challenge - opportunity

- Winning the scholarship was an important _____.
- Moving to another city was a difficult _____.
- Studying abroad gave me the _____ to meet people from different cultures.
- My graduation ceremony was extremely _____.
- She managed to _____ her fear of speaking in public.
- Starting university was an important _____ in my life.