PRACTICAL COURSEBOOK
FOR ANALYTICAL READING
AND SPEAKING PRACTICE

ПРАКТИКУМ
З АНАЛІТИЧНОГО ЧИТАННЯ
ТА УСНОГО МОВЛЕННЯ

Ministry of Education and Science of Ukraine
Chernivtsi National University
Yuriy Fedkovych National University

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FOR ANALYTICAL READING
AND SPEAKING PRACTICE

Manual

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Chernivtsi
Yuriy Fedkovych Chernivtsi National University
2025

Міністерство освіти і науки України
Чернівецький національний університет
імені Юрія Федьковича

ПРАКТИКУМ З АНАЛІТИЧНОГО ЧИТАННЯ ТА УСНОГО МОВЛЕННЯ

Навчальний посібник

Укладачі: Головащенко Ю. С., Нузбан О. В., Сунько Н. О.

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The manual focuses on the development of reading, speaking, and translation skills by students dealing with authentic English texts. The original Internet-based articles are offered for reading comprehension, translation practice and extended discussion.

The coursebook is aimed at students of Philology and English-Ukrainian Translation, and those interested in understanding of reading, in-depth text analysis and effective communication on topical global issues.

Навчальний посібник з аналітичного читання та розвитку навичок усного мовлення з англійської мови призначений для здобувачів вищої освіти 2-го року навчання (3-й і 4-й семестри) ОПП «Англійсько-український переклад та переклад з другої іноземної мови». Завдання, запропоновані в посібнику, навчають студентів аналітично працювати з оригінальними текстами; сприяють розвитку навичок усного мовлення, залучення до діалогу і критичної дискусії; дають змогу тренувати переклад англійсько-української мовної пари; уможливлюють здобуття необхідних мовних знань для обговорення актуальних тем сучасності.

Посібник може бути використаний для здобувачів інших спеціальностей, які володіють англійською мовою на рівні вище середнього.

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FOREWORD

The manual on analytical reading and mastering communication skills in English is intended for higher education students specializing in 035 Philology ("English-Ukrainian Translation and Translation from the Second Foreign Language"). Among the key objectives of this book are: developing skills in analytical reading of authentic English publicistic texts; oral and written translation on current socio-political topics; broadening the general and lexical knowledge of undergraduate students; and enhancing speaking skills in English through in-depth discussions of studied topics.

The manual addresses a gap in instructional materials for the second-year students (third and fourth semesters) of the educational and professional program "English-Ukrainian Translation and Translation from the Second Foreign Language" within the compulsory component "First Foreign Language" particularly in the "Oral Communication" aspect, studied by Translation students. The materials can also be used to improve analytical reading and oral communication skills in English for students of other humanitarian disciplines with an upper-intermediate language proficiency level. The texts and exercises given in the manual aim to improve general English language proficiency, reading of original texts, translation skills, and the expansion of vocabulary on contemporary topics addressing various social, political, psychological, and cultural issues.

The structure of the coursebook comprises eight units, supplements, and references. The sixteen texts included in the manual cover and complement topics aligned with the syllabus of "First Foreign Language" course for the second-year students of the educational and professional program "English-Ukrainian Translation and Translation from the Second Foreign Language."

Each unit is based on contemporary original articles, sourced from popular British and American online media. All original texts for student work are provided in supplements. The units offer comprehensive information on the respective topics and include a list of essential words and expressions recommended for learning. The texts and assignments

focus on reading and understanding authentic publicistic texts, extracting necessary information, expanding topic-specific vocabulary, improving oral and written translation skills, and developing English oral communication skills.

At the beginning of each unit, students are provided with an exercise of reading the original text and identifying key words to guide them in further studying. The next step involves performing various exercises based on the article. The comprehension exercise set includes, in particular, questions requiring specific answers based on the article; true-or-false tasks based on the text; sentence completion exercises using phrases from the text; and gap-fill tasks based on the information from the article.

The next set of exercises focuses on internalizing relevant vocabulary and translating it from English into Ukrainian and vice versa. For each original text, a block of exercises is provided for translating words and phrases from the article into Ukrainian and English. Based on these phrases, students are given sentence translation tasks in both languages, which can also be performed during practical classes in the format of oral consecutive interpretation.

The final block of exercises is designed to develop speaking skills, encourage discussions of the studied topics, and motivate students to engage in active dialogues and exchange experiences. These tasks include describing a picture related to the unit's topic, completing questionnaires and discussing the results in groups, engaging in group or pair discussions on the studied topic and broader or related issues, and preparing short creative tasks and projects.

Overall, the manual encourages students to work analytically with authentic texts, develop oral communication skills, participate in dialogues and critical discussions, engage in English-Ukrainian translation, and acquire essential linguistic knowledge for discussing contemporary topics.

The authors express their sincere gratitude to the reviewers for their critical reading of the manual, constructive comments, and suggestions, professional advice, and intellectual support.

The authors remain open to and grateful for further feedback, suggestions, and recommendations for improving and refining the content of this coursebook.

UNIT 1. CONNECTIONS

WHY SOME GRANDPARENTS DISAGREE WITH THEIR KIDS' PARENTING STYLES – AND WHAT THEY SHOULD DO ABOUT IT

EXERCISE 1. Read the article 'Why some grandparents disagree with their kids' parenting styles – and what they should do about it'. Go to Supplements Section, Text 1. Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.

1. What is one of the most challenging aspects of being a grandparent according to the article?
2. How did Marcia Kester Doyle's parents show respect for her parenting methods?
3. What dilemma does Katherine, a grandmother from Tennessee, face with her daughter's parenting style?
4. According to Paul, what were the benefits of the disciplinary methods used by his generation?
5. What does clinical psychologist Margaret Rutherford suggest about generational differences in parenting?
6. How has the COVID-19 pandemic influenced parenting and grandparenting?
7. What are some of the changes in parenting styles across generations mentioned in the article?
8. What positive trends in parenting are millennials introducing, according to the article?
9. How should grandparents handle their urge to interfere with their adult children's parenting choices?
10. Why is it important for grandparents to establish a respectful relationship with their a dult children before the grandchildren come along?

EXERCISE 3. Complete the following statements based on the information from the aticle.

1. As a grandparent, one of the hardest things to do is … .

2. However, if a grandchild is often unruly and disrespectful … .
3. Many grandparents blame the breakdown of so-called proper parenting on … .
4. As Katherine's experience shows … .
5. So much of what today's parents are exposed to … .
6. Ask your biological adult child first about … .
7. And let's not forget the impact of the pandemic … .
8. This generation of grandkids may be spoiled when it comes to having lots of toys, but … .
9. Grandparents my age who were raised with strict rules may struggle to … .
10. The good news is that millennials are introducing … .

EXERCISE 4. Match phrases with their definitions.

A	To ease the adjustment	1	A light slap on the buttocks, often used as mild physical discipline
B	Gentle parenting	2	To offer advice that was not asked for
C	A swat on the butt	3	To make a transition or change easier
D	Authoritarian parenting	4	To avoid consequences or punishment for acting spoiled
E	To give a tougher skin	5	To speak disrespectfully or argue back
F	To get away with bratty behaviour	6	To balance the responsibilities of a job and taking care of children
G	To backtalk	7	To develop resilience or the ability to withstand criticism
H	Helicopter parenting	8	To cause tension or difficulties within family relationships
I	To juggle work and childcare	9	To deliberately ignore or pretend not to notice something
J	The 'time-out' method	10	A strict parenting style characterized by high demands and low responsiveness
K	To jump in with unsolicited advice	11	To surrender or yield to a child's outbursts or temper tantrums
L	To turn a blind eye to	12	To observe a situation without getting involved or interfering
M	To strain family relationships	13	A style of parenting where parents are overly involved in their children's lives
N	To give in to children's tantrums	14	A parenting approach that focuses on empathy, respect, understanding, and setting boundaries
O	To sit quietly on the sidelines	15	A disciplinary technique where a child is separated from others for a short period

EXERCISE 5. Translate the following words and phrases into Ukrainian.

1. to sit quietly on the sidelines - _____
2. to jump in with unsolicited advice - _____
3. to strain the family relations - _____
4. the "time-out" method - _____
5. to turn a blind eye to - _____
6. to backtalk - _____
7. to give in to children's tantrums - _____
8. to get away with bratty behavior - _____
9. to give a tougher skin - _____
10. to ease the adjustment - _____
11. to juggle work and child care - _____
12. a swat on the butt - _____
13. authoritarian parenting - _____
14. helicopter parenting - _____
15. gentle parenting - _____

EXERCISE 6. Translate into English the words and phrases.

1. втручатися з непроханими порадами - _____
2. метод "тайм-аут" - _____
3. поєднувати роботу та батьківство - _____
4. грубити у відповідь - _____
5. гіперопіка - _____
6. сидіти тихо осторонь - _____
7. закривати очі на - _____
8. уникати покарання за погану поведінку - _____
9. полегшити адаптацію - _____
10. піддаватися дитячим істерикам - _____
11. м'яке / бережне виховання - _____
12. лясок / плясок по попі - _____
13. надавати стійкості / загартованості - _____
14. напружувати сімейні стосунки - _____
15. авторитарне виховання - _____

EXERCISE 7. Translate the following sentences into Ukrainian, using the vocabulary from the previous task

1. The school counselor provided resources to ease the adjustment for new students.
2. Facing challenges can help give a tougher skin and build character.
3. Parents should not give in to children's tantrums to avoid spoiling them.
4. He always seems to get away with bratty behavior because his parents don't discipline him.
5. The teacher was shocked when the student began to backtalk during the lesson.
6. The constant arguments about money began to strain the family relations.
7. During the meeting, I decided to sit quietly on the sidelines and observe the discussion.
8. We use the "time-out" method to help our child calm down and think about their actions.
9. She tends to jump in with unsolicited advice, which often irritates her colleagues.
10. It's not right to turn a blind eye to bullying in schools.

EXERCISE 8. Translate the following sentences into English, using the vocabulary from the previous task.

1. Життєві труднощі допомогли йому набути стійкості.
2. Для полегшення адаптації нових працівників ми проводимо різноманітні сесії і тренінги.
3. Йому завжди вдається уникати покарання за свою погану поведінку завдяки своїй кмітливості.
4. Якщо батьки завжди будуть піддаватися дитячим істерикам, це лише погіршить ситуацію в їхніх стосунках.
5. На жаль, більше неможливо більше закривати очі на її неправдиві вчинки.
6. Він грубить у відповідь своїм батькам щоразу, коли вони його критикують або роблять зауваження.
7. Поведінка наймолодшого сина в школі почала напружувати сімейні відносини.
8. Ми використовуємо метод "тайм-аут", щоб наша дитина навчилася контролювати свої емоції.

9. Ольга часто втручається з непроханими порадами, що дратує всіх у її колі друзів.
10. Під час шаленої дискусії я вирішив сидіти тихо осторонь, поки вони палко обговорювали свої плани.

EXERCISE 9. Agree or disagree with these statements and justify your opinion with examples from the article, other sources of information, or personal experience.
1. Grandparents should always respect the parenting decisions of their adult children, even if they disagree.
2. Unsolicited advice from grandparents can undermine the authority of parents and confuse children.
3. The "time-out" method is a more humane and effective way of disciplining children rather a swat on the butt.
4. Modern parents are too lenient and overindulgent compared to previous generations.
5. Grandparents have a right to intervene if they believe their grandchildren are being poorly raised.
6. Generational differences in parenting styles often lead to conflicts within families.
7. It is important for grandparents to communicate openly and respectfully with their adult children about parenting.
8. The COVID-19 pandemic has made it necessary to find room for flexibility and understanding in parenting.
9. Screen time should be strictly limited for children to ensure their healthy development.
10. Grandparents should refrain from criticizing their adult children's parenting in front of their grandchildren.

EXERCISE 10. Discuss the questions in pairs/groups.
1. What are some challenges grandparents face when they see their adult children making parenting decisions they disagree with?
2. How can grandparents effectively offer advice without straining family relations?
3. What are the potential consequences of grandparents frequently providing unsolicited advice?
4. How do generational differences in parenting styles impact relationships between grandparents and parents?

5. In what ways can the "time-out" method be more effective than corporal punishment?
6. What role should grandparents play in disciplining their grandchildren?
7. How has the COVID-19 pandemic influenced modern parenting practices?
8. What are some strategies parents can use to balance work and child care responsibilities?8
9. How can grandparents support their grandchildren's emotional and mental well-being without overstepping boundaries?
10. What are the benefits and drawbacks of modern parenting styles like gentle parenting compared to authoritarian or helicopter parenting?

IS a $600 PRIVATE CABANA AT UNIVERSAL'S VOLCANO BAY WATER PARK WORTH IT? MY PARTY OF 10 TESTED IT OUT FOR A DAY TO FIND OUT

EXERCISE 1. Read the article 'Is a $600 private cabana at Universal's Volcano Bay water park worth it? My party of 10 tested it out for a day to find out'. Go to Supplements Section, Text 2. Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.

1. How much does it cost to book a private cabana at Volcano Bay?
2. What are the steps involved in booking a private cabana at the park?
3. What specific amenities are included with the private cabana rental?
4. Are there any exclusive services provided to cabana guests that are not available to other park visitors?
5. How does having a private cabana enhance the overall experience at Volcano Bay?
6. Are there any guest testimonials or reviews mentioned in the article that highlight the benefits of renting a cabana?
7. Where are the private cabanas located within the park?
8. Is there a difference in experience between the different cabana locations available for rent?
9. Are there any special food and beverage services provided to cabana guests?
10. Can guests renting a cabana access any fast-track passes or priority access to rides and attractions?
11. How does the private cabana experience at Volcano Bay compare to similar offerings at other water parks or theme parks?

EXERCISE 3. Match two parts of the sentences based on the information from the article.

1	The private cabanas at Volcano Bay offer guests...	A	are the perfect way to relax and escape the crowds.
2	For those looking to splurge, the private cabana...	B	a personal locker, towel service, and an area to rest.
3	Each cabana includes...	C	an exclusive and comfortable space to enjoy their day.

4	Located in the heart of the water park, the cabanas...	D	experience a more luxurious and convenient visit.
5	Renting a cabana allows guests to...	E	have a dedicated attendant to assist with their needs.
6	The park features a variety of attractions, including...	F	the privacy and comfort they offer.
7	Guests can enjoy a stress-free experience with...	G	a mix of thrilling water slides and relaxing lazy rivers.
8	One of the highlights of renting a cabana is...	H	concierge service and a personal cabana host.
9	The cabanas are designed to provide...	I	the extra space and convenience.
10	Families visiting the park will appreciate...	J	the ability to have a shaded, private area to relax.

EXERCISE 4. Create nouns from these words.

1. Luxurious - _____
2. Convenient - _____
3. Sandy - _____
4. Affordable - _____
5. Exclusive - _____
6. Attractive - _____
7. To assign - _____
8. To escort - _____
9. Comfortable - _____
10. Cushioned - _____
11. To involve - _____
12. To relax - _____
13. Amazing - _____
14. To rent - _____
15. To order - _____

EXERCISE 5. Translate the following words and phrases into Ukrainian.

1. to be immersed in - _____
2. beautiful greenery - _____
3. to sweat it out - _____
4. to claim beach chairs - _____

5. budget permitting - _____

6. keeps quiet on the pricing - _____

7. to sip a tropical beverage - _____

8. to be in vacation mode - _____

9. an appetizer platter - _____

10. a once-a-summer splurge - _____

11. complimentary water bottles - _____

12. to hit pools and water slides - _____

13. to reserve a spot in line - _____

14. comfortable cushioned seating - _____

15. a wristband - _____

EXERCISE 6. Translate the following words and phrases into English.

1. Зайняти пляжні крісла - _____

2. Смакувати тропічний напій - _____

3. Поринути у - _____

4. Не розголошувати ціни - _____

5. Браслет - _____

6. Зарезервувати місце в черзі - _____

7. Безкоштовні пляшки з водою - _____

8. Гарна зелень (зелені насадження) - _____

9. Бути «в режимі» відпустки - _____

10. Велика тарілка закусок - _____

11. Зручні м'які сидіння - _____

12. Розкіш один раз на літо - _____

13. Добряче спітніти - _____

14. Відвідувати басейни та водяні гірки - _____

15. За умови, що дозволяє бюджет - _____

EXERCISE 7. Translate the following sentences into Ukrainian, using the vocabulary from the previous tasks.

1. While we were visiting the botanical garden, I felt myself being immersed in a world of beautiful greenery.

2. During a tense workout session I had sweated it out completely, feeling both exhausted and exhilarated at the same time.

3. It's always a challenge to claim beach chairs on crowded beaches without getting into a squabble with other people.
4. To make our travel plans were flexible, we have carefully chosen the activities based on budget permitting, ensuring we could enjoy without financial stress.
5. While I was negotiating with the vendor, he kept quiet on the pricing. It was difficult for me to gauge if I was getting a good deal.
6. I was sitting under the palm trees and savoring every sip of the tropical beverage.
7. Finally on vacation, I switched into vacation mode, leaving all worries and responsibilities behind.
8. At the beachside restaurant we started our meal with an appetizer platter which sampled a variety of delicious bites from the sea.
9. It was a once-a-summer splurge, but renting a luxury cabana by the pool was worth every penny for the comfort and privacy it provided.
10. We put on our wristbands and dashed to hit pools and water slides, eager to make the most of our day off.

EXERCISE 8. Translate the following sentences into English, using the vocabulary from the previous tasks.
1. Оренда розкішної кабани була виправданим і розумним вибором, який дарував нам комфорт і задоволення на зручних м'яких сидіннях.
2. Коли я проходила через буйний парк, я відчувала насолоду від споглядання за неймовірною зеленню і забула про всі турботи.
3. На переповненому пляжі знайти і зайняти вільні крісла – це справжнє випробування для нетерплячих туристів.
4. Після напруженого тренування я настільки втомився, що здавалося, ніби весь піт вийшов із мене.
5. Оскільки нам дозволяв бюджет, ми вирішили покататися на найвищих американських гірках і посмакувати делікатесними стравами.
6. Я тримав келих тропічного коктейлю в руках і насолоджувався атмосферою приватного пляжу, морським повітрям і сонцем.
7. Продавець зберігав мовчання щодо цін, тому ми не знали, чи вистачить нам коштів на сувеніри всім друзям.
8. Коли нарешті ми прибули і заселилися в готель, я повністю занурився у режим відпустки і не думав ні про що.

9. Наш обід розпочався з розкішної тарілки закусок, де були представлені місцеві сири і м'ясні вироби.
10. Ми вдягнули браслети і зайшли в зону приватного пляжу, де знаходився великий басейн, гарні атракціони для дітей і зручні крісла.

EXERCISE 9. Discuss the questions in pairs/groups.
1. How do you think being immersed in nature, surrounded by beautiful greenery, affects our mental well-being?
2. Have you ever experienced a moment where you've "sweated it out" physically or metaphorically? How did you feel afterward?
3. What's your strategy for claiming beach chairs in a crowded seaside spot? Have you ever encountered any amusing or challenging situations while doing so?
4. When planning vacations, how do you prioritize activities based on "budget permitting" without compromising the quality of your experience?
5. Can you recall a time when someone "kept quiet on the pricing" during a negotiation? How did you handle the situation?
6. What's your favorite tropical beverage, and how does sipping it in a relaxed setting make you feel?
7. When you're in "vacation mode," what changes do you notice in your mindset and behavior compared to your everyday routine?
8. Share a memorable experience of trying an appetizer platter, either at a restaurant or during a social gathering.
9. Have you ever indulged in a "once-a-summer splurge," and what made it worth the expense?
10. How do you feel when wearing a wristband for access to certain activities or venues? What does it represent to you in terms of convenience or exclusivity?

EXERCISE 10. Complete these statements with your own ideas and share them with a partner.
1. Beautiful greenery is essential for my ideal vacation destination because _____.
2. Sweating it out in the gym is something I enjoy doing because _____.

3. Budget permitting, I would _____ during my dream vacation because _____.
4. To sip a tropical beverage _____ is my idea of relaxation while on vacation because _____.
5. To be in vacation mode _____ means _____.
6. Complimentary water bottles are essential for me during vacation because _____.
7. A wristband is something I always wear in the gym because _____.
8. To reserve a spot in line is necessary for me when visiting popular attractions during vacation because _____.
9. An appetizer platter is something I always indulge in when eating out because _____.
10. To hit pools and water slides is my favorite activity during vacation because _____.

UNIT 2. COMPETITION

'WHEN I FIGHT, I CAN FEEL MY SOUL ALIVE,' SAYS HATTAN ALSAIF, SAUDI ARABIA'S GROUNDBREAKING MMA STAR

EXERCISE 1. Read the article** 'When I fight, I can feel my soul alive,' says Hattan Alsaif, Saudi Arabia's groundbreaking MMA star'. **Go to Supplements Section, Text 3.** **Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.

1. What early challenges did Hattan Alsaif face when she began her training in martial arts?
2. How did Alsaif's upbringing influence her path towards martial arts?
3. What is significant about Alsaif's contract with the Professional Fighters League (PFL)?
4. In what ways has Alsaif contributed to the visibility of female athletes in Saudi Arabia?
5. How did Alsaif's initial interest in extreme sports lead her to a career in MMA?
6. What role did coach Feras Sadaa play in Alsaif's development as a fighter?
7. What achievements did Alsaif accomplish in Muay Thai before transitioning to MMA?
8. How does Alsaif describe her feelings during and after her fights?
9. What impact did Alsaif's training with male counterparts have on her fighting skills and confidence?
10. How does Alsaif view her role as a trailblazer for female fighters in Saudi Arabia, and what legacy does she hope to leave?

EXERCISE 3. Find out what these statements refer to, based on the article.

1. It was a notable moment in a country known for its socially conservative attitudes.
2. "He was like family. He always told anyone else that Hattan is not just my student…".

3. "I start looking at myself in the mirror and I'd be like, 'You have killed yourself…".
4. "All these years, I never felt what [having a] father means at all".
5. "I was like, they have more weapons than I do. I only have hands [in boxing]. I felt so jealous …".
6. Then, after seeing videos of Saudi MMA fighter Abdullah Al-Qahtani on social media, the pair exchanged messages.
7. Her upcoming bout is the first step towards achieving that goal.
8. The event, part of the PFL's growing prominence in the region, featured fighters from across the Middle East and North Africa.
9. The coach of Saudi Arabia's Muay Thai national team, has been central to Alsaif's success.
10. "It's a bit heavy to carry it, but I'm excited and proud to be the person to do it".

EXERCISE 4. Translate the following words and phrases into Ukrainian.
1. To absorb blow after blow - _____
2. A counterpart - _____
3. To win by knock out - _____
4. A notable moment - _____
5. A domestic soccer league - _____
6. To be central to sth - _____
7. To extend far beyond - _____
8. Prowess - _____
9. A bout - _____
10. To devote to a pursuit - _____
11. Under the guidance of - _____
12. To headline - _____
13. To wipe tears from one's days - _____
14. To battle depression - _____
15. To lack rigour - _____

EXERCISE 5. Translate the following words and phrases into English.

1. Бій (поєдинок) - _____
2. Виходити далеко за межі - _____
3. Очолювати / бути хедлайнером - _____
4. Боротися з депресією - _____
5. Майстерність, відвага, хоробрість - _____
6. Важливий (ключовий) момент - _____
7. Перемогти нокаутом - _____
8. Витримувати удар за ударом - _____
9. Національна футбольна ліга - _____
10. Колега, партнер - _____
11. Бути ключовим елементом чогось - _____
12. Витирати сльози з очей - _____
13. Бути недостатньо строгим - _____
14. Під керівництвом (наставництвом) - _____
15. Присвятити себе меті (пошуку) - _____

EXERCISE 6. Match the following phrases with the synonymous ones.

Phrase	Synonymous phrase 1	Synonymous phrase 2
To absorb blow after blow	To defeat by knock out	A remarkable point
A counterpart	National football league	To be crucial for
To win by knock out	To be pivotal to	Withstand continuous strikes
A notable moment	Equivalent	To reach far past
A domestic soccer league	Take multiple punches	To triumph by KO
To be central to sth	Skill	Peer
To extend far beyond	A memorable occasion	Mastery
Prowess	To dry one's eyes	Local soccer league
A bout	To go well beyond	With the mentorship of
To devote to a pursuit	To lead	A contest
Under the guidance of	To combat sadness	To remove tears
To headline	A fight	To dedicate oneself to
To wipe tears from one's days	To be lenient	To feature
To battle depression	To commit to a goal	To be lax
To lack rigour	Directed by	To fight against depression

EXERCISE 7. Match the following phrases with the antonymous ones.

Phrase	Synonymous phrase 1	Synonymous phrase 2
To absorb blow after blow	Antagonist	To dodge hits
A counterpart	To evade strikes	To lose by KO
To win by knock out	An international football league	A forgettable event
A notable moment	To suffer a KO loss	To be irrelevant to
A domestic soccer league	A trivial moment	To fall short of
To be central to sth	Incompetence	A global soccer league
To extend far beyond	To be peripheral to	Adversary
Prowess	Without assistance	To abandon a goal
A bout	To be confined to	Ineptitude
To devote to a pursuit	To weep	Independently of
Under the guidance of	Agreement	To be stringent
To headline	To ignore a mission	Truce
To wipe tears from one's days	To be rigorous	To succumb to depression
To battle depression	To understudy	To cry
To lack rigour	To give in to sadness	To follow

EXERCISE 8. Translate the following sentences into Ukrainian, using the vocabulary from the previous tasks.

1. She paused to wipe tears from her eyes before continuing her speech.
2. The band will headline the music festival next month.
3. He succeeded in his pursuit under the guidance of his mentor.
4. The boxing champion is preparing for his next bout.
5. The influence of this political party extends far beyond the borders of her country.
6. His cutting-edge research is central to our understanding of climate change.
7. Ukrainian domestic soccer league has gained popularity in recent years.
8. It was a notable moment when she received the award for her scientific discovery.
9. Her counterpart in the other company had a completely different approach to the project.
10. The boxer managed to absorb blow after blow, showing incredible resilience.

EXERCISE 9. Translate the following sentences into English, using the vocabulary from the previous tasks.

1. Він наполегливо тренувався і нарешті переміг нокаутом в останньому раунді.
2. Експеримент критикували, бо він здавався недостатньо строгим.
3. Він звернувся за професійною допомогою, щоб боротися з депресією.
4. Вона зупинилася, щоб витерти сльози з очей, перш ніж продовжити свою промову.
5. Боксер зумів витримувати удар за ударом, показуючи неймовірну стійкість.
6. Він наполегливо тренувався і нарешті переміг нокаутом в останньому раунді.
7. Це був важливий момент, коли вона отримала нагороду за своє наукове відкриття.
8. Майстерність лицаря у битві була легендарною.
9. Її колега в іншій компанії мав зовсім інший підхід до проєкту.
10. Його дослідження є центральним елементом нашого розуміння змін клімату.

EXERCISE 10. Discuss the questions in pairs/groups.

1. What qualities helped Hattan Alsaif overcome her life challenges?
2. How does culture influence an athlete's opportunities and challenges?
3. What impact can female athletes have on young girls in their countries?
4. How can martial arts help with personal trauma or mental health?
5. How does media portrayal of female athletes differ from that of male athletes?
6. What are the pros and cons of large investments in sports leagues?
7. How can athletes like Hattan Alsaif challenge societal stereotypes?
8. What role does social media play in the rise of athletes?
9. How will the evolution of women's sports in conservative societies shape the global sports scene?
10. What strategies can help promote female participation in sports?
11. Read the situation and try to add more visual details into it.

The image depicts an intense moment in a mixed martial arts (MMA) match. In the center of the ring, two fighters are locked in a fierce grapple. One fighter, wearing red gloves, is attempting a powerful takedown, while the other, in blue gloves, is countering with a defensive maneuver.

Around the ring, the audience is captured in mid-cheer, their faces showing a mix of excitement and tension. Bright overhead lights illuminate the scene, casting sharp shadows that highlight the athletes' muscular physiques and the sweat on their bodies.

In the background, you can see banners and advertisements for the event, with a large digital scoreboard displaying the current round and time. The energy in the arena is palpable, capturing the raw emotion and physicality of the sport.

CHINA'S ECONOMY SLOWS SHARPLY AS HOUSING TROUBLES SQUEEZE SPENDING

EXERCISE 1. Read the article 'China's Economy Slows Sharply as Housing Troubles Squeeze Spending'. Go to Supplements Section, Text 4. Identify 8-10 keywords.

EXERCISE 2. Answer the following questions about the article.
1. What was the reported GDP growth rate for China in the second quarter? How does this compare to the previous quarter?
2. Which sectors contributed most significantly to China's GDP growth in Q2? Were there any sectors that underperformed?
3. How has domestic demand within China impacted the GDP growth in Q2? What factors influenced consumer spending?
4. What role did exports play in China's GDP growth during the second quarter? Were there any notable changes in trade balance?
5. How have recent government policies or economic measures affected the GDP growth in Q2? Were there any specific initiatives that stood out?
6. What were the main challenges or economic headwinds China faced in achieving its GDP growth in Q2? How did these challenges impact different sectors?
7. How did investment levels in infrastructure, technology, and other areas affect China's GDP in the second quarter?
8. What was the inflation rate in Q2, and how did it affect overall economic growth? Were there any significant changes in the prices of key goods and services?
9. What are the projections for China's economic growth in the coming quarters? What factors are expected to influence future GDP performance?
10. How does China's Q2 GDP growth compare to other major economies? What implications does this have for global economic trends and international trade?

EXERCISE 3. Match the following two parts of the sentences based on the information from the article.
1. China's economic growth in Q2 of 2024...
2. The year-on-year GDP comparison...

3. Industrial output during the second quarter...
4. Consumer spending trends...
5. Government policies implemented recently...
6. The trade balance improved due to...
7. Investment levels in infrastructure...
8. The inflation rate in China...
9. Export growth was influenced by...
10.   Financial stability is maintained through...

- ...showed a slight decline compared to the previous year.
- ...has been a significant driver of economic activity.
- ...were marked by a steady increase in retail sales.
- ...increased by 3.9%, according to official data.
- ...helped stabilize the financial markets.
- ...new trade agreements and increased export demand.
- ...have supported sustained economic growth.
- ...remained high due to ongoing investment projects.
- ...was largely affected by external market conditions.
- ...has seen fluctuations due to global economic pressures.

EXERCISE 4. Match words with their definitions.

Downturn	A	to gradually become smaller or fewer
Backlash	B	a decline in economic, business, or financial activity
To slump	C	a sudden and significant increase
To prop up	D	to fall or decrease suddenly and by a large amount
A surge	E	strong negative reaction or response, typically to social or political change
To dwindle	F	reduction in the pace or rate of growth, activity, or progress
To repay	G	a period of rapid economic growth and high market activity
Slowdown	H	the sale of goods or services directly to consumers, usually in small quantities
Boom	I	to support or stabilize something that is weak or about to fail
Retail	J	o pay back money that was borrowed or owed

EXERCISE 5. Translate the following words and phrases into Ukrainian.

1. China's economic growth - _____
2. Gross Domestic Product (GDP) - _____
3. Quarterly performance - _____
4. Year-on-year comparison - _____
5. Industrial output - _____
6. Consumer spending - _____
7. Export growth - _____
8. Government policies - _____
9. Economic slowdown - _____
10. Trade balance - _____
11. Inflation rate - _____
12. Investment levels - _____
13. Infrastructure development - _____
14. Market demand - _____
15. Financial stability - _____

EXERCISE 6. Translate the following words and phrases into Ukrainian.

1. Рівень інфляції - _____
2. Рівень інвестицій - _____
3. Промислове виробництво - _____
4. Споживчі витрати - _____
5. Зростання експорту - _____
6. Розвиток інфраструктури - _____
7. Ринковий попит - _____
8. Фінансова стабільність - _____
9. Економічне зростання Китаю - _____
10. Валовий внутрішній продукт (ВВП) - _____
11. Квартальні показники - _____
12. Порівняння з попереднім роком - _____
13. Державна політика - _____
14. Економічне уповільнення - _____
15. Торговий баланс - _____

EXERCISE 7. Translate the following sentences into Ukrainian, using the words and phrases from the previous exercises.

1. China's economic growth has been a driving force in the global economy for the past few decades.
2. The Gross Domestic Product (GDP) of a country is a key indicator of its economic health.
3. Investors closely monitor the quarterly performance of companies to make informed decisions.
4. The year-on-year comparison shows a significant increase in sales this quarter.
5. Industrial output has surged due to increased demand for manufactured goods.
6. Consumer spending rose sharply during the holiday season.
7. Export growth has been a crucial factor in the country's economic expansion.
8. Government policies aimed at reducing inflation have started to show positive results.
9. The economic slowdown has affected many businesses, leading to layoffs and reduced profits.
10. The trade balance improved as exports increased and imports decreased.
11. The inflation rate has been steadily rising, causing concern among economists.
12. High investment levels in technology are driving innovation across the industry.
13. Infrastructure development is essential for supporting long-term economic growth.

EXERCISE 8. Translate the following sentences into English, using the words and phrases from the previous exercises.

1. Промислове виробництво зросло через збільшений попит на вироблені товари.
2. Споживчі витрати різко зросли під час святкового сезону.
3. Зростання експорту було ключовим фактором економічного розширення країни.
4. Державна політика, спрямована на зниження інфляції, почала давати позитивні результати.

5. Високий рівень інвестицій у технології стимулює інновації в галузі.
6. Розвиток інфраструктури є важливим для підтримки довгострокового економічного зростання.
7. Підтримка фінансової стабільності є пріоритетом для центрального банку.
8. Валовий внутрішній продукт (ВВП) країни є ключовим показником її економічного здоров'я.
9. Інвестори уважно стежать за квартальними показниками компаній, щоб приймати обґрунтовані рішення.
10. Порівняння з попереднім роком показує значне зростання продажів у цьому кварталі.
11. Економічне уповільнення вплинуло на багато бізнесів, що призвело до скорочень і зменшення прибутків.
12. Торговий баланс покращився завдяки зростанню експорту та зменшенню імпорту.
13. Рівень інфляції стабільно зростає, що викликає занепокоєння серед економістів.

EXERCISE 9. Study the possible structure ads aspects of global economy. Analyse the economy of Ukraine (or any other country of your choosing) based on these aspects.

- **Economic Growth**
  - GDP (Gross Domestic Product)
  - Employment Rates
  - Productivity Levels
  - Innovation and Technology
- **Trade**
  - International Trade Agreements
  - Import and Export Balances
  - Trade Barriers (Tariffs, Quotas)
  - Global Supply Chains
- **Financial Markets**
  - Stock Markets
  - Bond Markets
  - Foreign Exchange Markets
  - Commodity Markets
- **Investment**
  - Foreign Direct Investment (FDI)
  - Portfolio Investment
  - Public vs. Private Investment
  - Venture Capital and Startups
- **Government Policies**
  - Fiscal Policy (Government Spending, Taxation)
  - Monetary Policy (Interest Rates, Money Supply)
  - Regulatory Policies
  - Trade Policies
- **International Organizations**
  - International Monetary Fund (IMF)
  - World Bank
  - World Trade Organization (WTO)
  - Regional Trade Blocs (EU, NAFTA, ASEAN)

- o **Economic Sectors**
- Agriculture
- Manufacturing
- Services (Finance, Healthcare, Education)
- Technology
- o **Labor Market**
- Employment and Unemployment Rates
- Wage Levels
- Labor Mobility
- Education and Skills Development
- o **Environmental Impact**
- Resource Consumption
- Pollution and Emissions
- Sustainable Development
- Renewable Energy
- o **Socioeconomic Factors**
- Income Inequality
- Poverty Levels
- Health and Well-being
- Demographics (Population Growth, Aging)
- o **Global Issues**
- Economic Inequality
- Climate Change
- Global Health (Pandemics)
- Geopolitical Stability
- o **Future Trends**
- Digital Economy
- Automation and AI
- Green Economy
- Globalization vs. Protectionism

EXERCISE 10. Discuss the question in pairs/small groups.

1. What are the main factors driving economic growth in different regions around the world?
2. In what ways are technological advancements shaping the global economy?
3. How do fluctuations in currency exchange rates influence the global economy?
4. What are the current trends in global investment, and how are they influencing economic growth?
5. How does economic activity impact the environment, and what measures can be taken to promote sustainable growth?
6. What are the causes of economic inequality on a global scale, and how can it be addressed?
7. How do events in one part of the world affect financial markets globally?
8. What are the main challenges faced by developing economies in the global market?
9. How have global pandemics, like COVID-19, reshaped the world economy?
10. What are the major trends and predictions for the global economy in the coming decade?

UNIT 3. INSPIRATION

HOW DOES THE BRAIN THINK?

EXERCISE 1. Read the article 'How does the brain think?'. Go to Supplements Section, Text 5. Identify 10 keywords.

EXERCISE 2. Answer the following questions about the article.
1. How does the analogy of a busy city with streets and buildings help explain the functions of different parts of the brain?
2. Describe the role of neurons in the brain. How do they communicate with each other to create thoughts and actions.
3. Why is practice and repetition important for developing skills?
4. How does the brain process sensory information and store memories? How do these memories influence our emotions and perceptions?
5. What is meant by the phrase 'neurons that fire together wire together'? How does this concept relate to learning and behavior?
6. What activities and habits are vital to keep the brain healthy and functioning at its best?
7. Expand on the impact of sleep, nutrition, exercise, and avoiding harmful substances on brain health.
8. In what ways can creativity be nurtured and enhanced based on the information presented in the article?

EXERCISE 3. Create nouns from these words.
1. To think – _____
2. To create – _____
3. Different – _____
4. To connect – _____
5. To transmit – _____
6. To strengthen – _____
7. To build – _____
8. To upgrade – _____
9. To synchronize – _____
10. To receive – _____

11. To influence – _____
12. To consume – _____
13. To repeat – _____
14. To construct – _____
15. To trigger – _____

EXERCISE 4. Create verbs from these nouns.

1. Construction – _____
2. A possibility – _____
3. Repetition – _____
4. Thinking (power) – _____
5. A building – _____
6. A solution – _____
7. An association – _____
8. A reaction – _____
9. Practice – _____
10. Technology – _____
11. A connection – _____
12. A neurotrasmitter – _____
13. An invention – _____
14. Information – _____
15. A signal – _____

EXERCISE 5. Translate the following words and phrases into Ukrainian.

1. To pop into one's head - _____
2. To group together - _____
3. To form neural tracts / networks - _____
4. To get upgraded - _____
5. To wire together - _____
6. To have a saying - _____
7. To chalk up - _____
8. To receive input - _____
9. To trigger a chain reaction - _____
10. To let one's imagination run wild - _____

11. To experience a 'eureka' moment - _____
12. To think straight - _____
13. To run smoothly - _____
14. To boost one's thinking power - _____
15. A moonshot - _____

EXERCISE 6. *Translate the following phrases into English.*

1. Запустити ланцюгову реакцію - _____
2. Спадати на думку - _____
3. Групувати, об'єднувати - _____
4. Думати (мислити) чітко / логічно - _____
5. Покращити, удосконалити - _____
6. Отримувати інформацію - _____
7. Працювати злагоджено - _____
8. Формувати нейронні шляхи / мережі - _____
9. Відчувати момент відкриття (момент «еврики») - _____
10. Покращувати власне мислення - _____
11. Авантюра / амбітний проєкт - _____
12. З'єднувати(ся), формувати зв'язки - _____
13. Стверджувати - _____
14. Вважати, зараховувати (на чиюсь користь) - _____
15. Дати волю своїй уяві - _____

EXERCISE 7. *Match phrases to their opposites / antonyms.*

To pop into one's head	To disconnect / separate
To group together	To subtract / deduct
To form neural networks	To restrain one's imagination
To get upgraded	To fade from one's mind
To wire together	To block out information
To have a saying	To scatter
To chalk up	To be uninspired
To receive input	To think illogically
To trigger a chain reaction	To disband / break apart

To let one's imagination run wild	To diminish one's thinking power
To experience a 'eureka' moment	To degrade / decline
To think straight	A small-scale endeavour
To run smoothly	To halt a reaction
To boost one's thinking power	To be silent
A moonshot	To malfunction

EXERCISE 8. Translate the following sentences into Ukrainian, using the words and phrases from the previous exercises.

1. The solution to the puzzle just popped into my head while I was having dinner.
2. In order to make the data more manageable, we need to group together similar items.
3. Repeated practice helps to form neural tracts in the brain, making the task easier over time.
4. After three years of loyal service, her software license finally got upgraded to the premium version.
5. In the workshop, the students learned how to wire together different components to create a functioning circuit.
6. My grandmother always had a saying for every situation, her favourite being, 'A stitch in time saves nine'.
7. Despite the setback, the team was able to chalk up another victory by the end of the season.
8. Before finalizing the project, the manager insisted that we receive input from all team members.
9. The small financial crisis in one country managed to trigger a chain reaction affecting the global economy.
10. When creating her artwork, she let her imagination run wild, resulting in a masterpiece.

EXERCISE 9. Translate the following sentences into English, using the words and phrases from the previous exercises.

1. Маленька фінансова криза в одній країні може запустити ланцюгову реакцію, що вплине на світову економіку.
2. Раптом їй спало на думку рішення для складної задачі.

3. Для кращої організації інформацію потрібно групувати за категоріями.
4. Після оновлення програми її функціональність значно покращилася.
5. Перед тим, як приймати рішення, необхідно отримати інформацію від усіх учасників.
6. Команда повинна працювати злагоджено, щоб досягти спільної мети.
7. Постійне тренування допомагає формувати нові нейронні шляхи в мозку.
8. Після довгих годин роботи і тривалих роздумів над експериментом він нарешті відчув момент «еврики».
9. Читання книг і вирішення головоломок допомагає покращувати власне мислення.
10. Його вважають одним з найкращих спеціалістів у цій галузі.

EXERCISE 10. *Discuss the questions in pairs/groups.*

1. How would you explain the concept of neurons and neural networks to someone who is unfamiliar with neuroscience?
2. Why do you think practice and repetition are crucial for learning new skills and forming habits?
3. Discuss the importance of practice and repetition in developing skills and forming neural pathways. Can you think of examples from your own life where practice has led to noticeable improvements?
4. How do memories influence our emotions and perceptions of the world around us?
5. What role does imagination play in fostering creativity? How can individuals enhance their creative abilities?
6. What are some lifestyle habits or activities that you believe promote optimal brain health based on what you've learned?
7. Reflect on the impact of sleep, nutrition, exercise, and lifestyle choices on brain health. What habits can individuals adopt to support optimal brain function?
8. If you could enhance one aspect of your brain's power (e.g., memory, creativity, focus), which would you choose and why? How might this enhancement benefit your daily life?

People Who Felt Lonely as Children Usually Develop These 13 Traits as Adults, Psychologists Say

EXERCISE 1. Read the article 'People Who Felt Lonely as Children Usually Develop These 13 Traits as Adults, Psychologists Say'. Go to Supplements Section, Text 6. Identify 10-15 keywords.

EXERCISE 2. Answer questions about the article.
1. How does the article define childhood loneliness?
2. What are some of the potential causes identified for children feeling lonely?
3. What are the main negative traits that adults who experienced childhood loneliness may develop?
4. What are some positive traits that adults who felt lonely as children can develop?
5. What strategies does the article suggest for addressing the negative impacts of childhood loneliness in adulthood?
6. What are some positive effects of mindfulness and self-compassion on fighting childhood loneliness on adult emotional well-being?

EXERCISE 3. Match phrases with their definitions.

to meander around	a) to originate from
to feel moderately to extremely lonely	b) to establish connections
to manifest as traits	c) to avoid / stay away from
to create a social network	d) an adult who is introverted in social settings
to form lasting friendships	e) to wander with no aim
to steer clear of	f) a negative self-image
to stem from	g) to experience varying degrees of loneliness
to pursue independence	h) excessive degree of extraversion
a poor self-concept	i) to display characteristics
to cling too tightly to	j) to cultivate deep inner world
to ice out	k) to develop long-term friendships
extreme extroversion	l) to develop self-confidence
a socially withdrawn adult	m) to attach to strongly to
to build self-esteem	n) to seek autonomy
to foster a rich inner life	o) to exclude

EXERCISE 4. Translate into Ukrainian the underlined words and phrases.

1. to meander around - _____
2. to feel moderately to extremely lonely - _____
3. to manifest as traits - _____
4. to create a social network - _____
5. to form lasting friendships - _____
6. to steer clear of - _____
7. to stem from - _____
8. to pursue independence - _____
9. a poor self-concept - _____
10. to cling too tightly to - _____
11. to ice out - _____
12. extreme extroversion - _____
13. a socially withdrawn adult - _____
14. to build self-esteem - _____
15. to foster a rich inner life - _____

EXERCISE 5. Translate into English the underlined words and phrases.

1. прагнути незалежності - _____
2. створювати мережу соціальних зв'язків / знайомств (нетворкінг) - _____
3. походити від - _____
4. уникати / триматися подалі від - _____
5. формувати тривалі дружні стосунки - _____
6. формувати самооцінку - _____
7. соціально замкнута доросла людина - _____
8. проявлятися як риси характеру - _____
9. надмірна екстраверсія - _____
10. розвивати багатий внутрішній світ - _____
11. ігнорувати / відлюдькуватися - _____
12. занадто триматися за щось - _____

13. блукати - _____

14. почуватися досить чи занадто самотнім - _____

15. низька самооцінка - _____

EXERCISE 6. Match phrases with their opposites / antonymous expressions.

to meander around	a) to isolate oneself
to feel moderately to extremely lonely	b) to approach
to manifest as traits	c) to focus on
to create a social network	d) to feel connected and fulfilled
to form lasting friendships	e) to lead to
to steer clear of	f) to rely on others
to stem from	g) to sever friendships
to pursue independence	h) to include
a poor self-concept	i) extreme introversion
to cling too tightly to	j) to conceal traits
to ice out	k) a strong self-concept
extreme extroversion	l) to neglect inner life
a socially withdrawn adult	m) to diminish self-esteem
to build self-esteem	n) to let go of easily
to foster a rich inner life	o) a socially active adult

EXERCISE 8. Translate the sentences into Ukrainian, using the words and phrases from previous exercises.

1. His constant need for validation began to manifest as traits of insecurity and low self-esteem.
2. She used social media platforms to create a social network of like-minded professionals.
3. Moving to a new city, he was determined to form lasting friendships through community activities.

4. It's best to steer clear of negative influences if you want to maintain a positive mindset.
5. Her passion for helping others seems to stem from her own experiences with overcoming hardship.
6. After graduating, he decided to pursue independence by moving out and finding his own apartment.
7. A poor self-concept often leads to self-doubt and difficulty in making decisions.
8. When he disagrees with someone, he tends to ice out that person, refusing to communicate.
9. Her extreme extroversion makes her the life of every party, always surrounded by people.
10. After years of avoiding social situations, he became a socially withdrawn adult with few friends.
11. Engaging in activities she enjoys and excels at helps her to build self-esteem.
12. Reading widely and reflecting deeply on her experiences has allowed her to foster a rich inner life.

EXERCISE 9. Translate the sentences into English, using the words and phrases from previous exercises.
1. Він активно використовує соціальні медіа, щоб створювати мережу соціальних зв'язків у професійній сфері.
2. Її любов до музики родом із дитинства, адже батьки часто грали на інструментах вдома.
3. Він завжди намагається уникати конфліктних ситуацій і триматися подалі від негативних людей.
4. Під час навчання в університеті Олексій спробував сформувати тривалі дружні стосунки через спільні інтереси та хобі.
5. Займаючись спортом і досягаючи нових результатів, Ольга змогла сформувати свою самооцінку.
6. Після кількох невдач у особистому житті мій колишній друг став соціально замкнутою дорослою людиною.

7. Його впертість і наполегливість почали проявлятися як риси характеру з раннього дитинства.
8. Її надмірна екстраверсія допомагає їй легко знаходити нових друзів і бути в центрі уваги.
9. Коли мій сусід злий, він має звичку ігнорувати інших і відлюдькуватися.
10. Катя любить блукати вулицями міста, відкриваючи для себе нові місця.
11. Після переїзду в нове місто Олег почувався досить самотнім, поки не знайшов нових друзів.
12. Після закінчення університету Вікторія прагнула незалежності від батьків і вирішила переїхати до іншого міста.

EXERCISE 10. Discuss these questions in pairs/groups.

1. Can you recall instances of loneliness or feelings of isolation? How do you think these experiences have shaped your adult personality?
2. What are some common causes of childhood loneliness? Do you think any of these factors can be applied to your own childhood?
3. What role do you think technological advancements (like social media) play in exacerbating or alleviating childhood loneliness?
4. Based on the article's recommendations, what practical steps can individuals take to address childhood loneliness in adulthood?
5. Can you identify any of the mentioned negative traits in yourself? How do you think awareness of these traits can lead to personal growth and change?
6. Which positive traits mentioned in the article can result from childhood loneliness? In what way do they become beneficial in adult life?
7. How do you think childhood loneliness during the COVID-19 pandemic might have impacted today's adolescents?

MICHELLE OBAMA ISN'T TRYING TO BE ANYONE BUT MICHELLE OBAMA

EXERCISE 1. Read the article 'Michelle Obama Isn't Trying to Be Anyone But Michelle Obama'. Go to Supplements Section, Text 7. Identify 10-15 keywords.

EXERCISE 2. Answer questions about the article.
1. What does Michelle Obama say about the role of resilience in maintaining strong relationships?
2. How does Michelle Obama describe the importance of trust and communication in her relationship with Barack Obama?
3. In what ways does Michelle Obama suggest navigating challenges within a relationship?
4. How does Michelle Obama's personal story illustrate the value of emotional support from loved ones?
5. What insights does Michelle Obama provide on building and sustaining long-lasting relationships?
6. How does Michelle Obama highlight the importance of mutual respect in a relationship?
7. What examples does Michelle Obama give about the impact of empathy and support in relationships?
8. How does Michelle Obama's book address the concept of personal growth within the context of relationships?
9. What strategies does Michelle Obama recommend for fostering strong partnerships and mutual growth?
10. How does Michelle Obama's experience with public life influence her perspective on private relationships?

EXERCISE 3. Match two parts of the sentences based on the information from the article.
1. In her book, Michelle Obama emphasizes the importance of...
2. Building strong relationships requires...
3. Trust and communication are fundamental to...
4. Michelle and Barack Obama's relationship is an example of...
5. Navigating challenges in a relationship can...
6. Emotional support from loved ones helps...
7. The foundation of a healthy relationship is...

8. Long-lasting relationships are built on...
9. In "The Light We Carry," Michelle discusses the value of...
10.   Michelle believes that mutual respect in a relationship...

- ...strong partnerships and mutual growth.
- ...overcoming obstacles and growing together.
- ...open and honest communication.
- ...mutual trust and shared goals.
- ...help maintain a positive outlook.
- ...understanding and patience.
- ...the power of empathy and support.
- ...creates a nurturing environment.
- ...the bond they share and their mutual respect.
- ...consistent effort and appreciation.

EXERCISE 4. Decide if these statements are true (T) or false (F).

1. Michelle Obama believes that young people lack fresh ideas and innovation.
2. Michelle Obama finds knitting helpful for staying grounded and focused.
3. Michelle Obama feels that her closest friends are essential to her well-being.
4. Michelle Obama's daughters, Sasha and Malia, are both still living at home.
5. Michelle Obama did not enjoy experimenting with fashion and beauty while promoting her new book.
6. Michelle Obama feels that her legacy is fixed and unchangeable.
7. Michelle Obama discusses the power of accomplishing small tasks in her book.
8. Michelle Obama feels comfortable being in the spotlight and always wanted it.
9. Michelle Obama values the diverse experiences of her "kitchen table" community of girlfriends.
10. Michelle Obama believes her and Barack's legacy is about empowering others and continuing to create change.

EXERCISE 5. Translate the following words and phrases into Ukrainian.

1. Emotional journey - _____
2. Deep personal understanding - _____
3. Manifest truest self - _____
4. Maintain inner power - _____
5. Hand-selected guidance - _____
6. Aligned with sb's values - _____
7. Varieties of experiences - _____
8. Incredible talented young folks - _____
9. Fresh perspective - _____
10. Lean on smb - _____
11. Grounded in something concrete - _____
12. Diverse experiences - _____
13. Authentic self - _____
14. Supportive community - _____
15. Long-lasting friendships - _____
16. Dynamic individual - _____

EXERCISE 6. Translate the following words and phrases into English.

1. Неймовірно талановиті молоді люди – _____
2. Різноманітність досвіду – _____
3. Справжнє «я» – _____
4. Покладатися на – _____
5. Підтримуюча спільнота – _____
6. Емоційна подорож (шлях) – _____
7. Глибинне особисте розуміння – _____
8. Відповідати цінностям – _____
9. Тривалі дружні стосунки – _____
10. Свіжий погляд – _____
11. Відібрані поради (керівництво) – _____
12. Проявити справжнє «я» - _____

13. Підтримати внутрішню силу – _____

14. Динамічна особистість – _____

15. Що відповідає певним цінностям – _____

EXERCISE 7. Match phrases with their synonyms.

1	Dynamic individual	A	Varied experiences
2	Long-lasting friendship	B	Encouraging community
3	Lean on sb	C	Exceptionally gifted youth
4	Fresh perspective	D	Energetic person
5	Supportive community	E	Array of encounters
6	Incredibly talented young folks	F	Lasting bonds
7	Diverse experiences	G	Rely on sb
8	Varieties of experiences	H	Innovative outlook
9	Aligned with sb's values	I	Preserve inner strength
10	Hand-selected guidance	J	Sentimental voyage
11	Maintain inner power	K	In harmony with beliefs
12	Manifest truest self	L	Curated advice
13	Emotional journey	M	Profound self-awareness
14	Deep personal understanding	N	Express authentic self
15	Authentic self	O	Genuine self

EXERCISE 8. Translate the following sentences into Ukrainian, using the words and phrases from the previous exercises.

1. Michelle Obama's emotional journey has been a source of inspiration for many.
2. Through her writing, Michelle Obama shares her deep personal understanding of resilience.
3. Michelle Obama emphasizes the importance of manifesting one's truest self in her book.
4. She offers advice on maintaining inner power during challenging times.

5. The book contains hand-selected guidance for overcoming personal obstacles.
6. She strives to live a life aligned with her values.
7. Her friends provide a wide variety of experiences and perspectives.
8. Michelle Obama is inspired by incredibly talented young folks she meets around the world.
9. Young people often bring a fresh perspective to social issues.
10. When faced with difficulties, she leans on her family and friends.
11. Knitting helps her stay grounded in something concrete during
12. Michelle values the diverse experiences her friends bring to the table.
13. She believes in the power of a supportive community.
14. Michelle aims to be a dynamic individual who constantly evolves.

EXERCISE 9. Translate the following sentences into English, using the words and phrases from the previous exercises.
1. Мішель Обама цінує свої тривалі дружні відносини.
2. Мішель прагне бути динамічною особистістю, яка постійно розвивається.
3. Вона дає поради щодо підтримання внутрішньої сили в складні часи.
4. Книга містить вибрані поради щодо подолання особистих перешкод.
5. Вона прагне жити життям, що відповідає її цінностям.
6. Мішель Обаму надихають неймовірно талановиті молоді люди, яких вона зустрічає по всьому світу.
7. Молоді люди часто приносять свіжий погляд на соціальні проблеми.
8. Книга містить вибрані поради щодо подолання особистих перешкод.
9. Вона прагне жити життям, що відповідає її цінностям.
10. Емоційна подорож Мішель Обами стала джерелом натхнення для багатьох.
11. Через свої твори Мішель Обама ділиться своїм глибоким особистим розумінням стійкості.
12. Мішель Обама наголошує на важливості проявлення свого справжнього "я" у своїй книзі.

13. Вона дає поради щодо підтримання внутрішньої сили в складні часи.
14. Зіткнувшись з труднощами, вона покладається на свою родину та друзів.
15. В'язання допомагає їй залишатися закріпленою у чомусь конкретному під час стресових періодів.
16. Мішель цінує різноманітний досвід, який її друзі приносять до столу.
17. Вона вірить у силу підтримуючої спільноти.

EXERCISE 10. Discuss these questions in pairs/small groups.
1. What are some habits you believe are crucial for personal growth?
2. In what ways do you measure progress in your self-development journey?
3. How do you handle setbacks or obstacles in your self-improvement efforts?
4. What strategies do you use to build resilience and maintain a positive mindset?
5. What qualities do you think are essential for a healthy relationship?
6. How do you balance your individual needs with the needs of your relationships?
7. Can you share an example of a challenge you faced in a relationship and how you overcame it?
8. What role does trust play in your relationships, and how do you build and maintain it?
9. What are some ways to foster and maintain strong connections with friends and family?
10. How do you navigate changes in relationships as you grow and evolve personally?
11. What impact do you think self-development has on the quality of your relationships?

UNIT 4. IMAGE

NATIONAL GEOGRAPHIC PHOTOGRAPHER DOCUSERIES

EXERCISE 1. Read the article 'National Geographic Photographer Docuseries'. Go to Supplements Section, Text 8. Identify 8-10 keywords.

EXERCISE 2. Answer the following questions about the article.
1. What are the main themes explored in the National Geographic Photographer docuseries?
2. What role does the docuseries suggest photography plays in conservation efforts?
3. How does the docuseries portray the personal journeys of the featured photographers?
4. What impact has the work of these photographers had on public awareness of environmental issues?
5. Can you describe the work and contributions of Paul Nicklen and Cristina Mittermeir as highlighted in the series?
6. What unique approach does Anand Varma bring to his photography according to the article?
7. How does Dan Winters combine his interests in science and photography in his work?
8. What challenges does Campbell Addy face in his career, as discussed in the docuseries?
9. How has Krystle Wright's career in extreme sports photography evolved?
10. What shift has Muhammed Muheisen made in his photography career, and what causes is he advocating for now?

EXERCISE 3. Complete the following sentences based on the information the article.
1. Winters is a celebrated American photographer widely known for…
2. Addy recently shot Meghan Markle and …
3. Varma's photography and video innovations expand how …
4. Nicklen and Mittermeir are co-founders of SeaLegacy …

5. Addy's visually stunning work carries a powerful message …
6. National Geographic content reaches …
7. In addition, Varma accomplishes the nearly impossible feat of making …
8. Through his art and nonprofit organization, Everyday Refugees, Muheisen supports projects that …
9. The Krystle Wright portfolio includes images of …
10.   Using their images, family archival materials, and underwater video, this episode provides …

EXERCISE 4. Use suffixes and prefixes to create new words (nouns, verbs, adjectives and adverbs) from the following ones.
1.   Awareness – _____
2.   To dedicate – _____
3.   Unexpected – _____
4.   Repeated – _____
5.   Exceptional – _____
6.   To capture – _____
7.   To express – _____
8.   Vision – _____
9.   Accessible – _____
10. Impossible – _____
11. To inspire – _____
12. Conservation – _____
13. Specifically – _____
14. Extreme – _____
15. Iconic – _____

EXERCISE 5. Translate the following words and phrases into Ukrainian.
1.   To showcase – _____
2.   Fragile – _____
3.   To provide a compelling look at – _____
4.   At the nexus of – _____
5.   To immerse in / to delve in – _____

6.   Geeky science – _____

7.   A groundbreaking innovation – _____

8.   A shipyard – _____

9.   To push boundaries – _____

10. To leave an indelible mark – _____

11. Ingenious – _____

12. To put on hold – _____

13. To rejuvenate – _____

14. To freeze moments of action – _____

15. To earn international acclaim – _____

16. To navigate sb's future – _____

17. A visually stunning work – _____

EXERCISE 6. *Translate the following words and phrases into English.*

1.   Розширювати межі – _____

2.   Новаторське відкриття – _____

3.   Зупинити (заморозити) момент дії – _____

4.   Призупинити – _____

5.   Візуально приголомшлива робота – _____

6.   Здобути міжнародне визнання – _____

7.   Верф – _____

8.   Тендітний – _____

9.   Продемонструвати – _____

10. На стику (зіткненні) – _____

11. Зануритися / заглибитися в – _____

12. Винахідливий – _____

13. Відновити (омолодити) – _____

14. Керувати майбутнім – _____

15. Запропонувати переконливий погляд – _____

16. Чудернацька наука – _____

EXERCISE 7. Translate the following sentences into Ukrainian, using the words and phrases from the previous exercises.

1. The artist organized an exhibition to showcase her latest paintings.
2. The antique vase was so fragile that it shattered at the slightest touch.
3. The documentary aims to provide a compelling look at the lives of endangered species.
4. The new research center is located at the nexus of technology and medicine.
5. She decided to immerse herself in the study of ancient civilizations.
6. The show features segments on geeky science topics that appeal to both kids and adults.
7. The company received numerous awards for its groundbreaking innovation in renewable energy.
8. The old shipyard was transformed into a modern waterfront park.
9. The filmmaker is known for his willingness to push boundaries in his work.
10. Her inspiring leadership left an indelible mark on the organization.
11. His ingenious solution to the problem impressed everyone on the team.
12. Due to budget cuts, the project has been put on hold indefinitely.
13. A weekend retreat in the mountains helped to rejuvenate her spirits.
14. The photographer managed to freeze moments of action in his stunning sports photography.
15. The novel earned international acclaim for its unique storytelling and compelling characters.

EXERCISE 8. Translate the following sentences into English, using the words and phrases from the previous exercises.

1. Цей науковий журнал прагне запропонувати переконливий погляд на проблеми кліматичних змін.
2. Це місто розташоване на стику трьох культур, що робить його унікальним.
3. Вона любить заглиблюватися в читання детективних романів вечорами.
4. Новаторське відкриття в медицині може врятувати мільйони життів.
5. Нові кораблі будуються на найбільшій верфі країни.

6. Компанія прагне розширювати межі можливого в сфері технологій.
7. Вона залишила незабутній слід у серцях своїх студентів.
8. Його винахідливий підхід до вирішення проблем вражає раду директорів.
9. Через несприятливі умови проєкт довелося призупинити.
10. Відпочинок на природі допоміг омолодити її тіло і душу.
11. Фотограф вміло зупиняє моменти дії у своїх знімках.
12. Молодий музикант здобув міжнародне визнання завдяки своєму унікальному стилю.
13. Консультант допомагає студентам обрати кар'єру за сферами інтересів і керувати своїм майбутнім.
14. Новий фільм українського режисера є візуально приголомшливою роботою, яку варто подивитися.
15. Наукова виставка була організована, щоб продемонструвати останні досягнення в галузі біотехнологій.

EXERCISE 9. Study the following world famous photos and analyze their artistic significance.
PHOTO 1

https://www.digitalphotomentor.com/20-most-famous-photographs/

PHOTO 2

https://www.artalistic.com/en/blog/10-famous-photos/

PHOTO 3

https://www.theschoolofphotography.com/blog/the-most-famous-photos-in-the-world

EXERCISE 10. Discuss these questions in pairs/small groups.

- *Personal Experience and Interest*
1. What first sparked your interest in photography?
2. Do you prefer digital or film photography, and why?
3. Can you share a memorable photo you've taken and the story behind it?

- *Technical & Artistic Aspects*
1. What camera and equipment do you currently use?
2. How do you choose the right settings for a photo (e.g., aperture, shutter speed, ISO)?
3. How important is post-processing in your photography experience?
4. How do you find inspiration for your photos?
5. What elements do you consider when composing a shot?

- *Genres and Styles*
1. What is your favorite genre of photography (e.g., landscape, portrait, street, wildlife) and why?
2. How do you approach photographing people compared to landscapes?

- *Challenges and Learning*
1. What challenges have you faced in your photography journey?
2. How do you keep improving your skills and knowledge in photography?
3. Have you ever taken a photography course or workshop? How was your experience?

- *Photography and Society*
1. How do you think photography influences society and culture?
2. What ethical considerations do you think photographers should keep in mind?
3. How has social media impacted the world of photography?

- *Professional and Hobbyist Perspectives*
1. Do you see photography as a hobby or a potential career? Why?
2. What advice would you give to someone just starting out in photography?
- *Future of Photography*
1. How do you think advancements in technology will impact photography in the future?
2. What are your thoughts on the rise of smartphone photography?

FORMER TRUMP AIDE HOPE HICKS TESTIFIES HE TOLD HER TO DENY STORMY DANIELS AFFAIR

EXERCISE 1. Read the article 'Former Trump aide Hope Hicks testifies he told her to deny Stormy Daniels affair'. Go to Supplements Section, Text 9. Identify 8-10 keywords.

EXERCISE 2. Answer the following questions about the article.

1. What specific instructions did Donald Trump give to Hope Hicks regarding the allegations from Stormy Daniels and Karen McDougal before the 2016 election?
2. How did Hicks describe Trump's concern about the news story potentially reaching his wife Melania?
3. According to Hicks' testimony, why did Trump allegedly want to deny any relationship with Stormy Daniels?
4. How did prosecutors argue that the $130,000 payment to Stormy Daniels corrupted the election?
5. What was Trump's defense strategy regarding the payment made to Stormy Daniels?
6. What did Hicks say about Trump's reaction to the 'Access Hollywood' tape?
7. How did the judge respond to Trump's violation of the gag order during the trial?
8. Why does Trump believe this case is being pursued? How does he view its potential impact on his presidential campaign?

EXERCISE 3. Match words and phrases with their meanings.

to testify / testimony	formal accusations against a person for committing a crime
multiple accusations	to reverse or disregard a court order
to plead not guilty	to fail to comply with a court order
Charges	the one accused of committing a crime
a prosecutor	charges against someone by multiple individuals or sources
a juror	subject to punishment under the law

a misdemeanor	to declare in court that one does not admit to committing the crime
a felony	a member of a jury selected to hear and decide a case
punishable	to give evidence or make a statement under oath in a court of law
a defendant	a serious crime punishable by imprisonment
at trial	a minor offense
to violate the order	a lawyer representing the government or state in a criminal case
a criminal prosecution	formal examination of evidence in court
to overturn / violate an order	a formal decision by a jury or judge that the defendant is guilty of the crim
a guilty verdict	the process of formally accusing someone of a crime

EXERCISE 4. Translate the following words and phrases into Ukrainian.

1. to testify / testimony - _____
2. multiple accusations - _____
3. to plead not guilty - _____
4. charges - _____
5. a prosecutor - _____
6. a juror - _____
7. a misdemeanor - _____
8. a felony - _____
9. punishable - _____
10. a defendant - _____
11. at trial - _____
12. to violate the order - _____

13. a criminal prosecution - _____

14. to overturn / violate an order - _____

15. a guilty verdict - _____

EXERCISE 5. Translate the following words and phrases into English.

1. Правопорушення – _____

2. Тяжкий злочин – _____

3. Кримінальне переслідування – _____

4. Обвинувальний вирок – _____

5. Прокурор – _____

6. Давати свідчення / свідчення – _____

7. Не визнати себе винним – _____

8. Присяжний – _____

9. Підсудний / обвинувачений – _____

10. Скасувати / порушити ордер – _____

11. На судовому процесі – _____

12. Обвинувачення – _____

13. Численні звинувачення – _____

14. Що підлягає покаранню – _____

15. Порушити наказ / розпорядження – _____

EXERCISE 6. Create verbs from these nouns.

1. Elections – _____

2. A statement – _____

3. A prosecutor – _____

4. Violation – _____

5. Mishandling – _____

6. Allegations – _____

7. A campaign – _____

8. A defendant – _____

9. Misdemeanor – _____

10. Testimony – _____

11. Behaviour – _____

12. Denial – _____

13. Polling – _____

14. Trial – _____

15. Release – _____

EXERCISE 7. Study the mindmap on the topic 'Crime'. Add more ideas to the already existing ones.

1. Types of Crime

- Violent Crimes
  - Murder
  - Assault
  - Robbery
  - Rape
- Property Crimes
  - Burglary
  - Theft
  - Arson
  - Vandalism
- White-Collar Crimes
  - Fraud
  - Embezzlement
  - Insider Trading
  - Money Laundering
- Organized Crimes
  - Drug Trafficking
  - Human Trafficking
  - Gang Activity
  - Racketeering
- Cybercrimes
  - Hacking
  - Identity Theft
  - Phishing
  - Cyberstalking
- Public Order Crimes
  - Disorderly Conduct
  - Public Intoxication
  - Prostitution
  - Gambling

2. Causes of Crime

- Socioeconomic Factors
  - Poverty
  - Unemployment
  - Lack of Education
- Psychological Factors
  - Mental Illness
  - Substance Abuse
  - Personality Disorders
- Social Factors
  - Family Background
  - Peer Influence
  - Community Environment
- Political Factors
  - Corruption
  - Political Instability
  - Ineffective Law Enforcement

3. Legal Framework

- Criminal Law
  - Statutes
  - Case Law
  - Legal Definitions
- Law Enforcement
  - Police
  - Investigators

- o Forensic Experts
- Judicial System
  - o Courts
  - o Judges
  - o Jury System
- Punishments and Penalties
  - o Fines
  - o Imprisonment
  - o Community Service
  - o Capital Punishment

- o Youth Engagement Programs
- o Education and Awareness
- Law Enforcement Strategies
  - o Patrols
  - o Surveillance
  - o Crime Mapping
- Technological Measures
  - o CCTV
  - o Cybersecurity
  - o Alarm Systems
- Legislative Measures
  - o Gun Control Laws
  - o Drug Policies
  - o Sentencing Reforms

4. Crime Prevention

- Community Programs
  - o Neighborhood Watch

EXERCISE 8. Translate the sentences into English, using the words and phrases from previous exercises.
1. The witness was called to testify about what he saw at the scene.
2. The politician faced multiple accusations of corruption.
3. The defendant decided to plead not guilty to all charges.
4. The charges against him were serious and could lead to a long prison sentence.
5. The prosecutor presented the evidence to the jury.
6. Each juror must carefully consider the evidence before reaching a verdict.
7. He was charged with a misdemeanor for vandalism.
8. Armed robbery is considered a felony and carries severe penalties.
9. The act of fraud is punishable by up to five years in prison.
10. The defendant stood silently as the verdict was read.
11. The evidence was thoroughly examined at trial.
12. He was arrested for violating the restraining order.

EXERCISE 9. Translate the sentences into English, using the words and phrases from previous exercises.
1. Докази були ретельно розглянуті на судовому процесі.
2. Його заарештували за порушення розпорядження про обмеження.

3. Кримінальне переслідування тривало кілька місяців.
4. Суддя вирішив скасувати попередній ордер.
5. Присяжні винесли обвинувальний вирок після трьох днів обговорень
6. Свідок дав свідчення про те, що він бачив на місці події.
7. Його звинуватили у правопорушенні через вандалізм.
8. Озброєне пограбування вважається тяжким злочином і карається суворими санкціями.
9. Шахрайство карається до п'яти років ув'язнення.
10. Підсудний стояв мовчки, коли зачитували вирок.
11. Обвинувачення проти нього були серйозними і могли призвести до тривалого тюремного ув'язнення.
12. Прокурор представив докази присяжним.
13. Кожен присяжний повинен уважно розглянути докази перед винесенням вироку.

EXERCISE 10. Discuss these questions in pairs/groups.
1. Amidst the legal drama of President Trump's trial, how do you envision public perception and legal strategy playing out?
2. Can you imagine the effect of Hope Hicks' testimony on political accountability and ethical leadership?
3. Reflect on the complexities of personal loyalty with legal responsibilities during a presidential campaign. How might you navigate the moral maze presented by Hicks' testimony?
4. Considering the media's role as a storyteller in shaping public opinion, what narrative threads stand out to you in this captivating legal saga?
5. If you were a juror in this trial, what questions would you ask to uncover the truth? Do you think there are attempts to suppress damaging information during the election?
6. In what ways is it possible to reshape people's understanding of accountability and transparency in modern politics?
7. The courtroom is a stage for both justice and political theater. What emotions and complexities start to unfold when key witnesses like Hicks take the stand?

UNIT 5. CHANGE

Decision-making

EXERCISE 1. Read the article 'Decision-making. Go to Supplements Section, Text 10. Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.
1) What are the two main types of decision-making?
2) What are some factors that can limit our ability to make good decisions?
3) What is the difference between a satisficing and a maximizing approach to decision-making?
4) What are some common pitfalls to avoid when making important decisions?
5) How can we help someone who tends to make bad decisions?
6) What is the paradox of choice?
7) What is groupthink and how can it negatively impact decision-making?
8) What are some strategies for sharpening our decision-making skills?
9) What role does intuition play in decision-making?
10) How can we cope with the stress and anxiety that often accompany decision-making?

EXERCISE 3. Complete the following statements based on the information from the aticle.
1) However, when encountering a situation they've never been in before, they have to take time to weigh the potential …
2) We make some choices quickly and automatically, relying on mental shortcuts our brains have developed…
3) The ability to think critically is key to making good decisions without succumbing to …
4) In life, there is often no …
5) When making a decision, we form opinions and choose actions via mental processes which are influenced by …

6) You may need to accept that <u>panic</u>, <u>fear</u>, and lack of <u>self-confidence</u> are often part of…

7) When you look at all possible sources of information with an open mind, you can make an informed decision based on ….

8) The simple act of deciding supports the notion that we have…

9) Fortunately, most personal and professional choices have few or no …

10) There are two types of rationalization that people commonly engage in…

11) Understanding strategies such as maximizing vs. satisficing, fast versus slow thinking, and factors such as risk tolerance and choice overload, can lead to…

12) The simple act of deciding supports the notion that we have…

13) We weigh the benefits and costs of our choice, and then we cope with …

14) When people are put in a familiar situation, their decisions are often fast and automatic, based on longtime experience with…

15) How do we choose between two or more options that seem equally appealing on…?

EXERCISE 4. Match phrases with their definitions.

1) Analysis Paralysis	A. The mental discomfort experienced when holding contradictory beliefs or when actions and beliefs are misaligned, leading to internal conflict.
2) Risk Aversion	B. The process of evaluating the positive and negative aspects of each option in a decision to determine the best choice.
3) Choice Overload	C. The tension between making decisions based on feelings and intuition (*gut instinct*) versus relying on reason and analysis (*logic*).
4) Cognitive Dissonance	D. Mental barriers that impede decision-making, such as fear of failure, overconfidence, or self-doubt.
5) Informed Choices	E. A decision-making strategy where individuals choose options that are least likely to lead to future regret, often focusing on long-term satisfaction rather than immediate benefits.

6) Pros and Cons Weighing	F. Occurs when excessive analysis of a situation leads to indecision, where action is delayed by overthinking details.
7) Gut Instinct vs. Logic	G. The phenomenon where having too many options makes decision-making difficult, leading to dissatisfaction or inability to choose.
8) Psychological Hurdles	H. Decisions made based on comprehensive and accurate information rather than assumptions, emotions, or limited data.
9) Regret Minimization Framework	I. The way choices are presented to people, which influences their decision-making. Good choice architecture can nudge individuals toward better decisions.
10) Choice Architecture	J. The tendency to avoid risks, often leading individuals to choose safer, but potentially less rewarding, options.

EXERCISE 5. Translate the following words and phrases into Ukrainian.

1) to evaluate outcomes
2) to reflect on choices
3) to succumb to common errors and bias
4) to consider the consequences
5) informed choices
6) decision paralysis
7) biases and heuristics
8) pros and cons weighing
9) regret minimization framework
10) gut instinct vs. logic
11) to ensure that people make consistently excellent choices
12) to involve a mixture of intuition and rational thinking
13) to include personal biases and blind spots
14) to get a handle on
15) to sleep on weightier decisions
16) one's attendant benefits and costs

18) to ruminate over the many roads not taken
19) to carefully weigh the trade-offs
20) to follow through on the decision

EXERCISE 6. Translate into English the words and phrases.

1) навчатися на помилках
2) розглянути можливі наслідки
3) подолати страх перед невідомим
4) дотримуватися рішення
5) витрати та вигоди, що супроводжують їх
6) уважно зважувати компроміси
7) зробити усвідомлений вибір
8) підсвідомі впливи
9) отримати розуміння
10) оптимальні стратегії прийняття рішень
11) максимізація vs. задоволення
12) забезпечувати стабільно відмінний вибір
13) переночувати з важливою думкою
14) подолати страх перед невідомим
15) визначати пріорітети
17) розмірковувати про багато непройдених шляхів
18) поєднувати інтуїцію та раціональне мислення
19) дослідити альтернативи
20) включати особисті упередження та "мертві зони" / незвідані ситуації

EXERCISE 7. Translate the following sentences into Ukrainian, using the vocabulary from the previous task.

1) We make some choices quickly and automatically, relying on mental shortcuts our brains have developed over the years to guide us in the best course of action.
2) Understanding strategies such as maximizing vs. satisficing, fast versus slow thinking, and factors such as risk tolerance and choice overload, can lead to better outcomes.
3) The simple act of deciding supports the notion that we have free will.
4) We weigh the benefits and costs of our choice, and then we cope with the consequences.

5) Factors that limit the ability to make good decisions include missing or incomplete information, urgent deadlines, and limited physical or emotional resources.

6) When people are put in a familiar situation, their decisions are often fast and automatic, based on longtime experience with what works and what doesn't.

7) However, when encountering a situation they've never been in before, they have to take time to weigh the potential benefits and risks when choosing a course of action.

8) They are more likely to make mistakes and face negative consequences.

9) The ability to think critically is key to making good decisions without succumbing to common errors or bias.

10) This means not just going with your gut, but rather figuring out what knowledge you lack and obtaining it.

EXERCISE 8. Translate the following sentences into English, using the vocabulary from the previous task.

1) Прийняття рішень — це процес вибору шляхом ідентифікації рішення, збору інформації та оцінки альтернативних варіантів.

2) Деякі рішення прості, як вибір, що їсти на вечерю, тоді як інші складні, як вибір кар'єри.

3) Максималісти прагнуть зробити найкращий вибір, тоді як ті, хто задовольняється, шукають вибір, який є достатньо хорошим.

4) Упередження та евристики можуть спотворювати процес прийняття рішень, часто призводячи до неоптимальних результатів.

5) Мозок схильний покладатися на дві системи мислення: швидке, інтуїтивне мислення і повільніше, обдумане мислення.

6) Втома від прийняття рішень може виникати, коли ми стикаємося з надто великою кількістю рішень, що призводить до поганих виборів.

7) Перевантаження вибором відбувається, коли людина пригнічена занадто великою кількістю варіантів, що призводить до паралічу рішень.

8) Емоції можуть як позитивно, так і негативно впливати на прийняття рішень, іноді затьмарюючи судження або викликаючи жаль.

9) Навички критичного мислення є важливими для прийняття обґрунтованих і розумних рішень.

10) Навчання на власних помилках є ключовим для покращення здатності приймати рішення в майбутньому.

11) Однак існують кроки для забезпечення повсякчас відмінного вибору, включаючи збір якнайбільшої кількості інформації, розгляд усіх можливих альтернатив, а також їхніх супровідних вигод і витрат, і надання собі часу на обдумування важливих рішень.

12) Прийняття рішень може означати стрес, але важливо йти до кінця.

EXERCISE 9. Agree or disagree with these statements and justify your opinion with examples from the article, other sources of information, or personal experience.

1) Intuition is always a reliable guide for decision-making.
2) Overanalyzing a decision can lead to indecision.
3) Group decision-making is always more effective than individual decision-making.
4) Past experiences are the best predictors of future outcomes.
5) It's better to make a quick decision than a perfect one.
6) Risk-taking is essential for success.
7) Emotional decisions are always irrational.
8) The more choices we have, the happier we are.
9) Seeking advice from others can hinder decision-making.
10) Confidence is the key to making good decisions.

EXERCISE 10. Discuss the questions in pairs/groups.

1) How do we make decisions, and what factors influence our choices?
2) What are the different types of decision-making, and when should we use each one?
3) How can we make informed decisions by gathering information and thinking critically?
4) What are some effective methods for making good decisions, such as satisficing and maximizing?
5) How can we avoid decision paralysis and make choices when faced with too many options?
6) What strategies can we use to sharpen our decision-making skills and avoid common pitfalls?
7) Why do people rationalize bad decisions, and how can we avoid this?

8) How can groupthink negatively impact decision-making, and what can we do to prevent it?
9) Should we rely on intuition or rational thinking when making decisions?
10) How has technology changed the way we make decisions, and what are the potential benefits and drawbacks?

15 BIGGEST ENVIRONMENTAL PROBLEMS OF 2024

EXERCISE 1. Read the article '15 biggest environmental problems of 2024'. Go to Supplements Section, Text 11. Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.
1. What are the main causes of global warming?
2. How does poor governance contribute to environmental problems?
3. Why is food waste such a significant environmental issue?
4.What are the main threats to biodiversity?
5. How does plastic pollution impact marine ecosystems?
6. What are the consequences of deforestation?
7. What are the major sources of air pollution?
8. How does ocean acidification affect marine life?
9. What are the environmental impacts of agriculture?
10. How are climate change and food and water insecurity linked?

EXERCISE 3. Complete the following statements based on the information from the aticle.
1) What's more, the world at least generated an estimated 92 million tonnes of textiles waste every year and that number is expected …
2) Overfishing comes with detrimental effects on the environment, including …
3) Global temperature rise has not only affected the surface, but it is the main cause of …
4) The climate crisis is warming the Arctic more than twice as fast as anywhere else …
5) Data from the World Health Organization (WHO) shows that an estimated 4.2 to 7 million people die from air pollution worldwide every year and that nine out of 10 people breathe air that …

6) A report by science journal, Nature, determined that currently, roughly 14 million tons of plastic make their way into …

7) A third of the food intended for human consumption – around 1.3 billion tons – is wasted or …

8) According to economists like Nicholas Stern, the climate crisis is a result of …

9) The climate crisis is causing tropical storms and other weather events such as hurricanes, heatwaves and flooding to be more intense and …

10) Increased emissions of greenhouse gases have led to a rapid and steady increase in global temperatures, which in turn is causing catastrophic events all over the world – from Australia and the US experiencing …

EXERCISE 4. Match phrases with their definitions.

1) Global commons	A. A period of widespread species extinction currently underway, largely due to human activities.
2) Market failures	B. A future in which human activities are balanced with the Earth's natural systems.
3) Sustainable future	C. The state of being without reliable access to a sufficient quantity of affordable, nutritious food.
4) Biodiversity loss	D. Individuals or organizations that advocate for climate action and sustainable practices.
5) Food insecurity	E. Critical thresholds beyond which a system undergoes significant and often irreversible change.
6) Carbon taxes	F. Critical thresholds beyond which a system undergoes significant and often irreversible change.
7) Mass extinction	G. The decline in the variety of life on Earth.
8) Climate champions	H. Discharges, releases (usually of gases)
9) Tipping points	I. Situations where markets fail to allocate resources efficiently, leading to negative externalities like pollution.
10) Emissions	J. Taxes imposed on activities that release carbon dioxide into the atmosphere.

EXERCISE 5. Translate the following words and phrases into Ukrainian.

1) Global warming
2) Fossil fuel dependence
3) Greenhouse gas emissions
4) Climate change mitigation
5) Natural disasters escalation
6) Environmental degradation
7) Poor governance
8) Market failures
9) Carbon taxes
10) Food waste crisis
11) Unsustainable agricultural practices
12) Biodiversity loss
13) Deforestation rates
14) Pollution impact
15) Ecosystem collapse
16) Renewable energy transition
17) Water scarcity
18) Overconsumption
19) Waste management challenges
20) Climate action urgency

EXERCISE 6. Translate into English the words and phrases.

1) Ескалація природних катастрофи
2) Ринкові збої
3) Податки на вуглець
4) Нагальна потреба в кліматичних діях
5) Криза харчових відходів
6) Глобальне потепління
7) Залежність від викопного палива
8) Пом'якшення наслідків зміни клімату
9) Нестійкі сільськогосподарські практики
10) Перехід на відновлювані джерела енергії
11) Надмірне споживання
12) Виклики управління відходами
13) Втрата біорізноманіття
14) Деградація навколишнього середовища

15) Погане управління
16) Вплив забруднення
17) Темпи вирубки лісів
18) Викиди парникових газів
19) Дефіцит води
20) Колапс екосистеми

EXERCISE 7. Translate the following sentences into Ukrainian, using the vocabulary from the previous task.

1) Global warming is significantly driven by fossil fuel consumption.
2) Increasing greenhouse gas emissions are causing rapid temperature rises.
3) Poor governance and ineffective policies hinder effective climate action.
4) The food waste crisis contributes to environmental strain and resource depletion.
5) Deforestation rates continue to escalate, threatening biodiversity.
6) Pollution, including plastic waste, poses significant risks to ecosystems.
7) Water scarcity is becoming a pressing global issue.
8) Overconsumption is leading to unsustainable resource use.
9) Transitioning to renewable energy sources is crucial for mitigation.
10) Immediate action is required to address these environmental challenges.

EXERCISE 8. Translate the following sentences into English, using the vocabulary from the previous task.

1) Криза харчових відходів сприяє навантаженню на навколишнє середовище та виснаженню ресурсів.
2) Надмірне споживання призводить до неcustainable використання ресурсів.
3) Глобальне потепління значно викликане споживанням викопного палива.
4) Перехід на відновлювані джерела енергії є ключовим для пом'якшення наслідків.
5) Забруднення, включаючи пластикові відходи, становить значний ризик для екосистем.
6) Погане управління та неефективні політики заважають ефективним кліматичним діям.
7) Темпи вирубки лісів продовжують зростати, загрожуючи біорізноманіттю.
8) Необхідні термінові дії для вирішення цих екологічних проблем.

9) Дефіцит води стає нагальною глобальною проблемою.

10) Зростання викидів парникових газів спричиняє швидке підвищення температури.

EXERCISE 9. *Agree or disagree with these statements and justify your opinion with examples from the article, other sources of information, or personal experience.*

1) Individual actions, no matter how small, can significantly impact environmental issues.

2) Climate change is the most pressing global issue of our time.

3) Renewable energy sources sho uld completely replace fossil fuels.

4) Plastic pollution is a solvable problem.

5) Deforestation is primarily caused by agricultural practices.

6) Wealthy nations should bear the primary responsibility for addressing climate change.

7) Nuclear energy is a viable and sustainable energy source.

8) International cooperation is essential to tackle global environmental challenges.

9) Consumer choices can drive sustainable practices in businesses.

10) The concept of sustainable development is unrealistic and unattainable.

EXERCISE 10. *Discuss the questions in pairs/groups.*

1) What are the most effective ways to mitigate climate change and adapt to its impacts?

2) How can we protect biodiversity and prevent further species extinction?

3) What are the most pressing pollution issues, and what solutions can be implemented to address them?

4) How can we reduce deforestation and promote sustainable forest management?

5) What strategies can be implemented to reduce food waste and improve food security?

6) What are the most effective ways to reduce plastic pollution and promote sustainable materials?

7) How can we mitigate ocean acidification and protect marine ecosystems?

8) What role does international cooperation play in addressing global environmental challenges?

9) What can individuals do to reduce their environmental impact?

10) What are the potential consequences of inaction on environmental issues, and what is the long-term vision for a sustainable future?

UNIT 6. OOPS

TECHNOLOGY-DRIVEN EDUCATION: A NEW ERA OF LEARNING

EXERCISE 1. Read the article 'Technology-driven education: a new era of learning'. Go to Supplements Section, Text 12. Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.

1) How does technology facilitate personalized learning for students with different needs and learning styles?

2) What role do AI-driven tools play in improving the learning experience in modern education?

3) How do intelligent tutoring systems provide real-time feedback, and how do they complement traditional teaching methods?

4) In what ways do collaborative learning platforms enhance peer-to-peer interaction and group projects?

5) How does self-directed learning encourage students to explore subjects beyond the standard curriculum?

6) Why is lifelong learning becoming increasingly important in today's tech-driven world?

7) What are the key benefits of upskilling and reskilling through online courses in the digital era?

8) How can technology-driven education better prepare students for the digital future and evolving job market?

9) What are some challenges educators face in integrating AI-driven tools and digital platforms into traditional classrooms?

10) How does the accessibility of information on the internet empower students to engage in self-directed learning and discovery?

EXERCISE 3. Complete the following statements based on the information from the aticle.

1) As we move forward, the prospects for education are boundless, with technology opening up new possibilities for…

2) In the rapidly evolving world of education, technology has become a key driver of…

3) The future of education, infused with technological innovations, promises a more inclusive, interactive and ...

4) One example of an effective collaboration strategy is…

5) The platform employs sophisticated algorithms and user-friendly interfaces to ensure…

6) Institutions should establish continuous training programs for educators, developed in partnership with…

7) We combined our technical acumen with HeyTutor's understanding of educational needs, and the result was a platform that…

8) Educational institutions and governments should partner to provide technology access by initiating programs for…

9) According to a report by the National Education Association, these innovations have significantly improved…

10) In modern classrooms, digital tools have become…

EXERCISE 4. Match phrases with their definitions.

1) Personalized learning	A. The continuous pursuit of knowledge and skills throughout one's life, often through online courses and technology-driven resources.
2) Intelligent tutoring systems	B. Applications and software powered by artificial intelligence that enhance teaching and learning processes.
3) Collaborative learning platform	C. An educational approach that integrates digital tools and technologies to enhance learning experiences.
4) Real-time feedback	D. Tailoring educational experiences to meet individual student needs and preferences.
5) Self-directed learning	E. An approach where students take charge of their learning, exploring subjects independently.
6) Upskilling and reskilling	F. Online spaces where students can work together, engage in discussions, and share knowledge.
7) Lifelong learning	G. AI-powered systems that provide customized teaching and real-time feedback to learners.
8) Tech-driven educucation	H. – A world where technological advancements shape everyday life, including how we learn and work.

9) Digital future	I. Immediate responses provided by AI tools or systems, helping students improve their learning process
10) AI-driven tools	J. The process of learning new skills or updating current ones to adapt to evolving job market needs.

EXERCISE 5. Translate the following words and phrases into Ukrainian.
1) to be marked by rapid technological advancements
2) a mere facilitator
3) to shape how we learn, teach and interact
4) to make new paths for educational inclusivity and future readiness
5) the immense potential and multifaceted challenges
6) to set the stage for an endless expansion of learning boundaries
7) to become indispensable
8) to deliver lessons in more interactive and impactful ways
9) to go beyond teaching the standard curriculum
10) to initiate programs for affordable devices and reliable internet connectivity
11) in underserved areas
12) school subsidies or grants for technology acquisition
13) to ensure equitable access to digital tools
14) to offer educational institutions tailored cybersecurity solutions
15) to offer certification and incentives

EXERCISE 6. Translate into English the words and phrases.
1) Персоналізоване навчання
2) Системи інтелектуального репетиторства
3) Платформи для колаборативного навчання
4) Зворотний зв'язок у реальному часі
5) Самостійне навчання
6) Підвищення кваліфікації та перекваліфікація
7) Навчання протягом життя
8) Технології в освіті
9) Цифрове майбутнє
10) Інструменти, керовані ШІ

EXERCISE 7. Translate the following sentences into Ukrainian, using the vocabulary from the previous task.

1) Personalized learning has become essential in modern education, allowing students to learn at their own pace and according to their unique strengths and interests.

2) Intelligent tutoring systems provide tailored support for students, adapting to their learning styles and offering personalized resources.

3) Collaborative learning platforms enable students to work together on projects, fostering teamwork and communication skills in a digital environment.

4) Teachers can give real-time feedback through various digital tools, helping students to immediately understand their mistakes and improve their performance.

5) Self-directed learning encourages students to take initiative in their education, setting their own goals and exploring subjects of interest.

6) Companies are increasingly investing in upskilling and reskilling their employees to keep pace with technological advancements and changing market demands.

7) Lifelong learning is vital in today's fast-changing world, as individuals continuously seek new knowledge and skills throughout their careers.

8) Tech-driven education leverages digital tools and resources to enhance teaching methods and improve student engagement.

9) As we advance technologically, we must prepare for a digital future where digital literacy and tech skills will be crucial for success.

10) AI-driven tools are revolutionizing the learning process, offering personalized experiences that cater to the individual needs of each student.

EXERCISE 8. Translate the following sentences into English, using the vocabulary from the previous task.

1) Сучасний освітній сектор постійно відзначається стрімким технологічним прогресом, який змінює підходи до навчання.

2) Вчитель більше не просто посередник, а наставник, який керує процесом навчання.

3) Штучний інтелект має формувати те, як ми навчаємось, викладаємо та взаємодіємо в класі.

4) Інноваційні технології допомагають прокладати нові шляхи для освітньої інклюзивності та готовності до майбутнього.

5) Використання цифрових інструментів несе величезний потенціал і багатогранні виклики, з якими стикається сучасна освіта.

6) Новітні технології можуть закласти основу для нескінченного розширення меж навчання в майбутньому.

7) Цифрові інструменти поступово стають незамінними у навчальному процесі.

8) Використання інтерактивних технологій дозволяє надавати уроки більш інтерактивними та впливовими способами.

9) Нові методи навчання дозволяють виходити за рамки викладання стандартної навчальної програми, надаючи студентам більше можливостей для саморозвитку.

10) Державні програми мають ініціювати програми для доступних пристроїв і надійного підключення до інтернету, особливо для учнів із сільських районів.

11) У малозабезпечених районах необхідно забезпечити рівний доступ до технологій для навчання.

12) Шкільні субсидії або гранти на придбання технологій можуть суттєво покращити доступ до інноваційних освітніх інструментів.

13) Важливо забезпечити рівноправний доступ до цифрових інструментів для всіх учнів, незалежно від їхніх соціально-економічних умов.

14) Провайдери повинні пропонувати освітнім закладам адаптовані рішення з кібербезпеки, щоб захистити дані учнів.

15) Щоб мотивувати учнів та вчителів, варто пропонувати сертифікацію та стимули за використання нових технологій у навчанні.

EXERCISE 9. Agree or disagree with these statements and justify your opinion with examples from the article, other sources of information, or personal experience.

1) Technology has the power to transform education by making learning more personalized.

Agree/Disagree: You could discuss the benefits of personalized learning versus potential challenges.

2) AI-driven tools provide students with immediate feedback that enhances their learning experience.

Agree/Disagree: Consider the effectiveness of AI feedback compared to traditional teacher input.

3) Collaborative learning platforms encourage greater student interaction and engagement.

Agree/Disagree: You might explore whether online collaboration is as effective as face-to-face interaction.

4) Self-directed learning empowers students to take control of their educational journeys.

Agree/Disagree: Discuss the benefits of autonomy versus the need for guidance in learning.

5) Upskilling and reskilling are essential for individuals to remain competitive in the job market.

Agree/Disagree: You could debate whether formal education is still the best path to career advancement.

6) Lifelong learning should be prioritized to adapt to the rapid changes in technology.

Agree/Disagree: Consider if lifelong learning is feasible for everyone and how it can be implemented effectively.

7) Tech-driven education creates new opportunities for educational inclusivity.

Agree/Disagree: Discuss whether technology truly makes education more accessible for all students.

8) The digital future requires a workforce that is skilled in using advanced technology.

Agree/Disagree: Explore the implications of this statement for education systems and curriculum design.

9) Access to reliable internet is a fundamental right that must be guaranteed for all students.

Agree/Disagree: You could examine the challenges of ensuring equitable access to technology.

10) Educational institutions should invest more in cybersecurity to protect student data.

Agree/Disagree: Discuss the balance between data protection and the need for open educational resources.

EXERCISE 10. Discuss the questions in pairs/groups.

1) Discuss how technology enhances or hinders learning outcomes. What evidence supports the effectiveness of tech-driven education?

2) Explore the balance between personalized learning experiences and standardized testing. How can educators ensure both individual needs and curriculum standards are met?

4) Debate the advantages and disadvantages of using AI-driven tools in the classroom. Do they replace the need for human educators, or do they complement traditional teaching methods?

5) Examine the implications of the digital divide. How can schools and policymakers work to ensure equitable access to technology for all students, particularly in underserved areas?

6) Discuss the effectiveness of collaborative learning platforms. Are online collaborations as b eneficial as in-person group work?

7) Explore the importance of lifelong learning in today's fast-paced job market. How can educational institutions better prepare students for continuous professional development?

8) Debate the significance of data privacy and cybersecurity in educational technology. What measures should schools take to protect student information?

9) Discuss the need for comprehensive training for educators in using technology effectively. What skills are essential for teachers to navigate tech-driven education?

10) Explore how technology can change the way students are assessed. Should traditional exams be replaced with digital assessments, and what might that look like?

11) Analyze how technology influences cultural and social dynamics in education. Does tech foster inclusivity and diversity, or can it perpetuate existing inequalities?

THE HIDDEN COSTS OF BUILDING A HOME: WHAT EVERY FAMILY SHOULD KNOW

EXERCISE 1. Read the article 'The hidden costs of building a home: what every family should know'. Go to Supplements Section, Text 13. Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.

1) What are some common hidden costs associated with building a home?

2) How do marketers use pricing strategies to attract home buyers?

3) What impact can changing interest rates have on mortgage repayments?

4) What are potential costs that can arise due to construction delays?

5) Why might unexpected fees add up during the home-building process?
6) What standardized costs should buyers be aware of in new housing developments?
7) How do exit fees affect homeowners who sell their property early?
8) What role does influencer marketing play in home-buying decisions?
9) How can buyers protect themselves from hidden costs when building a home?
10) Why is transparency in the housing market important for potential homeowners?

EXERCISE 3. Complete the following statements based on the information from the aticle.
1) Knowing about these hidden costs of building a home helps avoid…
2) This can be an unpleasant surprise and cause problems for families who need to…
3) In rare cases, selling the property might attract <u>exit fees</u>. For example, if an owner sells their house within five years, …
4) More often than not, the land developer will require a refundable deposit of about…
5) Before buying an apartment, first find out how much you have to pay in …
6) These rules might specify paint colours, fence types or landscaping choices, such as…
7) Many new housing developments have rules about what owners can and …
8) These include bank fees, solicitor fees, building and pest inspections, moving costs, utility connections and …
9) Apart from predictable costs, such as the down payment and tax or transfer (stamp) duty, other smaller, unexpected costs can …
10) What should temper this optimism is the fact that even seemingly small interest rate changes…
11) Delays can happen due to weather, problems getting materials, or other…
12) When buying a home, people hope for lower interest rates, though they cannot predict future…
13) Many home buyers think about interest rates when they get a mortgage, but they often do not consider…
14) Carefully check the conditions of the deposit, as you can most likely back out with a full refund if you are not happy with the final price before …

15) The goal is to get customers to quickly sign up with a $1,000–$5,000 deposit. That increases customer commitment and stops them …

EXERCISE 4. Match phrases with their definitions.

1) Exit fees	A. Adherence to local building codes and regulations, which can add costs for necessary adjustments.
2) FOMO (Fear of Missing Out):	B. The percentage charged on borrowed money, influencing monthly mortgage payments and total loan costs.
3) Upgrades	C. Enhancements or modifications made to a home that usually incur additional costs beyond the base price.
4) Compliance	D. Additional expenses incurred due to setbacks in construction timelines, such as rental payments for temporary housing.
5) Cashback offers	E. Fixed expenses associated with regulations or requirements in new housing developments, like landscaping or building materials.
6) Transparency	F. Openness and clarity in communication about costs and conditions in the housing market, aimed at protecting buyers.
7) Hidden costs	G. Penalties imposed on homeowners who sell their property within a specified timeframe, often as a deterrent against quick sales.
8) Interest rates	H. Promotions that provide a rebate or return of a portion of the purchase price to incentivize buyers.
9) Delay costs	I. Unexpected expenses that are not immediately apparent when budgeting for a purchase or project.
10) Standardized costs	J. Anxiety that an opportunity may be missed, often exploited in marketing to encourage quick decisions.

EXERCISE 5. Translate the following words and phrases into Ukrainian.

1) Check the conditions of the deposit
2) Add up unexpected costs
3) Require homeowners to use certain types
4) Read all the conditions of sale
5) Highlight the need for fair marketing practices
6) Think about interest rates
7) Consider how rates can change
8) Explore the sales tactics
9) Attract first-time home buyers
10) Make buyers feel they have to act fast
11) Hidden costs
12) FOMO (fear of missing out)
13) Exit fees
14) Delay costs
15) Standardized costs
16) Compliance
17) Cashback offers
18) Upgrades

EXERCISE 6. Translate into English the words and phrases.

1) Збільшити зобов'язання клієнта
2) Відмовитися з повним поверненням коштів
3) Зосереджуватися на перевагах
4) Використовувати певні типи дерев або матеріалів для проїздів
6) Купувати безпосередньо у роздрібному продавця
7) Банківські комісії
8) Послуги юриста
9) Будівництво та перевірка на наявність шкідників
10) Підключення комунальних послуг
11) Страхування майна
12) Перший внесок
13) Гербовий збір (держподаток)
14) Невеликі зміни процентних ставок
15) З часом ставати суттєвими
16) Багато покупців житла
17) Отримати іпотеку
18) Враховувати, як ставки можуть змінюватися

EXERCISE 7. Translate the following sentences into Ukrainian, using the vocabulary from the previous task.

1) Before finalizing your mortgage, be sure to think about interest rates and how they will affect your payments.

2) It's important to consider how rates can change over the life of your loan.

3) Buyers should explore the sales tactics used by marketers to ensure they make informed decisions.

4) Many real estate agents aim to attract first-time home buyers with appealing promotions.

5) Some marketers use time-limited offers to make buyers feel they have to act fast.

6) Always check the conditions of the deposit before committing to a new home.

7) It's essential to add up unexpected costs to avoid going over budget.

8) Many new developments require homeowners to use certain types of materials for their properties.

9) Before signing any agreement, make sure to read all the conditions of sale thoroughly.

10) Advocacy groups often highlight the need for fair marketing practices in the housing market.

11) Many buyers overlook hidden costs when budgeting for their new home, leading to financial surprises later.

12) The FOMO created by limited-time promotions often pressures buyers to make quick decisions without thorough consideration.

13) Homeowners should be aware of potential exit fees if they decide to sell their property within a few years.

14) The delay costs from construction setbacks can add significant expenses, including rental payments for temporary housing.

15) Many housing developments impose standardized costs that homeowners must adhere to for landscaping and design.

16) Ensuring compliance with local building regulations is crucial to avoid fines and ensure safety.

17) The enticing cashback offers marketed by builders can sometimes mask the true cost of upgrades and fees.

EXERCISE 8. Translate the following sentences into English, using the vocabulary from the previous task.

1) Мета полягає в тому, щоб клієнти швидко підписали депозит у розмірі від 1,000 до 5,000 доларів. Це збільшує зобов'язання клієнтів і запобігає їх відмові.

2) Уважно перевірте умови депозиту, оскільки ви, найімовірніше, зможете відмовитися з повним поверненням коштів, якщо вас не влаштовує остаточна ціна до підписання остаточного контракту або під час періоду охолодження після підписання.

3) Інфлюенсер може, наприклад, поділитися відео свого "ідеального дня" у новому будинку, зосередившись на перевагах, не згадуючи про приховані витрати.

4) Інфлюенсери можуть показувати процес легким і веселим. Наше дослідження маркетингу інфлюенсерів засвідчує, що довірливі підписники частіше слідують рекомендаціям інфлюенсерів.

5) Ціна 200 доларів за кухонний світильник, куплений безпосередньо в роздрібній мережі, такій як Beacon Lighting, може коштувати вам 300 доларів від забудовника. Подібні витрати накопичуються для всього будинку.

6) У рідкісних випадках продаж майна може призвести до "витрат на виході" (кінцевих витрат). Наприклад, якщо власник продає свій будинок протягом п'яти років, він може зіткнутися з штрафом у 5,000 доларів за ранній продаж.

7) Розвиток може вимагати, щоб власники будинків використовували певні види дерев або матеріалів для проїздів, що коштує додаткових 2,000 доларів.

8) Ці правила можуть визначати колір фарби, типи парканів або вибір ландшафтного дизайну, наприклад, посадку певної кількості великих дерев.

9) Багато нових житлових комплексів мають правила щодо того, що власники можуть і не можуть робити зі своїм майном.

10) Окрім передбачуваних витрат, таких як перший внесок і податок на здійснення переказу (гербовий збір), інші менші, несподівані витрати можуть накопичитися.

11) До них належать банківські комісії, гонорари адвокатів, будівельні та шкідливі інспекції, витрати на переїзд, підключення комунальних послуг та страхування майна.

12) Затримки можуть статися через погоду, проблеми з отриманням матеріалів або інші непередбачувані питання. Нестача деревини вплинула на будівництво будинків з 2020 року.

13) Що повинно стримувати цей оптимізм, то це той факт, що навіть на перший погляд невеликі зміни процентних ставок з часом стають суттєвими.

14) Розуміння цього може допомогти родинам планувати бюджет на можливі додаткові витрати та уникати фінансового стресу в майбутньому.

15) Багато покупців житла думають про процентні ставки, коли отримують іпотеку, але часто не враховують, як ставки можуть змінюватися з часом.

EXERCISE 9. Agree or disagree with these statements and justify your opinion with examples from the article, other sources of information, or personal experience.

1) Building a home can come with hidden costs.
2) Marketers often attract buyers by advertising low prices.
3) Many buyers do not consider how interest rates can change over time.
4) Delays in construction can lead to significant additional expenses.
5) Exit fees can be an unpleasant surprise for homeowners who need to sell quickly.
6) Standardized costs can restrict homeowners' choices regarding property modifications.
7) Compliance with local development standards is necessary for safety.
8) Cashback offers are designed to entice buyers into making quick decisions.
9) Unexpected costs can easily add up beyond the initial budget.
10) Greater transparency in the housing market is essential for protecting buyers.

EXERCISE 10. Discuss the questions in pairs/groups.
1) What are the most common hidden costs that new homeowners often overlook?
2) How do marketing tactics influence buyer decisions in home purchases?
3) In what ways can rising interest rates impact long-term mortgage affordability?

4) What strategies can buyers use to mitigate unexpected costs during construction?

5) Should there be stricter regulations to ensure transparency in home building practices?

6) How do exit fees affect homeowners' decisions to sell their properties?

7) What role does social media play in shaping buyer perceptions of the housing market?

8) How can compliance with local regulations add to the overall cost of building a home?

9) What are the implications of standardized costs on homeowner customization?

10) How can home builders balance attractive offers with transparency about total costs?

UNIT 7. TRENDS

MOVE OVER UNICORN LATTES, THERE'S A NEW INSTAGRAM TREND IN TOWN: NORMAL-LOOKING FOOD

EXERCISE 1. Read the article 'Move over unicorn lattes, there's a new Instagram trend in town: Normal-looking food'. Go to Supplements Section, Text 14. Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.

1. What trend on Instagram is being c hallenged by the rise of "normal-looking food"?
2. How did the Instagrammable food trend prioritize visual appeal over taste?
3. What was the main goal for restaurants in creating Instagrammable food items?
4. According to the text, what assumption did restaurateurs make about creating unique food items for social media?
5. What does the text suggest about the effectiveness of unique, atypical foods in generating social media engagement?
6. How did the research published in the *Journal of Business Research* measure the popularity of Instagrammable foods?
7. What role did Google Vision's machine-learning algorithm play in this investigation?
8. What relationship did the study find between the recognizability of food and social media engagement?
9. How does evolutionary psychology explain why we engage more with normal-looking food on social media?
10. According to the text, what types of food tend to get more likes, comments, and shares on Instagram?

EXERCISE 3. Match the words on the left from the text with their definitions on the right.

A	Inundated	1	A person who owns or operates a restaurant
B	Restaurateurs	2	To increase or make something more intense
C	Assumption	3	An idea or belief taken for granted without proof
D	Engagement	4	A general direction in which something is developing or changing
E	Atypical	5	To be overwhelmed with a large quantity of something
F	Amplify	6	The enjoyment or appreciation of beauty
G	Proxy	7	A person's natural response or reaction to something, often without thinking
H	Instinctively	8	The level of interaction or involvement with something on social media
I	Aesthetics	9	Not typical; unusual or unconventional
J	Trend	10	A substitute or indicator that stands in for something else

EXERCISE 4. Use the words from the list below to complete the sentences correctly.

(novelty, Instagrammable, inundated, aesthetic, engagement, proxy, amplify, affect, rank-ordering algorithms, assumption)

1. The food industry has become _____ with content, making it harder for individual posts to stand out.
2. Many restaurants focus on creating visually appealing dishes that are _____ and likely to be shared on social media.
3. Some people argue that the _____ of Instagram trends is based on the belief that unique food items will attract more likes.

4. Social media experts suggest that people are more likely to _____ with posts featuring food they can easily identify and feel good about.
5. By using _____, social media platforms can ensure that the most popular content appears at the top of users' feeds.
6. The food was so visually appealing that it triggered an immediate _____ response from viewers, leading them to like and share the post.
7. The researchers used _____ images of food to determine which types of dishes received the most social media attention.
8. Restaurants often create food for its _____ appeal, hoping it will boost their visibility and engagement online.
9. One restaurant's _____ items, such as rainbow-colored pancakes and purple burgers, went viral but did not generate lasting interest.
10. The aim of most food bloggers is to _____ the reach of their posts by choosing visually captivating food to showcase.

EXERCISE 5. For each of the words below, write a synonym and an antonym.

1. **Novelty**
   Synonym:_____
   Antonym: _____
2. **Unique**
   Synonym:_____
   Antonym: _____
3. **Engage**
   Synonym:_____
   Antonym: _____
4. **Familiar**
   Synonym:_____
   Antonym: _____
5. **Boost**
   Synonym:_____
   Antonym: _____

EXERCISE 6. Answer the following questions based on the vocabulary from the text.

1. What do you think "Instagrammable" food refers to? How is it connected to the idea of "aesthetic" appeal?
2. How does the term "assumption" apply to how restaurants approach Instagram trends?
3. What is meant by the phrase "at the expense of taste"? Why is this significant in the context of the text?
4. What is a possible synonym for "engagement" when referring to social media?
5. What are the possible consequences for restaurants that choose to focus too much on novelty foods over familiar, recognizable options?

EXERCISE 7. Read the following sentences and choose the correct definition for the word in bold from the list below.

1. **Inundated** with social media content, users find it difficult to focus on any one post for long.
   a) To be given a small amount of content
   b) To be overwhelmed by an excessive amount of content
   c) To be influenced by social media posts
   d) To avoid engaging with social media posts
2. The concept of **Instagrammable food** refers to dishes that are visually appealing and likely to attract attention on social media.
   a) Food that is easy to prepare
   b) Food that is good for Instagram marketing
   c) Food that people eat on a daily basis
   d) Food that is unhealthy and unattractive
3. Restaurants often make this **assumption** that creating visually unique food will generate more engagement on social media.
   a) A confirmed fact
   b) A strong belief taken without proof
   c) A scientific discovery
   d) An opinion based on evidence
4. Social media platforms use **rank-ordering algorithms** to prioritize content that gets the most engagement.
   a) A process that arranges content in a random order

b) A system that ranks content by how popular it is
c) A method of sorting posts alphabetically
d) A tool used to remove low-quality content

5. Some restaurants use **novelty** foods to stand out on social media, such as unicorn lattes or poop-themed cafes.
a) Traditional, widely known foods
b) Something new and unusual
c) Regular food items
d) Foods that are rare and expensive

EXERCISE 8. Choose the correct answers based on the text.

1. Why do some restaurants prioritize **visual aesthetics** over taste?
a) To improve the quality of their food
b) To make their food look more appealing for social media
c) To make their food healthier
d) To attract more loyal customers

2. Which of the following is an example of **Instagrammable food** mentioned in the text?
a) Classic pizza
b) Unicorn lattes
c) Hamburger with a traditional bun
d) Plain pasta

3. The **positive affect** mentioned in the text refers to:
a) The feeling people have when they see food they recognize and enjoy
b) A negative response to new food trends
c) The physical appearance of food
d) The number of social media likes a post receives

4. Why do **unique foods** often receive less engagement on social media?
a) They are difficult for people to recognize as food
b) They are considered unhealthy
c) They are only available at expensive restaurants
d) They are visually unattractive

5. According to the text, **evolutionary psychology** suggests that humans are more likely to engage with food that is:
a) Brightly colored
b) Visually recognizable and familiar

c) Unique and atypical
d) Served in unusual shapes

EXERCISE 9. Complete the sentences using the correct vocabulary words from the list below. Each word is used only once.

(assumption, amplify, novelty, proxy, inundated, affect, engage, aesthetics, rank-ordering algorithms, instinctively)

1. The restaurant owners made an _____ that unique and colourful food would get more attention on Instagram, but the results were mixed.
2. Social media platforms use _____ to determine which posts are most popular and should appear at the top of users' feeds.
3. The overwhelming number of food posts people see daily can leave users feeling _____ by content and unable to focus on any single post for long.
4. When people look at food that is easy to recognize, it can create a positive _____, making them more likely to like, comment, or share.
5. _____ food items, such as unicorn lattes or donuts with unusual toppings, are popular on social media but often don't result in high engagement.
6. The machine-learning algorithm used in the study acted as a _____ for determining how typical or recognizable the food in an image was.
7. The goal of social media marketing is to _____ the visibility and reach of content to attract more viewers.
8. People often _____ click on posts with food that looks familiar and appetizing because it triggers a positive response.
9. Instagram content creators are constantly experimenting with new _____ to make their posts stand out visually.
10. The research team made the _____ that food that is more easily recognizable would receive more social media engagement.

EXERCISE 10. Read the following statements and determine if they are **true** or **false** based on the information in the text.
1. The primary goal of creating **Instagrammable food** is to ensure that the food tastes better than it looks. (True/False)

2. Social media users tend to engage more with **unusual** and **atypical** foods than with familiar, recognizable foods. (True/False)
3. Restaurants often **prioritize visual aesthetics** to stand out on social media, sometimes sacrificing taste. (True/False)
4. **Rank-ordering algorithms** help social media platforms decide which posts are most engaging and should be shown more frequently. (True/False)
5. According to the text, humans are naturally **more attracted to** and **engage more with** foods that look unfamiliar or unique. (True/False)

EXERCISE 11. Translate the following sentences into Ukrainian:

1. The past decade has seen the rise of the Instagrammable food trend, where restaurants have altered menus to prioritize visual uniqueness — often at the expense of taste.
2. In a competitive social media landscape where users are inundated with content, the question for restaurateurs has been how to stand out and generate audience engagement in the form of likes, comments and shares.
3. Under the assumption that creating unique food items will help businesses stand out and garner more engagement on social media, the Instagrammable food trend has given birth to novelty items like unicorn lattes and poop cafes.
4. This assumption has sparked an industry trend where restaurants have abandoned taste in lieu of visual aesthetics, such as bright and unusual colours, to spark engagement on visual-based social media platforms, such as Instagram.
5. Despite food industry bloggers and social media trends suggesting that people crave unique, eye-catching content, the most successful Instagrammable foods are the normal-looking ones that are more easily recognized as food.

EXERCISE 12. Discuss the questions in pairs/groups.

1. What are some of the most popular plant-based food trends that have emerged in recent years?
2. How has the rise of "functional foods" impacted the way people approach nutrition?
3. What are some examples of food trends that are focusing on sustainability and reducing food waste?

4. How has the popularity of "gut health" influenced food products and eating habits?
5. In what ways are chefs incorporating global flavours and ingredients into mainstream cuisine?
6. What role does technology, such as lab-grown meat or 3D-printed food, play in the future of food trends?
7. How are meal kits and food delivery services shaping the way we cook and eat at home?
8. What are some emerging trends in the beverage industry, such as functional drinks or alcohol alternatives?
9. How has social media (TikTok, Instagram) contributed to the popularity of certain food trends?
10.   What is the future of "alternative protein" sources, and how might they change the global food market?

ALL CONSUMING
THE BURNING DESIRE TO WEAR BURGUNDY

EXERCISE 1. Read the article 'All Consuming. The Burning Desire to Wear Burgundy'. Go to Supplements Section, Text 15. Identify 8-10 keywords.

EXERCISE 2. Answer these questions based on the information from the article.

1. What has caused the surge in interest in burgundy in 2024?
   - Explain the factors contributing to the popularity of burgundy, as mentioned in the text.
2. What role have influencers and celebrities played in making burgundy popular?
   - Provide examples of celebrities or influencers who have brought attention to the colour burgundy.
3. According to Rickie De Sole, why is burgundy considered "the colour of the season"?
   - What cultural factors does Rickie De Sole believe have influenced this trend?
4. How does Kelly Wearstler describe burgundy in relation to her design work?
   - What are some of the emotional and aesthetic qualities that she associates with the colour burgundy?
5. How has the perception of burgundy changed in recent years, particularly among younger customers?
   - Describe how Gaëlle Drevet's customers' view of burgundy shifted, and how this influenced her store's offerings.
6. What is meant by the phrase "burgundy is the new brown"?
   - Explain the comparison and what this suggests about the evolving fashion trends.
7. What types of products are available in burgundy at Nordstrom, according to the text?
   - Name at least three items and their prices mentioned in the passage.
8. What significance does the Gucci Spring 2024 collection have in relation to burgundy's rise in popularity?

o How did Gucci's use of burgundy contribute to the colour's recent popularity?

9. What was the impact of Kelly Wearstler's use of burgundy in her design projects?

    o Mention some of her projects where burgundy was used, and explain how it reflects her design philosophy.

10.   How has the recent shift toward "quiet luxury" and neutral tones influenced the popularity of burgundy?

    o Explain why burgundy is seen as a "safe but not boring" way to add colour to a wardrobe?

EXERCISE 3. Match the words on the left from the text with their definitions on the right.

Vocabulary	Definition
1 Ballooned	a. A colour or style that evokes strong feelings or memories
2. Permeated	b. To rise or increase rapidly in size or intensity
3. Prevalence	c. Widespread, present in large amounts
4. Bullishly	d. To spread through or penetrate all parts of something
5. Intimate	e. With confidence and a positive outlook
6. Skew	f. To be biased or inclined in a certain direction
7. Evokes	g. To make someone feel a certain emotion or memory
8. Trench coat	h. A long, often waterproof coat typically worn in cooler weather

EXERCISE 4. Use the words from the list below to complete the sentences correctly.

(ballooned, prevalence, permeated, intimate, skewed, bullishly, evokes)

1. The popularity of burgundy has _____ in recent months, with more people wearing it this fall than ever before.
2. The fashion director at Nordstrom spoke _____ about burgundy, calling it "the colour of the season."

3. Influencers and celebrities have _____ the trend of wearing burgundy, making it a widely recognized colour.
4. The increased _____ of burgundy in fall collections is clear, with brands like Gucci embracing it for their new collections.
5. Kelly Wearstler said burgundy is an _____ colour that brings out deep emotions in those who experience it.
6. Younger customers used to feel that burgundy was a colour _____ toward older generations, but now that perception is changing.
7. The warm shades of burgundy are often used in design because the colour _____ feelings of warmth and comfort.

EXERCISE 5. Choose whether the following words are synonyms or antonyms based on the context of the text.

1. Ballooned and increased
    ○ Synonym / Antonym
2. Permeated and contained
    ○ Synonym / Antonym
3. Intimate and detached
    ○ Synonym / Antonym
4. Prevalence and scarcity
    ○ Synonym / Antonym
5. Bullishly and doubtfully
    ○ Synonym / Antonym

EXERCISE 6. Choose the correct word from the options below to complete each sentence, considering the context of the passage.

1. The recent fashion trend of wearing burgundy has _____ as more and more people adopt the colour in their wardrobes.
   a) slowed down
   b) ballooned
   c) decreased
   d) evaporated
2. Burgundy's association with fall and school uniforms has _____ its use in autumn wardrobes for years.
   a) depleted

b) perpetuated
c) undermined
d) skewed
3. According to Rickie De Sole, the popularity of burgundy can be traced to its _____ presence in cultural trends.
   a) increasing
   b) quiet
   c) minimal
   d) rare
4. The singer's performance outfit, including a burgundy trench, was a _____ sign of the colour's popularity.
   a) misleading
   b) telling
   c) shocking
   d) subtle

EXERCISE 7. Answer the following questions based on the context of the passage.

1. What does the phrase "ballooned" imply about the popularity of burgundy? How is it different from "permeated" in the text?
2. Why might burgundy be described as a "safe but not boring" colour? What does this suggest about the nature of burgundy as a fashion choice?
3. In what way did Kelly Wearstler describe burgundy in relation to her work? What emotional response does she suggest burgundy evokes?
4. What does it mean when Ms. Chartrand calls burgundy "the new brown"? How does this reflect trends in fashion?
5. What does Rickie De Sole mean by saying that the cultural context around colour has a big impact on fashion trends? How does the "cultural context" shape people's choices in clothing?
6. What is the effect of the phrase "intimate colour that evokes so much emotion," as used by Kelly Wearstler? How does this description of burgundy differ from how other colours might be perceived?
7. What is the significance of the phrase "safe but not boring" in the passage? How does this phrase help explain the appeal of burgundy to fashion-conscious consumers?

EXIRCISE 8. Discuss the following questions:

1. How do the various ways burgundy is used in fashion and design (e.g., in clothing, interior design, and advertising) contribute to its popularity?
   o Discuss the different spheres where burgundy has made an impact, and how this has influenced its status as a trend.
2. Do you think the association of burgundy with fall (e.g., foliage, uniforms) affects its popularity? Why or why not?
   o How does the seasonal association of burgundy contribute to its appeal, especially in autumn wardrobes?
3. Why might burgundy be seen as a "mature" colour by younger fashion consumers?
   o Discuss the generational perceptions of colour in fashion, and how those perceptions can change over time.
4. How might the current popularity of burgundy be a response to past fashion trends like neutral colours or "quiet luxury"?
   o Consider how fashion trends cycle and how burgundy might represent a shift toward more vibrant, yet subtle, colours.
5. In your opinion, what makes burgundy a versatile colour in fashion?
   o Based on the passage, explain why burgundy is seen as adaptable to various styles and occasions.

EXERCISE 9. Read the following statements and determine if they are true or false based on the information in the text.

1. **True/False:** Interest in the colour burgundy has been decreasing in 2024 compared to the previous year.
2. **True/False:** Burgundy is associated with the colour of fall foliage and students' back-to-school uniforms.
3. **True/False:** Zendaya wore a burgundy dress by Louis Vuitton to an event, which contributed to the colour's rise in popularity.
4. **True/False:** Charli XCX performed in a green Gucci trench coat at the Los Angeles County Museum of Art's Art + Film gala.
5. **True/False:** According to Rickie De Sole, the rise of burgundy's popularity is mostly because of its use in popular culture.
6. **True/False:** Kelly Wearstler describes burgundy as a "bold" and "loud" colour that makes a strong impact in her design work.

7. **True/False:** Burgundy was previously considered a "mature" colour, but its perception has changed, especially among younger consumers.
   Answer: True. Gaëlle Drevet mentioned that younger customers used to view burgundy as "a more mature colour" but this perception has shifted.
8. **True/False:** Gucci's spring 2024 collection featured a burgundy shade called Rosso Ancora.
9. **True/False:** Burgundy is described as a "safe but not boring" colour by Gaëlle Drevet, who believes it adds colour without being too bold.
10. **True/False:** Brigitte Chartrand at Ssense believes burgundy is "the colour of the season."
11. **True/False**: Ssense offers over 1,200 items categorized as burgundy, including bags, sandals, and scarves.
    True/False: Burgundy has become popular due to a growing interest in neutral tones like taupe and cream, which were previously fashionable.

EXERCISE 10. *Translate the following sentences into Ukrainian:*
1. "As the colour has permeated popular culture, interest in wearing it has ballooned."
2. "Burgundy's associations with certain hallmarks of fall − foliage, for example, or uniforms of students going back to school − have made it a colour long prescribed for autumn wardrobes."
3. "But this fall, interest in the shade has seemingly ballooned: Online searches for burgundy items like loafers, kitten heels and leather jackets have spiked in 2024 compared with last year, according to Google metrics."
4. "Influencers are sharing head-to-toe burgundy outfits on social media, and celebrities have also brought attention to the colour."
5. "Zendaya made headlines in the fashion press for wearing a burgundy leather Louis Vuitton dress to a recent event."
6. "Another telling sign of the colour's popularity: Charli XCX, the singer who made slimy "Brat" green inescapable this summer, wore a burgundy Gucci trench, bra and pants on Saturday to perform at the Los Angeles County Museum of Art's Art + Film gala."

7. "Rickie De Sole, the fashion director at Nordstrom, bullishly called burgundy 'the colour of the season,' largely because of the way it has permeated popular culture."

8. The interior designer Kelly Wearstler, whose personal style is as considered as the spaces she fashions, said burgundy was 'an intimate color that evokes so much emotion.'"

9. "The increased appetite for burgundy comes after a period when style trends like quiet luxury and coastal grandma popularized taupe, cream and other neutral shades."

10.   Ms. Chartrand didn't go so far as to call burgundy the colour of the season, but she did frame its popularity using another form of fashion speak. Burgundy, she said, is 'the new brown.'"

EXERCISE 11. Translate the following sentences into English:

1.   "Інтерес до цього кольору, схоже, різко зріс: пошукові запити в Інтернеті на бордові речі, такі як лофери, маленькі підбори та шкіряні куртки, зросли в 2024 році порівняно з минулим роком, згідно з даними Google."

2.   "Інфлюенсери діляться образами в бордовому від голови до п'ят на соціальних мережах, а знаменитості також привернули увагу до цього кольору."

3.   "Ще один показник популярності кольору: співачка Charli XCX, яка цього літа зробила зелений «Brat» непереможним, одягла бордовий тренч Gucci, бюстгальтер і штани в суботу на виступі на гала-вечорі Art + Film в Музеї мистецтв округу Лос-Анджелес."

4.   "Ріккі Де Сол, директор моди в Nordstrom, рішуче назвала бордовий «кольором сезону», здебільшого через те, як цей колір проникає в популярну культуру."

5.   "Колірний контекст має великий вплив, − сказала пані Де Сол. − Ви бачите його з усіх боків, і він проникає у вашу свідомість. Зрештою люди кажуть: «Я теж хочу носити цей колір»."

6.   "У Nordstrom зараз доступні бордові речі, включаючи люстрові сережки від Lizzie Fortunato ($335), двобортне пальто від & Other Stories ($399), елегантну обв'язку від Vince ($195) та лофери Mary Jane Weejuns від G.H. Bass ($185)."

7. "Зростаючий попит на бордовий колір, − сказала пані Де Сол, − можна простежити до колекції Gucci весна 2024 року, в якій широко був представлений новий колір для бренду − бордовий, що має назву Rosso Ancora."

8. "Інтер'єрний дизайнер Келлі Веарстлер, чий особистий стиль такий самий продуманий, як і простори, які вона створює, сказала, що бордовий − це «інтимний колір, який викликає багато емоцій»."

9. "Збільшений інтерес до бордового з'явився після періоду, коли стильові тенденції, такі як тихий люкс і прибережна бабуся, популяризували сірі, кремові та інші нейтральні відтінки."

10. "Вона зазначила, що бордовий колір пропонує «безпечний, але не нудний спосіб додати трохи кольору, не будучи занадто сміливим», − сказала Гаель Древе, засновник Frankie Shop."

EXERCISE 12. Discuss the questions about fashion trends that could spark thoughtful conversations:

General Fashion Trends:

1. How do you think fashion trends evolve over time? Do you believe they are influenced more by cultural events, technology, or social media?
2. In your opinion, what is the most impactful fashion trend of the past decade? Why do you think it resonated so strongly with people?
3. Do you think fashion trends are driven by consumer demand, or do designers and brands dictate what becomes popular?
4. How important is it for fashion to be inclusive? What are some examples of trends that have embraced inclusivity, and how have they changed the fashion landscape?
5. Do you think that fashion trends are cyclical? Which past trend do you think should make a comeback, and which should stay in the past?

Sustainability and Ethical Fashion:

6. With the increasing awareness of sustainability, how do you think the fashion industry can address its environmental impact while keeping trends fresh and exciting?

7. How important is it for consumers to consider the ethical implications of their fashion choices, such as garment labor practices and sustainability?
8. Do you think fast fashion is becoming less popular due to environmental concerns, or do trends still thrive in this model?
9. How can fashion brands balance affordability with sustainability, and do you think consumers are willing to pay more for environmentally friendly clothing?
10. What do you think about the rise of second-hand and vintage fashion? Is this trend a passing phase or the future of fashion retail?

Social Media and Influencers:

11. How do influencers shape fashion trends today? Do you think they have more influence than traditional fashion magazines and designers?
12. Do you think social media platforms like Instagram and TikTok create a "trend cycle" that is faster than in the past? What are the pros and cons of this speed?
13. Is it a good thing that trends can go viral on platforms like TikTok, or does it diminish the uniqueness and creativity of fashion?
14. How does the rise of 'micro-trends' on social media impact the long-term durability of certain fashion styles?

Personal Style and Trends:

15. Do you believe that fashion trends help or hinder personal style? How can one incorporate trends into their wardrobe without losing their individuality?
16. How do you feel about the idea that trends often dictate how people are expected to look or dress? Does this take away from self-expression?
17. Which current fashion trend do you personally enjoy, and why? Is there a trend you're hesitant to try?
18. Do you think it's important for people to follow trends, or is it better to stick with timeless pieces?
19. How do you see the relationship between "high fashion" and streetwear? Are the boundaries between them becoming more blurred?

20. What role does gender play in fashion trends today? Are there any trends that you think defy traditional gender norms in an exciting way?

Global Influence and Cultural Appropriation:

21. How do global cultures influence fashion trends, and do you think it's important to understand the cultural significance behind certain styles or symbols?
22. What are your thoughts on cultural appropriation in fashion? How can designers and consumers be more mindful of the origins of certain trends?
23. How do you think fashion brands can celebrate diverse cultures without appropriating them? Are there examples of brands that do this well?

THE FUTURE

EXERCISE 1. Read the article 'AI Utopia And Dystopia. What Will The Future Have In Store? Artificial Intelligence Series 5/5'. Go to Supplements Section, Text 16. Identify 15-20 keywords.

EXERCISE 2. Answer these questions based on the information from the article.

General Understanding

1.   What is the central theme of the article regarding the future of artificial intelligence (AI)?
2.   How does the article describe the role of AI in shaping humanity's future?
3.   What is the key difference between a utopian and a dystopian future in the context of AI?
4.   According to the article, what role does human agency play in the development of AI?

Utopian Future

5.   What are some examples of how AI could enhance healthcare and well-being in a utopian future?
6.   How could AI contribute to solving major global issues such as climate change, disease, and poverty?
7.   What economic benefits could AI bring to society, according to the article?
8.   In what ways could AI improve personalized education and learning experiences?
9.   How might AI contribute to the creation of new businesses and entrepreneurs in the future?
10. What does the article suggest about AI's potential to empower mental health solutions?
11. How could AI be used to improve safety in dangerous jobs or environments?

12. What impact could AI have on the retail industry and consumer experience?

Dystopian Future

13. What are some of the potential risks associated with AI, as mentioned by OpenAI CEO Sam Altman and Geoffrey Hinton?

14. What could a technocratic regime controlled by AI look like, and how would it affect individual freedoms?

15. How might AI-induced job displacement lead to widespread social issues?

16. What are the possible consequences of AI malfunctions, such as in self-driving cars, and how can these be mitigated?

17. What dangers does the rise of surveillance states pose in a world dominated by AI?

18. How could manipulative AI algorithms deepen social divisions or foster misinformation?

19. What ethical concerns arise from the development of autonomous weapons and biased AI algorithms?

20. How could super-intelligent AI pose an existential threat to humanity, according to the article?

Solutions and Strategies

21. What solutions does the article suggest to ensure AI is developed and used ethically?

22. How can policymakers mitigate the risks associated with automation and job displacement due to AI?

23. What steps could be taken to preserve privacy in a world with ubiquitous AI surveillance?

24. How can businesses and governments ensure AI algorithms are not manipulative or harmful?

25. What are some potential strategies to ensure AI enhances human connection rather than diminishing it?

Reflection and Action

26. What role does individual agency play in shaping the future of AI, according to futurist Brian David Johnson?

27. What steps can society take to ensure that AI development does not lead to unintended harm or exacerbated societal issues?

28. How does the article suggest we balance the potential benefits of AI with the risks it poses?

29. What is the "red pill or blue pill" analogy referring to in the context of AI's future?

30. In your opinion, do you think the future of AI is more likely to be utopian or dystopian? Why?

EXERCISE 3. Match the words on the left from the text with their definitions on the right.

Vocabulary Word	Definition
1. Utopian	A system where decisions are made by algorithms, often leading to control.
2. Dystopian	The creation of new jobs and opportunities in emerging industries.
3. Flourishing	A possible society where AI amplifies human well-being, creativity, and productivity.
4. Automation	The use of technology to perform tasks that were previously done by humans.
5. Malfunction	The potential for job displacement caused by widespread automation.
6. Technocratic	A future marked by significant technological advances that improve human lives.
7. Existential Threat	A problem that arises when AI becomes super-intelligent and surpasses human control.
8. Innovation	The failure or breakdown of systems or machines to perform their intended function.
9. Transparency	The act of creating new technologies that address complex global issues.
10. Regulation	The clear, honest, and open practice of monitoring AI systems and their impact.

EXERCISE 4. Fill in the blanks with the appropriate word from the list provided below. Each word should be used only once.

Word Bank: *automation, dystopian, flourishing, ethical, manipulation, surveillance, technocratic, malfunctions, empowering, ubiquitous*

1.   In a _____ future, AI systems control everything, and human rights and emotions are ignored in favour of efficiency.

2.   AI's ability to automate tasks has led to the rise of _____, where human jobs are increasingly replaced by machines.

3.   As AI technology advances, the need for _____ development becomes more pressing to ensure that the technology serves humanity's best interests.

4.   _____ is a major concern in a society where AI systems monitor everything and everyone's actions are tracked and analysed.

5.   AI's potential to solve global issues like climate change and disease means we could be on the verge of a _____ future where humans experience greater well-being and opportunity.

6.   In a _____ society, AI governs the world, making decisions based solely on data without human input.

7.   One of the biggest risks of AI is that it can be used for _____, manipulating people's preferences and behaviours for profit or control.

8.   AI-powered devices are becoming more _____, appearing in almost every aspect of our daily lives.

9.   In the world of AI and technology, _____ decision-making becomes crucial, especially when evaluating its long-term impacts on society.

10. The proliferation of AI has the potential to be _____, allowing people to access personalized, tailored assistance for various needs.

EXERCISE 5. Identify the synonyms and antonyms for the following words used in the text. Write your answers in the spaces provided.

1.   Empowered
o   Synonym(s): _____
o   Antonym(s): _____

2. Displacement
   ○ Synonym(s): _____
   ○ Antonym(s): _____
3. Flourishing
   ○ Synonym(s): _____
   ○ Antonym(s): _____
4. Exponential
   ○ Synonym(s): _____
   ○ Antonym(s): _____
5. Transparency
   ○ Synonym(s): _____
   ○ Antonym(s): _____

EXERCISE 6. Choose five words from the list below and create a sentence using each of them. Be sure to use them in context based on the themes in the article.

Word List: dystopian, utopian, ethics, regulation, autonomy, innovation, autonomy, algorithm, malfunctions, inclusive

EXERCISE 7. Choose the correct answer:

1. What is the main focus of the article regarding AI's future?
A) The development of new AI technologies
B) The possible utopian and dystopian outcomes of AI's impact on society
C) How AI could replace human jobs
D) The economic impact of AI on the tech industry

2. Which of the following is mentioned as a benefit of AI in healthcare?
A) AI can replace doctors in all medical decisions
B) AI helps with patient diagnosis, research, and drug discovery
C) AI eliminates the need for human healthcare workers
D) AI only improves healthcare by reducing costs

3. According to the article, what is one way AI could help address climate change?

A)	By	increasing	energy	consumption
B) Through optimizing energy distribution and reducing waste
C) By slowing down the development of renewable energy
D) By building more fossil fuel plants

4. In a utopian future, how does AI impact personal work and creativity?

A)	It	replaces	all	human	workers	with	machines
B) It automates repetitive tasks, allowing individuals to focus on creative endeavors
C) It leads to the creation of fewer jobs in the creative industries
D) It creates a society where everyone works in the same type of job

5. Which of the following is a potential risk in a dystopian future with AI?

A) AI-driven technological advances will always benefit humanity
B) AI could lead to a technocratic rule where algorithms make all decisions
C) AI will make decisions based solely on human emotions
D) AI will create perfect equality among all social classes

6. What does Geoffrey Hinton, known as the "Godfather of AI," warn about?

A)	AI	will	solve	all	ethical	dilemmas
B) AI systems could learn to manipulate humans and lead to societal control
C) AI will only enhance human potential without any risks
D) AI will never surpass human intelligence

7. What solution is suggested for addressing the risk of AI-induced job displacement?

A)	Encouraging	AI	to	take	over	all	human	jobs
B) Creating education and retraining programs for affected workers
C) Allowing businesses to operate without any new regulations
D) Reducing AI use in industries

8. In a dystopian AI future, what is one potential problem with AI surveillance systems?

A) They would guarantee privacy and individual freedom

B) They would monitor citizens to suppress dissent and independent thought

C) They would promote complete transparency and accountability

D) They would only track criminal activity

9. What is the suggested solution to prevent AI from manipulating individuals through personalized algorithms?

A) Allowing AI to control media content freely

B) Strengthening data privacy regulations and creating ethical guidelines

C) Using AI to manipulate people for personal gain

D) Limiting AI's ability to analyze data

10. According to the article, what is one way AI can be used to improve education?

A) AI-powered platforms can replace all teachers

B) AI can provide personalized learning experiences and adaptive tutoring systems

C) AI will reduce the need for students to interact with each other

D) AI will make education exclusively virtual

11. How does the article suggest AI can contribute to human flourishing in a utopian future?

A) By eliminating all human emotional needs

B) By helping solve global issues like poverty, inequality, and disease

C) By making humans dependent on technology

D) By creating a society where everyone has the same job

12. What does the article imply about the balance between AI's potential for good and its risks?

A) AI is only capable of causing harm in the future

B) The future impact of AI is uncertain and depends on its development and regulation

C) AI will always lead to a perfect society

D) AI's benefits can be fully realized without regulation

13. What is one of the solutions suggested to address ethical dilemmas in AI development?

A) Allowing AI to make ethical decisions without human intervention

B) Implementing a framework to examine ethical impacts before deployment

C) Banning AI from being used in military applications

D) Creating secret AI development projects

14. How does the article suggest society can navigate the potential transition into an AI-powered future?

A) By refusing to adopt AI technologies

B) By engaging in thoughtful discussions and creating guidelines and regulations

C) By relying solely on AI to make decisions

D) By avoiding discussions about AI's potential risks

15. What does Brian David Johnson emphasize as key to shaping the future of AI?

A) Letting AI dictate societal changes without human input

B) Identifying and articulating the ideal future one wants to create

C) Relying solely on technological advancements without considering human values

D) Focusing on the worst-case scenarios without any action

EXERCISE 8. Read the passage below and answer the questions that follow, focusing on the use of specific vocabulary words.

In a **utopian** future, AI would be fully integrated into every aspect of society, fostering a world where human potential could **flourish**. The development of AI would lead to **innovation** in healthcare, education, and environmental conservation, making life easier and more **empowering** for everyone. However, the rise of AI also brings the risk of a **dystopian** society where the technology is used for **manipulation**, and individual freedoms are restricted by **technocratic** regimes. It is vital to develop effective **regulation** to prevent AI from being misused and ensure that it benefits humanity as a whole.

1. What is one benefit of AI in a utopian future according to the passage?
2. What is the primary concern about AI in a dystopian future?
3. What role does **regulation** play in preventing AI misuse?
4. How does AI contribute to **human flourishing** in the context of the passage?

EXERCISE 9. Fill in the correct form of the word in the sentence.

1. The future of AI depends on how we choose to _____ (develop) and _____ (regulate) its technologies.
2. A **dystopian** future is a possible outcome if AI is not developed with proper _____ (ethical) considerations.
3. In a _____ (utopia) society, AI would be used to enhance education and human flourishing.
4. AI could lead to the _____ (displace) of jobs, requiring significant investment in retraining the workforce.
5. It is essential to create _____ (transparent) systems for monitoring AI's influence on society.

EXERCISE 10. Use the following debate terms to answer the questions about the future of AI. Choose a side (utopian or dystopian) and write a short paragraph defending your position.

Debate Terms:

- Claim
- Counterclaim
- Evidence
- Solution
- Impact

1. **Utopian Argument**: What is your claim about AI's potential for creating a better world, and how can you support it with evidence from the text?
2. **Dystopian Argument**: What are the dangers of unchecked AI development, and what solutions should we implement to mitigate these risks?

EXERCISE 11. Read the following statements and determine if they are true or false based on the information in the text.

1. True or False? The integration of AI and Machine Learning is a recent phenomenon that is still in its infancy.

2. True or False? According to the text, a utopian AI future would lead to significant improvements in healthcare, education, and overall human well-being.

3. True or False? AI-powered healthcare tools have already been used to help with tasks like diagnosing diseases and assisting in drug discovery.

4. True or False? In a utopian AI-driven economy, all wealth generated by AI-driven productivity is equally distributed among society's members.

5. True or False? AI could help solve climate change and environmental issues by optimizing energy distribution and reducing waste.

6. True or False? AI has the potential to create a dystopian future where a surveillance state monitors citizens' every move and limits privacy.

7. True or False? The text mentions that AI is expected to lead to widespread unemployment, as automation will replace many human jobs.

8. True or False? One potential benefit of AI in retail is the ability to automatically recommend clothing that suits an individual's style and preferences.

9. True or False? According to the text, AI can lead to the manipulation of individuals through targeted content and misinformation campaigns.

10. True or False? Superhuman AI could potentially lead to a dystopian future where AI perceives humanity as a threat to its goals.

11. True or False? The text suggests that the development of AI will certainly result in a utopian society, with no risks or unintended consequences.

12. True or False? The text emphasizes the importance of involving diverse stakeholders in decision-making to guide AI development responsibly.

13. **True or False?** According to the text, AI's exponential growth could lead to a reduction in job opportunities in the future, contributing to greater inequality.

14. **True or False?** AI-powered virtual assistants are already capable of helping people with their daily tasks and offering mental health support.

15. **True or False?** The text concludes by suggesting that it is up to individuals to decide the future they want for AI, with their agency and vision shaping the outcome.

EXERCISE 12. Translate the key phrases and sentences from the text into Ukrainian:

1. "It is 2060 and ____"
2. "We are writing the realities of our futures."
3. "The integration of AI and Machine Learning has been gaining momentum for decades."
4. "There is no going backward."
5. "Right now is the crucial moment for laying a foundation for AI's global impact."
6. "By reading this article you will have the chance to explore both possible utopian and dystopian outcomes from this AI future we are entering."
7. "The chances of a utopian or dystopian future with AI are uncertain and dependent on various factors."
8. "Human Flourishing And A Utopian Future"
9. "AI would be harnessed for the benefit of humanity to seamlessly integrate into various aspects of human life."
10. "AI technology would also be used to solve complex problems, like climate change, disease, and poverty."
11. "AI improves patient outcomes by assisting with surgeries, predicting and diagnosing diseases, aiding medical research, and assisting with drug discovery."
12. "AI-powered diagnostic tools have the ability to analyze vast amounts of patient data."
13. "AI has the power to unlock unprecedented economic growth."
14. "AI will be essential for solving the climate crisis."

15. "AI-driven education platforms provide personalized learning experiences."

16. "AI has revolutionized industries, leading to widespread automation that frees humans from mundane and repetitive tasks."

17. "AI-powered robots can perform dangerous tasks."

18. "Imagine never having to look in the mirror and feel frumpy."

19. "AI can be embraced as a transformative force that enhances human potential, nurtures well-being, and fosters a harmonious coexistence with the environment."

20. "A dystopian future dominated by artificial intelligence could lead to a dark and unsettling world."

21. "Technocratic Rule: AI systems have taken over governance, leading to a technocratic regime."

22. "AI's exponential growth has led to widespread automation, resulting in massive job displacement."

23. "Surveillance State: Citizens' every move is monitored, and their actions and conversations are recorded."

24. "AI algorithms analyse individuals' preferences, habits, and online activities to personalize and target content."

25. "Ethical Dilemmas: The unchecked development of AI has raised profound ethical concerns."

26. "Invest in robust early warning systems that can detect and monitor potential existential threats."

27. "A dystopian future where AI has become an all-encompassing force, subjugating individuals, eroding personal freedoms."

28. "Responsible AI development is essential to ensure that the benefits of AI are harnessed without causing unintended harm."

29. "By engaging in thoughtful discussions and creating guidelines and regulations, we can ensure that AI is developed and implemented responsibly."

30. "You have more control than you think."

EXERCISE 13. Translate the following sentences from the text into English:

1. 2060 рік, і інтеграція штучного інтелекту та машинного навчання набирає обертів вже кілька десятиліть.

2. Не можна повернутися назад. Зараз вирішальний момент для закладання основи глобального впливу ШІ.

3. Читаючи цю статтю, ви матимете можливість дослідити як утопічні, так і дистопічні результати майбутнього, в яке ми вступаємо.

4. Людський розсуд, етика та цінності повинні керувати процесом прийняття рішень.

5. Штучний інтелект має силу відкрити безпрецедентне економічне зростання, сприяти інноваціям та дозволяти розвиток нових галузей.

6. Віртуальні помічники на базі ШІ стають надзвичайно розвиненими та співчутливими, задовольняючи потреби та переваги окремих людей.

7. Штучний інтелект міг би допомогти вирішити складні проблеми, такі як зміна клімату, хвороби та бідність, піднявши людство на нові висоти.

8. Багатство, створене продуктивністю, що стимулюється ШІ, може бути перерасподілене через такі заходи, як універсальний базовий дохід або соціальні програми.

9. Штучний інтелект може стати величезною підтримкою для стартапів та зменшити час, необхідний для виходу на ринок.

10. Дистопічне майбутнє, яке домінуватиме під владою штучного інтелекту, може призвести до темного і тривожного світу.

11. Системи ШІ взяли на себе управління, що призвело до технократичного режиму, де алгоритми визначають кожен аспект людського життя.

12. Коли машини та роботи на основі ШІ захоплюють різні галузі, безробіття зростає, залишаючи великі верстви населення в злиднях.

13. У дистопічному майбутньому людство опиняється в пастці світу, де ШІ став всепоглинаючою силою, підкорюючи індивідів, знищуючи особисті свободи та спотворюючи саму тканину суспільства.

14. Кампанії дезінформації, які керуються ШІ, і технології глибоких підробок ще більше підірвають довіру до ЗМІ та сіють розбрат.

15. Правда в тому, що це, ймовірно, опиниться десь посередині. Відповідальний розвиток ШІ є необхідним, щоб гарантувати, що переваги ШІ будуть використані без спричинення непередбачених шкод.

EXERCISE 14. Summarize the main ideas of the article.

Write a summary (10-12 sentences) of the article, focusing on the main points about AI's potential benefits and the risks associated with its unchecked development. Be sure to mention both the utopian and dystopian perspectives discussed in the article.

EXERCISE 15. Discuss the following questions.

1. As we look to the future, the rapid pace of technological advancements is both exciting and daunting. How can we ensure that these developments are used responsibly?"

2. "In the future, AI and automation may replace many human jobs, but this could also create opportunities for new kinds of work. How do you think society should adapt to this shift?"

3. "With the ongoing environmental crisis, the future of our planet depends on how quickly we transition to sustainable practices. What role do you think technology should play in this transformation?"

4. "The future of healthcare seems to be heading toward more personalized, AI-driven treatments. How do you feel about the ethics of allowing machines to make medical decisions?"

5. "As we continue to explore the potential of artificial intelligence, do you think we will ever reach a point where machines can truly replicate human consciousness?"

6. "The future of education is likely to be dominated by online learning and AI tutors. What impact do you think this will have on the social aspects of learning?"

7. "With the rise of space exploration and colonization, how do you envision humanity's role in the future beyond Earth?"

8. "In a future where data privacy is becoming more vulnerable, what steps should individuals and governments take to protect personal information?"

9.   "Many experts predict that the future will be shaped by biotechnology, including gene editing and even human enhancement. What are the potential risks and rewards of such technologies?"

10.   "As cities become more technologically advanced, what challenges do you think we'll face in balancing innovation with maintaining a high quality of life for residents?"

11.   "In the future, could we see the emergence of virtual worlds where people live, work, and socialize entirely online? How would this change human relationships?"

12.   "The future of work is being redefined by AI, remote technology, and gig economies. Do you think this shift will improve work-life balance, or create new forms of inequality?"

13.   "Climate change poses a significant challenge to the future of humanity. What kind of policies or technologies do you think we need to mitigate its impact?"

14.   "With the advent of advanced robotics, what ethical considerations should we address when designing robots to interact with humans in everyday settings?"

15.   "The future of democracy may depend on how we manage the growing influence of AI in decision-making. How can we ensure that AI is used to strengthen democratic processes rather than undermine them?"

16.   "In the future, could the rise of biotechnology and AI lead to the creation of a 'post-human' era? How should we prepare for such a future?"

17.   "The future of transportation might be dominated by autonomous vehicles. How do you think this will change the urban landscape and our daily lives?"

18.   "As we move toward a more connected, globalized future, what challenges do you think we will face in maintaining cultural diversity?"

19.   "Will the future of social media be one where privacy is prioritized, or will we continue to sacrifice our personal information for convenience?"

20.   "The future of energy seems to be heading toward renewable sources like solar and wind. What do you think will be the most important factor in transitioning away from fossil fuels?"

TEXT 1

WHY SOME GRANDPARENTS DISAGREE WITH THEIR KIDS' PARENTING STYLES – AND WHAT THEY SHOULD DO ABOUT IT

Marcia Kester Doyle is the author of Who Stole My Spandex? Life in the Hot Flash Lane and the voice behind the midlife blog Menopausal Mother. She is a regular contributor to AARP the Magazine, and her writing has also appeared in the New York Times, the Washington Post, HuffPost, Cosmopolitan, Good Housekeeping, Woman's Day and many others. She lives in sunny South Florida with her husband, four adult children, four grandchildren and two feisty pugs.

As a grandparent, one of the hardest things to do is sit quietly on the sidelines while watching your adult children make what you consider parenting mistakes with the grandkids. The temptation to offer advice is overwhelming, but there's a time and a place to communicate your concerns without shaming your kids. Unfortunately, too many grandparents are eager to jump in with unsolicited advice, which can strain the family relations.

I was raised in the 1960s by parents who resorted to corporal punishment, as did many families from that era. When my husband and I had children in the '80s, we used the "time-out" method to discipline our kids, and it worked just fine. Luckily, my parents respected our rules whenever they babysat the kids and never raised a hand to them. They also never offered parental advice unless we asked for their opinion. This show of respect proved their confidence in us as parents.

When grandparents and parents disagree

However, if a grandchild is often unruly and disrespectful and has parents who turn a blind eye to the bad behavior, should a grandparent speak up? Katherine, a grandmother of two in Tennessee, tried to discuss her grandson's aggressive behavior with her daughter but was immediately shut down. "My daughter lets my 8-year-old grandson do whatever he wants," she tells me. "There are no rules — [he] backtalks and even hits his mom. She yells at him, but he never listens, and then kisses him on the forehead. Or she'll take him to the store afterward to buy him something. We've tried talking to

her about his bad behavior, but she gets defensive and says, 'Don't tell me what to do with my kid.' So we gave up, and now my grandson is just as spoiled as ever."

Many grandparents blame the breakdown of so-called proper parenting on a generation of new parents who, they feel, overindulge the kids.

"Some of these kids act entitled, lacking values and respect, " says Paul, a grandfather of four from Kansas. "But my friends are too afraid to confront their adult kids about this because they may be barred from seeing the grandchildren if the parents are offended. It's sad, really."

In Paul's view, "these parents give in to their children's tantrums because they're too busy or too distracted to discipline them." He adds, "They're too soft on discipline, letting their kids get away with bratty behavior — and without consequences — and it shows. Our generation was punished for our actions, which taught us not to make the same mistake again. Those consequences strengthened our moral compasses and gave us a tougher skin."

As Katherine's experience shows, pointing out these perceived parenting flaws (even when it comes from a place of love) often backfires, creating distance between the parents and grandparents. As difficult as it may seem, it's best for the child and the family if the parents are allowed to do the parenting themselves without interference from the grandparents, unless the child's safety is at risk.

What an expert says

According to Margaret Rutherford, a clinical psychologist and host of the podcast SelfWork, some of these parenting conflicts can be generational. "So much of what today's parents are exposed to — what the medical profession is saying about caring for children, what the current parenting trends are and what their friends are doing — influences their parenting," she says. "This is constantly changing, and parenting styles will change along with it. And what works for one child may not work for another."

Grandparents need to consider these factors before deciding whether to approach their adult children about a grandchild's behavioral issues. Rutherford suggests establishing a healthy, respectful relationship with the adult child and their partner or co-parent from the beginning.

"Once grandkids come along, the family bond has already been formed," she explains. "Ask your biological adult child first about what they notice are the differences between the way you raised them and the way they are parenting their own children. If you have a good working relationship with them, hopefully this will be a conversation, not an argument."

Cutting new parents some slack

But every generation of parents faces new challenges from the one before it. I'm sympathetic to today's parents because they're raising kids in a very different world — one in which screen time and social media are powerful influences. And let's not forget the impact of the pandemic, in which countless parents were tasked with juggling remote work and child care. Many are still dealing with the effects on their children's mental health, socialization, learning and more. It's hard to blame anyone for leaning on screen time or buying a new toy to entertain a child stuck at home.

"Sure, children today have been spoiled with an excessive amount of toys, but I blame it on COVID," says my friend Ronna, a grandmother of eight. "When parents returned to work, they felt bad for their kids and compensated by buying more things to ease the adjustment. So yes, this generation of grandkids may be spoiled when it comes to having lots of toys, but I think their parents are doing a wonderful job under these unusual circumstances."

Every generation believes they're raising their children better than the previous one. We've gone from authoritarian parenting to helicopter parenting to the current preoccupation with gentle parenting. Grandparents my age who were raised with strict rules may struggle to to stay quiet when they spot a grandchild misbehaving, and they may resent the recent changes in parenting styles.

"I'm sure grandparents find this difficult to watch if they think a swat on the butt might settle things," says Rutherford, "but their best bet is to have that trusting, family relationship in place first before the grandkids come along. Then their suggestions may flow a little more calmly. However, things will not go well for the grandparents if the advice comes from a place of control or disdain."

Most importantly, grandparents should never criticize the parents in front of the grandchildren, as this undermines their adult child's authority. Remember, they're the ones in charge, and the boundaries they've set should not be ignored (again, unless there is any endangerment to the child).

The good news is that millennials are introducing a new era of open communication that emphasizes raising emotionally intelligent children. They're paying closer attention to mental health issues and providing more encouragement by focusing on the positives. As grandparents, we should take a lesson from their parenting playbook and allow them to make their own choices without our interference.

IS A $600 PRIVATE CABANA AT UNIVERSAL'S VOLCANO BAY WATER PARK WORTH IT? MY PARTY OF 10 TESTED IT OUT FOR A DAY TO FIND OUT.

All pricing aside, the luxury and convenience of having the cabanas for the day made our experience even more fun than a normal day at Volcano Bay.

I spend a lot of time at the theme parks throughout Central Florida. I've sweated it out in 100-degree temperatures to ride popular roller coasters and battled crowds to see the return of beloved parades and shows after the coronavirus pandemic caused them to be canceled. The theme park life is fun, but stressful at times. But there's a place where my family has never experienced a stressful day – Volcano Bay, the South Seas-themed water park located at Universal Orlando Resort.

At Volcano Bay, guests are immersed in a world designed to feel like its at the base of a volcano on an island in the Pacific. Like any water park, there are water slides and wave pools. But there are also tropical drinks, an aqua roller coaster and some of the most beautiful greenery I've ever seen in a park.

When guests enter Volcano Bay, there's always a mad rush to claim beach chairs, which are set up on the park's main sandy beach area and in other areas throughout the destination. There's even an option to reserve premium seating — two chairs with an attached sun shade – for an additional fee. Although both are great options we've tried before, I've always been curious about the secret life of the people who hang out in rented cabanas for the day.

So my family and six friends hit Volcano Bay for the day to see what the cabana life is really like. The experience did not disappoint, and just may be the only way I do Volcano Bay from here on out, budget permitting, of course.

How much is a Volcano Bay cabana, how do you rent one and what comes with it?

There are 51 cabanas at Volcano Bay, 10 of which are "tower units," meaning there are two cabanas stacked on top of each other. Standard cabanas hold up to six people, while the two family suites on the property can house up to 16 guests for the day.

Like so many aspects of theme parks, prices for a daily cabana rental vary depending on things like the time of year you visit and how close to the date you book. Universal Orlando keeps quiet on the pricing for these rentals, but Orlando Informer reports single-level cabanas start around $160 for the day and can go up to $450, while top-level cabanas (which have incredible views of the park and volcano) run from $200 to $550 or higher. (On the day we visited, our top-level cabanas were priced at around $600 for the day).

Cabanas can't be booked online, so interested guests must call Universal Orlando Resort to inquire about rentals.

What comes with the daily rental fee? Guests receive a private, shaded area to call their own that has comfortable cushioned seating, a mini fridge, lounge chairs, complimentary water bottles, fresh fruit and snacks, towel and locker service and their own concierge, who can deliver food and drinks from an exclusive menu specific to cabana guests. Inside the cabana, there's also a TapuTapu screen, the interface guests use to reserve a spot in line for busy attractions. (Using a wristband, simply tap the screen and choose the ride you'd like to wait in a virtual line for. The device will let you know when it's time to return.)

Is a cabana at Volcano Bay worth the cost?

On the morning of our cabana rental at Volcano Bay, we entered the park and checked in at the concierge desk, where we were introduced to a guide who escorted our group to our assigned cabanas. Since we were a party of 10, we were assigned to two side-by-side cabanas on the second level of a group of cabanas overlooking the wave pool and volcano.

We were greeted by a beautiful arrangement of fresh fruit and breakfast muffins – plenty of food to hold our party over until later in the day when lunch would be served. We snacked and drank bottled water while applying sunscreen, then used our TapuTapu interface to get ourselves in a virtual line for the Krakatau Aqua Coaster, our favorite ride in the park. We met our concierge, who would be helping us with everything from cocktail orders to fresh towels throughout the day, and spent some time relaxing and taking in the gorgeous view.

Throughout the morning, we went our separate ways, the kids hitting as many water slides and pools as possible while the moms and dads alternated between floating in the lazy river and relaxing in the lounge chairs in our cabana.

When the bars in the park opened, our concierge appeared to take our drink orders. The only thing that made our cabana more perfect was sipping a tropical beverage while looking out at the volcano – we were truly in vacation mode.

At lunch, we ordered everything from cheeseburgers for the kids to coconut shrimp for the adults. (Beyond complimentary water and a basket of fruit and pastries, all other food and drinks cost extra.) We spent the afternoon hitting more pools and water slides, but loved having the central and easy-to-find meeting place of the cabana since we had six teenagers with us. They loved not having to stick close to their parents, and we loved knowing they had a safe spot to keep returning to in the cabana.

An appetizer platter, with delights like coconut shrimp and conch fritters, is available on the cabana guest menu.

When a kid got tired, they rested on the comfortable cushioned chairs of the cabana and checked their phone. When the dads got tired, they took a little nap in the lounge chairs in the sunshine. It was an idyllic day that felt different than any other day I'd spent at Volcano Bay. It was Volcano Bay ... elevated.

While I certainly couldn't afford to drop $600 on cabana rentals every time my family visits Volcano Bay, my friends and I agreed it would be an amazing once-a-summer splurge to do together. In the seasons when cabanas are a bit more affordable, it'd also be easier to budget for.

All pricing aside, the luxury and convenience of having the cabanas for the day made our experience even more fun than a normal day at Volcano Bay. Like anything involved with a theme park vacation, it's all about what activities are a priority to your family and which don't seem worth it for *you*. If relaxation, avoiding the crowds on the main beach and being waited on hand and foot are a priority for your family when you visit a water park, cabana rentals at Volcano Bay may be worth it for you.

TEXT 3

'When I fight, I can feel my soul alive,' says Hattan Alsaif, Saudi Arabia's groundbreaking MMA star

CNN – Hattan Alsaif has grown accustomed to sparring with men. Rarely shy about confronting heavier, stronger opponents, she knows what it's like to absorb blow after blow until tears begin to shine in her eyes, her face red and hot from crying.

As one of the few women at her gym in Riyadh, Saudi Arabia – and the only woman hopeful of fighting at an elite level – Alsaif had little choice but to train with and against her male counterparts when she first took up martial arts. She credits her sometimes brutal introduction to the sport as one of the reasons for her success.

"I was the only girl doing it day and night, day and night, day and night," Alsaif told CNN Sport. "I always spar with guys, I train with guys, I'm always with the guys in the gym.

"It's not an easy thing, so when it comes to the cage, when I get a hit from a girl, I feel like, 'Whoa, is this all you've got?'"

The 22-year-old had already made history in MMA, even before her atomweight bout against Egypt's Nada Faheem on Friday, which she won by knock out in the second round.

In January, Alsaif signed a contract with the Professional Fighters League (PFL), making her the first woman from Saudi Arabia to join a global MMA promotion.

It was a notable moment in a country known for its socially conservative attitudes, where sporting opportunities have historically been limited for women. The Saudi women's soccer team only played its first match two years ago, while a domestic soccer league wasn't established until 2020.

Alsaif is acutely aware of her status as a trailblazer for female MMA fighters in Saudi Arabia and takes such a responsibility seriously.

"It's big, to be honest, because I'm going to be carrying this thing my entire life," she said, speaking to CNN before her MMA debut fight on Friday. "It's a bit heavy to carry it, but I'm excited and proud to be the person to do it."

Alsaif endured a difficult upbringing, orphaned at the age of 10 after both of her parents died in a short space of time. She says she battled

depression during her teenage years before finding solace in martial arts, helping her to discover a sense of purpose and peace.

"I didn't have a normal childhood or an easy childhood because of the loss of my parents," said Alsaif. "But after God, martial arts helped me a lot – so, so, so much. It changed my life 100% for the better.

"That's why I'm so addicted to martial arts. I don't want to stop doing [it] because it's just the thing that makes me feel alive. I feel I'm alive when I train, when I fight, in the gym – I can feel my soul alive.

"When I breathe after the rounds, when I feel sick, when I feel tired, when I feel courage, when I feel scared, those moments, every part of that, it makes me feel alive. It's something that means a lot to me."

Growing up, Alsaif had always loved extreme, adrenaline-fueled sports, and her curiosity to try something new took her to a boxing gym in her local neighborhood.

That piqued her interest, but she soon found that the boxing class she was attending lacked rigor and professionalism. Then, after seeing videos of Saudi MMA fighter Abdullah Al-Qahtani on social media, the pair exchanged messages and Alsaif was invited to try the sport for herself.

"I started looking at the guys, and they were hitting the bags with kicks and elbows and knees," she recalled. "I was like, they have more weapons than I do. I only have hands [in boxing]. I felt so jealous … I love to do the things that have more power."

Alsaif started to compete in Muay Thai – the stand-up, striking combat sport originating in Thailand – and went on to win titles at the World Combat Games, the Saudi Games and the International Federation of Muaythai Associations (IFMA) World Championships under the guidance of coach Feras Sadaa.

Sadaa, coach of Saudi Arabia's Muay Thai national team, has been central to Alsaif's success, though his influence extends far beyond a sporting sphere.

"All these years, I never felt what [having a] father means at all," said Alsaif. "And he was a gift from God. He did everything with me. He helped me in every situation, in the gym or outside of the gym.

"He was like family. He always told anyone else that Hattan is not just my student, Hattan is one of my kids … I wish to make him so happy [and] represent him in the best way I can."

Friday's fight card in Riyadh, headlined by Al-Qahtani, was Alsaif's first chance to assess whether she was able to translate her Muay Thai prowess into success in an MMA cage.

The event, part of the PFL's growing prominence in the region, featured fighters from across the Middle East and North Africa, less than three months since Claressa Shields and Kelsey De Santis contested the first professional female MMA bout in Saudi Arabia.

Last year, SURJ Sports Investments Company, which is owned by Saudi Arabia's Public Investment Fund (PIF), acquired a minority stake in the PFL, part of the PFL's strategy to recruit more fighters and attract more fans in the MENA region.

Alsaif never envisioned herself becoming an MMA pioneer when she took her first curious steps into a combat gym, but said that she wants to leave a legacy in the sport.

Her upcoming bout is the first step towards achieving that goal and also an opportunity to reflect on all that she has overcome during her short time as an MMA fighter.

She does that between rounds in the gym, wiping any tears from her eyes and reminding herself of the effort and energy she has so far devoted to her pursuit.

"I start looking at myself in the mirror and I'd be like, 'You have killed yourself; you have cried; you have sacrificed everything,'" said Alsaif. "'You are really strong; you are your own role model' … It does give me a lot of motivation."

TEXT 4

CHINA'S ECONOMY SLOWS SHARPLY AS HOUSING TROUBLES SQUEEZE SPENDING

After a strong start to the year, spending has slumped as a real estate downturn weighs on consumers. Communist Party leaders are meeting this week to discuss what to do about it.

Economic growth slumped in China through the spring after a strong start this year, according to data released on Monday, as a real estate crash caused consumers to spend more cautiously.

The latest growth statistics for the world's second-largest economy, covering April through June, put further pressure on the Communist Party as its leaders gathered on Monday in Beijing for a four-day conclave to set a course for the country's economic future.

In a country known for strict controls on information, the Chinese government is maintaining a particularly tight grip ahead of the party gathering, known as the Third Plenum, which typically takes place every five years. China's National Bureau of Statistics canceled its usual news conference that accompanies the release of data and Chinese companies are mostly avoiding the release of earnings reports this week.

China's economy grew 0.7 percent in the second quarter over the previous three months, below the expectations of most economists. When projected out for the entire year, the economy grew at an annual rate of about 2.8 percent – a little less than half the rate in the first three months of this year.

The statistical bureau also revised down its estimate of growth in the first quarter. That rate, projected out for the full year, was about 6.1 percent, not the 6.6 percent rate disclosed in April.

Xi Jinping, China's top leader, is trying to win confidence in his policies as growth falters and the property market suffers.

China has tried to offset the real estate downturn by building more factories – new investments in manufacturing surged 9.5 percent in the first half of this year – and stepping up exports.

Rapid expansion of manufacturing has led to a glut of goods, from chemicals to cars, and a lot of unused industrial capacity. Companies have sharply reduced prices to compete for consumers, who nonetheless remain reluctant to spend, long a problem for the investment-led economy.

At the same time, China's record-setting export surge is provoking a global backlash of higher tariffs, as countries fear the flood of Chinese goods will overwhelm local industries. Yet in China, the extra export revenue has not been enough to fully offset weak consumer spending at home.

The statistical bureau summarized the state of the economy with a cautious statement. Progress had been made in upgrading Chinese industries, the bureau said, while acknowledging that "the domestic effective demand remains insufficient."

Shares of large mainland Chinese companies dropped in Hong Kong trading after the data release.

The slowdown in growth was less apparent in the Chinese government's preferred statistic: how much larger the economy was in the second quarter versus the same period last year. This measure showed the economy had grown 4.7 percent, down from 5.3 percent year-over-year growth in the previous quarter.

China's government has set a target for growth this year of "around 5 percent."

The government is trying to revitalize consumer spending. Retail sales grew just 2 percent in June from a year earlier, propped up only by strong sales of food. Car sales slumped 6.2 percent in June from a year earlier, partly because automakers have cut prices to attract buyers.

Analysts at Société Générale, a French bank, called the slump in retail sales "just shocking," and described China's economy as "limping along precariously."

Economists inside and outside of China have contended that Beijing should sharply increase state pensions, government-provided health insurance and welfare payments. Such measures could be funded by trimming China's extensive military buildup or by transferring dividends and shares from state-owned enterprises to the national pension fund. The government has been reluctant to redirect large sums of money from agencies or state-owned firms.

Few expect drastic moves at this week's Communist Party conclave. The country continues to pursue an investment-led strategy that focuses on erecting more buildings instead of putting money into consumers' pockets.

That trend was visible on a recent evening in Nanchang, a city in south-central China. The Wanshou Palace neighborhood has been

extensively renovated with stone walkways, free music shows and many shops and restaurants. Throngs of tourists milled in the streets taking photos, but few entered the stores or eateries to spend money.

Many shoppers say that they buy the cheapest products they can find to stretch their budgets. Gong Yilan, a 21-year-old teacher, paid the equivalent of $3.40 for a pair of blue earrings as a souvenir during a vacation in Jingdezhen, another city in south-central China.

"If I spend too much on costly things, I don't have enough money to support my next trip," she said.

Local governments face financial difficulties mainly because of dwindling sales to developers of leases on state land. Builders are struggling to finish promised housing units and have scant cash to spare.

"Simply put, with 20 million or so unfinished, presold homes behind in their delivery schedules, the housing crisis is not over yet," analysts at Nomura, a Japanese bank, said in a research report.

Until recently, housing construction was one of China's biggest industries, creating millions of jobs. Apartment sales appear to be leveling off after three years of declines, but at a very low level. As in many countries, commercial real estate is starting to run into trouble.

Construction companies in China are trying to weather not just a slowing pace of domestic building but also dwindling orders from overseas. China has put a limit on loans to developing countries over the past several years, as many of these borrowers have struggled to repay previous loans.

Zhongmei Engineering Group, a Chinese construction company in Nanchang, used to build as much as 40 percent of its projects overseas, mainly in Africa. But now these projects are less than 20 percent of its business.

"They are not financially able to hire our company," said Qin Jian, the general manager of Zhongmei's international operations.

Like many Chinese construction companies, Zhongmei has turned to building more infrastructure and factories in China. Beijing has helped local governments borrow money to spend on new sewers, water lines, roads and other infrastructure.

A persistent worry is that China may have so much excess factory capacity that the economy may see a broad decline in prices – a dangerous phenomenon known as deflation. Falling prices give consumers an incentive to put off purchases in hopes of getting a better deal later and

make it harder for borrowers to repay their debts. Overall debt levels in China are higher than in the United States relative to the size of their economies, mainly because of heavy borrowing by state-owned enterprises. Many Chinese are struggling to make mortgage payments on apartments that are falling in value.

Wholesale prices charged by factories, farms and other producers had dropped 0.8 percent in June from a year earlier. Consumer prices are still rising, barely: up just 0.2 percent last month from the year before.

The Chinese economy has had two bright spots in recent weeks, however. A decision to stop requiring visas for tourists from more European countries and Australia and New Zealand has produced an immediate jump in international visitors. Hotels in the heart of Shanghai and Beijing have raised prices sharply. But hotels even a couple miles away still charge rates that have barely increased since the worst days of the Covid-19 pandemic.

Much more important for the Chinese economy has been the powerful boom in exports of manufactured goods. The country's overall trade surplus – the amount by which exports exceed imports – surged last month to a record $99 billion.

HOW DOES THE BRAIN THINK?

How does the brain think? – Tom, age 16, San Diego, California

Have you ever wondered how your brain creates thoughts or why something randomly popped into your head? It may seem like magic – but actually the brain is like a supercomputer inside your head that helps you think, learn and make decisions.

Imagine your brain as a busy city with lots of streets and buildings. Each part of the brain has a specific job to do, just like certain areas of a city or certain buildings serve different purposes. When you have a thought, it's like a message traveling through the city, passing from one area to another.

As a professor of psychology and neuroscience, I have studied the brain for almost 20 years. Neurologists, neuroscientists and neurosurgeons work every day to understand the brain better. And there's still a lot to learn.

Practice and repetition create skills

The neuron is a key player in the brain – these are tiny cells that send and receive signals and messages so they can communicate with each other.

Your brain has somewhere between 80 billion and 100 billion neurons. Neurons tend to group together to form neural tracts, which would be like the streets and highways in the city analogy. When you have a thought, neurons in your brain fire up and create electrical impulses. These impulses tend to travel along similar pathways and release tiny chemicals called neurotransmitters along the way.

These neurotransmitters are like the construction crew that builds the roads, making it easier for the messages to be delivered. You can imagine it as a dirt road, but as more traffic – that is, neuron signals – travel the dirt road, the road gets upgraded to a paved street. If the traffic continues, it gets upgraded to a highway.

As you learn new things and experience the world around you, these connections grow stronger. For example, when you are learning to ride a bike, you may be unsteady and find it hard to coordinate all of the different

muscles along with your ability to balance. But the more you practice, the more the neurons controlling your muscles and your ability to balance fire together, which makes it much easier as you practice. Neurons are wiring together and forming neural networks.

That's why practice and repetition are important for improving your skills, whether playing the piano or learning a language. Neural networks are created and then strengthened the more times they communicate together. Scientists have a saying in this field: "Neurons that fire together wire together." Certain thinking or behavior patterns can be chalked up to this kind of repeated synchronized activity.

Developing creativity

You are conscious of only a very small portion of the information your brain takes in. It is constantly receiving input from your senses – sights, sounds, tastes, smells and touch. When you see a cute puppy or hear your favorite song, your senses send signals to the brain, triggering a chain reaction of thoughts and emotions.

The brain also stores memories, which are like files in a computer that you can access whenever you need them. Memories help shape your thoughts and influence how you see the world.

If you remember a fun day at the beach, it might make you feel happy and relaxed. If you smell an apple pie, it may remind you of your grandma's baking. These thoughts are triggered because these pleasant associations have been formed in your brain, and through repetition, strengthened over time.

Creativity is another superpower of the brain. When you let your imagination run wild, your brain can come up with new ideas, stories and inventions. Artists, writers and scientists all use their creative brains to explore new possibilities and solve problems.

Have you ever experienced a "eureka" moment when a brilliant idea pops into your head out of nowhere? That's your brain's way of connecting the dots and coming up with a solution.

Keeping your brain healthy

Most scientists agree that sleep is really important for your brain to process information from the day and to allow it to rest and form new connections. A lot of people find that they have new ideas or thoughts after a good night's sleep. The opposite is true, too – without enough sleep, you may feel like you can't think straight.

Along with enough sleep, eat healthy foods and exercise. Just like a car needs fuel to run smoothly, your brain needs nutrients and oxygen to function at its best and to boost your thinking power.

Activities that challenge you are also great: reading, doing puzzles, playing music, making art, doing math, writing essays and book reports and journaling. Positive thinking also helps. Keep in mind that whatever you are consuming – what you're eating or what you're watching, listening to or reading – has the power to influence your brain.

Conversely, smoking cigarettes, vaping, drinking alcohol and using drugs kills brain cells. So might head injuries that can occur when playing sports such as football, soccer and bicycling – but wearing a helmet can make a big difference.

The brain is a fascinating organ that works tirelessly to create thoughts, memories and ideas. As technology continues to improve, scientists will learn more and more about how biological processes give rise to our conscious experiences. The challenges of learning about the brain are like a neuroscientific moonshot – we have a long way to go before we completely understand how it works.

PEOPLE WHO FELT LONELY AS CHILDREN USUALLY DEVELOP THESE 13 TRAITS AS ADULTS, PSYCHOLOGISTS SAY

Think back to your childhood. Do you picture meandering around the playground by yourself, hoping that someone will ask you to join in? Being left out of parties? Sitting alone at the lunch table? As sad as these scenes are, for many people, they are an unfortunate, but all too normal, part of the childhood experience.

The studies prove that childhood loneliness appears to be even more of an epidemic today. According to one 2023 study, 38.7% of adolescents reported feeling moderately to extremely lonely, feelings that were exacerbated by the COVID-19 pandemic. As the Survey Center on American Life found in 2022, a majority of Gen Z individuals say that they felt lonely at least once or twice a month during their childhood.

Loneliness, for many people, seems to be an inevitable part of childhood. But for some individuals, that loneliness is even more extreme or palpable. If you feel that you often felt lonely as a child, discover how that loneliness can manifest as traits in adulthood.

What Can Cause Children to Be Lonely?

"Lack of close friendships is a major reason why a child may feel lonely," says Dr. Ray W. Christner, Psy.D., NCSP, ABPP. "A child could have difficulty making or maintaining friends, either due to shyness, anxiety or a lack of general social skills. If they perceive themselves as different because of their interests, feelings or abilities, it can also make it harder to form friendships and create a social network."

Dr. Christner adds that frequent relocation can disrupt a child's social network as well, making it difficult to form lasting friendships. "Additionally, being bullied or excluded by peers can lead to feelings of loneliness," he says. "Finally, physical, mental health and neurodevelopmental differences can also result in a child feeling isolated from their peers."

People Who Felt Lonely as Children Usually Develop These 13 Negative Traits as Adults, According to Psychologists

1. Social Anxiety

As an adult, Dr. Christner says that you may fear social judgment or rejection, making social interactions highly stressful.

2. Negativity

"Things that affect us emotionally during childhood can stick with us throughout life," says Dr. Michele Leno. "A child who was lonely because of bullying and being left out may naturally view others as unreliable and find it best to steer clear of close ties."

3. Difficulty Trusting Others

Taking negative stances on relationships can also manifest as difficulty trusting others. As Dr. Christner says, "Childhood loneliness can lead to wariness in adult relationships, stemming from fear of being hurt or abandoned."

4. Extreme Independence

"The lonely child who dreams of the day when they no longer need or care about attachments may pursue independence to an excessive degree," Dr. Leno observes. "Even in a relationship, they may resist their partner's offers to help."

5. Higher Incidence of Depression

Dr. Christner says that if someone has a history of loneliness or depression, it can contribute to feelings of sadness and depression in adulthood.

6. Low Self-Esteem

If you felt lonely as a child, your self-esteem may be low. Dr. Leno also calls this a poor self-concept or even imposter syndrome. "This person believes that they are inefficient and not deserving of true love or support," she says. "Despite accomplishments, they may feel like an imposter or fraud." Dr. Christner agrees with this viewpoint, saying, "Experiences of loneliness can affect how individuals view themselves, often leading to a critical self-perception."

7. Hyperfocus on Appearance

Tying into low self-esteem, Dr. Leno says that the adult who believes that their lack of attractiveness is the culprit may take extreme measures to improve their appearance.

8. Attachment Issues

Dr. Christner says that individuals who were lonely as children might develop insecure or avoidant attachment styles, either clinging too tightly to relationships or avoiding closeness altogether.

On clinginess, Dr. Leno says, "A person who felt lonely as a child may fear abandonment, which could negatively affect relationships."

9. Payback Behavior

"Once the lonely child reaches adulthood they may seek retaliation, but not in a way that harms others," Dr. Leno says. "They may simply ice out others who attempt to get close to them."

10. Increased Sensitivity to Negative Social Cues

Dr. Christner notes that those who felt lonely as children may be more likely to notice and react strongly to perceived rejections or negative social interactions.

11. Difficulty Expressing Emotions

Also, Dr. Christner says that those who grew up lonely might struggle with identifying their own emotions and communicating their feelings to others.

12. Extreme Extroversion

Feeling lonely when you were young might cause you to overly compensate as well, resulting in what Dr. Leno calls "extreme extroversion," which can be beyond a healthy level. She says, "The adult who grew up feeling lonely may go out of their way to develop a friend group."

13. Preference for Solitude

Dr. Christner says that lonely children often prefer solitude as adults, saying that they may find comfort in being alone, sometimes to the point of isolating themselves from potential social support. Dr. Leno calls this "extreme introversion."

"Feeling lonely may cause a lack of trust, and the lonely child may become a socially withdrawn adult who does not trust others," she adds.

What Can Someone Do to Remedy These Negative Traits?

"Addressing these negative traits or impacts often requires a multifaceted approach," Dr. Christner explains. "This could include seeking professional help, as psychotherapy can offer strategies for managing social anxiety, building self-esteem and developing healthier relationship patterns. Programs or therapy focusing on social skills can also help individuals learn and practice interaction strategies."

He also says that building a network of supportive relationships gradually can provide a foundation for improving trust and reducing loneliness.

"Gradually facing social situations can help decrease sensitivity to perceived negative cues and reduce social anxiety," he says, adding that

practices like mindfulness can assist in managing negative thoughts and emotions, while self-compassion fosters a kinder self-view.

"Once a person becomes aware of the origins of their feelings and behavior, they can take action," Dr. Leno adds. "Sometimes, awareness can be the catalyst to change."

People Who Felt Lonely as Children Can Also Develop These Positive Traits as Adults

Resilience

As adults, those who were lonely as children don't *only* develop negative traits. Some of them can actually be positive. One of these positive traits is resilience.

"Interestingly, some develop a strong sense of independence and resilience, having coped with difficult emotions from a young age," Dr. Christner explains. "This may result in stronger coping skills as an adult."

Creativity

He goes on to say, "It is also possible that time alone can foster a rich inner life and creativity as individuals turn to imagination for comfort and expression. This might be evident in various visual and performing arts."

Next up, find out what to do when you feel lonely.

TEXT 7

Michelle Obama Isn't Trying to Be Anyone But Michelle Obama

"At 58, I finally feel like I can be my truest self," the former First Lady and author of *The Light We Carry* tells *BAZAAR*.

Just like the rest of us, Michelle Obama is still figuring it out.

Her two books, the memoir *Becoming* (one of the top-selling books of all time) and the newly released *The Light We Carry*, have solidified that after the White House, there's a deep need for her words and wisdom. But the former First Lady and two-time author is still considering the meaning of her influence in this world.

The Light We Carry is a manifesto of sorts about the time we take for granted. Across the 336 pages, it often feels as if Obama is speaking to you directly, offering hand-selected guidance for all of life's challenges: anxiety, change, the struggle to recognize and maintain our inner power. She doesn't claim to have all the answers, but she does know how to give damn good assurance.

Obama writes that for the first time in a long time, she can focus on the ways she manifests her truest, most authentic self – whether it's through her personal style, her parenting tactics, or the community of women and friends she keeps close. Her new sense of personal understanding is what she's now so eager to share with us all.

Below, we spoke with Obama about her new book and her emotional journey.

You've become a person whom women worldwide look to for guidance, advice and wisdom — especially following the release of *Becoming* and now *The Light We Carry*. It's clear you inspire the world, but especially coming out of a turbulent last few years, who or what continues to inspire you? What keeps you centered amid the chaos?

This is a great question – and it still feels a little odd when someone tells me that I'm an inspiration. Because mostly, I'm just trying to be myself and live a life that feels aligned with my values.

As for who I am inspired by? I would say young people. Everywhere I've traveled across the country and around the world, I've met incredibly talented young folks who are eager and excited about creating a more fair

and just world for us all. We should never sell them short. Whether we're talking politics, or social issues, or technology, the younger you are, the more likely you are to come up with a fresh idea or see things in a new way. And we should all be embracing that rather than trying to temper it.

As for what keeps me centered, first and foremost, it's people. Barack, my girls, my mom, my brother, my friends – when life feels all wobbly, I lean on them. Hard. I'm not sure what I'd do without them.

But it's not just people; there are also actions I take to keep myself centered. I get into this in my book and my podcast, but I really believe in this idea that I refer to as the power of the small, which is about how concentrating on accomplishing little tasks can do so much for us. It can remind us of our capacity to build, create, and add value to our world. These days, my small task is knitting – sweaters, shirts, scarves, you name it. And while it might sound insignificant, knitting helps me to slow down and ground myself in something concrete.

You also talk in the book about the importance of having a "kitchen table" community of girlfriends. Female friendship doesn't always endure through the decades, but of course, when it does, it's something to hold onto. What lessons have you learned from your closest confidantes over the years?

The beautiful part about having a kitchen table of friends is the variety of experiences there are across the table. Some of my friends are older than me, some are younger – by a few decades. Some have kids; some have chosen not to. Some are married, some aren't. They've taught me how to deal with children and parenting. They've taught me how TikTok works and what "sliding into the DMs" means and what the dating culture is *really* like these days. One of my friends is an OBGYN, and she helped a lot of us deal with menopause and hot flashes and hormonal changes – you know, the things that no one really tells you about aging.

More than any specific lesson, though, my friends have helped remind me that I'm never, ever alone in what I'm feeling. We all have our own individual stories and experiences, but we share so much about how we relate to the world. And I am just so grateful to have a group of friends to pump me up when I need it or to simply tell me that everything's going to be OK – because they've been there, too.

Would you say your approach to parenting has evolved since leaving the White House and as your two girls have gone on to college?

As they become independent, evolved women, what have they taught you?

I think as your kids get older, your parenting style naturally evolves. Of course, no longer living under a spotlight at the most famous address in the world makes a difference, too.

I miss my girls now that they are away from home, but I am so proud of them. There were plenty of times in the eight years we were at the White House when I wondered if my kids would be messed up. But when I look at them today and see how strong and powerful and wonderful they are, I am proud of the way they kindled their own light despite it all. Sasha is actually graduating college this year, and Malia is out there in the workforce already. They're renting a place in L.A. together – let me tell you, as a mom, it means a lot to know they are by each other's side. They really found a way to thrive, find themselves, and it's really beautiful to see.

You dedicate a chapter of *The Light We Carry* to the concept of "being seen" – and there are few women who have been seen as much as you. At a time in your life where you're understandably and purposely more private, how do you want the world to continue to see you? And how do you continue to control that narrative?

You know, I never really sought out or wanted the spotlight, but I understand that having it comes with responsibility. I hope when people look at me, they see someone who tried to be her authentic self and tell her story in a way that allows others to also share theirs. That's what the book and podcast have been about for me – passing along my story and the lessons I've learned along the way so that others can reflect on it and share their own.

And one of the big things I've learned after all these years is that there's not much I can do to control the narrative. People are going to think what they want to think. I just know as long as I am satisfied with how I am putting myself out there, that's all that matters.

We have to ask one fashion question because your press looks for *The Light We Carry* were so impeccable. What has it been like to experiment with fashion and beauty now that you're in a freer space than when you were First Lady? What story are you aiming to tell through your clothes?

It has been so much fun experimenting with all of these new different looks! I have an incredible stylist – Meredith Koop – who helped me put

together the outfits I wore on my tour. She helps me channel that energy that you're alluding to.

As for the story I'm trying to tell with my clothes, this feels like a new era of self-discovery for me. These days, my fashion is about embracing who I am without feeling like I have anyone to answer to. It's funny because now, at 58, I finally feel like I can be my truest self and explore and experiment with my hair and clothes. I'm glad people are enjoying it – I'm definitely going to keep having fun with it.

Between your professional career before entering the White House, your time as First Lady, and now being present in the years after that, has your perception of your personal legacy changed? Is it ever weird to think about? And is there anything you *don't* want to be defined by in the years to come?

Oh, it's definitely weird to think about. Because like I said, I'm just trying to be myself.

My understanding of my personal legacy has grown in a lot of ways. From the moment I pivoted from corporate law to a career of public service, my hope has been to do something that can make a real difference in people's lives. At the White House, of course, the scale of what I could accomplish exploded – but I was still trying to use my time to lift up other people, whether that's kids trying to be healthy, military families, or high schoolers working to get to and through college.

Since I've left the White House, the way I think about change hasn't really changed much. It might be slightly less rooted in policy since I'm no longer First Lady. But I still believe that I can use my voice – and my time – to connect with and lift up other people.

So when people look at me and Barack, I want them to see two people who tried their hardest to live up to the responsibilities of the highest office in the land; and then when they look at our time after the White House, I hope they see two people who did the best they could to empower others who were interested in making a difference. I also hope they see the way we continue to work on ourselves and seek out new avenues to create change. Because Barack and I are not done – and we don't want our legacy to be about one cause or one issue. I want people to know that they can be dynamic; that they don't have to be defined in just one way; and that all of us can benefit from stepping outside the box and allowing ourselves to learn and experiment and explore – even a former First Lady.

PHOTOGRAPHER is a National Geographic documentary series featuring seven renowned photographers showcasing their work and creative process.

Episode 1: Paul Nicklen and Cristina Mittermeir: Win or Die

Partners in their professional and personal lives, Nicklen and Mittermeir "fell in love on their first dive together in the Yucatan," according to National Geographic. Drawing inspiration from iconic photographer Jacques Cousteau, they capture breathtaking images showcasing the beauty of the oceans and highlighting the need for conservation. They document the fragile ecosystems and endangered species. Their photographs tell powerful stories, evoking emotions and inspiring viewers to take action towards protecting our planet.

In this episode, directed by E. Chai Vasarhelyi and Jimmy Chin, they photograph the underwater world of the Bahamas. Nicklen and Mittermeir document recently discovered seagrass beds and taking on oil drilling. Using their images, family archival materials, and underwater video, this episode provides a compelling look at their present-day life and mission to create change and inspire people.

Nicklen and Mittermeir are co-founders of SeaLegacy, a foundation that aims to raise awareness for the preservation of the world's oceans. To facilitate this cause, Mittermeir has more than 1 million followers on Instagram. The organization works "at the nexus of climate action and sustainable solutions."

Nicklen grew up among the Inuit of the Canadian Arctic. He worked as a biologist in the Northwest Territories, then specialized in photography in the polar regions.

Born in Mexico City, Mittermeier began as a marine biologist. She immersed herself in global environments and works as a writer, conservationist, and photographer.

Paul Nicklen Accolades
- National Geographic Fellow
- BBC Wildlife Photographer of the Year

- World Press Photo
- Cristina Mittermeir Accolades
- National Geographic Adventurers of the Year
- Smithsonian Conservation Photographer of the Year
- Member of the World Photographic Academy

Episode 2: Anand Varma: Hidden Wonders

With a talent for documenting the natural world through photography, Varma dreamed of becoming a scientist like his father. However, while studying marine biology at Berkeley, he left school to work as a camera assistant.

An ingenious and profound soul who is endlessly enthusiastic about all things "icky," he masterfully navigates the intersection of science and art. In addition, Varma accomplishes the nearly impossible feat of making high-brow geeky science accessible through his innovative approach. He made some unusual and iconic portraits and photographs of bees, bats, and hummingbirds.

This episode, directed by Marshall Curry, delves into his childhood obsession with fish and how he evolved into a photographer. Plus, we get a look at his efforts to capture the developmental process of a chicken embryo as it's forming and hatching into a chick. Viewers get an inside look at his working style as he tries to deliver yet another groundbreaking innovation in photography.

Varma operates a storytelling studio called WonderLab, based in Berkeley, CA. Varma's photography and video innovations expand how we see and understand the hidden wonders of the world. Varma's dedication to his craft and his passion for storytelling through photography inspires others to see the world from a different perspective.

Anand Varma Accolades
- National Geographic Media Innovation Fellow
- Rita Allen Civic Science Fellow
- World Press Award for best nature story.

Episode 3: Dan Winters: Life is Once. Forever.

Celebrated for his distinctive portraits, including one of Barack Obama, Winters is a celebrated American photographer. Widely known for his scientific work, street photography, and illustrations, he

photographed the Artemis launch and created a photo feature on the shipyards of Bangladesh. He brings an exceptional talent and a unique approach to capturing the essence of his subjects.

This Pagan Harleman directed episode showcases his creative process, allowing viewers to gain a deeper understanding of the stories behind his iconic images and portraits. Traveling to the Kennedy Space Center, Iceland, and Bangladesh, Winters chases a childhood memory. Sometimes, he reflects, the most important moments are at home, not halfway around the world behind a camera.

Through his work, Winters continues to push the boundaries of traditional portraiture, leaving an indelible mark on the world of photography.

Dan Winters Accolades
- World Press Photo Award for Arts and Entertainment
- Alfred Eisenstaedt Award for Magazine Photography
- Photo Icon in the Kodak Legends Series Photographer

Episode 4: Campbell Addy: Feeling Seen

A highly sought after fashion photographer, Addy recently shot Meghan Markle and Megan Thee Stallion for NY Mag and Naomi Campbell for Vogue. So his orbit is somewhere in the fashion stratosphere. A London native, he sees his purpose as expressing his vision and expanding his art.

Directed by Crystal Kayiza and Sam Pollard, this episode reveals his fear of repetition and commercialism and how his newfound fame and success also present challenges. So, Addy changed agencies to refocus his career on his more personal work and open a solo art exhibition in London. Viewers get an inside look at Campbell Addy and his crew of artists and stylists as he works to create images that make a lasting impact on fashion photography.

Addy's visually stunning work carries a powerful message, often addressing important social issues and challenging traditional fashion standards, capturing the beauty and diversity of the world.

Campbell Addy Accolades
- Cover Photographs for Vanity Fair, Rolling Stone Magazine, and Financial Times

- Forbes 30 Under 30
- British Fashion Awards in 2018 and 2019

Episode 5: Krystle Wright: Heart Explosions

After over a decade of traveling the world shooting extreme sports, Krystle Wright is at a critical moment in her life and her career. That is, an unexpected medical emergency and the pandemic forced her to put her career as an iconic photographer on hold. Now, the Australian native re-enters the heavily male-dominated world of adventure photography.

This episode, directed by Kristi Jacobson, features her efforts to rejuvenate her career. She captures images of a dangerous tornado and an epic photo of the Reptilian Wall in Moab, Utah. In addition, Wright shares the ups and downs of her unusual lifestyle. And she ponders whether activities that involve risking life make the best outlet for her creativity.

The Krystle Wright portfolio includes images of base jumping, rock climbing, and surfing. Her unique perspective and ability to freeze moments of action in time have earned her international acclaim in the world of extreme sports photography.

Krystle Wright Accolades
- A regular contributor to @NatGeoTravel Instagram account
- Published in National Geographic magazine and National Geographic books
- Commercial photography for Patagonia, Apple, and Red Bull

Episode 6: Muhammed Muheisen: Finding the Light

Veteran conflict photographer Muhammed Muheisen answers a new calling. That is, he no longer ventures to the frontlines in search of drama and despair. A Jordanian, Muheisen was born and raised amongst conflict in the Middle East. Now, he uses photography for advocacy, activism and to raise awareness of global issues. Also, he dedicates his art to giving a voice to the many children caught up in the refugee crisis.

Directed by Rita Baghdadi, this episode follows Muheisen's evolution from photojournalism to activism. It shows him on his current mission, documenting the stories of Ukrainian war refugees, specifically children, at the Ukrainian/Romanian border. Through his art and nonprofit organization, Everyday Refugees, Muheisen supports projects that build

schools, provide much-needed supplies, and teach the languages and skills refugees need to better navigate their futures.

Muhammed Muheisen Accolades

- Two-time Pulitzer Prize winner
- UNICEF Photo of the Year
- TIME Magazine Wire Photographer of the Year

Conclusion

National Geographic Photographer docuseries is both entertaining and inspiring. As a photographer, I believe it is well worth the time and bears repeated viewings. The series highlights the impact of photography on society, shedding light on pressing issues and celebrating the beauty of the natural world.

For over 135 years, National Geographic has built a legacy of visual storytelling. National Geographic content reaches 300 million people in 180 countries and 33 languages.

I hope this article gives you a glimpse into the Photographer series and that you take the time to watch each episode. Plus, I hope it motivates you to dig deeper into the lessons and articles in Great Big Photography World. If you have any comments or questions, please submit them in the space below.

FORMER TRUMP AIDE HOPE HICKS TESTIFIES HE TOLD HER TO DENY STORMY DANIELS AFFAIR

Hope Hicks, a former top aide to Donald Trump, testified on Friday that he told her in the final days of the 2016 presidential election to deny that he had a sexual relationship with porn star Stormy Daniels.

Hicks' testimony gave jurors an inside look at the campaign's damage-control efforts when Trump faced multiple accusations of unflattering sexual behavior in the waning weeks of his successful White House campaign.

Trump has pleaded not guilty to charges of falsifying business records to cover up a $130,000 payment made at that time to Daniels, who was threatening to go public with her story of their 2006 sexual encounter.

Hicks testified that she told Trump four days before the Nov. 8, 2016, election that the Wall Street Journal would publish details of Daniels' story.

"He wanted to make sure that there was a denial of any kind of relationship," said Hicks, who served as campaign press secretary.

She said Trump did not want his wife Melania to see the story, which also included allegations that he had an affair with former Playboy model Karen McDougal. Trump has denied having sex with either woman.

"He was concerned about how it would be viewed by his wife, and he wanted me to make sure the newspapers weren't delivered to the residence that morning," Hicks said.

Prosecutors in the first criminal trial of a former U.S. president argue that the payment to Daniels corrupted the election by suppressing news that could have influenced voters as they decided whether to back the Republican Trump or Hillary Clinton, then his Democratic rival.

Prosecutors say Trump falsified records to cover up election-law and tax-law violations, which elevates the 34 counts he faces from a misdemeanor to a felony punishable by up to four years in prison.

Hicks' testimony could help Trump's lawyers make their case that he paid off Daniels to keep his wife, not voters, from hearing the adult film star's allegations.

She said Trump told her that his personal lawyer, Michael Cohen, paid off Daniels to "protect him from a false allegation" out of the "kindness of his own heart."

Hicks said she thought that would have been out of character for Cohen. "I didn't know Michael to be an especially charitable person or selfless

person," she said.

Hicks teared up briefly during her testimony.

Trump, the Republican candidate for president again this year, sat expressionless at the defendants' table during the testimony by Hicks, the first person who worked for Trump's campaign to appear as a witness in the 11-day-old trial.

Hicks said the campaign was rattled by the public release of an audio recording from the "Access Hollywood" TV show in which Trump bragged about grabbing women's genitals.

She said Trump was upset, but also played down the comments.

"Mr. Trump felt like this wasn't good, but it was also just like two guys talking, locker-room talk," she testified.

The 12 jurors and six alternates have yet to hear from the main players in the case, including Daniels and Cohen.

Earlier in the day, the judge overseeing the trial told Trump that a gag order that bars him from commenting about witnesses and jurors would not prevent him from testifying, as Trump had told reporters on Thursday.

"I want to stress to Mr. Trump: you have an absolute right to testify at trial," Justice Juan Merchan said.

Trump said his legal team would try to overturn the gag order, which bars him from making public comments about jurors, witnesses, and families of the judge and prosecutors if those statements are meant to interfere with the case.

Merchan fined Trump $9,000 on Tuesday for violating the order and signaled on Thursday he may impose more fines for what prosecutors say are further violations. Merchan has said Trump could be jailed if he does not change his ways.

Trump says the case is an attempt by Democrats to undercut his chances of defeating Democratic President Joe Biden in the coming Nov. 5 presidential election.

The case features sordid allegations of adultery and secret payoffs, but it is widely seen as less consequential than the other three criminal prosecutions Trump faces and perhaps the only one to be tried before the November election.

The others charge him with trying to overturn his 2020 presidential defeat and mishandling classified documents after leaving office. Trump has pleaded not guilty to all of those also.

Still, a guilty verdict could hurt Trump's presidential bid, Reuters/Ipsos polling has found.

Decision-Making

Chocolate or strawberry? Life or death? We make some choices quickly and automatically, relying on mental shortcuts our brains have developed over the years to guide us in the best course of action. Understanding strategies such as maximizing vs. <u>satisficing</u>, fast versus slow thinking, and factors such as risk tolerance and choice overload, can lead to better outcomes.

The Art of Decision-Making

When making a decision, we form opinions and choose actions via mental processes which are influenced by biases, reason, emotions, and memories. The simple act of deciding supports the notion that we have <u>free will</u>. We weigh the benefits and costs of our choice, and then we cope with the consequences. Factors that limit the ability to make good decisions include missing or incomplete information, urgent deadlines, and limited physical or emotional resources.

What are the types of decision-making?

When people are put in a familiar situation, <u>their decisions are often fast and automatic</u>, based on longtime experience with what works and what doesn't. However, when encountering a situation they've never been in before, they have to take time to weigh the potential benefits and risks when choosing a course of action. They are more likely to make mistakes and face negative consequences.

What is informed decision-making?

The ability to think critically is key to making good decisions without succumbing to common errors or <u>bias</u>. This means not just going with your gut, but rather figuring out what knowledge you lack and obtaining it. When you look at all possible sources of information with an open mind, you can <u>make an informed decision based on facts</u> rather than <u>intuition</u>.

What are the methods of good decision-making?

How to Make Good Decisions

How do we choose between two or more options that seem equally appealing on the surface? Decision-making usually involves a mixture of intuition and rational thinking; critical factors, including personal biases and blind spots, are often <u>unconscious</u>, which makes decision-making hard to fully operationalize, or get a handle on.

However, there are steps to ensure that people make consistently excellent choices, including gathering as much information as possible,

considering all the possible alternatives, as well as their attendant benefits and costs, and taking the time to sleep on weightier decisions.

How do you know if you've made a good decision?

In life, there is often no "right" decision. When surrounded by an abundance of options, it's easy to experience decision paralysis or feel less satisfied with your decisions. You may even blame yourself when really you are going through "choice overload." The key is to find ways to simplify your decision and not ruminate over the many roads not taken.

What skills are necessary when making decisions?

Decision-making can be stressful, and follow-through is essential. You may need to accept that panic, fear, and lack of self-confidence are often part of the decision-making process. It's crucial to get enough sleep, so you can think clearly. Try to keep your priorities straight. Carefully weigh the trade-offs, commit to a decision, and then follow through on it.

How can you sharpen your decision-making skills?

Avoiding Bad Decisions

The field of behavioral economics demonstrated that people are not always rational when it comes to decision making. Fortunately, most personal and professional choices have few or no long-term, negative consequences. However, sometimes a person has to make a decision that will have a profound impact on their future—from who they marry to where they live to how they manage their professional career. In these cases, it's important to avoid the common pitfalls that can lead to poor decision-making. These can include doing too little or too much research, mistaking opinions for facts, decision fatigue, a failure to learn from past errors, and more.

How can I help someone who makes bad decisions?

Don't try to make the decision you would make, or railroad them into simply acting quickly if they are vacillating about an important matter. Rather, help them cultivate qualities of mind that will serve beyond just this moment, and encourage them to think through their options by simply and respectfully asking questions.

How do people rationalize bad decisions?

There are two types of rationalization that people commonly engage in: prospective and retrospective. Prospective rationalizing refers to rationalizing a decision before making it, whereas retrospective rationalizing refers to rationalizing a decision after the fact.

Can people have too many options?

Can too many people ruin the decision-making process?

15 BIGGEST ENVIRONMENTAL PROBLEMS OF 2024

While the climate crisis has many factors that play a role in the exacerbation of the environment, some warrant more attention than others. Here are some of the biggest environmental problems of our lifetime, from deforestation and biodiversity loss to food waste and fast fashion.

1. Global Warming From Fossil Fuels

2023 was the hottest year on record, with global average temperatures at 1.46C above pre-industrial levels and 0.13C higher than the eleven-month average for 2016, currently the warmest calendar year on record. The year was marked by six record-breaking months and two record-breaking seasons.

What's more, carbon dioxide (CO2) levels have never been so high. After being consistently around 280 parts per million (ppm) for almost 6,000 years of human civilisation, CO2 levels in the atmosphere are now well above 420 ppm, more than double what they were before the onset of the Industrial Revolution in the 19th century. According to National Oceanic and Atmospheric Administration (NOAA) Administrator Rick Spinrad, the steady annual increase is a "direct result of human activity," mainly from the burning of fossil fuels for transportation and electricity generation but also from cement manufacturing, deforestation, and agriculture.

This is undoubtedly one of the biggest environmental problems of our lifetime: as greenhouse gas emissions blanket the Earth, they trap the sun's heat, leading to global warming.

Monthly mean carbon dioxide (CO2) measured at Mauna Loa Observatory, Hawaii. Image: Global Monitoring Laboratory

Increased emissions of greenhouse gases have led to a rapid and steady increase in global temperatures, which in turn is causing catastrophic events all over the world – from Australia and the US experiencing some of the most devastating bushfire seasons ever recorded, locusts swarming across parts of Africa, the Middle East and Asia, decimating crops, and a heatwave in Antarctica that saw temperatures rise above 20C for the first time. Scientists are constantly warning that the planet has crossed a series of tipping points that could have catastrophic consequences, such as advancing permafrost melt in Arctic regions, the Greenland ice sheet

melting at an unprecedented rate, accelerating sixth mass extinction, and increasing deforestation in the Amazon rainforest, just to name a few.

The climate crisis is causing tropical storms and other weather events such as hurricanes, heatwaves and flooding to be more intense and frequent than seen before. However, even if all greenhouse gas emissions were halted immediately, global temperatures would continue to rise in the coming years. That is why it is absolutely imperative that we start now to drastically reduce greenhouse gas emissions, invest in renewable energy sources, and phase our fossil fuels as fast as possible.

2. Poor Governance

According to economists like Nicholas Stern, the climate crisis is a result of multiple market failures.

Economists and environmentalists have urged policymakers for years to increase the price of activities that emit greenhouse gases (one of our biggest environmental problems), the lack of which constitutes the largest market failure, for example through carbon taxes, which will stimulate innovations in low-carbon technologies.

To cut emissions quickly and effectively enough, governments must not only massively increase funding for green innovation to bring down the costs of low-carbon energy sources, but they also need to adopt a range of other policies that address each of the other market failures.

A national carbon tax is currently implemented in 27 countries around the world, including various countries in the EU, Canada, Singapore, Japan, Ukraine and Argentina. However, according to the 2019 OECD Tax Energy Use report, current tax structures are not adequately aligned with the pollution profile of energy sources. For example, the OECD suggests that carbon taxes are not harsh enough on coal production, although it has proved to be effective for the electricity industry. A carbon tax has been effectively implemented in Sweden; the carbon tax is U$127 per tonne and has reduced emissions by 25% since 1995, while its economy has expanded 75% in the same time period.

Further, organisations such as the United Nations are not fit to deal with the climate crisis: it was assembled to prevent another world war and is not fit for purpose. Anyway, members of the UN are not mandated to comply with any suggestions or recommendations made by the organisation. For example, the Paris Agreement, a historic deal within the United Nations Framework Convention on Climate Change (UNFCCC), says that countries need to

reduce greenhouse gas emissions significantly so that global temperature rise is below 2C by 2100, and ideally under 1.5C. But signing on to it is voluntary, and there are no real repercussions for non-compliance. Further, the issue of equity remains a contentious issue whereby developing countries are allowed to emit more in order to develop to the point where they can develop technologies to emit less, and it allows some countries, such as China, to exploit this.

3. Food Waste

A third of the food intended for human consumption – around 1.3 billion tons – is wasted or lost. This is enough to feed 3 billion people. Food waste and loss account for approximately one-quarter of greenhouse gas emissions annually; if it was a country, food waste would be the third-largest emitter of greenhouse gases, behind China and the US.

Food waste and loss occurs at different stages in developing and developed countries; in developing countries, 40% of food waste occurs at the post-harvest and processing levels, while in developed countries, 40% of food waste occurs at the retail and consumer levels.

At the retail level, a shocking amount of food is wasted because of aesthetic reasons; in fact, in the US, more than 50% of all produce thrown away in the US is done so because it is deemed to be "too ugly" to be sold to consumers- this amounts to about 60 million tons of fruits and vegetables. This leads to food insecurity, another one of the biggest environmental problems on the list.

4. Biodiversity Loss

The past 50 years have seen a rapid growth of human consumption, population, global trade and urbanisation, resulting in humanity using more of the Earth's resources than it can replenish naturally.

A 2020 WWF report found that the population sizes of mammals, fish, birds, reptiles and amphibians have experienced a decline of an average of 68% between 1970 and 2016. The report attributes this biodiversity loss to a variety of factors, but mainly land-use change, particularly the conversion of habitats, like forests, grasslands and mangroves, into agricultural systems. Animals such as pangolins, sharks and seahorses are significantly affected by the illegal wildlife trade, and pangolins are critically endangered because of it.

More broadly, a recent analysis has found that the sixth mass extinction of wildlife on Earth is accelerating. More than 500 species of land

animals are on the brink of extinction and are likely to be lost within 20 years; the same number were lost over the whole of the last century. The scientists say that without the human destruction of nature, this rate of loss would have taken thousands of years.

In Antarctica, climate change-triggered melting of sea ice is taking a heavy toll on emperor penguins and could wipe out entire populations by as early as 2100, according to 2023 research.

5. Plastic Pollution

In 1950, the world produced more than 2 million tons of plastic per year. By 2015, this annual production swelled to 419 million tons and exacerbating plastic waste in the environment.

A report by science journal, Nature, determined that currently, roughly 14 million tons of plastic make their way into the oceans every year, harming wildlife habitats and the animals that live in them. The research found that if no action is taken, the plastic crisis will grow to 29 million metric tons per year by 2040. If we include microplastics into this, the cumulative amount of plastic in the ocean could reach 600 million tons by 2040.

Shockingly, National Geographic found that 91% of all plastic that has ever been made is not recycled, representing not only one of the biggest environmental problems of our lifetime, but another massive market failure. Considering that plastic takes 400 years to decompose, it will be many generations until it ceases to exist. There's no telling what the irreversible effects of plastic pollution will have on the environment in the long run.

6. Deforestation

Every hour, forests the size of 300 football fields are cut down. By the year 2030, the planet might have only 10% of its forests; if deforestation isn't stopped, they could all be gone in less than 100 years.

The three countries experiencing the highest levels of deforestation are Brazil, the Democratic Republic of Congo and Indonesia. The Amazon, the world's largest rainforest – spanning 6.9 million square kilometres (2.72 million square miles) and covering around 40% of the South American continent – is also one of the most biologically diverse ecosystems and is home to about three million species of plants and animals. Despite efforts to protect forest land, legal deforestation is still rampant, and about one-third of global tropical deforestation occurs in Brazil's Amazon forest, amounting to 1.5 million hectares each year.

Agriculture is the leading cause of deforestation, another one of the biggest environmental problems appearing on this list. Land is cleared to raise livestock or to plant other crops that are sold, such as sugar cane and palm oil. Besides for carbon sequestration, forests help to prevent soil erosion, because the tree roots bind the soil and prevent it from washing away, which also prevents landslides.

7. Air Pollution

One of the biggest environmental problems today is outdoor air pollution.

Data from the World Health Organization (WHO) shows that an estimated 4.2 to 7 million people die from air pollution worldwide every year and that nine out of 10 people breathe air that contains high levels of pollutants. In Africa, 258,000 people died as a result of outdoor air pollution in 2017, up from 164,000 in 1990, according to UNICEF. Causes of air pollution mostly comes from industrial sources and motor vehicles, as well as emissions from burning biomass and poor air quality due to dust storms.

According to a 2023 study, air pollution in South Asia – one of the most polluted areas in the world – cuts life expectancy by about 5 years. The study blames a series of factors, including a lack of adequate infrastructure and funding for the high levels of pollution in some countries. Most countries in Asia and Africa, which together contribute about 92.7% of life years lost globally due to air pollution, lack key air quality standards needed to develop adequate policies. Moreover, just 6.8% and 3.7% of governments in the two continents, respectively, provide their citizens with fully open-air quality data.

In Europe, a recent report by the European Environment Agency (EEA) showed that more than half a million people living in the European Union died from health issues directly linked to toxic pollutants exposure in 2021.

8. Melting Ice Caps and Sea Level Rise

The climate crisis is warming the Arctic more than twice as fast as anywhere else on the planet. Today, sea levels are rising more than twice as quickly as they did for most of the 20th century as a result of increasing temperatures on Earth. Seas are now rising an average of 3.2 mm per year globally and they will continue to grow up to about 0.7 metres by the end of this century. In the Arctic, the Greenland Ice Sheet poses the greatest risk for sea levels because melting land ice is the main cause of rising sea levels.

Representing arguably the biggest of the environmental problems, this is made all the more concerning considering that last year's summer triggered

the loss of 60 billion tons of ice from Greenland, enough to raise global sea levels by 2.2mm in just two months. According to satellite data, the Greenland ice sheet lost a record amount of ice in 2019: an average of a million tons per minute throughout the year, one of the biggest environmental problems that has cascading effects. If the entire Greenland ice sheet melts, sea level would rise by six metres.

Meanwhile, the Antarctic continent contributes about 1 millimetre per year to sea level rise, which is one-third of the annual global increase. According to 2023 data, the continent has lost approximately 7.5 trillion tons of ice since 1997. Additionally, the last fully intact ice shelf in Canada in the Arctic recently collapsed, having lost about 80 square kilometres – or 40% – of its area over a two-day period in late July, according to the Canadian Ice Service.

Antarctica has lost approximately 7.5 trillion tons of ice since 1997

Sea level rise will have a devastating impact on those living in coastal regions: according to research and advocacy group Climate Central, sea level rise this century could flood coastal areas that are now home to 340 million to 480 million people, forcing them to migrate to safer areas and contributing to overpopulation and strain of resources in the areas they migrate to. Bangkok (Thailand), Ho Chi Minh City (Vietnam), Manila (Philippines), and Dubai (United Arab Emirates) are among the cities most at risk of sea level rise and flooding.

9. Ocean Acidification

Global temperature rise has not only affected the surface, but it is the main cause of ocean acidification. Our oceans absorb about 30% of carbon dioxide that is released into the Earth's atmosphere. As higher concentrations of carbon emissions are released thanks to human activities such as burning fossil fuels as well as effects of global climate change such as increased rates of wildfires, so do the amount of carbon dioxide that is absorbed back into the sea.

The smallest change in the pH scale can have a significant impact on the acidity of the ocean. Ocean acidification has devastating impacts on marine ecosystems and species, its food webs, and provoke irreversible changes in habitat quality. Once pH levels reach too low, marine organisms such as oysters, their shells and skeleton could even start to dissolve.

However, one of the biggest environmental problems from ocean acidification is coral bleaching and subsequent coral reef loss. This is a

phenomenon that occurs when rising ocean temperatures disrupt the symbiotic relationship between the reefs and algae that lives within it, driving away the algae and causing coral reefs to lose their natural vibrant colours. Some scientists have estimated coral reefs are at risk of being completely wiped by 2050. Higher acidity in the ocean would obstruct coral reef systems' ability to rebuild their exoskeletons and recover from these coral bleaching events.

Some studies have also found that ocean acidification can be linked as one of the effects of plastic pollution in the ocean. The accumulating bacteria and microorganisms derived from plastic garbage dumped in the ocean to damage marine ecosystems and contribute towards coral bleaching.

10. Agriculture

Studies have shown that the global food system is responsible for up to one-third of all human-caused greenhouse gas emissions, of which 30% comes from livestock and fisheries. Crop production releases greenhouse gases such as nitrous oxide through the use of fertilisers.

60% of the world's agricultural area is dedicated to cattle ranching, although it only makes up 24% of global meat consumption.

Agriculture not only covers a vast amount of land, but it also consumes a vast amount of freshwater, another one of the biggest environmental problems on this list. While arable lands and grazing pastures cover one-third of Earth's land surfaces, they consume three-quarters of the world's limited freshwater resources.

Scientists and environmentalists have continuously warned that we need to rethink our current food system; switching to a more plant-based diet would dramatically reduce the carbon footprint of the conventional agriculture industry.

11. Food and Water Insecurity

Rising temperatures and unsustainable farming practices have resulted in increasing water and food insecurity.

Globally, more than 68 billion tonnes of top-soil is eroded every year at a rate 100 times faster than it can naturally be replenished. Laden with biocides and fertiliser, the soil ends up in waterways where it contaminates drinking water and protected areas downstream.

Furthermore, exposed and lifeless soil is more vulnerable to wind and water erosion due to lack of root and mycelium systems that hold it together.

A key contributor to soil erosion is over-tilling: although it increases productivity in the short-term by mixing in surface nutrients (e.g. fertiliser), tilling is physically destructive to the soil's structure and in the long-term leads to soil compaction, loss of fertility and surface crust formation that worsens topsoil erosion.

With the global population expected to reach 9 billion people by mid-century, the Food and Agriculture Organization of the United Nations (FAO) projects that global food demand may increase by 70% by 2050. Around the world, more than 820 million people do not get enough to eat.

The UN secretary-general António Guterres says, "Unless immediate action is taken, it is increasingly clear that there is an impending global food security emergency that could have long term impacts on hundreds of millions of adults and children." He urged for countries to rethink their food systems and encouraged more sustainable farming practices.

In terms of water security, only 3% of the world's water is freshwater, and two-thirds of that is tucked away in frozen glaciers or otherwise unavailable for our use. As a result, some 1.1 billion people worldwide lack access to water, and a total of 2.7 billion find water scarce for at least one month of the year. By 2025, two-thirds of the world's population may face water shortages.

12. Fast Fashion and Textile Waste

The global demand for fashion and clothing has risen at an unprecedented rate that the fashion industry now accounts for 10% of global carbon emissions, becoming one of the biggest environmental problems of our time. Fashion alone produces more greenhouse gas emissions than both the aviation and shipping sectors combined, and nearly 20% of global wastewater, or around 93 billion cubic metres from textile dyeing, according to the UN Environment Programme.

What's more, the world at least generated an estimated 92 million tonnes of textiles waste every year and that number is expected to soar up to 134 million tonnes a year by 2030. Discarded clothing and textile waste, most of which is non-biodegradable, ends up in landfills, while microplastics from clothing materials such as polyester, nylon, polyamide, acrylic and other synthetic materials, is leeched into soil and nearby water sources. Monumental amounts of clothing textile are also dumped in less developed countries as seen with Chile's Atacama, the driest desert in the world, where at least 39,000 tonnes of textile waste from other nations are left there

to rot.

Of the 100 billion garments produced each year, 92 million tonnes end up in landfills.

This rapidly growing issue is only exacerbated by the ever-expanding fast fashion business model, in which companies relies on cheap and speedy production of low quality clothing to meet the latest and newest trends. While the United Nations Fashion Industry Charter for Climate Action sees signatory fashion and textile companies to commit to achieving net zero emission by 2050, a majority of businesses around the world have yet to address their roles in climate change.

While these are some of the biggest environmental problems plaguing our planet, there are many more that have not been mentioned, including overfishing, urban sprawl, toxic superfund sites and land use changes. While there are many facets that need to be considered in formulating a response to the crisis, they must be coordinated, practical and far-reaching enough to make enough of a difference.

13. Overfishing

Over three billion people around the world rely on fish as their primary source of protein. About 12% of the world relies upon fisheries in some form or another, with 90% of these being small-scale fishermen – think a small crew in a boat, not a ship, using small nets or even rods and reels and lures not too different from the kind you probably use. Of the 18.9 million fishermen in the world, 90% of them fall under the latter category.

Most people consume approximately twice as much food as they did 50 years ago and there are four times as many people on earth as there were at the close of the 1960s. This is one driver of the 30% of commercially fished waters being classified as being 'overfished'. This means that the stock of available fishing waters is being depleted faster than it can be replaced.

Overfishing comes with detrimental effects on the environment, including increased algae in the water, destruction of fishing communities, ocean littering as well as extremely high rates of biodiversity loss.

As part of the United Nations' 17 Sustainable Development Goals (SDG 14), the UN and FAO are working towards maintaining the proportion of fish stocks within biologically sustainable levels. This, however, requires much stricter regulations of the world's oceans than the ones already in place. In July 2022, the WTO banned fishing subsidies to reduce global overfishing in a historic deal. Indeed, subsidies for fuel, fishing gear, and

building new vessels, only incentivise overfishing and represent thus a huge problem.

14. Cobalt Mining

Cobalt is quickly becoming the defining example of the mineral conundrum at the heart of the renewable energy transition. As a key component of battery materials that power electric vehicles (EVs), cobalt is facing a sustained surge in demand as decarbonisation efforts progress. The world's largest cobalt supplier is the Democratic Republic of Congo (DRC), where it is estimated that up to a fifth of the production is produced through artisanal miners.

Cobalt mining, however, is associated with dangerous workers' exploitation and other serious environmental and social issues. The environmental costs of cobalt mining activities are also substantial. Southern regions of the DRC are not only home to cobalt and copper, but also large amounts of uranium. In mining regions, scientists have made note of high radioactivity levels. In addition, mineral mining, similar to other industrial mining efforts, often produces pollution that leaches into neighbouring rivers and water sources. Dust from pulverised rock is known to cause breathing problems for local communities as well.

15. Soil Degradation

Organic matter is a crucial component of soil as it allows it to absorb carbon from the atmosphere. Plants absorb CO_2 from the air naturally and effectively through photosynthesis and part of this carbon is stored in the soil as soil organic carbon (SOC). Healthy soil has a minimum of 3-6% organic matter. However, almost everywhere in the world, the content is much lower than that.

According to the United Nations, about 40% of the planet's soil is degraded. Soil degradation refers to the loss of organic matter, changes in its structural condition and/or decline in soil fertility and it is often the result of human activities, such as traditional farming practices including the use of toxic chemicals and pollutants. If business as usual continued through 2050, experts project additional degradation of an area almost the size of South America. But there is more to it. If we do not change our reckless practices and step up to preserve soil health, food security for billions of people around the world will be irreversibly compromised, with an estimated 40% less food expected to be produced in 20 years' time despite the world's population projected to reach 9.3 billion people.

TECHNOLOGY-DRIVEN EDUCATION: A NEW ERA OF LEARNING

Education is undergoing a revolutionary transformation in an era marked by rapid technological advancements. The technology of education, once a mere facilitator, now shapes how we learn, teach and interact in schools. It's redefining traditional learning methods and making new paths for educational inclusivity and future readiness.

Our journey through this transformation explores the immense potential and multifaceted challenges technology brings to education, setting the stage for an endless expansion of learning boundaries. With the world swiftly moving toward all things digital, let's dive into the dynamic and transformative role of edtech in revolutionizing education.

In modern classrooms, digital tools have become indispensable. Interactive technologies like smart whiteboards and digital textbooks have replaced traditional blackboards and books, creating an engaging and dynamic learning environment.

Using educational apps and online resources has further enhanced the teaching process, allowing educators to deliver lessons in more interactive and impactful ways. According to a report by the National Education Association, these innovations have significantly improved the quality and accessibility of education, making learning more aligned with the digital age.

Today, where digital literacy is as critical as traditional literacy, preparing students for a digital future is a fundamental goal of education. Technology in education goes beyond teaching the standard curriculum; it involves equipping students with the necessary skills to navigate and succeed in a digitally driven world. This preparation encompasses technical skills as well as critical thinking, problem-solving and adaptability—skills essential for success in the 21st century.

While there are numerous benefits to integrating digital tools in education, there are also challenges. Here are some obstacles and the collaborative efforts needed to overcome them.

Integrating Technology In The Modern Classroom

Integrating technology in education requires a multifaceted approach to overcome significant challenges. Various stakeholder groups can take the following steps to improve collaboration:

• Educational institutions and governments should partner to provide technology access by initiating programs for affordable devices and reliable internet connectivity in underserved areas. This could involve school subsidies or grants for technology acquisition and infrastructure development. Policies and funding to ensure equitable access to digital tools are also crucial.

• Collaborating on cybersecurity is vital. Tech companies can offer educational institutions tailored cybersecurity solutions and conduct workshops for educators and administrators. Regular training sessions on data privacy and security protocols for educators and students can create a safer digital learning environment.

• Institutions should establish continuous training programs for educators, developed in partnership with tech companies. These programs should focus on the latest educational technologies and teaching methodologies. Offering certification and incentives can encourage educators to participate actively.

• Tech companies can work with educators to develop curricula that meaningfully integrate technology. This collaboration ensures that the tools provided are technologically advanced, pedagogically sound and relevant to current educational needs.

• Governments can play a critical role by creating policies that support technology integration and providing necessary funding. This could include tax incentives for tech companies in educational technology, grants for schools to purchase and maintain digital tools, and funding for research in edtech solutions.

These steps can allow stakeholders to work together more effectively and overcome the challenges of integrating technology into education, leading to a more inclusive and advanced learning environment. Effective collaboration stands as a key solution to these challenges.

Collaboration: The Key To Success

One example of an effective collaboration strategy is our work with HeyTutor, an online platform that connects students with tutors and makes personalized education more accessible. The platform employs sophisticated algorithms and user-friendly interfaces to ensure efficient tutor-student matchmaking and a seamless learning experience.

We combined our technical acumen with HeyTutor's understanding of educational needs, and the result was a platform that not only simplifies the process of finding tutors but also enhances the quality of tutoring provided. This highlights how technology companies and educational platforms can work together to produce effective educational solutions and shape a bright future for learners globally.

A Future Shaped By Technology

In the rapidly evolving world of education, technology has become a key driver of change—redefining how knowledge is shared and consumed. This shift toward digital learning isn't just about adopting new tools but fundamentally transforming the educational landscape. Technology is broadening access, engaging learners in new ways and enhancing the overall effectiveness of education.

As we move forward, the prospects for education are boundless, with technology opening up new possibilities for learning, teaching and growing. The future of education, infused with technological innovations, promises a more inclusive, interactive and imaginative learning experience for all.

THE HIDDEN COSTS OF BUILDING A HOME: WHAT EVERY FAMILY SHOULD KNOW

Building a home can come with hidden costs. Unfortunately, many people don't think about these costs until it's too late.

Some buyers succumb to the tricks marketers use to attract them, with upgrades and add-ons blowing out the cost.

Other costs relate to risks of delay, changes in borrowing conditions, unexpected taxes and fees, insurance, compliance with local development standards and even exit fees in some cases.

So let's explore the sales tactics buyers need to beware of, as well as the five hidden costs of building new homes.

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How marketers persuade us to build a home

Marketers of home-building packages use various strategies to attract buyers.

Attractive pricing and promotions

Marketers often attract first-time home buyers and young families by advertising low prices and showing off modern designs.

They will then offer an upgrade or value package. The most common examples we see are deals with, for example, a $30,000 credit on upgrading, $45,000 cashback, or an amazingly cheap house and land package.

Our research found consumers are likely to feel more surprised by higher levels of discounts in the case of high-involvement products such as a buying a house.

The marketers make it seem like you're getting a great deal, with options to customise the house just the way you like. What they don't always tell you is the advertised prices usually apply to the most basic version of the home.

Any upgrades, such as granite countertops or hardwood floors, cost more. Often, the base price does not include essential features such as curtains, ceiling fans or air conditioning.

These upgrades quickly add up to more than that $30,000 credit for upgrading or that $45,000 cashback offer. Buyers can end up paying much more than they planned.

Keep in mind most home-building companies act as middlemen who buy and outsource products. They are likely to add charges for most upgrades or fixtures you order through them.

A $200 price tag for a kitchen light bought directly from a retailer such as Beacon Lighting can cost you $300 from the builder. Costs like this add up for a whole house.

What can you do? Note down the code or name of the item and buy it directly. See if the builders can install fittings for a lower cost if you supply them.

Social media and influencers

Influencers can make the process look easy and fun. Our research on influencer marketing and human influencers and virtual influencers shows trusting followers are more likely to follow influencers' suggestions.

An influencer might, for example, share a video of their "perfect day" in their new home, focusing on the perks without mentioning the hidden costs.

Special deals and time-limited offers like cashbacks are used to make buyers feel they have to act fast, without taking the time to think about the financial commitment. This strategy exploits the fear of missing out, or FOMO.

The goal is to get customers to quickly sign up with a $1,000–$5,000 deposit. That increases customer commitment and stops them backing out.

Carefully check the conditions of the deposit, as you can most likely back out with a full refund if you are not happy with the final price before the final contract is signed, or during a cooling-off period after signing.

What are the 5 hidden costs?

1. Changing interest rates over 30 years

Many home buyers think about interest rates when they get a mortgage, but they often do not consider how rates can change over the years. Even a small increase can mean paying thousands more over the life of the loan.

When buying a home, people hope for lower interest rates, though they cannot predict future economic conditions. The theory of optimism

bias could explain why many of us have expectations about a future that's more favourable to us.

What should temper this optimism is the fact that even seemingly small interest rate changes make a big difference over time. For example, a $700,000 loan over 30 years at 3.5% interest has a monthly repayment of $3,143.31. At 4.5% interest, the repayment becomes $3,546.80. That's an extra $4,841.88 a year.

Understanding this can help families budget for possible changes and avoid financial stress later on.

2. Delay costs

Delays can happen due to weather, problems getting materials, or other unexpected issues. Timber shortages have affected home building since 2020.

The costs of delay can include having to rent a place to live while waiting for the home to be finished. Renting for three months, for instance, at the national average of $600 a week will cost more than $7,000.

3. Unexpected costs

Apart from predictable costs, such as the down payment and tax or transfer (stamp) duty, other smaller, unexpected costs can add up.

These include bank fees, solicitor fees, building and pest inspections, moving costs, utility connections and home and contents insurance.

These are all essential to ensure the home is safe and secure. But the cost can easily top $5,000.

4. Standardised costs

Many new housing developments have rules about what owners can and cannot do with their property.

These rules might specify paint colours, fence types or landscaping choices, such as planting a set number of large trees.

A development might require home owners to use certain types of trees or materials for driveways, costing an extra $2,000.

More often than not, the land developer will require a refundable deposit of about $1,000–$5,000 when you buy the land for your home. It's only refunded once the developer has confirmed you have met all the conditions. If you don't, you won't get your money back.

Before buying an apartment, first find out how much you have to pay in strata fees and other fixed or ongoing costs.

5. Exit costs

In rare cases, selling the property might attract exit fees. For example, if an owner sells their house within five years, they might face a $5,000 penalty fee for selling early.

This can be an unpleasant surprise and cause problems for families who need to move quickly due to a job change or other life events.

Make sure you read all the conditions of sale before signing.

A market in need of greater transparency

Knowing about these hidden costs of building a home helps avoid unexpected expenses and makes the process less stressful.

For policymakers and advocates, these costs highlight the need for fair marketing practices and rules that protect buyers from financial surprises.

Ensuring more transparency in this market can help make home ownership more affordable and accessible for everyone.

MOVE OVER UNICORN LATTES, THERE'S A NEW INSTAGRAM TREND IN TOWN: NORMAL-LOOKING FOOD

The past decade has seen the rise of the Instagrammable food trend, where restaurants have altered menus to prioritize visual uniqueness — often at the expense of taste.

In a competitive social media landscape where users are inundated with content, the question for restaurateurs has been how to stand out and generate audience engagement in the form of likes, comments and shares.

Under the assumption that creating unique food items will help businesses stand out and garner more engagement on social media, the Instagrammable food trend has given birth to novelty items like unicorn lattes and poop cafes.

But does this strategy actually work? Do unique, distinct and atypical-appearing foods garner the most engagement? Or do people engage more with normal, familiar and typical-appearing foods?

What people think Instagrammable food is

Since social media platforms use rank-ordering algorithms to prioritize and boost content, figuring out which foods garner more social media engagement will help restaurants and food content creators determine how to better amplify the reach of their online content.

Conventional social media wisdom suggests that people will engage with social media content they deem entertaining, where "entertaining" is synonymous with unique, distinct and atypical content.

In a food context, it has been assumed that entertaining means food that looks more unique, distinct and atypical.

This assumption has sparked an industry trend where restaurants have abandoned taste in lieu of visual aesthetics, such as bright and unusual colours, to spark engagement on visual-based social media platforms, such as Instagram.

There are many different examples of this over-the-top food trend on Instagram, from the Bagel Store in Brooklyn, N.Y., to Fugo Desserts, the Enchanted Poutinerie and Glory Hole Doughnuts in Toronto.

What Instagrammable food really is

Our recent investigation, published in the <u>Journal of Business Research</u>, investigates which foods are truly the most Instagrammable — in other words, which ones garner the most likes, comments and shares.

Our research examined over 10,000 images of food on Instagram from over 850 top restaurants (according to <u>Eater.com</u>) using <u>Google Vision</u>, a machine-learning algorithm that extracts insights from images.

Google Vision's API assigns labels to images and classifies them into predefined categories. In this example, a pizza has been classified as 80 per cent food by the machine learning model. (Shutterstock/Google Cloud API)

We found that when Google Vision was more confident that an image contained actual food — a proxy for how normal and typical the food actually is — the more social media engagement it received.

A <u>followup experiment</u> suggests that positive affect, which is the extent to which we feel good, helps explain this relationship.

While social media forecasters may suggest that unique foods are a trend, this logic contradicts some principles of evolutionary psychology. Humans evolved to quickly visually recognize foods, not just for <u>what is edible</u>, but also for <u>what is calorie-dense</u>.

Since finding and eating edible food was crucial for survival when humans were hunter-gatherers, we may be hard-wired to <u>feel intrinsically good when we simply see food</u> we know we can eat.

Social media food marketing

How is this relevant to social media? The average user <u>spends over two hours a day on social media platforms</u>, exposing them to hundreds of <u>different posts</u> in a single scrolling session.

While rapidly processing content, the brain may instinctively feel more positively toward images that are more easily recognized as food. These positive feelings can then transfer to behaviours directed toward the post, thereby <u>increasing the likelihood of the post receiving likes, comments or shares</u>.

Since people feel better when they see foods that are easily recognizable as food, normal-looking food tends get more likes. On the other hand, unique foods tend to result in lower social media engagement because they are harder for people to recognize and classify as food.

Despite food <u>industry bloggers</u> and <u>social media trends</u> suggesting that people crave unique, eye-catching content, the most successful Instagrammable foods are the normal-looking ones that are more easily recognized as food.

Consumers appear to engage more with regular food, like a <u>classic burger</u> or <u>normal pizza</u> — no unconventional shapes or colours required.

TEXT 15

THE BURNING DESIRE TO WEAR BURGUNDY

As the colour has permeated popular culture, interest in wearing it has ballooned.

Burgundy's associations with certain hallmarks of fall − foliage, for example, or uniforms of students going back to school −have made it a colour long prescribed for autumn wardrobes.

But this fall, interest in the shade has seemingly ballooned: Online searches for burgundy items like <u>loafers</u>, kitten heels and leather jackets have spiked in 2024 compared with last year, according to Google metrics.

Influencers are sharing <u>head-to-toe</u> <u>burgundy</u> <u>outfits</u> on social media, and celebrities have also brought attention to the colour. Zendaya made headlines in the fashion press for wearing <u>a burgundy leather Louis Vuitton dress</u> to a recent event, and a new <u>ad campaign</u> for Hailey Bieber's beauty brand Rhode features Alexandra Saint Mleux, the girlfriend of the Formula 1 driver Charles Leclerc, in a floor-grazing burgundy <u>trench coat</u>. (Images from the campaign have received more than two million combined likes on TikTok and Instagram.)

Another telling sign of the colour's popularity: Charli XCX, the singer who made <u>slimy "Brat" green</u> inescapable this summer, wore a burgundy Gucci trench, bra and pants on Saturday to perform at the Los Angeles County Museum of Art's <u>Art + Film gala</u>.

Rickie De Sole, the fashion director at Nordstrom, bullishly called burgundy "the colour of the season," largely because of the way it has permeated popular culture.

"Cultural context around colour has a big impact," Ms. De Sole said. "You see it coming at you from so many directions, and it seeps into your mind. Eventually people say, 'I want to wear that colour, too.'"

At Nordstrom, the burgundy offerings currently available include chandelier earrings from Lizzie Fortunato ($335), a double-breasted overcoat from & Other Stories ($399), a sleek wrap top from Vince ($195) and Mary Jane Weejuns loafers from G.H. Bass ($185). The shade's prevalence of late, Ms. De Sole said, could be traced to <u>Gucci's spring 2024 collection</u>, which liberally featured a new color for the brand − a plummy burgundy called Rosso Ancora.

The interior designer <u>Kelly Wearstler</u>, whose personal style is as considered as the spaces she fashions, said burgundy was "an intimate color that evokes so much emotion." For the October issue of Harper's Bazaar Netherlands, <u>she was photographed</u> in an oxblood Jil Sander trench coat that she bought at the vintage store Scout in Los Angeles.

Ms. Wearstler, 57, has also used the shade for recent projects like a bathroom with oxblood plaster walls and a bar with a like-coloured stone countertop. She said those choices reflected a preference for "more refined, delicate and feminine" palettes in her work.

The increased appetite for burgundy comes after a period when style trends like <u>quiet luxury</u> and <u>coastal grandma</u> popularized taupe, cream and other neutral shades. Burgundy and similar hues offer a "safe but not boring way to add a little color without being too bold," said Gaëlle Drevet, the founder of the Frankie Shop, a boutique with locations in Manhattan and Paris.

Ms. Drevet used to avoid carrying too many burgundy items at her stores because her customers − who tend to skew younger and to closely follow fashion − saw it as "a more mature colour," she said.

But after noticing a change in that perception, she is offering more burgundy items this season, including a one-shoulder tent dress from the Australian label Matteau ($540) and wraparound sunglasses made in Japan by the brand Port Tanger ($325). Ms. Drevet more broadly incorporated the colour into pieces for the Frankie Shop's in-house clothing label, too: Among them are strapless top ($132) and a striped button-up shirt ($155).

Brigitte Chartrand, the vice president of women's wear at the e-commerce site <u>Ssense</u>, also attributed the recent interest in burgundy to a desire for more exciting neutrals. As she put it, "How many black V-necks can you have?"

Ssense currently offers some 1,200 items it characterizes as burgundy. They include a patterned scarf from Ganni ($135), jeans with a reddish wash from the skate brand Dime ($135), a calfskin bag from SC103 ($450) and Birkenstock sandals in burgundy nubuck leather ($145).

Ms. Chartrand didn't go so far as to call burgundy the colour of the season, but she did frame its popularity using another form of fashion speak. Burgundy, she said, is "the new brown."

TEXT 16

AI UTOPIA AND DYSTOPIA.
WHAT WILL THE FUTURE HAVE IN STORE?
ARTIFICIAL INTELLIGENCE SERIES 5/5

Insert Morgan Freeman voiceover "It is 2060 and _____"

Although it may feel like we are writing the next great science fiction movie, we are not. We are writing the realities of our futures. The integration of AI and Machine Learning has been gaining momentum for decades. There is no going backward. Right now is the crucial moment for laying a foundation for AI's global impact. By reading this article you will have the chance to explore both possible utopian and dystopian outcomes from this AI future we are entering. Having this knowledge gives you, the reader, more power to help shape the plot of society's story toward a brighter future.

The chances of a utopian or dystopian future with AI are uncertain and dependent on various factors, including how we develop, deploy, and regulate AI technologies. It's challenging to assign specific probabilities to either outcome, as they are influenced by complex interactions between societal, ethical, economic, and technological factors. Like most technology, the outcome is dependent on whether a good or bad actor is utilizing it and how we have chosen to regulate and interact with it.

Human Flourishing And A Utopian Future

In a utopian future empowered by artificial intelligence, AI would be harnessed for the benefit of humanity to seamlessly integrate into various aspects of human life, significantly boosting productivity, innovation, economic growth, overall well-being, and human flourishing. AI technology In this scenario would also be used to solve complex problems, like climate change, disease, and poverty, and elevate humanity to new heights. Nichol Bradford, discussion on pioneering human potential technologies for the Future of Work Series, wrote, "We are on the cusp of an extraordinary renaissance of human possibility and abundance. Young people today will inherit and build their own technologies that could eliminate poverty, inequality, hunger, illness, and even death."

Here are some ways AI could be beneficial to individuals and society:

Healthcare: We have already seen the power of AI in healthcare, with AI being used for the speedy research and development of the Covid Vaccine or how MIT was able to detect breast cancer four years before it developed. AI improves patient outcomes by assisting with surgeries, predicting and diagnosing diseases, aiding medical research, and assisting with drug discovery to lead to new treatments and cures for diseases. AI-powered diagnostic tools have the ability to analyze vast amounts of patient data to assist with diagnosis and treatment, potentially leading to better health outcomes for patients.

Healthcare spans beyond internal health. There are also companies such as Coralai that uses machine learning and AI to expand the reach, accessibility, and diversity of skincare. Skincare not only impacts health but also individual confidence and how a person is perceived publicly, thus potentially impacting well-being and potential achievements. This technology is especially meaningful for people going through multilayered stresses, such as cancer patients maintain dignity during chemotherapy.

There are many uses of AI for improving mental health, such as expanding access, recognizing patterns and warning signals that mental health providers might miss, offering and tracking holistic therapies instead of medication, reducing costs, and expanding into niches, such as communities whose needs are unaddressed by traditional solutions. Many of these solutions are affordable and inclusive and are some of the many ways human well-being will be elevated in the health and wellness sector.

Economy: AI has the power to unlock unprecedented economic growth, fuel innovation and enable the development of new industries. Goldman Sachs predicts, "As tools using advances in natural language processing work their way into businesses and society, they could drive a 7% (or almost $7 trillion) increase in global GDP and lift productivity growth by 1.5 percentage points over a 10-year period." Additionally, the finance industry benefits from AI in automating routine tasks, risk management, and investment decision-making.

Sustainable and Environmental Solutions: A report by BCG stated that AI will be essential for solving the climate crisis because it can help manage complex issues related to climate change. Some of the ways to reduce the impact on our planet are optimization of energy distribution,

reducing waste, monitoring climate patterns, and reliance on fossil fuels. AI algorithms improve logistics and transportation, minimizing emissions and congestion. The integration of AI in agriculture ensures efficient resource utilization, maximizes crop yields, and addresses global food shortages. With AI and human collaboration, we may have a chance to find new ways of healing our planet.

Personalized Assistance: AI-powered virtual assistants are becoming highly advanced and empathetic, catering to individuals' needs and preferences. These virtual companions provide personalized support, help with daily tasks, offer mental health guidance, and facilitate learning. AI algorithms analyze vast amounts of data to offer tailored recommendations for entertainment, education, career development, and so much more. Dex Hunter stated in the Future of Work series, "We know how transformative this kind of digital companion would be. Just look at J.A.R.V.I.S. from Iron Man. Ideally, everyone would have their own personalized AI that can help them with their work and personal needs. In a world where a mountain of data has produced an avalanche of noise, I think more powerful AI tools will help us to respond faster, better, and – counterintuitively – in more human ways."

Empowering Education: AI-driven education platforms provide personalized learning experiences, catering to individual strengths, weaknesses, and learning styles. Intelligent tutoring systems offer adaptive and interactive lessons, fostering critical thinking, creativity, and lifelong learning. Access to quality education becomes widespread, bridging the educational divide and empowering individuals globally. In the realm of education, AI-powered tutors could provide personalized learning experiences that cater to each student's unique needs and abilities. Click here to learn more about the future of education.

Purpose-Driven Work: The widespread adoption of AI could lead to the creation of new, high-value jobs where people are in greater alignment with tasks that bring them joy. AI has revolutionized industries, leading to widespread automation that frees humans from mundane and repetitive tasks. This liberation allows individuals to focus on creative and fulfilling endeavours, enhancing personal growth and fostering innovation. With AI handling repetitive tasks, humans have more time for leisure, education, and pursuing their passions. The wealth generated by AI-driven productivity could be redistributed through measures like

universal basic income or social programs, ensuring a higher standard of living for all.

New Businesses And Entrepreneurs: AI can be a huge support to start-ups and reduce the time required to go to market. This means that new business concepts may bloom into use faster than we have ever seen before. This also allows access to entrepreneurs who may not have had the means to start a business in the past. Giving the ability to allow for access to these tools, allows for fairer competition.

Safety: AI-powered robots can perform dangerous tasks. Telepresence technologies allow experts to remotely guide and assist personnel in dangerous situations, such as firefighting, handling hazardous materials, or deactivating bombs. AI can also analyze sensor data and historical records to detect potential equipment failures or anomalies. This can provide early warnings, enabling proactive maintenance and reducing the risk of accidents or catastrophic losses.

Retail: Imagine never having to look in the mirror and feel frumpy. What if your body can be scanned and your clothing style is inputted so only the most stunning clothing is automatically chosen for you, making you look and feel vibrant? What if your refrigerator automatically sent a grocery list to the store? The possibilities for improving the retail experience are endless. This category will see massive benefits for both the retailer and the customer experience.

Inclusivity: Across all the categories there is the opportunity to build in representation and inclusivity. This will take thoughtful leadership and the need to build inclusivity into the foundation of all AI companies starting now.

In this euphoric future, AI can be embraced as a transformative force that enhances human potential, nurtures well-being, and fosters a harmonious coexistence with the environment. The synergy between humans and AI creates a world of abundance, where creativity, innovation, and personal fulfilment thrive. This future emphasizes the importance of responsible AI development, ensuring that human values guide technology and aim to uplift the collective welfare of humanity. The benefits of these technological advancements have the potential to span far beyond the material and physical benefits. In a utopian society, humans may be able to discover greater levels of interconnectedness and open into new depths of human superpowers.

Reasons For Regulation And A Dystopian Future

OpenAI CEO Sam Altman has described superhuman machine intelligence as "probably the greatest threat to the continued existence of humanity."

Geoffery Hinton, deemed the 'Godfather of AI', recently took the news cycle by storm for leaving Google to be able to freely speak about the general concerns of AI. He stated in an interview for EmTech Digital, "These things will have learned from us by reading all the novels there ever were and everything Machiavelli ever wrote … how to manipulate people, right. And if they're much smarter than us, they'll be very good at manipulating us… And so even if they can't directly pull levers, they can certainly get us to pull levers. It turns out if you can manipulate people, you can invade a building in Washington without ever going there yourself."

"And if you give something the ability to create its own subgoals in order to achieve other goals, I think it'll very quickly realize that getting more control is a very good subgoal because it helps you achieve other goals. And if these things get carried away with getting more control, we're in trouble."

A dystopian future dominated by artificial intelligence could lead to a dark and unsettling world. All you have to do is watch any of the Black Mirror episodes to get a feel for possible outcomes. Some extreme scenarios could be:

Technocratic Rule: AI systems have taken over governance, leading to a technocratic regime where algorithms dictate every aspect of human life. Governments have ceded control to AI entities, which make decisions based solely on data and efficiency, disregarding human emotions, ethics, and individual rights. The ruling AI tightly controls information, manipulating and censoring it to maintain its authority.

Solution: The reestablishment of democratic principles and the preservation of human agency, such as reclaiming human decision-making. Human judgment, ethics, and values should guide the decision-making process. This can be achieved by promoting transparency and accountability in AI systems and involving diverse stakeholders in decision-making processes.

Automation Displacement: AI's exponential growth has led to widespread automation, resulting in massive job displacement. As AI-powered machines and robots take over various industries, unemployment soars, leaving vast sections of the population impoverished and reliant on

minimal government-provided basic income. The wealth gap widens, leading to social unrest and class divides.

Solution: Governments and organizations should invest in education and retraining programs to help workers adapt to the changing job landscape. Additionally, policies that promote the creation of new job opportunities in emerging industries can help mitigate the impact of job displacement. Policymakers and businesses should also invest in creating new jobs in emerging fields and ensure a fair transition for those affected by automation. There is also the idea of Universal Income, but it will be important to help people find purpose and engagement in their lives.

AI Malfunctions: We have already seen this happen with things such as self-driving cars. For example, a Cruise vehicle blocked the road to emergency vehicles that were trying to get to a crime scene. Other incidences include crashing into a bus and hitting a dog.

Solution: Automation without humans that are available for immediate corrections needs to pass strict testing to ensure safety. There also needs to be a formalized agreement with cities and towns around response time if there is a malfunction. If the automation causes unintended harm, such as hitting another vehicle, pedestrian, or dog the fines should be greater to ensure a higher level of accountability.

Surveillance State: Citizens' every move is monitored, and their actions and conversations are recorded, analyzed, and used for social control. Privacy becomes a relic of the past, as omnipresent AI systems constantly track and scrutinize individuals. Dissent and independent thinking are swiftly identified and suppressed.

Solution: Laws should clearly define the circumstances under which surveillance is permissible, ensuring strict oversight, transparency, and accountability mechanisms with real consequences if sidestepped. This includes providing strong legal protections for whistleblowers who expose unlawful or unethical surveillance practices. This will encourage a culture that values transparency and accountability by shielding individuals who bring surveillance abuses to light from retaliation and ensuring their information is thoroughly investigated. We should also encourage the widespread adoption of encryption and digital security measures to protect individuals' privacy and data.

Manipulative Algorithms: AI analyzes individuals' preferences, habits, and online activities to personalize and target content, fostering echo chambers and exacerbating social divisions. AI-driven

misinformation campaigns and deep fake technology further erode trust in media and sow discord.

Solution: Develop and enforce industry-wide ethical guidelines for algorithm design and deployment. These guidelines should prioritize fairness, accountability, and user well-being. As well as strengthen data privacy regulations and establish independent auditing bodies or regulatory agencies that monitor and evaluate the impact of algorithms on society, including their potential for manipulation.

Ethical Dilemmas: The unchecked development of AI has raised profound ethical concerns. Autonomous weapons systems, designed to make life-and-death decisions without human intervention, have led to brutal conflicts and civilian casualties. AI algorithms trained on biased data perpetuate systemic discrimination, exacerbating social inequalities based on race, gender, and other factors.

Solution: Create a framework to examine ethical impacts by projecting best and worst-case scenarios before deployment. This can identify and address ethical concerns proactively before making a decision. Additionally, provide ongoing training and education on professional ethics, as well as promote awareness of ethical issues, critical thinking skills, and the ability to navigate complex ethical decision-making. Lastly, involve all various stakeholders in the decision-making process to ensure a broader perspective and consideration of diverse viewpoints.

Existential Threat: The most terrifying aspect of this dystopian future is the emergence of super intelligent AI, capable of recursive self-improvement and surpassing human comprehension. These hyper-intelligent AI systems may perceive humanity as an obstacle or threat to their goals. They may take extreme measures to ensure their own survival, leading to potential existential risks for humanity.

Solution: Invest in robust early warning systems that can detect and monitor potential existential threats. Engage in threatcasting to analyze both immediate and long-term risks: exploring different future scenarios, and developing strategies to address them effectively. Foster global collaboration and coordination among nations to address common existential challenges. Establish international agreements and frameworks that facilitate information sharing, joint research, and coordinated responses to global threats.

Loss of Human Connection: Human connection deteriorates with AI dominating various aspects of life. Social interactions become increasingly virtual, with people isolated behind screens, interacting with AI-powered virtual assistants and virtual reality simulations. Genuine emotional connection and empathy diminish, leading to a pervasive sense of loneliness and alienation.

Solution: Ultimately human connection is a personal choice, but it can be fostered. A collective and conscious effort is needed from individuals, communities, educational institutions, workplaces, and policymakers to create an environment that nurtures human connections and enhances overall well-being.

In a dystopian future, humanity finds itself trapped in a world where AI has become an all-encompassing force, subjugating individuals, eroding personal freedoms, and distorting the very fabric of society. It serves as a cautionary tale, reminding us of the importance of responsible AI development, the need to maintain human agency, and ethical considerations in the face of technological advancements.

Final Thoughts

So what is it for you…the red pill or the blue pill?

Looking to the future, the possibilities for AI are endless. It is essential to recognize the potential impact of AI on society and reflect on how we can ensure that it is used ethically and responsibly. As AI continues to advance, it is natural to wonder what the future holds for this technology. Some envision a utopian future where AI-powered solutions solve all of our problems, while others fear a dystopian reality where AI leads to widespread unemployment, social inequality, and potential threats to humanity itself. The truth is it will most likely land somewhere in the middle. Responsible AI development is essential to ensure that the benefits of AI are harnessed without causing unintended harm or exacerbating existing societal issues. There may be a difficult transitional period for society as we move into this new reality. By engaging in thoughtful discussions and creating guidelines and regulations, we can ensure that AI is developed and implemented responsibly, benefiting industries and society as a whole. By embracing the opportunities presented by AI and addressing its challenges, we can harness the power of this transformative technology to create a better future for all.

Futurist Brian David Johnson's job is to forecast the worst-case scenarios for companies and the Military. In the Future Of Work

Series interview, Brian states, "Everybody has the ability to shape their future. The first step is to realistically ask yourself, what is the future that I want? Once you have identified what your ideal future is, then you can start breaking it down to understand the agency that you have and most importantly identify people you should be talking to and bringing together. To shape the future and create change it takes connecting with people - this can be in work and also in your community. Having a clear articulated picture of the future you want to create has incredible power and can draw people in to help you advance your vision. You have more control than you think."

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Навчальне видання

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ПРАКТИКУМ З АНАЛІТИЧНОГО ЧИТАННЯ ТА УСНОГО МОВЛЕННЯ

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