EASY ACCESS ENGLISH 2010

You Live and Learn *Learning from experience*

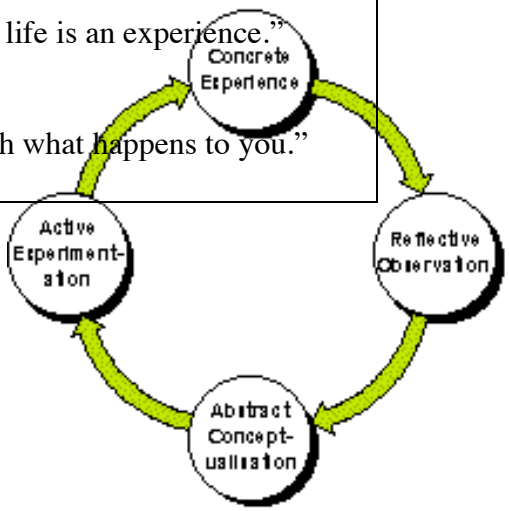
Activity One – consider the following quotations : Read and Discuss.

Experience is the name everyone gives to their mistakes.
Oscar Wilde

"The only source of knowledge is experience"
Albert Einstein

"Do not be too timid and squeamish about your actions. All life is an experience."
Ralph Waldo Emerson

"Experience is not what happens to you. It is what you do with what happens to you."
Aldous Huxley



Reassemble the idioms...

To down experience something put.
You learn and Live
Experience best is the teacher.
Behind the ears wet to be.
To take a something at stab.
To under your belt something get.

Activity Two – How we learn from experience. *Read the article by James Atherton. Just try to understand the general sense of the article – we will test your understanding with questions at the end. Also – pay attention to your intonation when reading.*

There are four stages in learning from experience, which follow from each other: **Concrete Experience** is followed by **Reflection** on that experience on a personal basis. This may then be followed by the derivation of general rules describing the experience, or the application of known theories to it (**Abstract Conceptualisation**), and there follows the construction of ways of modifying the next occurrence of the experience (**Active Experimentation**), leading in turn to the next **Concrete Experience**. All this may happen in a flash, or over days, weeks or months, depending on the topic, .

Quick Questions –

1. How many stages in leraning are there ?
2. What do people do when they have had an experience ?
3. What happens the next time they have the same experience ?
4. How long does this process take ?

Now read the article by Ron Victor.

Human beings learn through experience We give meaning to each event in our lives according to our belief system. Our experiences are the sum total of our memory of the event and the meaning that we attach to it. What we learn from each experience determined by our belief system and needs at the time of the event as much as by the event itself. This helps in explaining why two different people can participate in the same event and have completely different experiences.

If the experience is sufficiently strong, it can make us question our values and beliefs. To resolve the tension which follows, we have four options: learn to be comfortable with our inconsistencies, change how we view things, change our belief system, or change our actions to become consistent with our beliefs. Change requires time. A minor adaptation to our belief system happens quickly. Experiences that challenge close held values usually need more time and often disrupt our state of being during that time. Sometimes we act differently during this time.



Quick Questions –

1. Are experiences are made up of what elements ?
2. Why do people experience things differently ?
3. What makes us question our own beliefs and values ?
4. How do we deal with challenging experiences, what are the options ?
5. What happens when we change our belief system ?

Activity Three – Talk about your experiences.

Now think of an example in the past of experiences which you learned from and explain what the experience was, what you learned and how you changed as a result. **Use the past tenses.**

Activity Four – survey - Circle the adjectives that you feel describe your personality.

Friendly	**Jealous**	**Hardworking**
Open Minded	**Blunt**	**Stressed out**
Extrovert	**Outspoken**	**Anxious**
Shy	**Caring**	**Eager to please**
Reserved	**Affectionate**	**Honest**
Posessive	**Naive**	**Thoughrough**

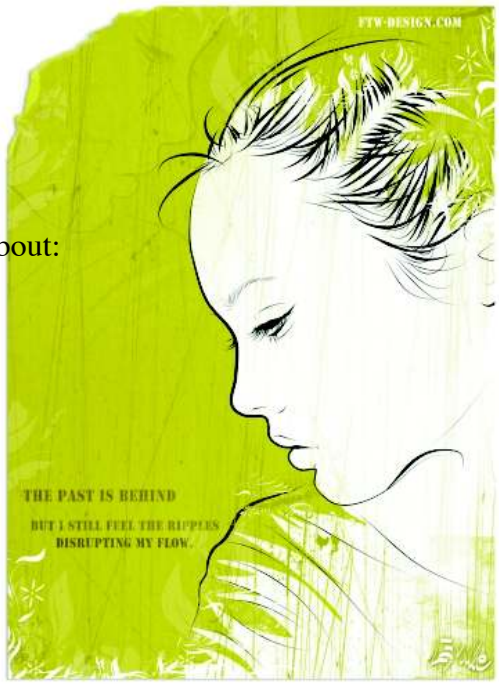
Now underline the adjectives which you feel descibed you a few years ago (ways in which you have changed).

Activity Five – read about - Used to do

We use **used to do** to talk about the past. It is not a tense but it is like a tense. It is a special expression. We use the expression **used to do** for the past only.

Structure of Used to do - The structure is:

	subject	auxiliary **did**	**not**	main verb **use**	**infinitive**
+	I			use**d**	to do.
-	I	**did**	not	use	to do.
?	**Did**	you		use	to do?



Use of Used to do - We use the **used to do** expression to talk about:

- an activity that we did regularly in the past (like a habit)
- a situation that was true in the past

I **used to** smoke.

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past present future

Look at these examples.

the past	**the present**
She **used to** be really jealous.	Now she is not jealous.
He **used to** be very anxious.	Now he is more relaxed.
They **used to** be married.	Now they are divorced.
There **used to** be a cinema here.	Now there is a supermarket here.
I didn't **used to** be honest.	Now I am honest.
I used to be more thoughrough.	Now I don't have the time.

Activity Six -Now explain in a sentence how you used to be and why you changed.
For example :

I used to be jealous but then I realised that noone wanted to be with me because of this and so I made an effort to change. Now I don't have a problem with jealousy.

Activity Seven listen to the song and fill the gaps. - Honesty

If you search for …….
it isn't hard to find.
You can have the love you need to live.
But if you look for ……..
You might just as well be blind.
It always seems to be so hard to give.

Honesty is such a …….. word.
Everyone is so …….
Honesty is hardly ever heard.
And …….. what I need from you.

I can always find someone
to say they ……..
If I wear my heart out on my ……...
But I don't want some pretty face
to tell me pretty lies.
All I want is someone to believe.

Honesty is such a lonely word.
Everyone is so untrue.
Honesty is hardly ever heard.
And mostly what I need from you.

I can find a lover.
I can find a friend.
I can have security until …… ……. end.
Anyone can …… me
with promises again.
I know, I know.

When I'm deep inside of me
don't be too ……..
I won't as for nothin' while I'm gone.
But when I want sincerity
tell me where else can I turn.
Because you're the one I ……. upon.

Honesty is such a lonely word.
Everyone is so untrue.
Honesty is hardly ever heard.
And mostly what I need from you.

Activity Eight – Experienced.

- Read the lyrics and write some sentences about what the songwriter used to be like and is like now from what you deduce from the lyrics.

- Then tell the story of this persons experience (be creative…)

So what did you learn today ??