

Lesson 09: Confidence

Hi! Welcome to the Article Discussion lesson!

Today's topic is about "**Confidence.**"

Have fun in learning English!

Activity 1 | Vocabulary and Expressions

Directions: Listen and repeat.

Vocabulary

- **fundamental** - of or relating to the base, foundation, core
- **cultivate** - to develop
- **indisputable** - that is true and cannot be disagreed with or denied
- **pessimism** - a tendency to see the worst aspect of things or believe that the worst will happen
- **obscure** - not clearly expressed or easily understood
- **boost** - help or encourage something to increase or improve
- **hence** - therefore (formal)

Activity 2 | Article

Directions: Read the article aloud with your teacher.

Confidence

This is probably the most popular and fundamental piece of advice you often hear and receive from people “be confident.” What does confidence really mean? Confidence is the state of being sure of yourself, believing what you can do and conveying it to others. In almost every aspect of our lives, confidence has become very important. A confident person may encourage and inspire others. One of the keys where a self-confident person finds success is by gaining confidence of others. A self-confident person easily gets promoted in a job because a confident person can perform better by believing in his abilities in accomplishing tasks and cultivating himself even more.

Despite the importance of being confident, it is indisputable that tremendous amounts of people lack this characteristic. Low self-esteem is the contrasting word to confidence; it is the absence of confidence. People who suffer from this always possess pessimism which hinders them from attaining success and prosperity in life. An obscure assessment of oneself leads to insecurity and lack of self-trust.

Hence, accepting yourself and admitting your weakness is the primary element to having self-confidence. Try to learn your strengths and use that to value your self-worth and boost your ego.

Activity 3 | Question and Answer

Directions: Answer these questions about the article.

1. According to the essay what does confidence mean?
2. How does a self-confident person achieve success?
3. What is primary element of having confidence?

Activity 4 | Summary

Directions: Make a summary of this article, focusing on the main topic. After that, your teacher will give you an example of the summary.

Activity 5 | Thoughts

Directions: Exchanging thoughts about this article. Give your opinion about the article first, and your teacher will give his/her opinion next.

Activity 6 | Free Conversation

Directions: Answer these questions related to the topic of the article. Have a free conversation about it with your teacher.

1. Are you a self-confident person?
2. What do you think are the advantages of being confident?
3. What is the difference between being confident and being arrogant?
4. What are the disadvantages of being boastful and arrogant?
5. How are you going to help your friend who has a low self-esteem?