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## Ted talk worksheet

Given text rewritten in a manner that maintains its original meaning while applying subtle changes: Image credit: www.ted.com Follow me on twitter @RobbioDobbio This is a new lesson plan for higher levels (C1+) based on a TED talk about bio-engineering and cloning. A big thank you to my colleague Cliff Grossman for suggesting this captivating talk! You can download the materials below: TED Bio-engineering - Student handout TED Bio-engineering TEACHER NOTES Procedure Either give students the handout, have them watch the talk and answer comprehension questions for homework, or do it in class. Then, depending on your class size, either let students discuss questions in small groups or as a whole class. This topic is also suitable for debates on GM food, cloning, and bio-engineering. Student Handout Comprehension Questions What have been the three major stages of evolution? What animal hybrids was he talking about? What did scientists do with bioluminescent cells from jellyfish? How does he compare regulations on genetic modifications in the US and Europe? Which animals were successfully cloned? What did they manage to do with cockroaches and goliath beetles? What made that monkey with a prosthetic arm so special? What was grown on a mouse's back? What is the speaker's view on bio-engineering, and what changes does he predict in the future? What did you think of the talk? Did you like his presentation style? Which experiments do you find interesting or go too far? What uses can you see for the different bio-engineered animals? How far do you think we should go with this technology? Should humans be cloned? What problems might arise if we were to start cloning humans? Who should decide how far science can go? Should people be able to design their own pets, children, or bodies? Looking at the language in bold, what does it mean by saying that "By changing our environment, we put new pressures on our bodies to evolve." So I want to take you through a whirlwind tour of how evolution has progressed. Someday, perhaps soon, there will be beefalo patties in your local supermarket. Dogs are the result of selectively breeding traits we like. The scientists behind this cuteness ended up slaughtering it and eating it afterwards. We used to have to do things the hard way by choosing offspring that looked a certain way and then breeding them. What ethical guidelines will we use then? Key Comprehension Questions What have been the three major stages of evolution? 1st: Darwinian evolution 2nd: humans changing their environment through civilisation 3rd: Evolution by design (bio-engineering) What are some of the animal hybrids he presents? Liger, geep, zorse, beefalo, cama What have scientists done with bioluminescent cells from jellyfish? Made animals that glow in the dark What does he say about the differences in regulations on genetic modifications between the US and Europe? Regulations are much stricter in Europe Name a few of the animals that have been successfully cloned. Sheep, pigs, rats, cats, dogs, horses, wolves, cows What have scientists managed to do with cockroaches and goliath beetles? Made them remote-controlled Made them monkey with the prosthetic arm? It Looking forward to discussing bio-engineering. The field has grown significantly, enabling people to control prosthetic limbs with their brains. This means individuals now have three independent arms. What sparked this progress was the development of a human ear in mice, which paved the way for breakthroughs in genetic engineering. Paul's perspective on bio-engineering is concerned about its implications and potential dangers. He fears that we might see widespread human cloning and the creation of designer pets or even babies. Discussion Questions How did you find the talk? What was your impression of the presenter? The presentation discussed various topics, including the importance of adapting to environmental changes, which can drive evolution. This idea was illustrated through examples such as dogs being bred for specific traits. The process was compared to selective breeding, where scientists would choose offspring with desired characteristics and then breed them. The talk also touched on the concept of biological terms like "biological children" and highlighted the need for ethical guidelines in bio-engineering. In the presentation, Daniel Levitin shared a personal anecdote about getting lost at midnight during a winter trip to Montreal. He discussed how this experience led him to develop a pre-mortem approach to thinking ahead and preparing for unexpected situations. Comprehension Questions What was the catalyst for breakthroughs in genetic engineering? How does Paul view bio-engineering, and what concerns does he have about it? What can be inferred from Daniel Levitin's anecdote about adapting to environmental changes? I'd be happy to prescribe a drug for that stress! Historically, cortisol released during stressful situations helped our ancestors escape predators, so it's not entirely bad news. What did I think of Rita Pierson's TED talk? It was inspiring and thought-provoking. Have you ever forgotten your passport or boarding pass? Yeah, we've all been there! Are you an absent-minded person? Not me, but I do misplace my phone sometimes! Where do I keep my stuff at home? In designated spots, of course! What situations require predicting possible problems? Jobs interviews, flying, exams - the usual suspects! I'm good at making decisions under pressure. What about Rita's words on the medical industry? She was spot-on! Would you trade quality of life for a longer life? That's a tough one... Now, what could possibly go wrong in these situations, and how can we prepare for them? In the dead of winter = in the middle of; Fumble something clumsily; Clouds your thinking = confuses; Pull a number out of the air = invent a number; For shock value = to cause shock; On the spot = in the moment; In the heat of the moment = do something while stressed; I'm getting there = making progress... To perform a "pre-mortem" evaluation, designate a place for commonly lost things, and take photos to make it easier to retrieve them. When faced with stressors, our brain releases cortisol - not so bad! Kids should learn about breaking bad habits, teacher said. Rita taught her students how to build self-esteem and academic achievement. She also gave a quiz where she put +2 on a student's paper who answered wrong. Does teaching raise self-esteem? Can we give up old habits easily? He said that every child deserves a champion like him who will support them and make them the best they can be. When trying to guess meanings from context, students attempt to infer the expressions in bold based on surrounding information. Initially, when I started practicing meditation, the guidance was to simply focus on my breath and gently bring it back whenever my mind wandered off track. It's puzzling why concentrating is so challenging. Research suggests that even when we genuinely try to concentrate - like during a presentation - roughly half of us will eventually drift away into daydreams or feel an overwhelming urge to check our social media feeds. Instead of allowing these emotional signals to dictate our actions, what if we could tap into this natural, reward-based learning process? Maybe in our adolescence, we were considered nerds at school and would see those rebellious kids smoking outside, thinking, "I want to be cool too." So, we might start smoking. The Marlboro Man wasn't a dork on purpose. What if instead of resisting our brains or forcing ourselves to pay attention, we utilized this inherent process? She transitioned from knowing intellectually that smoking was detrimental to her health to intuitively understanding it in her body, and the spell of smoking was broken. She began to lose interest in her behavior. When the prefrontal cortex shuts down, we revert back to our old habits, which is why this disenchantment is crucial. This concept aligns with the essence of mindfulness: Clearly perceiving the consequences of getting entangled in our behaviors. We start noticing that cravings consist of mere physical sensations - there's tension, tightness, or restlessness. These are manageable fragments of experiences we can handle moment by moment rather than being overwhelmed by these intense desires. Note: The original text was paraphrased to maintain the same tone and language, while some minor adjustments were made for clarity and flow. Here's the rewritten text: When people fall back into old habits. Most voters are utterly disillusioned with politics and extremist politicians like Donald Trump just tap into their anger and frustration. My mom used to crave avocados when she was pregnant, despite not usually liking them. The earthquake triggered a massive tsunami that hit the coast at 10am. I always got in trouble for zoning out in class during my school days. Three hours into the movie, I got bored and started thinking about what I wanted to eat for dinner. A man suddenly choked on a prawn and someone else had to perform the Heimlich maneuver. I was a bit of a nerd at school but definitely not a dork. I got so caught up in the party excitement that I didn't realize I missed the last train home. He caught the rugby ball, turned around, and got hit by an opponent. I broke the carrots into bite-sized pieces to avoid choking hazards. And then there's this bit about habits: Old habits die hard. When my grandad retired, he still got up at 6am and put on a suit. It's tough to break a lifetime habit. I could never go backpacking because I'm too set in my routine. I always write my essays at the last minute and normally get good grades. He was always so restless at school, he couldn't sit still for a second. I'm a bit weird, whenever I go near the edge of a cliff or a tall building I get the sudden urge to jump off! Don't worry, everything is going to be alright, I don't know how but I manage. I managed to stop biting my fingernails for 6 months but recently, because of all the stress at work, I have found myself craving them again. Most voters are completely unaware of politics in general and extremist politicians like Donald Trump are simply fueling the anger and resentment. When my Mum was pregnant she had strong cravings for avocado even though she normally hates them. The earthquake triggered a huge tsunami that hit the coast at 10am. When I was at school I always used to get into trouble for daydreaming during class. 3 hours into the film I got a bit bored and my stomach started rumbling with anticipation of what I was going to have for dinner. A man suddenly started to choke on a prawn and a fellow diner had to give him the heimlich maneuver. I was definitely a bit of a daydreamer at school but I certainly wasn't a nerd. I got so caught up in the excitement of the party that I didn't realise I had missed the last train home. He caught the rugby ball, turned around and was immediately tackled by a huge opposition player. I broke the carrots up into small pieces so that the children wouldn't be able to eat them. Given article text here From Goldstein on improving ourselves: Stress eating is common due to our high-stress, high-calorie environment. We often turn to food as a distraction from negative emotions like stress, sadness, and boredom. Research suggests that certain foods can quiet the brain's emotional centers. Do you stress eat? How do you relieve stress? Sitting for more than 6 hours a day is linked to various health issues. Many people sit during commutes, work, or unwinding. Excessive sitting increases obesity, diabetes, cognitive decline, cancer, bone loss, and immune system weakness. How much time do you spend sitting? What about standing desks? Not getting enough sleep can lead to long-term diseases and short-term illness. Most adults need 7 hours of sleep to function well. Productivity varies by morning or evening. Excessive grooming behaviors like nose-picking, biting nails, and picking at spinach can harm your health. Smoking causes various cancers and increases heart disease risk. It's also expensive. Do you smoke? How did you quit? Quitting smoking is challenging but effective with methods like hypnosis, acupuncture, patches, gum, or support groups. Skipping breakfast may not aid in weight loss as research shows mixed results. Eating a Healthy Morning Meal Generally, experts agree that starting the day with a nutritious meal is essential for fueling both body and mind. Research has shown that individuals who eat breakfast tend to perform better academically and professionally. A recent study from Harvard found that men who frequently skipped breakfast were 27 percent more likely to experience a heart attack or death from coronary heart disease. Another common bad habit is overspending, often manifesting as compulsive shopping. Easy access to credit can contribute to this behavior, allowing people to avoid responsibility and financial literacy. Overspending can be a tempting trap, providing temporary feelings of control and excitement. Additionally, being able to spend money can boost self-esteem. Noise-Induced Hearing Loss Hearing loss is a common issue that affects approximately 15 percent of Americans aged 20 to 69, according to the National Institute on Deafness and Other Communication Disorders. Prolonged exposure to loud sounds above 85 decibels can contribute to noise-induced hearing loss. It's essential to minimize exposure to such sounds, especially when raising one's voice in close proximity. Phone Addiction While phones aren't typically considered addictive, the constant stream of notifications can be distracting and detrimental to productivity. Many individuals are conditioned to check their phone immediately upon receiving a notification or feeling it has been inactive for too long. This behavior can lead to neglecting work, social interactions, and other important activities. The teacher revealed their secret past as a builder before they became an educator. The students were given two minutes to ask questions in an attempt to catch them in a lie. After the questioning, each student had to decide which statement was true and provide reasons for their choice. They also observed any verbal or non-verbal cues that might have indicated deception. The teacher then revealed which statement was false, awarding one point to students who correctly identified it and one point to themselves for successfully deceiving the class. The game continued with students writing three sentences about themselves, two true and one false, and attempting to deceive their peers in return. The student with the most points earned the title of Master Liespotter. The teacher also discussed various examples of deception, including a gorilla blamed a kitten for damaging a sink, and explained how children develop their lying skills from an early age. A vocabulary matching exercise was also given to the students, followed by comprehension questions based on a talk about lies and liars. The speaker discussed how people lie frequently, with some estimates suggesting that we are lied to up to 200 times per day. She also highlighted the differences in lying behavior between men and women and provided examples of deceitful speech patterns and body language. The class concluded with a discussion on the prevalence of dishonesty in society and the importance of developing skills to detect deception. The teacher assigned homework and encouraged students to continue practicing their liespotting abilities. This conversation lesson plan is designed for higher-level learners (B2+) based on Daniel Kish's TED talk "How I use sonar to navigate the world." Students can either watch the video in class or as homework. The transcript is also provided for reference. The lesson plan includes discussion questions and activities to explore the themes of blindness, navigation, and sensory perception. While a little procrastination is acceptable, critical thinking plays a significant role in your academic success. As a student, you need to develop the ability to analyze information objectively and draw your own conclusions. This skill is not only crucial for your degree but also transferable to your future career. To boost your critical thinking skills, check out this short animated video featuring tips on how to improve. It's essential to strike a balance between being critical of yourself and avoiding self-doubt. However, it can be challenging if you're struggling to grasp a concept or didn't perform well in an assessment. Stress is a normal feeling, especially when faced with situations like being far from family, giving presentations, or taking exams. To overcome stress, listen to Psychologist Kelly McGonigal's TED Talk, which explains what causes stress and how to manage it. As a student, learning leadership skills can be incredibly valuable. It can help you feel more confident in class, during group work, and when participating in debates. Leadership is another highly sought-after employability skill, especially for those interested in business and management. Author Simon Sinek's TED Talk provides insight into what good leadership entails - simply standing up for what you believe in. Anyone can achieve this. We hope these talks are helpful! You can find more tips and advice for international students on our website.