English Class 06

Here is an outline of what we will do in class today

# First period: Book discussion and grammar

* Book discussion in your teams: questions prepared by person D
* About the midterm writing exam
  + Read the instructions together
  + Exercise: Topic sentences

# Second period: Mental well-being, anxiety and simple living

* You will read a text and watch two or three videos. Take some notes. What ideas seem the most important to you? What ideas relate the most to you or your life?
* Elizabeth Scott, MS, on Verywell Mind: “16 Ways to Cultivate Real Happiness in Your Life”  
  *Verywell Mind is a reputable website for mental health information. The articles are written by professionals in the field and reviewed by editors.*<https://www.verywellmind.com/finding-happiness-happiness-and-stress-relief-3144580>
* Chelsea Fagan: “What My Anxiety Costs Me | The Financial Diet”  
  <https://youtu.be/SBUiyjpCWIc>  
  *Chelsea Fagan is a writer, Youtuber, and business owner. She never finished college, so she is an example of a successful “self-made” person.*
* Matt D’Avella and Johann Hari: “The Loneliness Epidemic”  
  <https://youtu.be/m3aIQuMWJCA>  
  *Matt D’Avella is an American filmmaker and a famous Youtuber. His videos focus on life improvement: minimalism, personal finance, motivation, etc. Johann Hari is a writer and journalist. His TED Talk on anxiety and depression has over 4 million views.*
* If you have time (it’s ok if you don’t, but it’s really interesting!)  
  Joey Schweitzer (Better Ideas): “Why your life is so boring” (stop watching when the ad starts, at 5:40)  
  <https://youtu.be/-dYgnvrvQ3M>  
  *Joey Schweitzer is a famous Canadian Youtuber who specializes on life improvement.*

# Third period: Personal discussion and writing workshop

* Personal discussion: Open the Personal Discussion file. Take turns asking questions.
* Writing workshop: Prepare plan for the writing exam

# Remember to check the homework file!