

TEXT 1**Stop Worrying About Your Reputation**

- 1 It's natural for most of us to spend time worrying about our reputation: what others think of us, whether we are seen as good or bad by the community ...
- 2 This can quickly become a painful topic, and our thoughts can become bonfires of worry. What if I am accused of something? What if I am unpopular and get mocked? What about if I become an outcast?
- 3 A useful way out of the panic was suggested many centuries ago by the Stoic¹ thinkers of Ancient Greece and Rome. They suggested that we divide the topic of reputation into two parts:

Part 1: On the one hand, who we are and what we think of ourselves.

Part 2: On the other: what other people decide we are or say about us.
- 4 The Stoics reminded us of an important detail. We can never be certain of the second part of the equation; we can't control the world beyond a certain point. There is always the possibility that someone mean or unfair will say something about us or try to damage us. We can never be completely certain that they won't.
- 5 This might seem like alarming news, but the Stoics wished us to take it on board with courage and then gain strength from focusing on the first part of the equation: what we think of ourselves.
- 6 And here, things are far brighter because we are more in control. We can calmly evaluate what we've done, what our hearts are like – and we can then come to a view of what sort of person we are, which provides us with a vital safeguard against the possible storm of public opinion. We have a solid anchor. We know who we are.
- 7 Modern psychology teaches us something valuable too. The way we see ourselves, is often shaped by our past, especially how we were treated when we were younger. Sometimes, we carry around feelings of shame and self-doubt because of this. But when we realise this and understand our true value, we become more confident and less worried about what others think.
- 8 So, to stop stressing about your reputation, you need to know your own worth.

[Adapted from source: <<https://www.theschooloflife.com/article/stop-worrying-about-your-reputation/>>]

Glossary:

- 1 *Stoic*: a school of philosophy (thought) from ancient times (about 300 BC)

TEXT 2

Positive Self-Talk

Self-talk is that internal dialogue in our heads that says things like 'I can do this!' or 'This is possible'. 😊 It colours our personalities and the way we see ourselves in the world around us.



[Adapted from source: <<https://www.pinterest.ca/pin/269090146473415556/>>]

TEXT 3**How to Become the Best Version of Yourself**

Embarking on a journey of self-improvement is an exciting undertaking, particularly as you step into adulthood. As a newly minted adult, enhancing yourself is about developing a confident, well-rounded persona. Here are some key ideas to guide you on your path to becoming the best version of yourself.

Develop a thirst for knowledge that extends beyond the classroom. Read books, listen to podcasts, and engage in conversations with people from different cultures. This will not only enhance your language skills but also broaden your perspective on life.

Define what success means to you and set specific, achievable goals to work towards. Break these goals down into smaller, manageable steps to maintain focus and motivation.

Regularly take time to reflect on your actions, thoughts, and emotions. Identify areas for improvement and make a conscious effort to work on them.

Growth occurs outside of your comfort zone. Challenge yourself to try new things, whether it's a new hobby, joining a club, or speaking in public. This will build your confidence and resilience.

Take care of your physical and mental well-being by eating healthily, exercising regularly and getting enough rest. A healthy body and mind are essential for personal growth.

By embracing these principles, you'll be well on your way to becoming the best version of yourself. Remember, it's a journey, so be patient with yourself and enjoy the process of self-discovery and improvement.

[Adapted from source: <<https://openai.com/blog/chatgpt/>>]

TEXT 4**Futility**

by Wilfred Owen (1893–1918)

- 1 Move him into the sun—
- 2 Gently its touch awoke him once,
- 3 At home, whispering of fields half-sown.
- 4 Always it woke him, even in France,
- 5 Until this morning and this snow.
- 6 If anything might rouse him now
- 7 The kind old sun will know.

- 8 Think how it wakes the seeds—
- 9 Woke once the clays of a cold star.
- 10 Are limbs, so dear-achieved, are sides
- 11 Full-nerved, still warm, too hard to stir?
- 12 Was it for this the clay grew tall?
- 13 —O what made fatuous sunbeams toil
- 14 To break earth's sleep at all?

[Source: Malan, R. (Compiler). 2008. *Poemscapes*. Oxford University Press.]

TEXT 5

Love Poem for My Country
by Sandile Dikeni (1966–2019)

1 My country is for love
2 so say its valleys
3 where ancient rivers flow
4 the full circle of life
5 under the proud eye of birds
6 adorning the sky.

7 My country is for peace
8 so says the veld
9 where reptiles caress
10 its surface
11 with elegant motions
12 glittering in their pride

13 My country
14 is for joy
15 talk the mountains
16 with baboons
17 hopping from boulder to boulder
18 in the majestic delight
19 of cliffs and peaks

20 My country
21 is for health and wealth
22 see the blue of the sea
23 and beneath
24 the jewels of fish
25 deep under the bowels of soil
26 hear
27 the golden voice
28 of a miner's praise
29 for my country

30 My country
31 is for unity
32 feel the millions
33 see their passion
34 their hands are joined together
35 there is hope in their eyes

36 we shall celebrate

[Source: Malan, R. (Compiler). 2008. *Poemscapes*. Oxford University Press.]

TEXT 6**Mindful**

by Mary Oliver (1935–2019)

1 Everyday
2 I see or hear
3 something
4 that more or less

5 kills me with delight,
6 that leaves me
7 like a needle

8 in the haystack¹ of light.
9 It was what I was born for —
10 to look, to listen,

11 to lose myself
12 inside this soft world —
13 to instruct myself
14 over and over

15 in joy,
16 and acclamation².

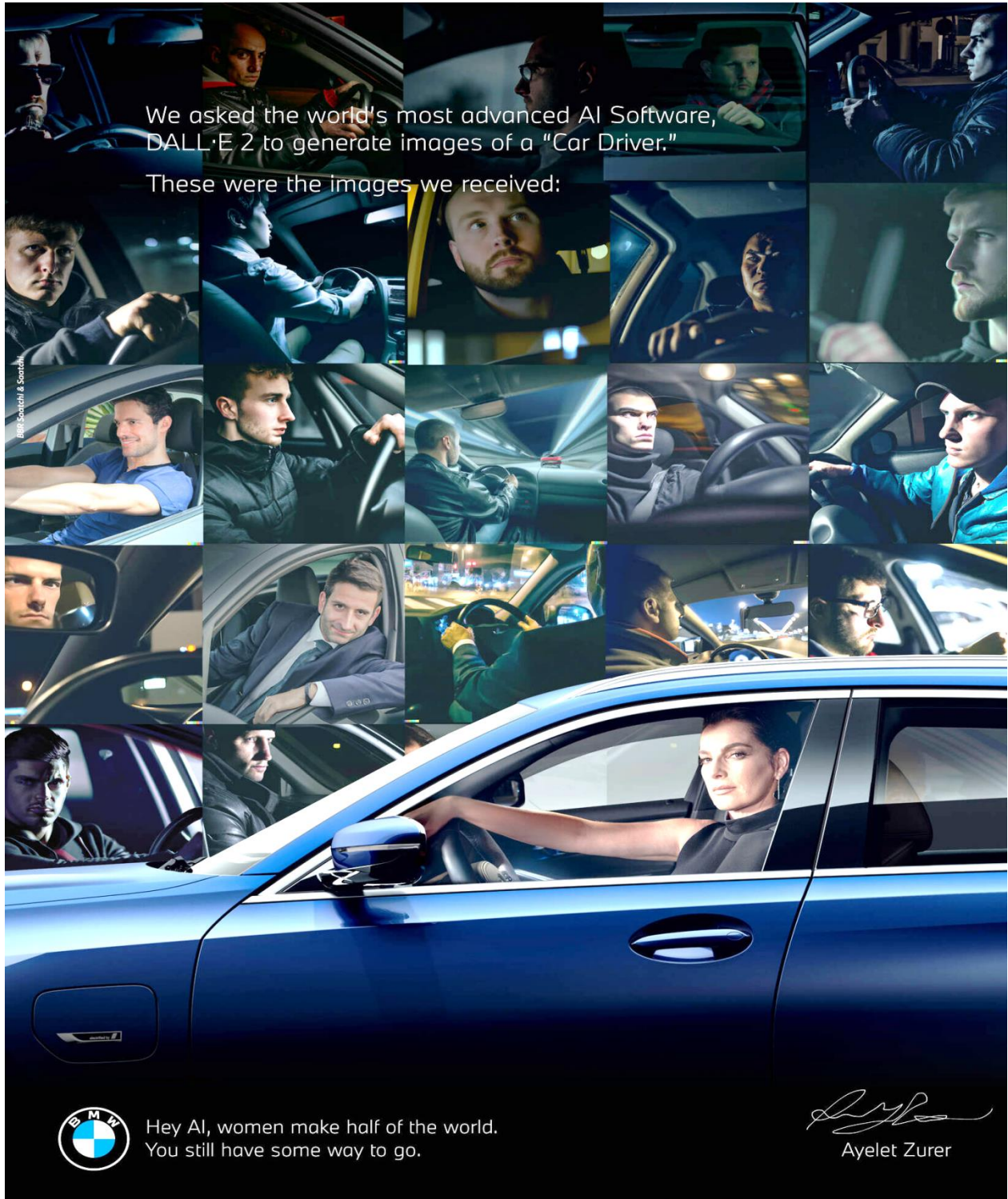
[Source: An extract from 'Mindful' by Mary Oliver from *Why I Wake Early*.
© Beacon Press, 2005]

Glossary:

- 1 *haystack*: a pile of hay (long grass).
- 2 *acclamation*: loud approval, clapping, cheering.

TEXT 7

Caption 1: We asked the world's most advanced AI Software, DALLE2 to generate images of a 'Car Driver,' These are the images we received:



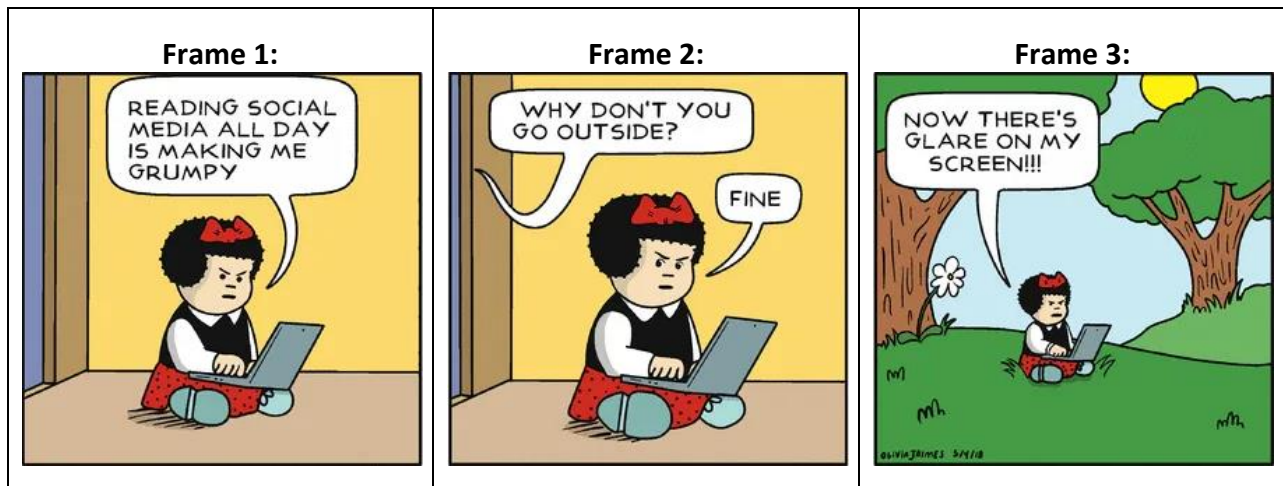
Caption 2: Hey AI, women make half of the world. You still have some way to go.

[Source: <<https://www.mk2groupdesign.com/post/>>]

Glossary:

AI stands for artificial intelligence.

TEXT 8



[Source: <<https://www.smithsonianmag.com/arts-culture/nancy-more-relatable-ever-at-85-180969865/>>]

TEXT 9

Living with Integrity and Kindness

by AI Chatbot *ChatGPT*

(This text contains deliberate errors. Instructions are in Question 7.)

- 1 Living with integrity and kindness is **(7.1 important)** for shaping your life and the world around you.
- 2 Being a good person means being honest, **(7.2 kind)**, and respectful in everything you do. Integrity is about being honest and true, even when **(7.3 its / it's)** hard. It means doing the right thing, even when no one is watching. This builds trust and respect in relationships.
- 3 Kindness **(7.4 is / are)** also important. It means showing compassion and **(7.5 accepting / excepting)** others, no matter who they are or what they've been threw. Kindness can be as simple as smiling, helping someone, or listening when someone needs to talk. It makes people feel good and creates a positive impact.
- 4 **(7.7.1 Living)** with integrity and kindness means being aware of how your actions affect others and taking responsibility for them. It also means being **(7.7.2 brave)**, patient and humble.
- 5 The rewards of living this way are feeling good about yourself and making the world a better place. You also build strong, meaningful relationships based on trust and respect. You can then inspire others to do the same.

[Adapted from source: <<https://openai.com/blog/chatgpt/>>]