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Jurys de l'enseignement secondaire – CESS général, technique et artistique de transition

Langue moderne I : Anglais Cycle 2020-2021/2

Articles servant de base à l'évaluation de l'expression orale

NB : les cinq articles doivent être lus et préparés. Deux seront tirés au sort lors de l'examen oral

1. Five keys to a positive classroom culture in middle school
2. How tourism impacts on the environment
3. The changing face of philanthropy
4. Worry, stress and anxiety are all different. How do you cope with each?
5. Is this really what I want? How lockdown made us question every life choice

1- Five keys to a positive classroom culture in middle school

By Darlene Anne, blog.teacherspayteachers.com (shortened version)

My first year teaching middle school was challenging. In my infinite new teacher wisdom, I decided that the best way to prevent another difficult year would be to start off by being tough and putting on my “meaner than a junk-yard dog” face.

Thankfully, I came to my senses. Because I know better. We ALL know better. Kids are not going to learn if they don’t feel safe, if they don’t feel respected, and if they don’t like the teacher.

Fostering a favorable classroom environment and a positive relationship with my students is the most important task I assign myself every year. The recipe for a classroom culture that promotes learning requires only a dash of time and energy. It does require a hefty dose of mindfulness.

How to establish a classroom environment that promotes learning:

Show Genuine Interest

Greet students with a smile and enthusiasm every day. Make eye contact with them and ask them questions about their life.

Each student will come into the room hearing, “You are important, and I’m glad to see you.”

This positive message will influence students’ behavior, their desire to learn, and the tone of the entire period. Sometimes we’re busy cleaning up from the previous period or setting up for the next one. When that happens, I have the kids wait outside until I’m ready for them to enter. It is much more important for me to make a connection with them than it is to start right on the dot.

Give Students Choices and Input

Studies show that when we give students choices, their motivation soars. We really don’t need a study to substantiate that, do we? All we have to do is ask our kids. Mine have told me that when they have some say in decorating the room or choosing books and projects, they feel more engaged and focused. They also feel validated.

However, there is a catch. We should only give kids a limited number of choices, especially when they’re in middle school. An experiment done by psychologists Sheena Iyengar and Mark Lepper confirmed that *more* isn’t always *better*. The researchers assigned college students various extra credit essay assignment choices. Surprisingly, students given fewer choices were more likely to complete the assignment. They even did a better job writing it.

I can’t say I’m really surprised about this. After all, who can go into a paint store and immediately choose a color from the thousands of shades offered? Most of us will take a

few paint chips home and begin the daunting process of narrowing down the chips. Some of us even assign someone else the responsibility of choosing because there are just “too many choices.”

Give middle school students two or three choices. When taking notes on new content, I give my students the choice of using folding interactive notes or Cornell notes. They are both guided and include the same information, but the choice gives students the freedom to use what works best for them, creating immediate “buy-in.” (You can see what this looks like here.)

Use Humor

I have a teacher friend who always says we put on six “shows” a day. While it’s not our job to write jokes on cocktail napkins, a little laughter can go a long way toward improving the class. One of the best teachers I know is a master of self-deprecating humor. He can redirect his students’ attention with one dry statement like, “It’s a shame that I’m so boring because I was just about to bestow upon you the single-most important secret to... (says something unintelligible).”

Humor can be a powerful communication tool. Just be sure not to confuse it with teasing or sarcasm, which can be seen as patronizing.

Normalize Failure

Taking the sting away from failure is essential to a student’s comfort and ability to learn. Our classroom is their safe place to fall. I feel strongly about creating this aspect of our classroom environment.

Ask Students for Assistance

People inherently want to be helpful. We also have a need to feel close to others. When we ask someone to do us a favor, the person being asked feels trusted and useful. The favor draws the two people together.

Asking for a favor works especially well with difficult students, whether it be an entire class or an individual. Ask them to give you a hand with technology or to explain something. Use the word “help.”

2- How tourism impacts on the environment

Shortened version of an article by Liang Lan (marine and environmental scientist), September 26th, 2019, tiredearth.com

On September 27th, 1970, the International Union of Official Travel Organization (IUOTO) held a Special Assembly meeting in Mexico City and adopted the Statutes of the World Tourism Organization. Ten years later, in 1980, the day would be officially recognized as World Tourism Day (WTD).

Tourism and jobs

This year, the theme for WTD is called 'Tourism and Jobs: a better future for all'.

Over the past six decades, tourism has experienced continued expansion and diversification, and it has become one of the fastest growing and most important economic sectors in the world, benefiting destinations and communities worldwide.

Tourism's role in job creation is often undervalued. This is despite the fact that tourism generates 10% of world jobs and is included in Sustainable Development Goal 8 for its potential to create decent work.

New policies are needed to maximize tourism's potential to create more and better jobs, especially for women and youth. New policies are also needed to reflect and incorporate ongoing advances in technology.

Environmental impacts of tourism

The tourism industry is one of the fastest growing industries in the world. On a local, national, and international level, tourism is economically and environmentally significant. Tourism has the capacity to help build communities and instigate positive environmental change. Tourism development can put pressure on natural resources when it increases consumption in areas where resources are already scarce.

Tourism is usually regarded as a boon to a region's economy. Tourism brings prosperity to the region and provides employment to the locals of the region. However, when tourism becomes unsustainable in nature, it can have disastrous consequences on the environment.

Tourism can cause the same forms of pollution as any other industry: air emissions, noise, solid waste and littering, releases of sewage, oil and chemicals, even architectural/visual pollution. Some of the ways in which tourism adversely impacts the environment have been mentioned below:

Air pollution

Transport by air, road, and rail is continuously increasing in response to the rising number reported that the number of international air passengers worldwide rose from 88 million in 1972 to 344 million in 1994. When a large number of tourists are involved, it invariably leads to a greater use of the transportation system. We all are aware of the fact that emissions from automobiles and airplanes are one of the biggest causes of air pollution. When a large

number tourists use these modes of transport to reach a particular attraction, it pollutes the air both locally and globally.

In many places, buses or other vehicles leave their motors running to ensure that tourists return to comfortable air-conditioned vehicles. Such practices further pollute the air.

Sewage generated by tourists

Construction of hotels, recreation and other facilities often leads to increased sewage pollution. Wastewater has polluted seas and lakes surrounding tourist attractions, damaging the flora and fauna. Sewage runoff causes serious damage to coral reefs because it stimulates the growth of algae, which cover the filter-feeding corals, hindering their ability to survive. Changes in salinity and siltation can have wide-ranging impacts on coastal environments. And sewage pollution can threaten the health of humans and animals.

Noise pollution

Tourists destinations are often subject to significant noise pollution. Tourists vehicles entering and leaving natural areas create a lot of noise. Such noise is the source of distress for wildlife. Loud music played by tourists in forested areas also disturbs the animals living in the area.

Tourism and natural resources

Large volumes of water are consumed to cater to the needs of the tourists, run hotels, swimming pools, maintain golf courses, etc. This can degrade the quality of water and decrease the volume of water that is available for the local population, plants, and animals. Moreover, unsustainable practices by the tourist industry can also put pressure on other resources like food, energy, etc.

Tourism has been a part of the human experience as long as there have been distant places to go and experience. Before you start your next travel adventure be sure to take some environmental values with you. To reduce your ecological footprint as a tourist be sure to conserve the amount of water you use, dispose of waste appropriately, tread lightly on the land, and become aware of the local ecosystems you choose to visit. Wherever you may go in the world do your best to support green businesses and minimize your impact on the environment.

3- The changing face of philanthropy

By Richard Joynt, August 12th, 2020, ocorian.com

Executive Director, Richard Joynt, identifies key trends driving change within the sector of philanthropy.

When setting out to create a successful philanthropic outcome, a desire to help or "give back" to a community is rarely enough.

Rather, families and their advisers should fully engage and form an in-depth understanding of the context and specifics of the projects they have chosen. They should then run the project with the same rigour that they would apply as if it were a family business, and be prepared to make difficult decisions if the project starts to drift away from its original mission. Now, confronted with a truly global pandemic, philanthropy is entering a new phase of modernisation and growth.

The changing demographic of philanthropists

Undoubtedly, the last 10 years have seen a change in the way that wealthy individuals see their role in the world, and philanthropy is a big part of that change. There has been a large shift towards ESG investing, which is a strong indicator that wealth goes hand in hand with behaving responsibly and progressively.

In our family office business, we see wealthy families setting aside large amounts of money which are devoted to improving the lives of those in need. From improving public health in developing countries, to providing urgent funding for care and research for those affected by COVID-19, wealthy families are seeing a need and responding accordingly. However, it is my experience that American clients are still giving more than European clients, and that there is almost a reverse correlation between age and level of giving - the younger the patriarch is, the more likely that philanthropy will be hard-wired into the ethos of the family.

There are of course exceptions to every rule, and the responsiveness from European clients to the COVID-19 call to action has been remarkable. This may represent a shift in European mindsets as a result of this unprecedented crisis.

The role of technology in driving, scaling and tracking philanthropy

I believe technology is the main reason that the lines between "investment" and "philanthropy" have become blurred (in a helpful way). Philanthropists now see that if they can embrace new ways of resolving issues for groups of disadvantaged people via technological solutions, the technology itself can become both a driver of change, and something to invest in. Any such investment can produce future efficiencies and reduce the need for injections of future cash - in this way such an investment actually frees up the philanthropist from having to write cheques in future! It's a win-win all round.

Accommodating changing philanthropic priorities between generations

The families that we see doing this the best are those who involve their children in the decision making from an early age. On the one hand it is about building philanthropic aims as being part of the family ethos, but it is also about taking the first step in involving younger members of the family in financial decision making. This way they can see it has a real impact and can therefore get excited about it. However, it is also really helpful in "setting the tone" about how communication within the family works, and how family governance is respected and upheld. Those families who operate a true roundtable decision making mentality in family philanthropy are typically those who raise financially "fit" heirs.

Purpose driven pursuits

The vision for long term change amongst some of our family office clients is remarkable. They see that there are aspects of the world that need real change and they look for innovative, long-lasting solutions to those problems, delivered via cutting edge technology.

Supporting your ambitions

From occasional targeted distributions from wider structures to bespoke and focused philanthropic missions, we have extensive experience across a range of causes and approaches to philanthropy. We understand social investment and cross-border giving, and know how to ensure you as the benefactor get the most from your gifts.

4- Stress, worry and anxiety are all different. How do you cope with each?

Shortened version of an article by Jeremy Engle, March 11th, 2020, nytimes.com

What is worry?

Worry is what happens when your mind dwells on negative thoughts, uncertain outcomes or things that could go wrong. It's the cognitive component of anxiety. Simply put, worry happens only in your mind, not in your body.

How does worry work?

When we think about an uncertain or unpleasant situation — such as being unable to pay the rent, or doing badly on an exam — our brains become stimulated. When we worry, it calms our brains down. Worry is also likely to cause us to problem-solve or take action, both of which are positive things.

Three things to help your worries:

- Give yourself a worry “budget,” an amount of time in which you allow yourself to worry about a problem. When that time is up (start with 20 minutes), consciously redirect your thoughts.
- When you notice that you're worried about something, push yourself to come up with a next step or to take action.
- Write your worries down. Research has shown that just eight to 10 minutes of writing can help calm obsessive thoughts.

Remember: Worry is helpful only if it leads to change, not if it turns into obsessive thoughts.

What is stress?

Stress is a physiological response connected to an external event. In order for the cycle of stress to begin, there must be a stressor. This is usually some kind of external circumstance, like a work deadline or a scary medical test. “Stress is defined as a reaction to environmental changes or forces that exceed the individual's resources,” Dr. Greenberg (a clinical psychologist in Mill Valley, Calif.) said.

How does stress work?

In prehistoric times, stress was a natural response to a threat, like hearing a predator in the bushes. Today, it still prompts a behavioral response, firing up your limbic system and releasing adrenaline and cortisol, which help activate your brain and body to deal with the threat, Dr. Greenberg explained. Symptoms of stress include a rapid heart rate, clammy palms and shallow breath. Stress might feel good at first, as the adrenaline and cortisol flood your body, Dr. Marques (an associate professor of psychiatry at Harvard Medical School) said. You might have experienced the benefits of stress as you raced through traffic to get to

an appointment, or pulled together an important assignment in the final hour. That's called "acute stress," and the rush wore off when the situation was resolved (i.e. you turned in your assignment).

Chronic stress, on the other hand, is when your body stays in this fight-or-flight mode continuously (usually because the situation doesn't resolve, as with financial stressors or a challenging boss). Chronic stress is linked to health concerns such as digestive issues, an increased risk of heart disease and a weakening of the immune system.

Three things to help your stress:

- Get exercise. This is a way for your body to recover from the increase of adrenaline and cortisol.
- Get clear on what you can and can't control. Then focus your energy on what you can control and accept what you can't.
- Don't compare your stress with anyone else's stress. Different people respond differently to stressful situations.

Remember: Stress is a biological response that is a normal part of our lives.

What is anxiety ?

If stress and worry are the symptoms, anxiety is the culmination. Anxiety has a cognitive element (worry) and a physiological response (stress), which means that we experience anxiety in both our mind and our body.

"In some ways," Dr. Marques said, "anxiety is what happens when you're dealing with a lot of worry and a lot of stress."

How does anxiety work?

Stress is a natural response to a threat. Anxiety is the same thing ... except there is no threat. "Anxiety in some ways is a response to a false alarm," said Dr. Marques, describing a situation, for example, in which you show up at work and somebody gives you an off look. You start to have all the physiology of a stress response because you're telling yourself that your boss is upset with you, or that your job might be at risk. The blood is flowing, the adrenaline is pumping, your body is in a state of fight or flight — but there is no predator in the bushes.

There is also a difference between feeling anxious (which can be a normal part of everyday life) and having an anxiety disorder. An anxiety disorder is a serious medical condition that may include stress or worry.

Remember: Anxiety happens in your mind and your body so trying to think your way out of it won't help.

5- Is this really what I want? How lockdown made us question ever life choice

By Bidisha, July 21st, 2020, theguardian.com

These strange months have made everyone realise that this isn't a rehearsal. Now we face difficult decisions about what to do next.

Recently, the historian Jessica Otis wrote in this paper about how the plague of the mid-1600s led to behaviour among the populace that closely mirrored our own reactions to coronavirus. There were those who scoffed at the risk, those who had to go out to work anyway just to survive and those who felt vulnerable and practised extreme caution. Then there was a privileged contingent that upped and went to their country estates at the first whiff of rotting sea-rat.

Of course, taking a trip to the countryside out of mortal necessity isn't the same as a mini-break, but the effect can sometimes be the same. You notice nature, you notice peace, you notice the air smells sweeter and you start to ask yourself a few questions.

For the very lucky few, lockdown has been an extended retreat – combined with a very long sequel to *The Stepford Wives*. Artists have always been good at this: hunkering in the bunker, and using the unstructured time to feel what comes next. But many other people are now also asking where they are in their lives and how they got here.

Coronavirus hasn't brought out anything that wasn't already there. Instead it has accelerated and clarified what was going to come up anyway, and the usual white noise of daily life isn't there to blot it out. All but the very young are looking back on hopes foregone and choices made as lockdown keeps us in place and imposes a deep perspective on things.

Like Eminem, we are cleaning out the closet – yes, we're fantasising about returning to our formative years and murdering our neglectful parents. A kind of raw, psychological tunnelling is happening. I have kept a diary and work notebooks since I was 15. Thinking, "what a fabulous resource," I unearthed them and read them all this spring. Pro tip: don't do this. There is no need to air out that filthy traumatised linen and wake up the sleeping dust mites of misery and pain to crawl round your home and corrode everything including your soul. Put those journals back in the box. Waking up old ghosts, triggering yourself and digging up every threat and trauma and perpetration? No thanks!

After that dredge through the horrors of yesteryear, however, a new hope emerges. You ask yourself if you really want to stay here, just like this, for the rest of your life. You realise this isn't a rehearsal and you're living with the sum total of your choices to date. The big life change you were fantasising about becomes a possible reality, just because you had time to stop and think.

It's not uncommon for people – the old middle classes in particular – to execute a sharp left turn in their career in their early 40s. I know a fair few bankers who went into artisan baking or jacked it all in to sail around the world, but more often it goes the other way – towards deeper social engagement. The world is about to gain a few more painfully well-meaning doctors, human rights lawyers, teachers and a heck of a lot of yoga teachers and psychotherapists.

It is also going to gain some more happily single people. People joked at the beginning of the pandemic that there would be a lot of coronababies at the end. I don't think so. There is nothing less erotic than being cooped up with your chosen life partner and their habits for six months that feel like all eternity. I can't speak for men, because I am afraid I don't know any. But I think there will be a fair few women for whom lockdown has clearly revealed the state of play in their central relationship and the next thing they will bring home from the weekly shop is some divorce papers.

- Bidisha is a broadcaster, critic and journalist