Jurys de l'enseignement secondaire – CESS général

Langue moderne II : Anglais
Cycle 2022-2023/1

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

NB : Les trois articles doivent être lus et préparés. Un sera tiré au sort lors de l'examen oral

1. Motivation and the Power of Not Giving Up

2. Way to go: why Germany's €9 travel pass is a big step in the right direction

3. Hybrid work: What the office could look like now

1. <u>Motivation and the Power of Not Giving Up</u>

Reviewed by: KidsHealth Behavioral Health Experts, https://kidshealth.org, (adapted and shortened version)

Have you ever set a goal for yourself, like getting fit, making honor roll, or being picked for a team? Like lots of people, maybe you started out doing great, but then lost some of that drive and had trouble getting motivated again.

You're Not Alone! Everyone struggles with staying motivated and reaching their goals. Just look at how many people go on diets, lose weight, and then gain it back again! The reality is that refocusing, changing, or making a new start on something, no matter how small, is a big deal. But it's not impossible. With the right approach, you can definitely do it. So how do you stay motivated and on track with your goal?

1. Know your goal. Start by writing down your major goal. Your major goal is the ultimate thing you'd like to see happen. For example, "I want to make honor roll," or "I want to get fit enough to make the cross-country team," or even, "I want to play in the Olympics" are all major goals because they're the final thing the goal setter wants to see happen (obviously, some goals take longer and require more work than others). It's OK to dream big. That's how people accomplish stuff. You just have to remember that the bigger the goal, the more work it takes to get there.

2. Make it specific. It's easier to plan for and master a specific goal than a vague one. Let's say your goal is to get fit. That's pretty vague. Make it specific by defining what you want to achieve (such as muscle tone and definition or endurance), why you want to get fit, and by when. This helps you make a plan to reach your goal.

3. Make it realistic. People often abandon their goals because their expectations are unreasonable. Maybe they expect to get ripped abs in weeks rather than months, or to quit smoking easily after years of lighting up. Let's say you want to run a marathon. If you try to run the entire distance of 26.2 miles tomorrow without any training, you're unlikely to succeed. It takes the average person 4 months of training to run that far! But the bigger risk is that you'll get so bummed out that you'll give up your marathon dreams — and running — altogether. Part of staying motivated is being realistic about what you can achieve within the timeframe you've planned.

4. Write it down. Put your specific goal in writing. Then write it down again. And again. Research shows that writing down a goal is part of the mental process of committing to it. Write your goal down every day to keep you focused and remind you how much you want it.

5. Break it down. Making any change takes self-discipline. You need to pay constant attention so you don't get sidetracked. One way to make this easier is to break a big goal into small steps. For example, let's say you want to run a marathon. If it's February and the marathon is in August, that's a realistic timeframe to prepare. Start

by planning to run 2 miles and work up gradually to the distance you need. Reaching frequent, smaller goals is also something to celebrate. It gives you the confidence, courage, and motivation to keep running — or doing whatever it is you're aiming to do. So reward yourself!

6. If you slip up, don't give up. Forgive yourself and make a plan for getting back on track. Pat yourself on the back for everything you did right. Don't beat yourself up, no matter how far off track you get. Most people slip up when trying to make a change — it's a natural part of the process. View slip-ups as lessons and reminders of why you're trying to make a change. When you mess up, it's not a fault — it's an opportunity to learn something new about yourself. Say your goal is to fight less with your brother or sister. You may learn that it's better to say, "I can't talk about this right now" and take time to calm down when you feel your temper growing out of control.

7. Keep a stick-to-it attitude. Visualize yourself achieving your goal: a toned you in your prom dress or a successful you scoring the winning soccer goal. Self-visualization helps you keep what you're trying to accomplish in mind. It helps you believe it's possible. You can also call up your mental picture when willpower and motivation are low.

8. Another boost is having supportive people around you. Find a running buddy, a quit smoking buddy, or someone else with a similar goal so you can support each other. Having a goal buddy can make all the difference in times when you don't feel motivated — like getting up for that early-morning run. If you're not getting support from someone when you really need it, you may need to take a break from that friendship and surround yourself with people who want to help you succeed. For instance, if you've been going to your friend's house to study together every Thursday after school, but now your pal is turning on the TV, texting friends, or gabbing on the phone and ignoring your pleas to get down to work, it's time to find another study buddy.

Ending an unhealthy behavior or creating a new, exciting one is all about taking responsibility for our lives. Finding the motivation to do it isn't necessarily easy, but it is always possible. You can stay motivated by writing down your goals, sticking to your schedule, and reminding yourself of what led you to set your goal in the first place. Change is exciting — we'd all be very bored without it.

2. <u>Way to go: why Germany's €9 travel pass is a big step in the right direction</u>

Melissa Bruntlett and Chris Bruntlett, last modified on Thu 28 Jul 2022, https://www.theguardian.com (shortened version)

After two years of Covid-driven decline in public transport use and increasing automobile traffic globally, what can governments do to entice people out of their cars? In Germany, the response to the effects of the pandemic and the cost-of-living and climate crises has been bold and decisive. The federal government introduced a €9 monthly public transport pass, available to everyone and across the network for the months of June, July and August.

As soon as the offer was announced, our social media streams were buzzing with people sharing news of snapping up the opportunity to enjoy inexpensive, unlimited travel on all buses, trams, subways and regional trains across Germany. And after just one month, the success of the scheme appears to make a compelling case for other countries to follow suit.

A preliminary analysis found that, while previously longer train trips (in excess of 300km) made up a majority of journeys on the German railway network, the reverse was true in June 2022. In just the first week, train trips of between 100km and 300km increased to 46% above pre-Covid levels – and, most impressively, to 58% for short-distance journeys of 30km to 100km. At the same time, a TomTom analysis found a decline in car congestion, resulting in improved driving times in 23 of 26 German cities examined.

What are the implications of these behaviour shifts, and what are the lessons for other countries or regions that are considering similar schemes?

First, making public transport cheaper should aim at significantly improving access to economic opportunity – including employment and education – for the residents who need it the most. For many, the choice to use public transportation is predicated on the availability of affordable and reliable options. If it is deemed too expensive – especially for those with lower incomes – or is inconvenient in terms of station location, routing or frequency, the average person will opt for the seemingly more affordable and reliable option: the car.

What makes the flat-rate €9 ticket so attractive is, of course, the price; even a usage of 20 days a month equates to a modest 45 cents a day. However, while a discounted fare is important, it is worthless without public transport networks, eg local buses, regional trams and intercity trains, to support it, complementing each other to provide (nearly) door-to-door connectivity.

Beyond the positive impacts on congestion and the climate, a less discussed outcome of fewer cars on our streets is the positive effect on our personal and collective wellbeing. In researching our book on the subject of car use, we discovered myriad sociological benefits for residents of places where cars no longer dominate. Children experience greater independence as road safety dangers are reduced. Public spaces with less motor traffic are quieter, reducing ambient stress and enabling greater social contact between local people and visitors. Moving around a city at a slower pace facilitates face-to-face contact, something we all experienced the loss of during lockdown, and which directly contributes to the release of oxytocin, making us healthier and feeling happier.

While these quality-of-life benefits were not intended outcomes of the €9 ticket in Germany, they certainly should be a consideration for other countries currently experimenting with temporary fare reductions, such as Ireland, where most fares have been cut by 20% until the end of 2022, and Luxembourg, where public transport is now free. Spain is halving many fares on buses, trams and trains from September, and will make some commuter routes free for multi-journey tickets until the end of this year.

At the same time, it is critical to remember that reduced fares are not the golden ticket to reducing congestion and increasing ridership. The success of any incentive lies in accessibility, and that only comes with investment: a robust network of public transport options that reach as many residents as possible, complemented by safe walking and cycling networks. These are what make the sustainable choice the easy choice. Ensuring that those with the least financial means are provided a pathway to entry through a reduced fare scheme can offer an equitable lifeline that might just be gamechanging for their economic situation.

When this three-month experiment ends at the end of the summer, the legacy of Germany's €9 ticket will hinge on any lasting behavioural change. Time will tell whether the loss of the enticing, affordable option causes people to revert to old, car-based habits or whether experiencing a different way to move around inspires them to make more permanent changes throughout the autumn and winter months. Ideally, the experience of a less stressful, more enjoyable means of travel will be a catalyst not just for those using public transport, but also for the decision-makers in accelerating the transition to a more climate-friendly future.

3. <u>Hybrid work: What the office could look like now</u>

By Mark Johanson, https://www.bbc.com/worklife/article/20210713-hybrid-work-what-the-office-could-look-like-now, 14th July 2021 (adapted and shortened version)

This past year has served as an extended experiment for companies, as they tested out the best ways to effectively manage a remote workforce. Now that Covid-19 restrictions are easing in many parts of the globe, however, leaders must now undertake a brand-new experiment: how do you bring that same remote workforce back into the office – and what should that office look like?

This is a question that Adtrak, a digital marketing agency based in Nottingham, UK, has grappled with in recent weeks. Like many companies, Adtrak has adopted a hybrid model, where employees are only required to come into the office once a week on the same day as their team. The rest of the time, unless there is a meeting best done in person, they'll have the flexibility to work from home.

"We're really trying to see the office in a different way," says James O'Flaherty, Adtrak's business operations director. "Before it was, 'I go to the office, because that's what I do to work'. Now, we want it to be more like, 'I'm going into the office today because today is the day I see people'. We're trying to use that day in the office to be more collaborative, get some face-to-face time and really reignite the culture we've missed being remote."

Moving to a hybrid workforce meant O'Flaherty had to entirely rethink the set-up in Adtrak's 16,500-sq-ft space. In early 2020, the agency had 120 desks; now they have just 70 (despite retaining a staff of about 100). Yet that doesn't mean the office is getting smaller. O'Flaherty has re-configured it to include team-working spaces that encourage collaboration, hot desks workers can book through an app, social spaces to promote dialogue and rooms equipped with new technology for seamless videoconferencing with remote-working colleagues.

Gone are the days of rigid social and physical structures that many companies believed were essential to a productive work environment. What's in, instead, are more adaptable designs, and communal areas meant to foster teamwork, creativity and a sense of connection lost during the pandemic.

Fewer desks, more social spaces
"There was an evolution of the workplace that was already underway," explains Robert Mankin, a partner in architecture firm NBBJ's Los Angeles office, who oversees international corporate practices. "What the pandemic did was pour fuel on that, and accelerate that transformation five to 10 years from where it might have been otherwise."

It's clear that most workers do want to see their colleagues in person periodically as well as retain work-from-home flexibility. A study of 3,000 UK-based remote workers

conducted in March by intelligent learning platform HowNow showed that more than two-thirds (67%) felt disconnected from their colleagues, while half (49%) said this sense of disconnection was having a negative impact on how they viewed their job. A similar survey from job-site Indeed showed that 45% of US remote workers missed in-person meetings with their colleagues, with 46% missing those work-related side conversations that happen in the office.

Companies are now converting that individual space into collaborative space and social environments where workers can get together. After all, researchers suggests that unstructured collaboration outside formal meetings is key to a successful business. There may also be areas designated for mentoring, learning and training – something that Nicola Gillen, a London-based workplace strategy and design specialist and author of *Future Office* says the younger generation has been robbed of during the past 16 months. By creating spaces that are less structured and more creative, the hope is to reframe the office as more of a destination than an obligation.

Mankin thinks the office of the future will also need to be more agile and able to change depending on the demands of a given day. This might mean multipurpose furniture that can be moved to promote collaboration, or demountable partitions for moments of privacy. Teamwork might take place across a range of formal and informal areas, while there would also be quieter task-specific zones for head-down work.

Employees who no longer have assigned desks might instead share desks within neighbourhoods or team pods, so they'll always have a home base. They may also be assigned lockers or team shelving not only to store supplies but also instil a sense of connection to the area in which teams work, according to Gillen. These kinds of changes also address health and safety concerns that could linger long after the pandemic subsides, since desks cluttered with personal items don't tend to get the kind of deep clean each night that an unassigned desk would.