



Notes



302en21

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READING WITH UNDERSTANDING

Think about the following questions before you read this lesson _____

- *why do we need education?*
- *what causes stress?*
- *how does one manage time so that one can do the right things at the right time?*



OBJECTIVES

At the end of this lesson, you will be able to:

- understand short theme-based passages and
- answer questions on those passages.

21.1 SECTION I

Now read the lesson and see if your views match with the author's. First, why do we need education? What is its purpose?

Education as commonly understood by people means acquiring certain knowledge and skills in order to earn their living. But that is only one purpose of education. You may ask why? This is because humans are much more than just wage-earning machines. They are endowed with emotions and feelings which enrich their life. These emotions and feelings need to be developed so that they can develop into

social beings, able to interact with fellow beings who are also members of that society of which they are a part. The process of socialization starts right from childhood and it is the purpose of education to facilitate this socialization and produce responsible and committed citizens who would be able to contribute to the progress of the community, society and the country at large. A country with such citizens becomes a great-nation, well able to hold its head high in the community of nations. It is thus that education serves a loftier purpose than being a mere means of earning one's living to lead a prosperous material life.

Education serves another important purpose by shaping one's personality so that one is able to face challenges of life. This is possible by promoting a sense of co-operation and co-existence, a feeling of love and brotherhood and an attitude of caring and sharing. This process starts right from home and gets strengthened when one receives education with a proper perspective and policy underlying it. As one grows older, one develops the capacity to appreciate the finer aspects of life than merely amassing material wealth. Thus a person becomes a good human being which, after all, is the purpose of education.

So, you see that education prepares every individual to lead a purposeful and meaningful life. However, it cannot be denied that the intellectual inputs equip an individual to earn his or her living. But it should not stop with that. It should teach us to cope with the stresses and strains of modern life and enable us to lead a full life.



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INTEXT QUESTIONS 21.1

1. Answer the following questions:
 - a) What is the common view on the purpose of education?
 - b) Does the author agree with the common view on education?
 - c) What are the two purposes of education according to the author?
 - d) How does a country benefit from well educated individuals?
 - e) How does education help a person to face the challenges of life?
2. Given below are some groups of words. They are values which the author talks about. Find out words from the text which mean the same and write them in the blanks given
 - (a) working together _____
 - (b) living together peacefully _____



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- (c) to be concerned _____
- (d) to have ideals in common _____
- (e) to hold something in esteem _____
- (f) being part of a fraternity _____

21.2 SECTION II

Let's read and find out the author's views on stress and how to manage stress.

Stress is nothing but mental tension or anxiety which is caused by the work at hand. This happens when one is not able to deal with that work. For example, a student who has no aptitude for a subject is compelled to take it up either because of parental pressure or because of pressure from peer groups or due to the perceived importance of the subject itself. When he or she finds it difficult to cope with it and wants a change the external pressures deny him or her such a change. This situation leads to stress. No work is done well when one's mind is under stress. This inability to do well leads to diffidence. Gradually this diffidence leads to a feeling of inferiority. Persons with such inferiority complex isolate themselves and succumb to stress. This leads to inefficiency, loss of interest and above all to a total breakdown—physical, mental, emotional and moral.

Therefore, the moment one notices that one is stressed, that is, one is not able to cope with work, studies, problems etc. the first step one should take is to find out the cause of the problem with a calm and cool mind. One should take a break and allocate time to analyse where one went wrong. If one is not able to do this on his or her own, one should not hesitate to get the help of someone who can help. One should be open-minded and honest about one's weaknesses and deficiencies. It is better to share a problem and find a solution to it than struggle without results and feel miserable.

To see that pressure or tension does not build up and haunt a person, one should programme one's work. One should take up a task which is within one's capacity and find out an easy way to accomplish one's goal. This can be achieved if one has a calm and balanced mind and lots of patience. One must, first complete the task which one finds comparatively easier to do. This will promote self-confidence. Development of self-confidence leads to an improved perspective. This enables one to deal with more difficult problems and solve them. One will then find that there is no problem without a solution. With this realization, stress will automatically vanish.

Another reason that causes stress in today's world is an urge to reach the top and be successful. This rat race is often prompted by greed and jealousy rather than by an estimation of one's own abilities. If ambition is not supported or complemented by suitable ability or capacity it leads to failure thus creating negative feelings and undesirable attitudes. When things do not happen as one wishes, anger takes over. An angry person cannot take right actions. Often actions taken in a fit of anger lead to clashes, quarrels and disputes which cause problems not only to the individual but to his family and friends also.

Change of work now and then makes one feel refreshed. It is here that hobbies play a very important role in shaping one's personality. A long stint of mental work should be followed by some physical work which will reduce the pressure on mind and improve one's mental efficiency. Listening to music which one likes, taking a long walk in congenial environment and pursuing a hobby of one's choice are some of the easier and simpler means to avoid the evil effects of stress.



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INTEXT QUESTIONS 21.2

1. Answer the following questions:
 - a) Give one reason why a student can suffer from stress.
 - b) What happens when a person is stressed? Give three points.
 - c) Mention three ways by which one can overcome stress.
 - d) What is the ill effect of being unduly ambitious?
 - e) Mention two effects that physical work and listening to music have on the human mind.
2. The words given below are taken from the passage. Tick the word closest in meaning to the word given. (Remember the meaning should fit into the sentence from where the word has been taken.)
 - (a) 'Aptitude' in paragraph 1 means—
 - (i) gift
 - (ii) flair
 - (iii) knack
 - (b) 'Diffidence' in paragraph 1 means—
 - (i) shyness
 - (ii) insecurity
 - (iii) timid ness



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(c) 'Analyse' in paragraph 2 means—

- (i) examine
- (ii) interpret
- (iii) dissect

(d) 'Accomplish' in paragraph 3 means—

- (i) realize
- (ii) perform
- (iii) complete

21.3 SECTION III

We have so far seen how to manage stress. Let us now find out what the author suggests about doing the right things at the right time, that is managing time so that we are not stressed.

Removal of stress by itself will not lead to unqualified success unless there is efficient utilization of time at one's disposal. In an extremely competitive world, one who manages one's time efficiently scores over others who don't. We should understand that time is precious and valuable and we should be discreet in its use. So, making the best use of time available to us is known as time management. And how does one do it? Get into the habit of making a time plan. A time plan is an advance plan of all the activities to be performed in the allotted time. This is how you can prepare a time plan.

- List all activities to be performed at a certain time, e.g.:- in the morning – preparing breakfast, going to work etc.
- Underline all activities which need to be done at a definite time, e.g.:- reaching office on time or dropping a child at the bus stop.
- Make an estimate of the time required for various activities, e.g.: cooking – 40 minutes, studying – 1 hour etc.
- Arrange the activities in the sequence in which they need to be done.
- Keep in mind the schedule of other family members and make necessary adjustments as and when required.
- Once you have listed out your priorities write them down. This is your time plan.



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However you should remember the following points while making your time plan-

- There should be enough time for rest and entertainment.
- The plan should be practical, feasible and realistic.

All great men who achieved greatness and glory were people who were aware of the value of time. Time was precious to them. When others were idling away and wasting their time, great men put it to good use to meet the challenges of life and achieve success. It follows therefore, that one should have a programme and a schedule for it so that the objectives are achieved. Such programmes should be in conformity with one's skills and mental and physical capacities. It is only then that one will be free from stress or tension.



INTEXT QUESTIONS 21.3

Complete the notes below on Time Management

Time Management	
Meaning	_____
Need	To avoid (a) Stress (b) _____
How	Make a _____ plan.
Time Plan is	• List all activities • _____ to _____
Steps	• List all activities • _____ • _____ • Prioritise activities • Be sensitive to needs of others. • _____
Any reference to history	_____ _____



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**OVERALL QUESTIONS**

Complete the table given below using the information you have gathered by reading the lesson:

Topic	What you know	What you wanted to know	What you learnt
Role of education			
Stress Management			
Time Management			

**CHECK YOUR ANSWERS****Intext Questions 21.1**

1.
 - a) a means to earn a living
 - b) No
 - c) Two views on the purposes of education by the author are:- to refine emotions and feelings and produce responsible citizens; to groom personalities to face challenges of life.
 - d) Country benefits from the contributions of such individuals to the progress of community, society and country at large.
 - e) By promoting a sense of co-operation and co-existence, a feeling of love and brotherhood and an attitude of caring and sharing.
2.
 - (a) co-operation
 - (b) co- existence

- (c) caring
- (d) sharing
- (e) appreciate
- (f) brotherhood

Intext Questions 21.2

1.
 - a) When he/she does not have an aptitude for a subject and opts for it.
 - b) Has a feeling of inferiority, inefficiency, loss of interest.
 - c) Find out the cause, analyse the problem, get help.
 - d) Failures lead to negative feeling and stress.
 - e) Makes the Mind feel fresh and improves efficiency.
2.

(a) knack	(b) insecurity
(c) examine	(d) realize

Intext Questions 21.3

Meaning	:	Making best use of time
Need	:	negative feelings/view of self
How	:	time plan
Time plan is	:	morning to evening
Steps	:	Underline activities and time; estimate time required for each activity; be practical and realistic.
Reference to history	:	All great men had a time plan.



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