



**PINES** ACADEMY  
**INTERNATIONAL**



# Exchange Views



English as a  
Foreign  
Language

## Introduction

The book is designed to facilitate discussion between the student and the teacher by providing thought-provoking questions in each unit. Effective communication requires an individual to express not only his opinion, but also his emotions. Thus, the questions are thoroughly formulated in order for the student to convey his ideas and feelings more extensively.

Moreover, the articles are carefully chosen to provide a wider range of information, which enables the student to broaden his perspective.

Considering the fact that some students are easily drawn out when they encounter interesting images, pictures are included in the articles to serve as an excellent springboard for discussion.

## Unit 1: Resentment

One of the most destructive negative emotions is resentment; you need to really work on yourself to get your mind free from the clutches of this one. I got into a fight with a bully in high school. He and his cronies beat me up in front of the whole school. I was so ashamed to go to school that I skipped school for a whole week. At home, I lied to my mother. I told her that the bruising I had was from a fall in school. That year, I spent most of my days thinking of ways to hurt this guy and his friends. I fantasized that I knew martial arts, and I gave these guys a beating of their life in front of the whole school – just like the one they gave me or worse.



Almost 14 years after the incident, I saw the guy who beat me in school. Even after such a long time, the mere sight of this guy made my blood boil. All these years, I have carried this resentment at the back of my mind. It was very disturbing, so I shared it with my mentor who just gave me a calm smile and narrated a story which he heard when he went for a 'Viprasna' meditation course.

The story goes that some monks took a strict vow of celibacy – so strict that they did not even look at women. If a woman is passing by, they turn their eyes to the ground and walk past, not once glancing in the direction of the woman.

One day, a couple of monks were walking through the village when one of them saw a young woman struggling to keep a stack of sticks over her head. She was having a difficult time doing this and was almost about to fall down when the monk rushed and helped her. While trying to help, the monk had to hold her hands and this was something that troubled the other monk.

After the incident, the monks started the long journey back to the monastery which took them almost 3 hours. Upon reaching the monastery, the troubled monk could not hold his peace and asked the monk why he touched the woman.

The monk smiled and replied that he helped the woman to prevent her from falling and that he forgot about her immediately, while the troubled monk was still carrying her in his mind for over 3 hours. This taught me a valuable lesson that I carry inconsequential things in my mind and lose my serenity for no reason.

### Questions for discussion:

1. How would you describe resentment?
2. Describe a situation when you experienced this feeling.
3. Have you experienced someone resenting or hating you? Describe the experience.
4. What are some ways in which people handle hatred? What is the best way of handling resentment?
5. What is the difference between hating someone and someone hating you?
6. What could be the short- or long-term effects of resenting someone?
7. Do you agree or disagree with the statement, "It is easier to forgive and forget".
8. "Familiarity breeds contempt." What is your opinion on this?
9. According to some research, resentment is the fastest and one of the most destructive emotions man could feel. As a result, the suicide rate in other countries is increasing. What is your opinion on the matter?
10. Some say that our lifestyle and the complexity of everything that surrounds us initiate or push men to focus more on their negative feelings. In your opinion, should we adapt a part of the monks' lifestyle (e.g. contemplation) so as to develop or fortify our inner sense of peace?

## Unit 2: Police stereotypes are incorrect, unfair to most officers



"Police, get down! You are under arrest. Don't move!" This is the behavior many high school students think of when it comes to police officers.

Many students have probably heard a story from a friend about being mistreated by police and then passed it along, adding a bit to it. However, this stereotype is incorrect and unfair to most officers.

I have first-hand knowledge of the Cooper City Police Department and its officers. Since September 1990, I have been a police explorer for the Cooper City Police Department. I ride with officers, assist them, and write reports on minor incidents. I have yet to see a case in which an officer has harassed a teenager.

Recently, for example, I was riding with Cooper City Police Officer Jon Thompson. He stopped a teenager going 20 miles above the speed limit and asked the boy if it was the first time he had been pulled over.

When the teenager said he had not been in trouble before, Thompson simply issued a warning and let him go.

And when Cooper City Police Detectives Robert Cates and John Ligouri learn of a teenager who has committed a crime, they do not jump at the chance to arrest and jail the youth. Instead, they offer advice to first-time offenders and their parents, and try to get the teens placed in the Juvenile Diversionary Program before they get into more trouble.

Other officers, through volunteer work, help kids stay out of trouble. Take Officer Jon Posson, who started a boys' soccer team and coached the Cooper City Optimist team. The officers who are advisers for the police explorers volunteer time for training and to supervise meetings. In some Broward County cities, officers have started Police Athletic Leagues to give kids something to do after school. Police officers are not the power-hungry, ticket-issuing monsters that some people make them out to be. They understand what teenagers go through and try to help them out in as many ways as possible.

I have never seen an officer with a bad attitude toward teens in Cooper City. There are always a few bad officers, but that is to be expected in any job. But those types of officers are few and far between. Police officers are not out to write tickets and harass teens. Their job is to help the community, and most officers do this in any way possible.

### Questions for discussion:

1. What is your perception about police officers in your hometown? In your country?
2. What do you think about cops in other countries?
3. What are the important qualities a policeman should possess?
4. Have you ever had an encounter with the police? Describe the situation.
5. Does your government allocate funds for the police in your country? How would you describe their situation (e.g. facilities, weapons, etc.)?
6. In your opinion, why do people have stereotypes against policemen?
7. How can policemen eradicate or minimize people's discrimination against them?
8. How were cops different in the past?
9. Some people say that it is much better to replace cops with robots in the future. Do you agree or disagree? Give specific reasons for your answer.
10. What would be the advantages and disadvantages of having robots or machines as policemen?