

Unit 8 – Success in a high-stakes society

Higher, bigger, greater

to be vital for survival	Lucy knows that clean water and healthy food are vital for survival.	für das Überleben lebensnotwendig sein
to provide entertainment options	Tom plays video games every evening because they provide entertainment options.	Unterhaltungsmöglichkeiten bereitstellen / anbieten
to establish social hierarchies	At school, James tries to be popular to establish social hierarchies.	soziale Hierarchien aufbauen / etablieren
to develop problem-solving skills	Anna enjoys puzzles because they help her develop problem-solving skills.	Problemlösungsfähigkeiten entwickeln
to push oneself	To be successful, you need to push yourself and never give up.	sich anstrengen / sich (selbst) antreiben
to strive to be the best	Professional athletes strive to be the best in their sport.	darauf hinarbeiten, der/die Beste zu sein
to acquire new skills	Nico joined a cooking class to acquire new skills.	neue Fähigkeiten erwerben
to train / work harder	David decided to train harder for the upcoming running competition.	mehr trainieren / härter arbeiten
to build resilience	Facing failure in exams helped Sophie build resilience.	Resilienz aufbauen, Widerstandskraft entwickeln
to learn to handle defeat	When Lucas lost the chess match, he learned to handle defeat calmly.	lernen, mit Niederlagen umzugehen
to lead to innovation	Emma's creative project led to innovation in her Science class.	zu Innovationen führen
to become obsessed	Jake became obsessed with his new video game and played for hours every day.	besessen werden
to suffer from anxiety / burnout	Mark felt exhausted and realised he could suffer from burnout if he didn't rest.	unter Angstzuständen / Burnout leiden
to be envious / jealous	Sarah was envious when her friend won the art competition.	neidisch / eifersüchtig sein
to be success-driven	Emmalee is very success-driven and always tries to finish her tasks first.	erfolgsorientiert sein
to be selfish	Kellan was being selfish when he didn't share his snacks.	egoistisch sein

Positive and negative effects of a competitive society

Positive effects of a competitive society

to drive innovation	Jen believes that competition can drive innovation because people try to create new ideas.	Innovation vorantreiben
to promote personal growth	Greta feels that facing challenges at school helps promote personal growth.	persönliches Wachstum fördern
to stimulate economic growth	Strong competition in business can stimulate economic growth in a country.	wirtschaftliches Wachstum anregen / fördern
to increase productivity	Factories often try to increase productivity when they want to compete with other businesses.	die Produktivität steigern
to reward individual effort and talent	Schools sometimes reward individual effort and talent with prizes or certificates.	individuellen Einsatz und Talent belohnen
to improve people's performance	Playing sports with friends can improve people's performance because everyone tries their best.	die Leistung von Menschen verbessern / steigern

Negative effects of a competitive society		
to cause stress	Studying for too many exams can cause stress for teenagers.	Stress verursachen
to increase the divide between different social groups	A very competitive school system can increase the divide between different social groups.	die Kluft zwischen verschiedenen sozialen Gruppen vergrößern
to reduce the emphasis on collaboration and teamwork	When everyone focuses only on winning, it can reduce the emphasis on collaboration and teamwork.	den Fokus auf Zusammenarbeit und Teamarbeit verringern
to prioritise immediate success over long-term progress	Some students prioritise immediate success over long-term progress by memorising instead of understanding.	den kurzfristigen Erfolg über langfristigen Fortschritt stellen
to lead to bullying	Carol noticed that intense competition sometimes leads to bullying in her school.	zu Mobbing führen
to negatively affect one's mental health	Constant pressure to perform well can negatively affect one's mental health.	die psychische Gesundheit negativ beeinflussen
The impact of a competitive society on youth		
to serve as a motivational force	Failure can serve as a motivational force to work harder.	als motivierende Kraft / Antrieb dienen
to be taken to an extreme	Competition in school can be exciting, but it can also be taken to an extreme if students feel too much pressure.	bis ins Extrem getrieben werden
to lead to increased stress	Studying for many exams every week can lead to increased stress for teenagers.	zu erhöhtem Stress führen
to result in loneliness and depression	Focusing only on winning can result in loneliness and depression when friendships are neglected.	zu Einsamkeit und Depressionen führen
to harm one's relationships and friendships	Tracy realised that always competing with her classmates was starting to harm her relationships and friendships.	Beziehungen und Freundschaften schädigen
to repress one's anxieties	Some students try to repress their anxieties instead of talking to someone about them.	die eigenen Ängste unterdrücken
to pursue one's passion	Even in a competitive school, it's important to pursue one's passion, like painting or music.	der eigenen Leidenschaft nachgehen
to not let failure discourage you	Michael learned to not let failure discourage him after losing a football match.	sich durch Misserfolge nicht entmutigen lassen
to be overwhelmed by the competition	Many young people feel overwhelmed by the competition in exams and sports.	von der Konkurrenz überwältigt sein
The stress of success		
to be able to adapt	Susan had to be able to adapt when her school changed the timetable suddenly.	sich anpassen können
to be able to think for oneself	Tom learned to be able to think for himself instead of always following others' opinions.	selbstständig denken können
to be dedicated	Frank is very dedicated to his music practice and never misses a lesson.	engagiert sein, sich engagieren
to be determined	Daniel was determined to finish the marathon even when he felt tired.	entschlossen sein
to be disciplined	Students need to be disciplined to complete their homework on time.	diszipliniert sein
to be passionate	Mia is passionate about painting and spends hours creating new artwork.	leidenschaftlich sein

to give something back to the community	After graduating, Jack wanted to give something back to the community by volunteering.	der Gemeinschaft etwas zurückgeben
to have cultural understanding	Working abroad helped Sarah to have cultural understanding and respect for local customs.	kulturelles Verständnis haben
to have excellent communication skills	Being a teacher requires you to have excellent communication skills.	hervorragende Kommunikationsfähigkeiten haben
to be polite and respectful	During the meeting, students were polite and respectful to the guest speaker.	höflich und respektvoll sein
to push oneself to the limit	Athletes often push themselves to the limit during training sessions.	sich bis an die Grenze treiben, ans eigene Limit gehen
to show enthusiasm	Teachers appreciate students who show enthusiasm in class discussions.	Begeisterung zeigen
to think critically	Peter learned to think critically when analysing news articles.	kritisch denken
to be ambitious and competitive	Many young professionals are ambitious and competitive in order to succeed.	ehrgeizig und wettbewerbsorientiert sein
to feel nervous and fearful	Maria felt nervous and fearful before her first piano concert.	nervös und ängstlich sein
to get a headache	You might get a headache if you study for long hours without a break.	Kopfschmerzen bekommen / haben
to feel unusually tired	After working extra shifts, Alex began to feel unusually tired.	sich ungewöhnlich müde fühlen
to overthink problems	It is easy to overthink problems when you are under a lot of pressure.	Probleme überdenken, zu sehr über Probleme nachdenken
to feel restless	Scott felt restless during the long meeting and could not sit still.	sich unruhig / rastlos fühlen
to have difficulty falling asleep	Stress about exams made Hannah have difficulty falling asleep.	Schwierigkeiten beim Einschlafen haben
to strive for perfection	Artists often strive for perfection in every detail of their work.	nach Perfektion streben
to sweat	During the intense football match, the players began to sweat heavily.	schwitzen
to have skin problems	Stress can make some teenagers have skin problems like acne.	Hautprobleme haben
to struggle to concentrate	After sleeping for only two hours, Joe was struggling to concentrate on his work.	Schwierigkeiten haben, sich zu konzentrieren
to experience mood swings	Teenagers under pressure can experience mood swings and irritability.	Stimmungsschwankungen haben / erleben
to have a stomach ache	Thinking about the test made Daniel have a stomach ache.	Bauchschmerzen haben
Making challenging choices		
to make the right career decisions	Alan wants to make the right career decisions, so he is thinking carefully about his options.	die richtigen beruflichen Entscheidungen treffen
to help you choose a job that you will find rewarding and do well in	Doing an internship can help you choose a job that you will find rewarding and do well in.	dir helfen, einen Job zu wählen, der erfüllend ist und in dem du gut bist
to feel more confident and motivated	When Martina improved her skills, she began to feel more confident and motivated.	sich sicherer und motivierter fühlen
to make one's work more interesting and enjoyable	Bernard learned new techniques to make his work more interesting and enjoyable.	die Arbeit interessanter und angenehmer machen
to be proud of one's work	Completing the project successfully made Shelly feel proud of her work.	stolz auf die eigene Arbeit sein

to lead to poor performance and frustration	Not preparing for the exam can lead to poor performance and frustration.	zu schlechter Leistung und Frustration führen
to lose one's job	People who ignore safety rules might lose their job.	den Job verlieren
to need to do additional training	Angela needed to do additional training before she could operate the new machine.	zusätzliche Weiterbildung machen müssen
to be dangerous / risky	Working on the construction site can be dangerous or risky if safety rules are ignored.	gefährlich / riskant sein
to be able to handle real work situations	Internships help students to be able to handle real work situations.	in der Lage sein, reale Arbeitssituationen zu bewältigen
to adapt quickly	Linda had to adapt quickly when the company changed its software system.	sich schnell anpassen
to perform better	Students who organise their study time often perform better in exams.	bessere Leistungen erbringen / abliefern
to contribute to the team	Senad tries to contribute to the team by sharing his ideas during meetings.	zum Team beitragen
to need less supervision and support	Experienced workers need less supervision and support from their managers.	weniger Aufsicht und Unterstützung benötigen
to face uncertainty	Graduates often face uncertainty when they start looking for their first job.	mit Unsicherheit konfrontiert sein
to fear failure / regret	Some teenagers fear failure or regret when choosing which subjects to study.	Versagen / Bedauern fürchten
to lack information / knowledge	It is hard to make good decisions if you lack information or knowledge.	an Informationen / Wissen mangeln, es fehlt einem an Informationen / Wissen
to cope with pressure	Employees must learn to cope with pressure during busy periods.	mit Druck umgehen
to deal with long-term consequences	Choosing a career without thinking carefully can make it hard to deal with long-term consequences.	mit langfristigen Folgen umgehen
to seek advice	Jamal decided to seek advice from his teacher before applying for university.	Ratschläge einholen
to research information	Students should research information about different careers before deciding.	Informationen recherchieren
to set priorities	Ekatarina learned to set priorities so she could focus on the most important tasks first.	Prioritäten setzen
to trust one's intuition	Sometimes it is important to trust one's intuition when making a difficult choice.	der eigenen Intuition vertrauen
to take time	Chad decided to take time before accepting the job offer.	sich Zeit nehmen, lange dauern
to carefully consider and compare the different choices / alternatives	Before moving abroad, Haruto carefully considered and compared the different choices and alternatives.	die verschiedenen Optionen / Alternativen sorgfältig überlegen und vergleichen
Why winning feels so good		
to ace an exam	Leyla was very happy to ace an exam after studying hard for weeks.	eine Prüfung mit Bravour bestehen
to have the urge to win	Many athletes have the urge to win every game they play.	den Drang haben zu gewinnen
to be wired to do something	Humans are wired to seek rewards when they achieve something important.	(dafür) veranlagt sein, etwas zu tun / so programmiert sein, etwas zu tun
to encourage positive feelings	Compliments from teachers can encourage positive feelings in students.	positive Gefühle fördern / unterstützen

to deny something	Roger couldn't deny the excitement he felt after finishing first in the race.	etwas leugnen / abstreiten
to justify one's own desire to do something	Sometimes, people try to justify their own desire to win by saying it motivates them to train harder.	das eigene Verlangen, etwas zu tun, rechtfertigen
to protect oneself from predators	In nature, animals compete for food to protect themselves from predators, which is why winning is important.	sich vor Raubtieren / Angreifern schützen
to cause a person's withdrawal from a group	Being bullied at school can cause a person's withdrawal from a group of friends.	dazu führen, dass sich eine Person aus einer Gruppe zurückzieht
to play a major role in social bonding	Team sports play a major role in social bonding because players work together.	eine wichtige Rolle beim sozialen Zusammenhalt spielen
to trigger chemicals in the body	Exercise can trigger chemicals in the body that make people feel happy and relaxed.	Chemikalien / Stoffe im Körper auslösen