

Flying? No fear

Scanning

A Complete the statements with the correct numbers.

- At the end of the fear of flying course, participants went on a 757 plane.
- At the end of the course, participants took a _____-minute flight
- The author and his wife took the course with _____ other people.
- Dr. Stoll and _____ other experts taught the course.
- According to one study, _____ percent of people are afraid to fly.
- David Green is _____ years old.
- Georgina Chapman is _____ years old.
- Georgina Chapman spent _____ weeks in Bali.

Causes and effects

B Are these causes or effects of fear of flying? Check (✓) the correct column.

		Causes	Effects
1.	You feel the sudden movement of the plane.	✓	
2.	You worry about flying home during your vacation.		
3.	Your skin turns a pale color.		
4.	You don't understand how planes stay in the air.		
5.	You only remember your bad flying experiences		
6.	You have a panic attack on the plane.		

Reference words

C Find these words in the reading. What do they refer to?

- who* (par. 2, line 1) my wife
- it* (par. 3, line 12) _____
- it* (par. 4, line 11) _____
- It* (par. 7, line 3) _____
- one* (par. 7, line 7) _____
- they'd* (par. 10, line 3) _____
- their* (par. 10, line 6) _____
- They* (par. 10, line 11) _____

Don't fight a good fright

Main ideas

A Write the number of the paragraph that answers each question.

- 2 a. Why do people like scary experiences?
 ___ b. How often are people physically hurt by fright?
 ___ c. How does Theresa Streshenkoff feel about haunted houses?
 ___ d. How does Mark DeMatteis feel about haunted houses and horror movies?
 ___ e. What does a young man's ability to tolerate fear indicate?
 ___ f. Why do young couples go to scary movies or haunted houses on dates?
 ___ g. Why do people feel happy when they successfully confront fear?

Details

B Match the beginning of each sentence with its correct ending.

- e 1. If people confront things they're afraid of, a. females tend to admire them more.
 ___ 2. If a young male can handle a scary amusement park ride, b. males might find them less attractive.
 ___ 3. If males show control while watching horror films, c. he might prove to himself that he is a man.
 ___ 4. If females don't show fear in horror films, d. it can be fun.
 ___ 5. If someone has a weak heart, e. they feel gratified.
 ___ 6. If you know something frightening won't hurt you, f. he or she might collapse during a scary experience.

Parts of speech

C Complete the chart with the adjective or noun forms of these words in the reading.

	Adjective	Noun	Verb
1.	<i>creepy</i>	creep	creep
2.	frightening		frighten
3.		attraction	attract
4.	expectant		expect
5.		gratification	gratify
6.	thrilling		thrill

CHALLENGE

D Complete the sentences. Circle the correct words.

- That old house is **creep** / **creepy**.
- That film didn't **frighten** / **frightening** me. It's only a movie.
- The haunted house is a popular **attraction** / **attract** at the fair.
- People are often scared if they don't know what to **expect** / **expectant**.
- People often feel **gratification** / **gratify** if they can face their fears.
- I think scary movies are **thrilling** / **thrill**!

Fighting stage fright

Sources

A Who probably gave each piece of advice? Write June Anderson (JA), Dorothy DeLay (DDL), Lynn Harrell (LH), or Diane Nichols (DN).

Breathe deeply, open your shoulders, and smile.

1. DN

Demand only what your students can always achieve.

2. _____

Audiences don't expect that much of you before you become famous.

3. _____

If you make a mistake while performing, it's not a disaster.

4. _____

Inferencing

B Check the signs of stage fright.

- 1. Your arms and legs shake.
- 2. You can't remember the notes for a piece of music.
- 3. You often play in front of audiences.
- 4. You think the audience can see your heart throbbing.
- 5. You don't think of the audience as a judge.
- 6. You play your instrument dynamically and naturally.
- 7. You make eye contact with a few members of the audience.
- 8. The other performers have to push you onstage.

Details

C Check (✓) the correct column.

		True	False	Not in the text
1.	There are many signs of stage fright.	✓		
2.	Teachers and therapists can't help people with extreme stage fright.			
3.	To perform well on stage, you need to have some feelings of excitement.			
4.	Some audiences are disappointed if performers have stage fright.			
5.	Famous musicians never suffer from stage fright.			
6.	Often people have stage fright because parents or teachers expect too much of them.			

CHALLENGE

D Correct the false statements in Exercise C.