

Living up to expectations

COMMUNICATION

LEVEL
Intermediate

NUMBER
B2_1021X_EN

LANGUAGE
English





Goals

- Can recognise and recall a variety of phrases related to expectations, regrets and failures.
- Can discuss expectations from life and evaluate whether I am meeting my own or not.





People in our lives often have **high expectations** of us and we work hard to **live up to** those expectations. Yet, all too often, we have the highest expectations of ourselves.



Speaking

Look at the following questions and briefly note down some answers. Then, share your ideas with the class.



What expectations did you have for your life when you were a child?

What were some of your hopes and dreams?



Preview and warm-up

- In this lesson, you are going to learn how to talk about **expectations** and the idea of **living up to** them or not.



My parents had **high expectations** of me from the day I was born.

expectations

Expectations are the **feelings** that something is **going to happen** in the future. It's often something good but it doesn't have to be.



My teachers always had **high expectations** of me.



I had quite **low expectations** of my first job but it taught me a lot about people.

to set goals

If you **set goals**, you **decide** on things that you want to **do** in the **future**.



Setting goals for myself gives me motivation.



Speaking

Think of a time in your life when you had high expectations of someone or something. Explain to the class what these expectations were, why you had them and what ended up happening in reality.





What kinds of goals are these people setting?

A



I'd like to run my own business one day.

B



I just want to be comfortable and to be able to enjoy life.

C



I've always thought about getting a Masters degree.

D



I want to have two children.

1. educational

2. personal

3. financial

4. career



Discuss

Now think of one goal you have set for yourself in each of these areas.
Talk to your classmates about these goals and why you set them.

personal

financial

career

educational



Speaking

What do you think these phrases mean? Do you think it's a good idea to do this sometimes? How do you do it for yourself?



to lower your expectations

to manage your expectations

ambitious

successful

Ambitious people **want to achieve** a lot in life. **Successful** people feel like they **have achieved** good things.



I've always been an **ambitious** person.



I didn't become **successful** in my career until later in life.

realistic

unrealistic

If you're a **realistic** person, you have a **good understanding** of what you are **likely to achieve or not**. If you're an **unrealistic person**, you are the total opposite of this!



Retiring at the age of 30 is **unrealistic** for most people.

target

A **target** is like a goal. We can say that we **hit** or **miss** a **target**, in the same way we can hit or miss our goals. **Target** usually refers to goals made at work or at school.



I **hit** all of **my** sales **targets** at work this week – it's the first time that's ever happened to me!



I **missed my** reading **target** and I feel pretty down about it.



Realistic or unrealistic?

Which of these goals is more realistic? Why?

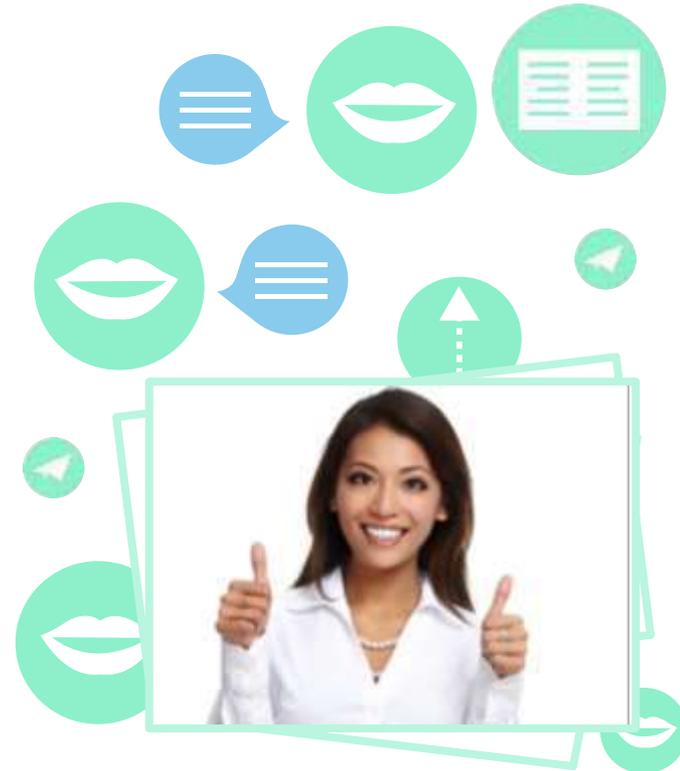
Talk to your partner about a goal which is realistic for you in the next 10 years. Do you have any goals for your English learning?



I'd like to start my own business as soon as I finish school and I hope to be making 7 figures by the time I'm 24. I won't be content with anything else.



I want to start my own business while I'm getting my MBA part-time. I've been a manager for 5 years so with that experience I'm sure I'll be successful.





Unrealistic goals

What motivates people to set unrealistic goals? What problems can arise from aiming for unrealistic goals and expecting others to aim for them too? What can happen if we miss a target at work, for example?





Speaking

Would you say you're an ambitious person? In which areas of your life?



What makes an ambitious person? Is it more important to be successful or ambitious, in your opinion?

to (not) live up to something

If you **live up to something**, you do **as well as** someone hopes.



I can never **live up to** my own expectations.



New words

**to let
somebody
down**

I've always felt like I **let** my parents **down**. I was never good enough for them!

regret

I have a lot of **regrets** about my education. I should have gone to university when I was 18, for example.

failure

My biggest regret is my **failure** to make the most of my education. At school I was a terrible student.

to turn out

The party **turned out** to be a bit of a disappointment. Hardly anybody came!



Hope

When we talk about things we wanted or expected in the past, we can use the structure **I hoped I would...**



When I was a child, **I hoped I would** go to one of the best universities.



Fill in the gaps

Fill in the gaps with the words on the right.

My parents always had really high _____ of me and I always tried to _____ up to them. I set myself a lot of ambitious _____, the main one being that I hoped I would get a place at Oxford University. In the end, it turned _____ that I preferred Bristol and I was content with that. I still feel like I let my parents _____, but I don't _____ not going to Oxford – Bristol was brilliant. I think my parents' high expectations put a lot of pressure on me and caused me some unnecessary stress. Now I try not to expect too much of myself or worry all the time about being considered a _____ or not.

down

live

regret

expectations

out

goals

failure



Finish these sentences with your own ideas and compare with a partner

When I was a child, I hoped I would...

When I was a teenager, I thought I would...

When people don't live up to my expectations I feel...

I felt like I let _____ down when I...



Speaking

Answer these questions with your classmates.



1 Where do you think our expectations come from?

2 Can having high expectations of yourself or others cause problems? How afraid of failure would you say you are?

3 How can we make sure our expectations have a positive impact on our lives?



Discuss

Look at the quote below and discuss what it means with a partner. Can you give any examples from your own experience?



Happiness = reality – expectations





Reflect on the goals

Go back to the second slide of the lesson and check if you have achieved all the goals of the lesson.

yes

no



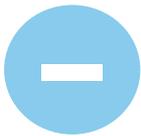


Reflect on this lesson

Think about everything you have seen in this lesson.
What were the most difficult activities or words? The easiest?









If you have time, go over
the most difficult slides again

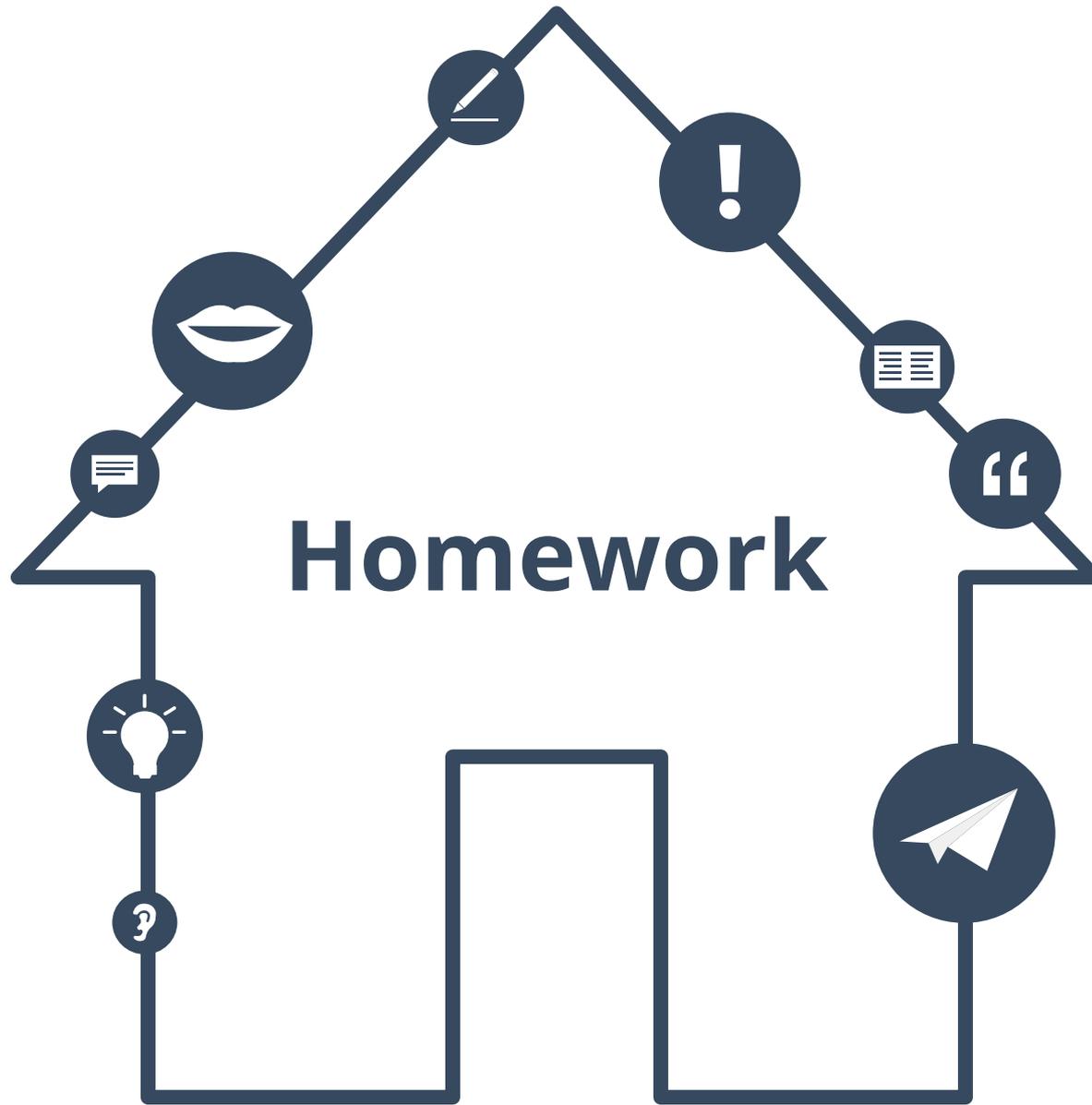




Answer key

Exercise p. 9
A. 4, B. 3, C. 1, D. 2

Exercise p. 21
expectations, live, goals, out, down, regret, failure





Unscramble

A

I have high

so I'm not
content

myself and

I'm very
ambitious

expectations of

with second
place.

B

regret it

expectations
and I

I often don't

live up to my

The trouble is,

when I fail.



Homework answer key

Exercise p. 29
A. I have high expectations of myself and I'm very ambitious so I'm not content with second place.
B. The trouble is, I often don't live up to my expectations and I regret it when I fail.



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