

Curiosity

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Before You Read

Brainstorm

- Today you will read about the benefits of curiosity.
- Discuss these questions with a partner. Then discuss the questions as a class.
 - What does it mean to be curious?
 - What do you think the benefits of curiosity are?

Scanning

- Look at the passage. What is the title?
- Scan the text. You have 20 seconds to find the six benefits listed in the passage.
- What are the six benefits of curiosity?

- _____
- _____
- _____
- _____
- _____
- _____

Reading

Read the following article from *Mind & Body*.

Six Surprising Benefits of Curiosity

Did you know that the benefits of curiosity are not limited to science and research? For both children and adults, curiosity has been connected to many different types of benefits. Here are six of them!

First of all, curiosity helps us survive. The desire to explore and understand new things helps us be observant. When we are curious and observe the world around us, we gain more knowledge about our environment. This may be why our brains evolved to release dopamine and other feel-good chemicals when we experience new things.

Curious people are also happier. Research shows curiosity is associated with high positive emotions and low anxiety. It also is linked to more satisfaction with life and greater psychological well-being. Of course, it may be that people who are already happy tend to be more curious. However, since learning new things can make us feel good, it seems likely that it goes the other direction as well.

Another benefit of curiosity is that it promotes achievement. Studies reveal that curiosity leads to more enjoyment and participation in school. This helps students reach higher academic achievement. It also causes greater learning, participation, and performance at work. It may seem like common sense, but when we are more interested in what we are doing, we perform better. Curiosity makes it easier to get involved, put effort in, and do well.

Furthermore, curiosity can expand our empathy. People have different lives, experiences, and opinions from our own. When we talk to people outside our usual social circle, we are better able to understand them. The next time you have the chance to talk with a stranger, try talking with them on a personal level. This is important especially if this person is very dissimilar to you. Be respectful and show them that you are interested in what they have to say.

Curiosity helps strengthen relationships as well. One study asked strangers to ask and answer personal questions, a process scientists call “reciprocal self-disclosure”. They found that people were seen as warmer and more attractive if they showed real curiosity in the conversation. Other variables like the person’s social anxiety and their emotions did not affect their feelings of attraction and closeness. This suggests that showing curiosity towards someone is a great way to build your closeness with them.

Finally, curiosity improves your health. Research shows that when doctors are genuinely curious about their patients’ feelings, both doctors and patients report less anger and frustration and make better decisions. In the end, this increases the effectiveness of treatment.

Word count: #

Time: _____

WPM: _____

Text adapted from: <https://edtechbooks.org/-FoM>

After You Read

Comprehension

Answer the questions:

1. Which of the following is NOT a main idea from this article?
 1. Curiosity strengthens social relationships
 2. Patients receive better treatment when doctors are curious
 3. Happiness and curiosity are connected
 4. Curious people make more money
2. Which of the following is closest to the meaning of the word "dissimilar"?
 1. like
 2. different
 3. disagree
 4. related
3. What does the passage say about people who show curiosity in conversations with other people?
 1. They have less social anxiety.
 2. They are rated as warmer and more attractive.
 3. They asked more personal questions.
 4. Their negative emotions affected the conversation.
4. What is the meaning of "dopamine"?
 1. A chemical that makes you feel good
 2. Asking and answering personal questions
 3. Health benefits
 4. Effectiveness of treatment
5. Which of the following best describes the author's purpose?
 1. To convince the reader to be curious
 2. To surprise the reader with facts about curiosity
 3. To contrast the benefits of curiosity with medical treatment
 4. To describe the advantages of being curious
6. Which of the following is an example the passage gives of curiosity promoting achievement?
 1. Curious people have better paying jobs
 2. Curious people are healthier
 3. Curious people participate more in school
 4. Curious people observe their environment

Discussion

1. Discuss with a small group: "Which benefit of curiosity do you want the most?"

Image retrieved from: <https://edtechbooks.org/-jxKxj>

With your small group, read this quote from Albert Einstein.

- What does it mean to be passionately curious?
- What were the benefits of curiosity in Albert Einstein's life?
- How can being curious help you to learn English?

Extension

- You are now going to practice being curious. Discuss in groups of 3-4:
 - What should you do when you are curious about something?"
 - Possible answers may include research, talking with others, or experiencing what you are curious about.
- You have 7 minutes to research something you are curious about. You can do this on your phone or laptop. Remember to search for sources online in English.
- After 7 minutes, share what you learned with your group.
 - Did you learn anything new?
 - Were there any unfamiliar words?
 - What are you curious about after reading?

Follow-Up

- Learn more about something you are curious about this week.
 - This may be watching a documentary or reading a wiki page.
 - You will share their experience at the end of the week.
- Share with your group your goal. Make plans for when and what you will learn about something new.
- How do you feel when you learn something new?

***Teacher's Note:**

Comprehension Questions: Answers

1. d
2. b
3. b
4. a
5. d
6. c

Strategies

This text is useful for:

- Scanning
- Predicting
- Identifying main ideas and details

Grammar

This text is useful for:

- Commas



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