How do you define humility?

**Topic: Humility**

*“True humility is not thinking less of yourself; it is thinking of yourself less”* - C.S. Lewis

1. Do you agree with this quote? Why/Why not?
2. How would you define humility?
3. Is humility a good or a bad thing?
4. Do you consider yourself humble?
5. What’s a humble person like?
6. Have you ever met a really humble person?
7. What’s the opposite of humility?

1. How would you react if a homeless man offered you money?

- **Watch the video “What if a homeless gave you money?”**
  
  *Video link: https://www.youtube.com/watch?v=oZvYvOkqxA8*

- **After watching the video:**
  1. What did you think of the video?
  2. Did anything surprise you? What?
  3. Why do you think people reacted the way they reacted?
  4. How did this video make you feel? Why?

- **Discussion**
  1. What do you know about being homeless?
  2. Does your city have a large homeless population?
  3. Why do you think people become homeless?
  4. What do you think can be done to help homeless people?
  5. What kind of problems do homeless have to face in a daily basis?
  6. Do you give money to beggars or homeless people?
  7. Would you offer them a job to help you around your house?
  8. Would you rather give money to beggars or buskers?
  9. Do you think there should be more help for beggars, homeless and poor people in your town or city? Why?
  10. Do you think the government should give money to homeless people?
  11. What solutions could the government come up with in order to help homeless people?
8 Psychological Benefits of Being Humble
(from PsyBlog http://www.spring.org.uk/)

What hope for humility as society celebrates over-confidence, entitlement and the ego?

The poet Tennyson once said that humility is, “the highest virtue, the mother of them all.” Yet society celebrates over-confidence, entitlement and a perpetual focus on the self. People are increasingly competitive, attention-seeking, narcissistic, obsessed with their appearance and entitled. A new study, though, underlines eight ways in which being humble can help us improve our lives (Kesebir, 2014).

The author of the study, psychologist Pelin Kesebir, explains that: “Humility involves a willingness to accept the self’s limits and its place in the grand scheme of things, accompanied by low levels of self-preoccupation.” (Kesebir, 2014). Humility — or ‘a quiet ego’ as she calls it — can be surprisingly powerful in a variety of different ways.

1. Soothe the soul
Humble people are better able to cope with anxiety about their mortality. Instead of erecting self-defenses against death, humble people tend to find it provides a useful perspective on life and how it should be lived. When it’s not all about you, interestingly, it makes death easier to contemplate.

2. Excellence in leadership
Humble leaders are not only better liked, as you might imagine, but they are also more effective. Author of a study published in the Academy of Management Journal, Bradley Owens explained (Owens et al., 2011): “Leaders of all ranks view admitting mistakes, spotlighting follower strengths and modeling teachability as being at the core of humble leadership. And they view these three behaviors as being powerful predictors of their own as well as the organization’s growth.”

3. Higher self-control
Having high self-control is one key to a successful life. Oddly, perhaps, studies have found that an obsession with the self can paradoxically lead to lower self-control. The humble, though, because they place less importance on the self, exhibit higher self-control in many situations. Perhaps this is partly due to the fact that humble people tend to know their limits.

4. Better work performance
The humble not only make better managers, but they also make better employees. A study of employees’ supervisors found that being honest and humble was a good predictor of people’s job performance (Megan et al., 2011).

5. Higher grades
Perhaps being a better employee and better manager has its roots in the formative years. A study of 55 students has found that those who were more humble did better academically (Rowatt et al., 2006). Being humble, therefore, may make you better in school.

6. Less prejudice
One of the characteristics of being humble is having a low sense of entitlement. Humble people don’t think they are owed things. This leads to a less prejudiced view of the world, encouraging them to be tolerant to others and less defensive about their own beliefs.
7. More helpful
Humble people are, on average, more helpful than people who are conceited or egotistical. In a study by LaBouff et al. (2011), participants who were more humble, were more likely to offer help, and offered more of their time, to those in need. Unsurprisingly, humble people have also been found to be more generous.

8. Better relationships
Humble people may have better relationships because they accept other people for who they are. A study by Davis et al. (2012) of groups of people found that humility helped to repair relationships and built stronger bonds between people.

Extra practice – Writing

1. Brainstorm reasons in favor of and against being humble.
2. Create a title for your text and a topic statement.
3. Use the brainstormed ideas and ideas of your own to support your topic.