



SELF-DEVELOPMENT ENGLISH (1)



I. WATCHING 1

Cognitive bias: The Dunning-Kruger effect explains how people with low ability tend to overestimate their competence while those with high ability often underestimate their skills.

No.	YouTube Videos	Duration
1	SPROUTS: The Dunning Kruger Effect https://www.youtube.com/watch?v=4FGnb2lgPBA	4:20

II. WATCHING 2

The incredible story of JESSICA WATSON

Jessica was a 16-year-old Young Australian of the Year and the youngest person to sail solo, nonstop and unassisted, around the world.

No.	YouTube Videos	Duration
1	210 Days Alone at Sea: What Really Happened to Jessica Watson? https://www.youtube.com/watch?v=eiXL7R2bhEQ	10:36
2	True Spirit Official Trailer Netflix https://www.youtube.com/watch?v=UPYD9dw6jmA	2:23
3	Jessica's First Storm 🌀 True Spirit Netflix After School https://www.youtube.com/watch?v=1apsIqKuunk	5:20
• Required amount of time spent watching: $10:36 + 2:23 + 5:20 = 18:19$		

III. EXTENSIVE WATCHING (IF TIME ALLOWS/AT HOME)

No.	YouTube Videos	Duration
1	16-year-old Jessica Watson becomes youngest person ever to sail world solo 60 Minutes Australia https://www.youtube.com/watch?v=VT2qTzWV3-Y&t=12s	14:47



No.	YouTube Videos	Duration
2	Sail away Jessica Watson TEDxBrisbane https://www.youtube.com/watch?v=0XT1UZHod-Q	17:32
3	Jessica Crosses the Equator https://www.youtube.com/watch?v=zRVchsrKhAc	0:43
<ul style="list-style-type: none"> Required amount of time spent watching: 14:47 + 17:32 + 0:43 = 32:22 		



abc.net

IV. SLOW READING (CHOIR PRACTICE)/ READING ALOUD: NARRATIVE STYLE (PASS THE MICROPHONE)

THE POWER OF INFORMED CONFIDENCE: BELIEVE IN YOURSELF, BUT DO THE WORK

When **Jessica Watson** decided to sail alone around the world at just 16, many people said she was too young and too confident, and didn't know what she was getting into. They were all wrong.

Jessica Watson's story shows us that believing in yourself is powerful, but only when it is supported by effort, learning and self-awareness.

The Dunning-Kruger effect describes how people with *low competence* may **overestimate their abilities** while highly competent people often **underestimate themselves** due to greater awareness of complexity and risk. At first glance, critics tried to place Jessica Watson in the *first category: too young, too inexperienced, too optimistic*. From the outside, her confidence looked like naïveté. However, **Jessica Watson** offers a powerful *real-world counterpoint* to the **Dunning-Kruger effect**.

Jessica believed in herself **because she prepared**. She learned, trained, listened, failed, adjusted and kept going. Her confidence was not arrogance; it was *earned*.

The lesson for us is simple and clear:

- 1. Dream big;**
- 2. Learn deeply;**



3. Prepare seriously;
4. Then trust yourself.

True confidence doesn't mean thinking you know everything. It means knowing you've done the work and being brave enough to try.

Believe in yourself not because it's easy, but because you are willing to grow.



<https://www.nationalgeographic.com/adventure/article/jessica-watson-2010>

V. FOLLOW-UP: YOUR WRITING TASK

1. If you truly believed that **anything was possible**, what **personal dream** would you make come true?
2. Does Jessica seem as confident as she truly is? Is there a difference between **appearance and essence** in her case?
3. What is **one important thing** you have learnt from this lesson?