

LESSON: DEEP WATER

1. **What does William Douglas' journey of overcoming his fear symbolize for readers?**
 - A) Childhood innocence
 - B) Power of external motivation
 - C) Triumph of willpower and determination
 - D) Importance of staying away from danger

2. **Why does Douglas's fear return even after he learns how to swim?**
 - A) He is still physically weak.
 - B) The fear was deeply rooted and required mental confidence to overcome.
 - C) He forgets his swimming techniques.
 - D) He stops practicing.

3. **Which life skill is most evident in Douglas's persistence to learn swimming despite his past trauma?**
 - A) Conflict resolution
 - B) Emotional intelligence
 - C) Self-motivation and resilience
 - D) Multitasking

4. **How does the author's experience relate to the saying: "Courage is not the absence of fear, but the triumph over it"?**
 - A) Douglas was never afraid of water.
 - B) Douglas avoided fear by not swimming.
 - C) Douglas acknowledged his fear and worked hard to conquer it.
 - D) Douglas ignored his fear completely.

5. **What can we infer about Douglas's character based on his determination to swim again?**
 - A) He was reckless.
 - B) He was ambitious and self-centered.
 - C) He was fearful and hesitant.
 - D) He was determined and goal-oriented.

6. **Which of the following best reflects the author's purpose in writing this narrative?**
 - A) To entertain with a childhood story
 - B) To warn people about swimming dangers

- C) To show how fears can be overcome through effort
 - D) To describe swimming techniques
7. **After overcoming his fear, Douglas says, “In death there is peace. There is terror only in the fear of death.” What does this reflect about his understanding of fear?**
- A) Fear is natural and unavoidable
 - B) Fear is worse than the actual experience
 - C) Death is a peaceful process
 - D) People should not fear anything
8. **Which strategy did Douglas use to finally defeat his fear of water?**
- A) Avoiding water entirely
 - B) Getting help from a doctor
 - C) Taking structured training and confronting the fear repeatedly
 - D) Hypnotherapy
9. **How does Douglas’s story inspire readers to face their personal fears?**
- A) It shows fear never really goes away
 - B) It teaches that trauma cannot be overcome
 - C) It proves that with effort, even deep fears can be mastered
 - D) It discourages risky experiences
10. **What core competency does this lesson encourage in students?**
- A) Decision-making and critical thinking
 - B) Vocabulary enhancement
 - C) Memorization of facts
 - D) Creative writing skills
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