

CBSE Class 9 English (Kaveri)

Chapter 8 – Follow That Dream & Believe in Yourself

PREMIUM MASTER STUDY NOTES • 2026–2027 SESSION (DARK THEME EDITION)

1. Complete Chapter Information

- **Chapter Name:** Follow That Dream
- **Author / Writer:** Irene Chua (Excerpted from *My Daughter, My Friend*)
- **Poet (Companion Poem):** Robert Langley (*Believe in Yourself*)
- **Genre:** Personal Letter (Prose) & Inspirational Lyric (Poetry)
- **Core Theme:** Balancing deep passion and ambition with pragmatic planning, effort, and personal sacrifice.
- **Learning Outcomes:** Recognizing the value of long-term consistency, distinguishing wishful thinking from commitment.

2. About the Author & Background

Irene Chua is a noted reflective writer focusing on family relationships and personal development. Her epistolary style offers candid, non-judgmental guidance. The text is structured around a real, heartfelt letter dated June 19, 1995, addressed to her daughter Ming, warning her that dreams demand more than wishful thinking—they require calculated conviction and grit.

3. Detailed Summary

Follow That Dream addresses the realities of career aspirations and personal goals. The mother outlines that achieving mastery in any domain typically requires about a decade of focused commitment. Before diving into a dream, one must **count the cost** in terms of time, financial investments, and sacrifice. The journey is an uphill road where stamina often runs low, but inner passion acts as a life-saving anchor, supported by a network of mentors and loved ones. Crucially, original goals may evolve over time into mature aspirations requiring tactical navigation through hurdles.

4. Vocabulary Builder

Word	Pronunciation	Meaning	Synonym	Antonym
Conviction	/kən'vɪkjən/	Firmly held belief	Certainty	Doubt

Buoyed up	/bɔɪd ʌp/	Kept afloat / uplifted	Sustained	Depressed
Aspirations	/,æspə'reɪʃnz/	Strong hopes or goals	Ambitions	Apathy
Pragmatic	/præg'mætɪk/	Dealing sensibly with things	Realistic	Idealistic

5. Literary Devices & Important Quotes

- **Metaphor:** The "uphill road" and "maze of hurdles" symbolize life's obstacles and the rigorous effort required to reach excellence.
- **Idiom:** "Put a wet blanket on" represents unnecessary discouragement, which the mother avoids.

★★★★ Key Exam Quote

"By all means follow that dream... but you will also have to consider the years you need to chase your dream and count the cost in effort, financial investments and sacrifice."

FINAL 5-MINUTE REVISION SHEET

- **Theme:** Pragmatic ambition, resilience, and goal adaptability.
- **Central Idea:** Move beyond idle daydreams into disciplined, multi-year execution.
- **Moral:** Grit, hard work, and emotional maturity turn aspirations into achievements.
- **Top 3 Keywords:** Conviction, Stamina, Aspirations.