Class 9 English Kaveri – Chapter 8

Follow That Dream & Believe in Yourself

SUMMARY • 2026–27

Based on the uploaded Kaveri Chapter 8 textbook.

A. Summary of “Follow That Dream”

“Follow That Dream” is presented as a letter written by Irene Chua to her daughter, Ming. The mother begins by encouraging Ming to follow her dream, explaining that people who achieve greatness usually have a dream and pursue it with determination.

She explains that achieving a high level of skill requires sustained effort, sacrifice and commitment. A person should consider the years of work, financial investment and personal sacrifice involved before deciding to pursue a dream seriously.

The journey towards a dream may be difficult and tiring. Passion for the chosen field, the feeling of doing what one loves, and the prospect of success can help a person remain motivated when stamina begins to run low.

The mother also points out that successful people often have a support network. Although many people wish for something, their dreams may remain wishes because they choose security, lack the opportunity to act, or face circumstances that change their lives.

She gives examples of people whose educational or career plans were affected by historical events or family responsibilities. Her message is therefore not simply to dream, but to understand the realities and obstacles connected with pursuing a dream.

The mother further explains that dreams can change as life changes. New hopes and aspirations can become just as meaningful as the dreams of youth. These new dreams may require a longer journey, more effort and the involvement of more people.

Finally, Irene Chua gives her own example of publishing the book as a dream she had pursued for ten years. Although it was different from her original youthful dream, she is excited about it and wishes that at least one of Ming’s dreams will come true.

Central Idea

A meaningful dream requires passion, commitment, sustained effort and realistic consideration of time, sacrifice and circumstances. Dreams may change with life, but new aspirations can remain valuable and worth pursuing.

B. Summary of “Step up to the challenge”

Robert Langley’s poem “Step up to the challenge” presents the future as a personal journey. When a person faces an important challenge, there may be no crowd watching; the decision is ultimately connected with the individual and the future they want.

The poem recognises that difficult choices can create fear and uncertainty. It contrasts this with the comfort of maintaining the status quo, suggesting that remaining in a comfortable situation does not lead to the growth that comes from accepting change.

The poem concludes that the first step towards change is often the hardest. Self-belief helps a person begin the journey and remain on track.

Central Idea

Personal growth requires courage to face change, take the first step and believe in oneself instead of remaining trapped by fear or the comfort of the status quo.

C. Summary of “Always Believe in Yourself”

Dorothy Hewitt’s poem “Always Believe in Yourself” is an encouraging message about self-belief. It asks readers not to limit themselves and to recognise the intelligence and ability they possess.

The poem encourages people to continue and persist when they are tested beyond their endurance. Courage, laughter and encouragement can help people face difficulties and continue working towards their dreams.

The poem ends with an optimistic message: the world has much to offer, and people should think big while keeping their hands and hearts open to receive life’s gifts.

Central Idea

Self-belief, courage, persistence and encouragement help people face challenges and remain open to opportunities and the possibilities of life.

D. Chapter in Brief

- Follow That Dream: Dream with passion, but understand the effort, sacrifice, time and obstacles involved.
- Changing dreams: Life can change a person's goals, and new aspirations can be equally meaningful.
- Step up to the challenge: Growth requires moving beyond comfort, facing fear and taking the first step.
- Always Believe in Yourself: Believe in your abilities, persist through difficulties and remain open to life's opportunities.

E. Quick Revision

- Author of “Follow That Dream”: Irene Chua
- Form: a letter from a mother to her daughter Ming
- Poet of “Step up to the challenge”: Robert Langley
- Poet of “Always Believe in Yourself”: Dorothy Hewitt
- Key ideas: dreams, effort, sacrifice, perseverance, support, changing aspirations, self-belief and growth
- Important expression: status quo — the existing state of affairs

Source note: This summary is based on the uploaded Kaveri Chapter 8 textbook and preserves the chapter’s main ideas without adding unsupported details.