

READING

Power up

- 1 Which three of these activities are definitely hobbies? Which three are definitely not? Work in pairs and discuss your ideas.

blogging cooking eating gaming hanging out with friends
listening to music shopping supporting a sports team
surfing watching box sets

Read on

- 2 Read the title and introduction to the article (paragraph A). Which of the below do you expect to find in the article? Why?

- reasons why we choose a passion
- the effects of our hobbies on our brains
- how science helps us feel motivated
- ways in which our interests help us learn

- 3 Read the exam tip about paragraphs B and C. Answer the questions.

exam tip: multiple choice

Writers don't always express their attitudes or feelings openly but you can identify them by looking at the language they use. Ask these questions to help you:

- 1 Does the writer use any adjectives which express emotions (e.g. *terrible*, *incredible*, etc.)?
- 2 Does the writer use any comment adverbs (e.g. *luckily*, *disappointingly*, etc.)?
- 3 What do these adjectives/adverbs tell us about the writer's attitude? Do they express anger, pessimism, surprise, etc.?

- 4 e Read the article and choose the answer (A, B, C or D) which you think fits best according to the text.

- 1 In paragraph B, the writer suggests that the *nucleus accumbens* directly contributes to people
 - A feeling emotional.
 - B developing strengths.
 - C overcoming difficulties.
 - D attempting a range of tasks.
- 2 According to Dr Holmes in paragraph C, chemicals in our body stop us
 - A participating in sport.
 - B feeling discomfort.
 - C experiencing pleasure.
 - D getting injured.

- 3 The writer mentions Leonardo da Vinci to make the point that

- A good things come to brilliant people.
- B creative people do many activities.
- C clever people are passionate people.
- D successful people pursue their interests.

- 4 What does Dr Holmes suggest people do to make life positive?

- A set a goal and work towards it
- B copy other people's hobbies
- C discover what interests them
- D identify what prevents achievement

- 5 Evidence connecting interests and happiness has been weak in research studies because

- A too few people were asked to complete the questionnaire.
- B participants assessed their own feelings of satisfaction
- C the questionnaires were too complicated to complete
- D they represented people who were already motivated.

- 6 The author is optimistic that future research will prove a link between passions and

- A a reduction in poor health.
- B an improvement in productivity.
- C a greater desire to be successful.
- D a better performance in a variety of tasks.

- 5 Find words or phrases in the article that mean the following.

- 1 determination and energy to succeed (para A)
- 2 great and unusual intelligence, ability or skill (para D)
- 3 find by searching for a long time (para E)
- 4 full of enthusiasm (para G)

Sum up

- 6 Work in pairs and discuss the questions.

- 1 According to the article, what benefits can people gain from having a passion? Do you agree?
- 2 How would you describe the writer's overall attitude towards having a passion? Why?

Speak up

- 7 Work in groups and discuss the questions.

- 1 How do your hobbies make you feel? Why?
- 2 Do you think your hobbies help you to achieve more in other areas? Why/Why not?
- 3 If you could only follow one passion in your life, what would it be?