



LESSON SUMMARY

Vocabulary



Word/Phrase	Meaning	Example
problem (n) /'prɑ:bləm/	a situation that causes you difficulties	Taking too many extra classes can be a serious problem for teenagers.
stressed (adj) /strest/ → stressful (adj)	too worried and tired to be able to stay calm or relaxed	Students may feel stressed from having a lot to study at school.
extra (adj) /'ekstrə/	having more of something than usual	Teacher often assigns students extra homework so that they can practice more at home.
attend (v) /ə'tend/ → attendance (n)	to visit a place or go to an event, etc.	A lot of students attend extra classes after school these days.
fit (adj) /fɪt/ → fitness (n)	being healthy and strong, especially after exercising	It can be difficult for teenagers to get strong and fit while studying at school.
focus (v) /'fokəs/ → focused (adj)	to give special attention, effort, etc. to one subject, situation or person	Social media can make it hard for students to focus on their schoolwork.
solve (v) /sə:lv/ → solution (n)	to find or offer a way of dealing with a problem or difficult situation	Using smartphones in class can cause a complicated problem for teachers to solve .

Writing

A problem and solution passage

1) Introduce the problem.

2) Explain the problem in detail. You can talk about its causes, why it is bad and its effects.

1) Teenagers are increasingly obsessed with their bodies these days. **2)** Teenagers become more conscious of their appearance due to seeing unrealistic images of other people in the media. They compare themselves to others and believe they are not attractive enough. Body image issues can cause teens to skip meals in order to lose weight or prevent them from enjoying life because they are unhappy with their appearance. **3)** I have some suggestions for how to solve this problem. Teenagers should accept themselves as they are. They should respect their values over their appearance. I also believe that schools and families should encourage teenagers to live healthy lifestyles because they promote positive thinking. **4)** By doing so, teenagers will become more confident and have a happy life.

3) Give solutions and explain why they work.

4) Summarize your main points and say how your solutions will solve the problem.




PRACTICE



Vocabulary

a. Match the words to their definitions.

- 1 ☐ anxious and exhausted to remain calm or relaxed
- 2 ☐ greater than the normal amount or number
- 3 ☐ to go to an event such as a meeting or a class
- 4 ☐ a situation that is difficult to deal with
- 5 ☐ to discover or provide an answer to a difficult or challenging situation

- A problem
- B stressed
- C solve
- D extra
- E visit



b. Put the words in brackets into the correct forms.

- 6 School _____ is compulsory to students. (ATTEND)
- 7 Schoolwork can be very _____ to some teenagers. (STRESSED)
- 8 Physical _____ makes teenagers happier and more confident. (FIT)
- 9 Students might find it hard to stay _____ in class. (FOCUS)
- 10 Healthier meals can be a _____ to obesity in teens. (SOLVE)

Listening

a. Listen to an interview about generation gap between teens and their parents. Fill in each gap with ONE WORD.



Causes:

- different 1) _____
- technology and social media.



Effects:

- arguments between 2) _____ and teens.
- stopping 3) _____ and talking to their parents.
- leaving homes.



Solutions:

- communicate effectively
- keep an 4) _____ mind.
- listen to others' opinions
- 5) _____ more time with each other.

b. Listen to the interview again. Circle the correct options.

- 6 According to Dr. Louis, what topic do parents and teens have different opinions about?
 - A early dating
 - B using money
 - C studying
 - D being addicted to social media
- 7 Why can't parents and teens understand each other?
 - A Because there are too many arguments
 - B Because the teens decide to leave their parents' house
 - C Because the parents don't accept the teens' requests
 - D Because the teens always think their parents are wrong
- 8 What happens when parents and the teens don't talk to each other anymore?
 - A The teens no longer trust their parents.
 - B The teens become closer to their friends than to their parents.
 - C The parents punish their children for disobeying.
 - D There is no more peace in the family.
- 9 How should parents and teens discuss something?
 - A slowly
 - B directly
 - C calmly
 - D honestly
- 10 What did Dr. Louis NOT mention as a way for family to spend time together?
 - A going on a family vacation
 - B planning a birthday party
 - C going shopping together
 - D watching movies together



Reading

a. Read the text about teens and social media issues. Match the halves to make complete sentences.



These days, teenagers are more addicted to social media than ever before. While social media provides a quick and convenient means for teens to connect with one another, it also has a negative impact on their lives. Overuse of social media can cause them to neglect their physical and mental health by staying up late or skipping meals. Perfect but unreal pictures of people's lives on social media make teens feel inadequate when comparing themselves to others. Additionally, social media is not always a secure platform, with many malicious individuals looking to exploit young people's personal information.

To solve this problem, teens should reduce their time spent on social media and engage in healthy activities such as reading, playing a musical instrument, or participating in outdoor activities with friends. By doing so, they can break their addiction to social media and live a healthier, more fulfilling life.



- 1 Social media can
- 2 Seeing other people's perfect life
- 3 Personal information can
- 4 Teenagers should spend
- 5 Outdoor activities are

- ☐ A helpful in solving this problem
- ☐ B make teenagers forget to eat and sleep healthily
- ☐ C less time on social media
- ☐ D makes teenagers less self-confident
- ☐ E be stolen by bad people on social media

b. Read the text again. Write T (true), F (false) or DS (doesn't say).

- 6 Social media is an effective way for teens to connect with each other. _____
- 7 Pictures of perfect lives on social media encourage teens to show their personal life. _____
- 8 Social media is not always safe for teens because some people can use their information for bad purposes. _____
- 9 Teenagers should have new healthy hobbies. _____
- 10 Teens' taking part in outdoor activities isn't a solution to their social media addiction. _____

Speaking

Complete the conversation with the sentences in the box.

- Liam: What problems do many students at our school have?
 Hannah: I think it's bullying.
 Liam: 1) _____
 Hannah: Because it causes physical and mental problems to the teens who are bullied.
 Liam: That's too bad. 2) _____
 Hannah: I think we should talk to adults like our teachers or parents immediately.
 Liam: 3) _____. And parents should look after their children to see if there are signs of bullying.
 Hannah: Exactly! 4) _____
 Liam: With more awareness of this problem, I think there will be less bullying in the future.
 Hannah: Yeah. 5) _____

- A I agree.
- B Finally, I think there should be more lessons about bullying at school.
- D What can we do when someone is bullied?
- C And our school will become a better place to study.
- E Why is bullying so bad?



a. Complete the passage using the phrases in the box.

by Emma Rogers

These days, more and more teenagers are becoming overweight **1)** _____. Teenagers' busy studying schedule **2)** _____. In addition, school canteens offer more fast food **3)** _____. This can lead to other health problems such as high blood pressure, heart damage and obesity. To solve this problem, **4)** _____ to encourage exercise. Teenagers should also try to **5)** _____. With a healthy lifestyle, teenagers can avoid becoming overweight.

- A but lack healthy options on their menus
- B due to a lack of exercise and unhealthy food choices
- C eat a healthy diet and reduce calorie intake
- D doesn't leave much time for exercising
- E schools could offer more physical education periods or sports clubs



b. Write a problem and solution passage about teenagers spending too much time on their phones. Write 80–100 words or more.

This image shows a single sheet of white paper with horizontal blue ruling lines. The paper has rounded corners and a small tab at the top center. There are 20 horizontal lines in total, spaced evenly down the page.

**In my writing,
I use correct...**

- vocabulary
- grammar
- spelling
- punctuation
- linking words



Answer key



- Vocabulary ____/20 pts.
- Listening ____/20 pts.
- Reading ____/20 pts.

- Speaking ____/10 pts.
- Writing ____/30 pts.

★★★★★

Total ____ / 100 pts.