UNIVERSIDAD SIMON BOLIVAR
INSTITUTO DE LENGUAS EXTRANJERAS, ILE
LEVEL 6
UNIT 1

GRAMMAR PRACTICE

Choose the correct article (*a/an, the, Ø*).

1. She is good at playing Choose tennis.

2. I made Choose friend at the game.

3. He would like to learn Choose French one day.

4. We talk about Choose politics often.

5. What did you think of Choose speech the president gave?

6. They love walking in Choose nature.

Choose the correct words.

1. The store Choose I got this tie has closed.

2. Did you see the sunglasses Choose were on sale?

3. I have earrings Choose match my necklace.

4. 1901 was the year Choose this watch was made.

5. Have you heard of the designer Choose made this scarf?

6. This is the bracelet Choose I only wear for special occasions.

Choose the adjectives in the correct order.

1. I liked the Choose sheets.

2. The man put on his Choose tie.

3. He cleaned the Choose rug.

4. The boy rode his Choose bike.

5. She wore a Choose dress.

6. She broke the Choose bowl.

LIVEWORKSHEETS

READING COMPREHENSION

ARE YOUR CHOICES MAKING YOU HAPPY?

Certainly, we've all felt pleasure when we buy something new. However, research shows that these good feelings don't actually last very long. For over two decades, Dr. Thomas Gilovich, a psychology professor at Cornell University, has studied the connection between happiness and the choices we make. His studies included over 1,200 people living in the U.S. ranging in ages from 21 to 69. According to Gilovich, it is experiences, and not possessions, that make people the happiest. People report the most joy when they participate in interesting activities. They feel happy when they go to concerts, eat out, learn a new skill, or enjoy a hobby.

When we buy something like a new phone, we gain a physical object that we can enjoy for a long time. Experiences are temporary and leave us with nothing but a memory. So why do they make us happier? Gilovich suggests that our new possessions make us happy at first. But we soon begin to take them for granted, or we just get tired of them when they become old. With experiences that make us happy, the opposite is true. After the experience is over, the memory of it continues to bring pleasure. In fact, we tend to remember events more positively as time passes.

These kinds of experiences also lead to more happiness because we usually share them with other people. We organize events with our friends, and enjoying these experiences together builds a sense of community. And these connections to other people make us happy. In fact, research shows that there is a significant connection between friendships and happiness. People with a good network of close friends and family members are generally happier and more successful in life.

Finally, leisure activities help you relax and reduce stress. Participants in one study reported feeling less stress and greater happiness after enjoying a hobby. Not only did the activities make the people feel better, but they also brought immediate and lasting health benefits. Many participants experienced a lower heart rate and reduced blood pressure. This calming effect lasted for hours. Over time, reducing stress can lower the risk of heart disease, weight gain, and depression. According to these studies, the health benefits of experiences are both emotional and physical.

CHECK YOUR UNDERSTANDING

A Read the Reading Skill. Circle the correct answers.

1. Which phrase best describes the topic of the article?
   a. the relationship between choices and stress
   b. the relationship between choices and happiness
   c. the relationship between happiness and experiences
2. What point is the writer making about this topic?
   a. Experiences can bring long-lasting pleasure.
   b. People should not buy possessions.
   c. Being happy can help you stay healthy.

READING SKILL Find the main idea

The main idea has two parts: (1) the topic and (2) the point that the writer wants to make about that topic. When you read, ask yourself: "What is this text about?" and then, "What point is the writer making about this topic?"

B DETAILS Check (✓) the ideas that are true based on the reading.

- ☐ 1. Pleasure from possessions ends quickly.
- ☐ 2. Experiences are often social.
- ☐ 3. Experiences are less expensive than possessions.
- ☐ 4. People who have experiences are less likely to get sick.
- ☐ 5. Experiences are good for physical health.
- ☐ 6. Possessions can't make people happy.
- ☐ 7. Experiences with others often lead to more happiness.
- ☐ 8. Experiences are good for mental health.
- ☐ 9. The number of possessions people buy is increasing.
- ☐ 10. Pleasure from experiences lasts.

LIVEWORKSHEETS

C FOCUS ON LANGUAGE **Reread lines 8–15 in the article. Think about the phrases *take them for granted* and *sense of community*. Circle the correct answers.**

1. The expression *take them for granted* means ___.
   a. to get used to something and think about it less
   b. to stop using something
   c. to take a long time using something
2. The expression *sense of community* means ___.
   a. a wish to stay together
   b. a feeling that you are part of a larger group
   c. a place where people can gather

LIVEWORKSHEETS