UNIT 3

LESSON 1 VOCABULARY & READING (BVV)

I. Complete the sentences with the words from the box. There are two words that you do not need to use.

confident	grateful	frustrated	tense	delighted
calm	worried	appreciated	depressed	relaxed

1. He gets_____when people don't understand what he's trying to say.
2. I'm not_____ about her - she can take care of herself.
3. She was very_____as she waited for the interview.
4. The teacher wants the children to feel_____ about asking questions when they don't understand.
5. Anna got 10 marks for her English test. She felt absolutely_____about that result.
6. She's terribly_____about losing her job.
7. He told himself to stay_____whenever he was put into a harsh situation.
8. As soon as I had made the final decision, I felt a lot more_____.

II. Match the beginnings to the correct endings.

A	B
1. It might be a good idea to resolve	a. a big risk by going skiing.
2. Have you ever thought about breaking	b. for support from friends when I am under pressure.
3. If I were you, I would try to overcome	c. your budget to have enough money for the things you need.
4. I don't think you should take	d. serious conflicts between neighbors.
5. If I were you, I would ask	e. a healthy habit of doing exercises regularly?
6. Have you ever thought of developing	f. informed decisions about their occupational goals.
7. You should manage	g. stress by maintaining a healthy lifestyle and staying healthy.
8. It might help to give students advice so they can make more	h. the habit of staying up late for better concentration?

LIVEWORKSHEETS

C. READING

I. Fill in the blank with a suitable word.

Dealing (1)_____ pressures and in middle school can (2)_____ difficult. The pressure may be to take friends, earn good (3)_____, excel in sports or other activities, and deal with hectic schedules.

More and more people are going to high school now and it is becoming tougher to get in. Middle-school students face (4)_____ to keep their grades up every day. They are in a (5)_____ ___ with their peers to be the best and the brightest in everything.

During the teenage years, children will (6)_____ the pressure to grow up. No longer will they be able to act (7)_____ a child and not worry about responsibilities. Their (8)_____ ___ should help them make this transition from a child to an adult easy and teach them to (9)____ ___ wise decisions. Prepare them for the world ahead of them and don't let go completely at (10) _____. Gradually let the growing up occur.

II. Read the text and use the words in the box to fill in the blanks.

about	**can**	**avoid**	**have**	**ways**
form	**more**	**many**	**suffer**	**because**

Teenagers today live in a very competitive world. It is (1)_____ important than ever to succeed at school if you hope to (2)_____ a chance in the job market afterwards. It's no wonder that many young people worry (3)_____ letting down their parents, their peers and themselves. To try to please everyone, they take on too (4)_____ tasks until it becomes harder and harder to balance homework assignments, parties, sports activities and friends. The result is that young people (5)_____ from stress.

There are different ways of dealing with stress. Everyone knows that caffeine, in the (6)_____ _____ of coffee or soft drinks, keeps you awake and alert. But caffeine is a drug which (7)_____ _____ become addictive. In the end, like other drugs, caffeine only leads to more stress. There are better (8)_____ to deal with stress: physical exercise is a good release for stress, (9)_____ _____ it increases certain chemicals in the brain which calm you down. You have to get enough sleep to (10)_____ stress and to stay healthy and full of energy.

III. Read the passage and choose the correct answer to each of the questions.

If parents bring up a child with the sole aim of turning the child into a genius, they will cause a disaster. According to several scientists, this is one of the biggest mistakes which ambitious parents make. Generally, the child will be only too aware of what his parents expect, and will fail. Unrealistic parental expectations can cause great damage to children.

However, if parents are not too unrealistic about what they expect their children to do, but are ambitious in a sensible way, the child may succeed in doing very well – especially if the parents are very supportive of their child.

Michael is very lucky. He is crazy about music, and his parents help him a lot by taking him to concerts and arranging private piano and violin lessons for him. They even drive him 50 kilometers twice a week for violin lessons. Michael's mother knows very little about music, but his father plays the trumpet in a large orchestra. However, he never makes Michael enter music competitions if he is unwilling.

Winston, Michael's friend, however, is not so lucky. Both his parents are successful musicians, and they set too high a standard for Winston. They want their son to be as successful as they are and so they enter him for every piano competition held. They are very unhappy when he does not win. Winston is always afraid that he will disappoint his parents and now he always seems quiet and unhappy.

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1. Michael is fortunate in that _____.
   A. his mother knows little about music
   B. his parents help him in a sensibly way
   C. his father is a musician
   D. his parents are quite rich

2. Winston's parents push their son so much and he _____.
   A. has become a good musician
   B. is afraid to disappoint them
   C. has won a lot of piano competitions
   D. cannot learn much music from them

3. One of the serious mistakes parents can make is to _____.
   A. make their child become a musician
   B. neglect their child's education
   C. push their child into trying too much
   D. help their child to become a genius

4. The two examples given in the passage illustrate the principle that _____.
   A. parents should let the child develop in the way he wants
   B. parents should spend more money on the child's education
   C. successful parents always have intelligent children
   D. successful parents often have unsuccessful children

5. Parents' ambition for their children is not wrong if they _____.
   A. understand and help their children sensibly
   B. arrange private lessons for their children
   C. force their children into achieving success
   D. themselves have been very successful

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