

## UNDERSTANDING THE READING



### UNDERSTANDING THE MAIN IDEA

**A** Which sentence best summarizes the reading passage?

- a. There are four different types of happy people in the world.
- b. There are some small changes everyone can make to increase happiness.
- c. Forming social connections is more important for happiness than other factors.



### IDENTIFYING MAIN IDEAS

**B** Read the six scenarios below. Check (✓) the four that follow the advice in the reading passage.

- ☐ 1. A student installs a budget app on her phone to help control her spending.
- ☐ 2. A woman offers to take her neighbor's dog for a walk each morning.
- ☐ 3. A man uses all his savings to pay for an expensive new sports car.
- ☐ 4. A teenager spends time each Saturday helping at a children's hospital.
- ☐ 5. A young woman decides to reduce her number of working hours each week.
- ☐ 6. An elderly man decides to join an art class at a community center.



### CRITICAL THINKING: INFERRING MEANING

**C** Find and underline the **bold** words and phrases below on pages 12–13. Use context to identify their meanings. Then circle the correct answers to complete the definitions.

- 1. If you have high **self-esteem**, you feel (*confident / unsure*) about yourself.
- 2. **Salary** is the amount of (*work / money*) that an employee receives.
- 3. To **enrich** something means to make it (*better / last longer*).
- 4. If you **take the focus off** something, you give it (*more / less*) attention.