

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.