

Name: \_\_\_\_\_

Class: \_\_\_\_\_

Mr. Minh - Chu Văn An High School - An Giang



## BECOMING INDEPENDENT

### SPEAKING

#### Skills you need to be independent



The table below presents the skills teens need to develop in order to become independent, and the reasons why those skills are necessary. Work in pairs. Discuss and match the skills with the appropriate reasons.

Skills	Reasons
1. Finding information	a. Activities such as doing the laundry or cleaning the house are important daily routines.
2. Getting around on your own	b. You gain confidence in your ability to make good decisions and don't avoid issues.
3. Coping with loneliness	c. You communicate effectively and get along well with people around you.
4. General housekeeping	d. You think independently and make informed decisions.
5. Health and hygiene	e. Lacking these skills may make you feel depressed and you may make the wrong decisions about your life.
6. Problem solving	f. You don't depend on others to go to places and take responsibility for being late.
7. Interpersonal communication	g. Keeping your body healthy and clean will make you feel happy and more confident.

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### SPEAKING

#### Skills you need to be independent

**2** Lan and Minh are talking about what they think are the most important skills they need in order to be independent. Use the words in the box to complete their conversation. Then practise it in pairs.



loneliness      decisions  
communicate      interpersonal communication

*Lan:* Minh, which of the life skills do you think are the most important?

*Minh:* In my opinion, coping with (1) \_\_\_\_\_ is the most important skill.

*Lan:* Really? Why do you think so?

*Minh:* Because lacking this skill may make me feel depressed and I may make the wrong (2) \_\_\_\_\_ about my life. What about you? Which of the skills are the most important for you?

*Lan:* (3) \_\_\_\_\_ skills. Because they can help me to (4) \_\_\_\_\_ effectively and get along well with people around me.



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## BECOMING INDEPENDENT

### LISTENING

#### How parents help you become independent



Listen carefully and write down the words/phrases you hear and then match them with the pictures that best describe them.



\_\_\_\_\_

1



\_\_\_\_\_

2



\_\_\_\_\_

3



\_\_\_\_\_

4



\_\_\_\_\_

5

