

## 1 READING

A **READ FOR DETAIL** Read the article. Then answer the questions.

# The Helper Experiment

by Thomas Holley



I recently heard that helping others is a good way to achieve happiness. I wondered if this could be true, so I decided to try it. I came up with an experiment: for one month, I would do at least one nice thing for another person every day. This could be anything from holding a door open to taking care of a sick friend.

On the first day, I saw my elderly neighbor carrying a heavy trash bag to the trash can outside. She was really struggling. I went up to her and asked if I could help her. She gratefully gave me the bag, and we started walking back toward our apartment building. When we got to the front door, she thanked me and invited me into her apartment for a cup of tea. We chatted over our tea for a while, and then I went home. I have to say, I felt great! I felt like I did something important that day and made my neighbor's life a little easier.

Over the next few days, I found myself doing more than one nice thing per day. On my day off the first week, I spent almost the whole day looking for people to help. I wanted to figure out exactly why helping people was making me happy, so I did some research. I found out that there are a number of ways that helping people affects us. For example, helping people can increase our self-esteem and confidence. Doing something nice for another person can also give us a sense of purpose. In addition, when we volunteer on a regular basis, we feel a sense of belonging to a group.

During that month, I think I probably did at least a hundred nice things for others. Since then, I've kept up doing at least one helpful thing per day. If I didn't have to work, I would help people all day long! I've even started volunteering at the hospital. I think everyone should try this experiment. It can make us all happier.

- 1 What point of view does the writer use? first person
- 2 Why did the writer decide to try the "helper experiment"? \_\_\_\_\_
- 3 Who did the writer help first? \_\_\_\_\_
- 4 How did the writer feel after the first day of the experiment? \_\_\_\_\_
- 5 What are three reasons that helping people makes us happy? \_\_\_\_\_

## 2 LISTENING

A **11.01** Listen to the podcast. Complete the sentences.

- 1 The speakers are both \_\_\_\_\_.
- 2 Helping others can have \_\_\_\_\_ on our brains.
- 3 It can produce chemicals that \_\_\_\_\_.
- 4 These chemicals make us want to \_\_\_\_\_.
- 5 Helping people can reduce \_\_\_\_\_.

## 3

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# UNIT 11

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I can ...

If you are not sure, go back to these pages in the Student's Book.

VOCABULARY	<input type="checkbox"/> talk about succeeding. <input type="checkbox"/> talk about opportunities and risks.	page 108 page 110
GRAMMAR	<input type="checkbox"/> use phrasal verbs. <input type="checkbox"/> use future unreal conditionals.	page 109 page 111
FUNCTIONAL LANGUAGE	<input type="checkbox"/> ask for agreement and agree. <input type="checkbox"/> soften an opinion.	page 112 page 113
SKILLS	<input type="checkbox"/> write a personal story. <input type="checkbox"/> use <i>On the one hand</i> and <i>On the other hand</i> to compare opposite ways of thinking.	page 115 page 115