

Preparatory Studies Center

General Foundation Program – Level 3

Learning Outcome(s)	1,2,3,4,5,6,7,8 &9
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Unit -1. Reading 2 FOUR KEYS TO HAPPINESS

Questions 1 to 5

Do the following statements agree with the information given in the reading passage?

In the correct space in your answer sheet, write

True (T) if the statement agrees with the information

False (F) if the statement contradicts the information

Not given (NG) if there is no information on this

1. The same things make all people happy. _____
2. Robert Waldinger studies children's behavior. _____
3. Waldinger studies both rich and poor people. _____
4. Physical activity can improve our mental state. _____
5. Staying indoors is better for our health. _____

Questions 6 to 10

6. Happiness depends on the way we _____ money.
A. get B. spend C. save
7. Graham Hill says that we should buy _____ things.
A. more B. expensive C. less
8. Giving money can affect _____ very much.
A. the giver B. the receiver C. both the giver and receiver
9. Volunteering helps us to _____ our problems.
A. forget B. remember C. reduce
10. A way to give away is donating one's _____.
A. things B. time C. food.

Questions 11 to 16

Complete the text below with words from the passage. Choose **NO MORE THAN ONE WORD** from the box for each answer. There is one extra word.

mood	volunteer	factor	support	long-term	community
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It is universally accepted that there is no single recipe for happiness. Something that makes one person happy may not make another one contented. Many things that we consider important can give happiness for a short time only. However, researchers say that there are some basic things that can increase our 11) _____ happiness. One important 12) _____ that makes people happy is their social connections. Studies have found that people who have very strong connections with their friends, families and 13) _____ are happier than others. These people regularly meet and 14) _____ each other in times of need. Being active can also contribute to our well-being. It makes us healthy and happy. The best way to change our 15) _____ is to take a walk outdoors with our pets and enjoy nature.