

1. Match the life stages in Column A with the corresponding events in Column B.



Newborn	Attending school, learning to read and write
Toddler	Learning to walk and talk
Child	Possibly experiencing a mid-life crisis, caring for aging parents
Adolescent	Experiencing significant physical changes, starting high school
Young Adult	Starting a career or higher education
Adult	Buying a house, starting a family
Middle Age	Retirement, enjoying leisure time
Senior Citizen	Birth, beginning of life

## 2. Gap-fill Exercise: Fill in the blanks with the appropriate expressions from the word bank.

In the study of human behavior and mental health, the idea of subjective age has become a **Pick an option** of a person's overall well-being. This is largely attributed to a concept known as **Pick an option**, where individuals perceive themselves to be younger than their actual, chronological age. This perception can act as a **Pick an option** against the negative effects of **Pick an option**, leading to a more positive self-perception and increased self-confidence. Interestingly, it's been observed that even those in their 90s often report a subjective age of around 78. This suggests that **Pick an option**, brought about by advancements in healthcare, do not necessarily lead to an older subjective age. The research also indicates that **Pick an option** and maintaining good health can contribute to a younger subjective age, even into the later years of life. The saying 'age is just a number' seems to hold more truth in today's society than ever before. As people's subjective age continues to skew younger, the line between **Pick an option** and how old one feels becomes increasingly blurred. This shift in perception could have far-reaching implications, from healthcare policies to societal norms, potentially leading to a more inclusive and positive view of aging, reflecting the changing **Pick an option** towards the elderly.

1. extended lifespans
2. coping mechanism
3. societal attitudes
4. subjective age bias
5. financial stability
6. age discrimination
7. reliable predictor
8. chronological age

**1. According to the article, what is the primary significance of subjective age in the study of human behavior?**

- A) It accurately reflects an individual's physical health.
- B) It serves as a reliable predictor of a person's overall well-being.
- C) It helps distinguish between chronological age and mental age.
- D) It allows scientists to develop better treatments for aging.

**2. How does subjective age bias affect people's perception of their own age?**

- A) It causes them to believe they are older than their chronological age.
- B) It leads them to become more concerned with aging.
- C) It makes individuals perceive themselves as younger than they actually are.
- D) It makes them disregard their actual age completely.

**3. Which of the following statements best explains the concept of a "coping mechanism" as used in the text?**

- A) A method to delay aging processes.
- B) A mental strategy to deal with the negative effects of chronological age.
- C) A form of psychological therapy that helps people accept aging.
- D) A scientific approach to measure subjective age.

**4. What can be inferred from the observation that people in their 90s often report a subjective age of around 78?**

- A) People in their 90s are healthier than younger generations.
- B) Perceptions of age can be significantly influenced by factors other than actual age.
- C) Individuals lose the ability to accurately assess their age after a certain point.
- D) Modern medicine has made people age more slowly.

**5. Which of the following best describes how extended lifespans influence subjective age, according to the article?**

- A) They cause a person's subjective age to increase in tandem with their chronological age.
- B) They do not necessarily lead to an older subjective age, despite advances in healthcare.
- C) They eliminate the difference between subjective and chronological age.
- D) They help people feel younger because of advanced anti-aging treatments.

**6. What societal implication does the article suggest might result from the growing gap between subjective age and chronological age?**

- A) An increased focus on physical health for the elderly.
- B) A more inclusive and positive view of aging that challenges traditional norms.
- C) The development of new laws to protect the elderly from age discrimination.
- D) A need for society to adjust how retirement is structured.

**Tick the topics you think are discussed in the video.**

- Gerontophobia
- Stereotyping of the Elderly
- Media Representation of Aging
- Legal Aspects of Age Discrimination
- Workplace Age Discrimination
- Healthcare Accessibility for the Elderly
- Ageism in Advertising
- Age Defiance
- Economic Disparity among the Elderly

