Student's Worksheet

Procedure Text (Manual & Tips)

Please analyze those text below !

Text 1

Tips for Maintaining Personal Hygiene in the Dormitory

1· Shower Twice Daily: Always shower in the morning before starting activities and in the evening before going to bed· Use soap and shampoo thoroughly to remove sweat and dirt·

2· Hand Hygiene is Key: Wash your hands frequently with soap for at least 20 seconds, especially after using the toilet, before eating, and after any outdoor activity·

3· Oral Care: Brush your teeth at least twice a day (after breakfast and before bed) and consider flossing or using mouthwash to maintain fresh breath and dental health·

4· Use Personal Items Only: Never share personal items like towels, toothbrushes, combs, or razors to prevent the transmission of bacteria and skin diseases·

5· Change Clothing Regularly: Do not re-wear clothes· Change your innerwear daily and ensure your socks are clean every day to prevent foot odor and fungal growth·

6· Trim Nails: Keep your fingernails and toenails trimmed short and clean, as they are common places where germs accumulate·

Text 2

Tips for Thriving in a Boarding School Environment

Successfully adapting to a boarding school involves both proactive social engagement and responsible environmental awareness· To build positive relationships, students should focus on Proactive Socializing· This means actively taking the initiative to initiate conversations with peers—a simple friendly smile and asking about their background can open the door· Furthermore, it is crucial to Respect Diversity; students must be open-minded and avoid insensitive actions, given the varied backgrounds present in the community· The fastest way to connect with others is to Join Clubs or Activities, where shared interests naturally lead to friendships· Simultaneously, effective Adapting to Rules and Environment is necessary for peaceful coexistence· Students must first Understand the Rules by carefully reviewing all school and dormitory regulations, as adherence demonstrates respect for the community· In shared living

LIVEWORKSHEETS

spaces, it is vital to Practice Empathy by being mindful of roommates, which includes keeping noise levels down and sharing the responsibility for room cleanliness. Finally, students are encouraged to Seek Help When Needed; if feelings of stress or homesickness arise, resources like dormitory parents, teachers, or counselors are available to support the adaptation process.

Text 3

Dormitory Life Hack - The "Instant Shelf" for Extra Storage

Goal : To create quick, vertical storage space within a small dormitory room or locker using simple, inexpensive items.

Steps :

1. **Prepare the Surface:** Identify the location where you need extra space (e.g., inside the wardrobe door or beside the study desk). Clean the wall/door surface thoroughly and let it dry completely.
2. **Install the Hooks:** Peel the backing of the adhesive hooks and firmly press them onto the desired surface. Install them in a rectangular or square shape, ensuring the top two hooks are at the same height. Let the adhesive set for a few hours.
3. **Create the Shelf Base:** Take your cardboard/plastic sheet (this will be your shelf) and attach a string or zip tie to each of its four corners. These will act as the shelf's supports.
4. **Mount the Shelf:** Attach the strings/zip ties from the front corners of the shelf to the *top* hooks, and the strings/zip ties from the back corners of the shelf to the *bottom* hooks. This creates a stable, suspended platform.
5. **Organize:** Use the new "instant shelf" to store light items such as small books, snacks, toiletries, or charging cables.

Questions

1. How many times a day should you shower according to Text 1?
   Answer:

2. How long should you wash your hands with soap according to Text 1?
   Answer:

LIVEWORKSHEETS

3. When should you brush your teeth according to Text 1?
   Answer:

4. Name two personal items you should not share according to Text 1.
   Answer:

5. What is the goal of the "Instant Shelf" in Text 3?
   Answer:

6. What material is used as the shelf base in Text 3?
   Answer:

7. What should you do before installing adhesive hooks in Text 3?
   Answer:

8. What is the benefit of joining clubs or activities according to Text 2?
   Answer:

9. Who can you talk to if you feel stressed or homesick according to Text 2?
   Answer:

10. What does "Practice Empathy" mean in the context of Text 2?
    Answer:

Open-Ended Questions

1. Why is personal hygiene important in a dormitory setting? Explain its impact on health and shared living.

LIVEWORKSHEETS

2. How can you apply the principle of "Respect Diversity" in your daily life at school or in the dormitory? Give real examples.

3. What do you think is the biggest challenge when adapting to boarding school life, and how would you overcome it?

4. If you were to build an "Instant Shelf" like in Text 3, what alternative materials could you use besides cardboard or plastic? Explain your choice.

5. How does empathy contribute to a harmonious dormitory life? Share your thoughts or experiences.

LIVEWORKSHEETS