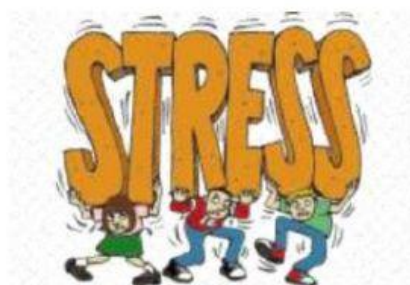


# Unit 3

## Teen Stress and Pressure



### A. PHONETICS

**I** Find the word which has a different sound in the part underlined.

- |                                  |                         |                          |                           |
|----------------------------------|-------------------------|--------------------------|---------------------------|
| 1. A. colum <u>n</u> ist         | B. fru <u>s</u> trated  | C. stu <u>d</u> y        | D. adu <u>l</u> thood     |
| 2. A. he <u>l</u> p <u>l</u> ine | B. Se <u>p</u> tember   | C. <u>e</u> mbarrassed   | D. de <u>p</u> ressed     |
| 3. A. te <u>n</u> se             | B. <u>s</u> kill        | C. dec <u>i</u> sion     | D. hou <u>s</u> e-keeping |
| 4. A. re <u>s</u> emble          | B. adole <u>s</u> cence | C. inde <u>p</u> endence | D. de <u>s</u> truction   |
| 5. A. de <u>l</u> ighted         | B. de <u>p</u> ressed   | C. <u>e</u> mbarrassed   | D. re <u>l</u> ative      |

**II** Find the word whose stress pattern is different from the others.

- |                   |                 |                |                 |
|-------------------|-----------------|----------------|-----------------|
| 1. A. worried     | B. cognitive    | C. concentrate | D. frustrated   |
| 2. A. wonderful   | B. emergency    | C. adulthood   | D. indicator    |
| 3. A. adolescence | B. independence | C. discipline  | D. metropolitan |
| 4. A. worried     | B. relaxed      | C. resolved    | D. aware        |
| 5. A. relate      | B. contain      | C. boredom     | D. informed     |



### B. VOCABULARY AND GRAMMAR

**III** Match the following phrases to the suitable skills.

- |                                         |                                             |
|-----------------------------------------|---------------------------------------------|
| <i>do laundry</i>                       | <i>collaborate with other people</i>        |
| <i>overcome negative feelings</i>       | <i>plan your time</i>                       |
| <i>fix a bicycle</i>                    | <i>know what to do when you have a cold</i> |
| <i>concentrate on a particular task</i> | <i>manage your anger</i>                    |
| <i>communicate with other people</i>    | <i>cook for yourself</i>                    |

1. Social skills:

.....

2. Cognitive skills:

.....

3. House-keeping skills:

.....

4. Emotion control skills:

.....

5. Self-care skills:

.....

**IV Fill in each blank with a suitable word given.**

*house-keeping*

*self-disciplined*

*columnists*

*resolve*

*frustrations*

*cognitive skills*

*adolescents*

*independence*

- ..... and young adults, both male and female, benefit from physical activity.
- Some students like to have a ..... job.
- Maths requires a lot of .....
- Villager students often have more ..... than city dwellers.
- They will need to ..... much more conflict when they become adolescents.
- Students should take part in some social activities to reduce school pressures and .....
- Your brain will grow if you improved self-control and .....
- You can become an advice ..... when you graduate from this faculty.

**V Choose the best answer A, B, C, or D for each blank.**

- As children move toward ....., they are less likely to ask for advice.  
A. dependent      B. dependence      C. independent      D. independence
- My parents asked me to figure out ..... gave me so much trouble.  
A. what      B. which      C. how many      D. where
- I'm not sure ..... I can solve this problem.  
A. how      B. what      C. who      D. by whom
- Our car ..... at the side of the highway in the snowstorm.  
A. broke into      B. broke away      C. broke in      D. broke down
- Mike ..... Alaska, so he's used to cold weather.  
A. comes over      B. comes in      C. comes across      D. comes from
- Jane had a difficult childhood. She ..... a broken home.  
A. came from      B. came over      C. came in      D. came up with
- The woman ..... when the police told her that her son had died.  
A. broke down      B. broke away      C. broke in      D. broke into
- Our teacher broke the final project ..... into three separate parts.  
A. in      B. into      C. away      D. down
- Lan asked her teacher what requirements she ..... a monitor.  
A. needs to become      B. needed doing      C. need to do      D. needed to do
- We need to prepare food, do laundry and chores at home. It's .....

- A. social skills      B. self-care skills      C. housekeeping skills      D. cognitive skills

**VI** Change the following sentences into reported speech.

1. "Where did you spend your holidays last year?" she asked me.  
- She asked me .....
2. He said, "Don't go too far."  
- He advised her .....
3. "You should take more exercise, Mr. Robert," the doctor said.  
- The doctor advised .....
4. "Will I find a job?", Tim said to himself.  
- Tim wondered .....
5. "When is the first day of your holiday, Peter?" Martha asked.  
- Martha asked Peter when .....

**VII** Find and correct the mistake in each sentence.

1. My classmate told me you can't explain the rule to her.  
A B C D
2. I'm not sure what I can solve this problem.  
A B C D
3. You have a problem with your classmate, you don't know what  
A B  
to do, you may feel happy.  
C D
4. You notice something strange happen to your body when you start  
A B C D  
your adolescence.
5. She finds that it is difficult staying awake during the meeting.  
A B C D

**VIII** Use the correct form of the words.

- When you grow up, you will have more independence and more ..... as well . responsible
- She is no longer in her ..... adolescent
- I feel ..... when I have to wait for the bus in that neighbourhood. worry
- She is having too high ..... from her parents. expect
- Mai is feeling so ..... with her fashionable new hairstyle. delight



### C. READING

## IX Read the passage.

1

**Fill in the blank with a suitable word given below.**

*relive      school days      get away      get back      wake up*



Everyone wants something from teenagers. They try, but it seems never good enough. Teenagers have to (1) ..... for school at six in the morning, after a night staying up late doing homework. Getting ready for school is a daily routine that brings anyone on stress. Teen girls would love to go to school with their hair up in a bun, and in pajamas, but that would only make them feel like an outcast. Picking out clothes and making their hair “perfect” is surely a stressful way to start the day. (2) ..... are stressful to begin with. Six and a half hours of teachers bickering and nagging at students to do things.

Teenagers try to relieve their stress in different ways. They try to run their problems, or they try to shut everyone else out but the stress is always right there waiting for them. Parents bring the teen on more stress, nagging about chores and work and it only makes things worse. At this point teens just want to (3) ..... from everything and anyone.

Facebook is usually a great distraction from everyday issues, but it only brings on more drama and problems. Teenagers use Facebook as a way to vent their feelings and aggressions towards other people, which starts a ton of drama. Girls in high school seem to think Facebook is a way to (4) ..... at other girls for whatever reason. They post mean things and hurtful comments that start drama and fights.

Not everyone has a stress-free home life, but the six and a half hours teens spend at school every day shouldn't be so stressful. If teenagers weren't so stressed out then, they could certainly achieve more with their lives. There are ways for teenagers to have a successful day with no stress, but it requires everyone doing their parts to be stress-free. If everyone had an open mind when they woke up in the morning then surely their days would start off better. If everyone did their parts to help each other out and not start drama then teenagers wouldn't be as stressed out as they are. Teenagers should continue to find ways to (5) ..... their stress in healthier ways such as sports and arts. Finding a hobby will make each and every day better for a teenager.

2

### Answer the questions:

1. Why do the teenagers need to stay up late at night?  
.....
2. Why do parents bring teenagers more stress?  
.....
3. Why do teenagers tend to use Facebook more?  
.....
4. What will happen if someone wakes up in the morning with an open mind?  
.....
5. How can teenagers relieve stress in healthier ways?  
.....