

NAME _____ DATE ____/____/____

In a recent survey of millennials, over 80 percent said that a major life goal was for them to _____.

- A) become famous
- B) work harder and achieve more
- C) get rich

The speaker says, "But what if we could watch entire lives as they unfold through time? What if we could study people from the time that they were teenagers all the way into old age to see what really keeps people _____?"

- A) happy and wealthy
- B) happy and healthy

The Harvard Study of Adult Development has tracked the lives of 724 men, year after year, for how many years?

- A) 60
- B) 75
- C) 90

The oldest participants in the study are now how old?

- A) 60
- B) 75
- C) 90

Who is the speaker?

- A) He's one of the participants.
- B) He's a doctor who works with the participants of the study.
- C) He's the fourth director of the study.

The first group started in the study when they were sophomores at Harvard College. The second group was a group of boys from _____.

- A) other colleges
- B) Boston's poorest neighborhoods
- C) the military

The speaker says, "And then these teenagers grew up into adults who entered all walks of life. They became factory workers and lawyers and bricklayers and doctors, one President of the United States. Some developed alcoholism. A few developed schizophrenia. Some _____ the social ladder from the bottom all the way to the very top, and some made that journey in the opposite direction."

- A) Timed
- B) Worked

C) climbed

The speaker says, "Every two years, our patient and _____ research staff calls up our men and asks them if we can send them yet one more set of questions about their lives."

- A) Dedicated
- B) educated

What did the researches do about a decade (10 years) ago?

- A) They requested medical records.
- B) They videotaped participants talking with their wives about their deepest concerns.
- C) They asked the wives if they would join the study.

What is the clearest message that the researches have gotten from the 75-year study?

- A) That wealth and fame are achieved with hard work.
- B) That many lessons can be learned from the participants' lives.
- C) That good relationships keep us happier and healthier.

What was the first lesson learned from the study?

- A) That social connections are really good for us, and that loneliness kills.
- B) That people who are more socially connected to family, to friends, to community, are wealthier.

According to the speaker, people who are more connected to family, to friends, to _____, are happier, healthier, and they live longer.

- A) Beauty
- B) Community
- C) opportunity

What was the second lesson learned from study?

- A) That it's not the quantity of friends you have, but the quality of your close relationships that matter.
- B) That a person's happiness is largely determined by the number of friends he or she has.

According to the study results, the people who were the _____ in their relationships at age 50 were the healthiest at age 80.

- A) most satisfied
- B) low-conflict

The speaker says, "Our most happily partnered men and women reported, in their 80s, that on the days when they had more physical pain, their mood stayed just as happy. But the people who were in unhappy relationships, on the days when they reported more physical pain, it was _____ by more emotional pain."

- A) Magnified
- B) intensified

What was the third lesson learned from the study?

- A) Having good relationships with family, friends, and community helps keep the mind sharp.
- B) When you have good relationships, you have countless good memories.

The speaker says, "Some of our octogenarian couples could ____ with each other day in and day out, but as long as they felt that they could really count on the other when the going got tough, those arguments didn't take a toll on their memories."

- A) bicker -- to bicker means to argue about small things
- B) bicker -- to bicker means to ride bicycles and/or motorcycles

The results of the study are that good, close relationships _____.

- A) are good for our health and well-being
- B) take 80 years to develop

The speaker says, "But over and over, over these 75 years, our study has shown that the people who fared the best were the people who leaned in to relationships, with family, with friends, with _____."

- A) Community
- B) honesty

The speaker closes with a quote from Mark Twain, "There isn't time, so brief is life, for _____, apologies, heartburnings, callings to account. There is only time for loving, and but an instant, so to speak, for that."

- A) Differings
- B) bickerings

The speaker says that, "the good life is built with good relationships." Do you think facebook (or other social media) is positive or negative for relationships? Why or why not?