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Skim the text below. Which of the four titles below would be the best ? Give your reasons.

a My first year at university
b The differences between school and university
c The challenges of university
d How to cope with starting university

Starting university is a major transition in a young person's life. For most new students, it's exciting but also terrifying. Their minds are filled with worries, such as, 'Will I like my course?', 'How can I make new friends?' 'What shall I do if I'm homesick?'

It's important to remember that it's normal to be apprehensive about something new. Starting university can be scary, but there are some simple things you can do to help you cope. Here is some advice for students entering university for the first time.

Tips for new students

1. Take care of yourself physically. Get enough sleep and eat healthy foods.
2. Find a balance between relaxing and studying. You should work hard but also have fun.
3. Call home regularly and keep in touch with your family. This will reduce homesickness.
4. Don't be afraid to ask for help. If you're finding things hard, talk to someone – other students, tutors (teachers), or student support services.
5. Learn how to find your way around the university campus so that you don't get lost. Refer to the university website if necessary.
6. Make a plan for yourself which shows where you have to be every day, and at what time.
7. Learn how to manage your time. Prioritise what tasks are urgent. For example, an essay that is due tomorrow is more important than one that is due next week.
8. Don't be hard on yourself if you make mistakes. But learn from your mistakes – for example, getting lost, forgetting a deadline.
9. Take opportunities to make new friends, even if you're shy. Join clubs and societies.

Challenges and rewards

University life is challenging, but also very rewarding. It will be strange at first, especially if you have to live away from your family. You'll probably experience mixed emotions. Sometimes you may feel some stress and anxiety, but at other times, excitement and a new sense of independence. You may be homesick, but you'll also develop confidence at being able to do things for yourself. Most young people consider university a wonderful experience, and many regard it as the best time of their lives.

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1- What is the best title for the text ?

a	My first year at university
b	The differences between school and university
c	The challenges of university
d	How to cope with starting university

The Answer

Find words that have similar meanings to the words or phrases below.

The word	Answer	Definition
Campus		worried and a little afraid **(line 6)**
deadline		feeling of missing your home **(line 12)**
apprehensive		university land and buildings **(line 15)**
emotions		put things in order of importance **(line 18)**
anxiety		date by which something has to be done **(line 21)**
independence		feelings **(line 25)**
homesickness		worry **(line 26)**
prioritise		freedom and ability to make your own decisions **(line 27)**