



UNIVERSIDADE FEDERAL DO CEARÁ

CASA DE CULTURA BRITÂNICA

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Read the article below and on the next page do the exercise proposed.

How to survive high school

From rumours floating around that I ate my own scabs (I seriously don't) to rocking up to first period with green pimple cream all over my face, to accidentally setting the school alarms off... It's safe to say that I've made every possible mistake in high school.

But I survived. Here's how you can too.

1. Take life at your own pace

It's easy to feel like you need to catch up to your peers. Maybe all of them are drinking at parties but you're not into it yet. Maybe all of them are rooting around like rabbits and you're not ready yet. Maybe all of them are talking about post-school opportunities like university and work, and you have no idea yet...

The point of life isn't to stay in time with everyone else, but to do what feels right to you, when it feels right to you. Take life at your own pace.

2. Look after yourself

You've heard it all before, but seriously, I'll say it all again for the kids at the back. LOOK AFTER YOURSELF! Exercise! Eat healthily! Wash yourself! Get enough sleep! If you're rocking up to high school tired, frazzled, hungry or withered, you're not going to retain any knowledge or have a vibey time.

3. Get some extracurricular activities under your belt

High school can be a real drag. Sitting in classrooms all day isn't my idea of fun. But every year I'd sign up for different extra-curricular activities, so my mornings were a little bit more exciting. I did running, touch footy, tae kwon do, art, dancing, gymnastics, violin lessons and guitar lessons to name a few!

Find hobbies, passions, and activities whilst in high school. It makes the whole experience bearable.

4. Study in small doses

I can't believe I haven't even talked about the actual schoolwork yet. My biggest study tip to survive high school would be to study a little bit every day, rather than cramming the night before like a madman on steroids. This helped me astronomically when I figured it out. Exams ceased to stress me out because I felt on top of it!

Also, find out how you study as well. I figured out that I am an auditory learner, so I'd just record myself reading through notes, listen to a little bit every day and VOILA.

5. Ask for help

I know I've been joking around a bit here, but honestly, high school can be rough. I mean, life can be rough. Learning in your teen years to ask for help is so so so important. Go to your parents, your siblings, your mates, your councillor... Talk to anyone you feel comfortable with. Never bottle up your feelings. We're humans! We're meant to go through life together and learn from each other. So, seek advice and solace from the people around you.

Anyways. I want to end this with a quote from my favourite high school movie, Ferris Bueller's Day Off: "Life moves pretty fast. If you don't stop and look around once in a while, you could miss it."

High school can suck. But it can be so much fun. Don't just try to survive, send it as well and take it all in. It'll be over before you know it.

Adapted from: <https://year13.com.au/articles/how-to-survive-high-school>

Write an article

With a partner, write a How to survive ... article. Choose one of the titles below, and try to think of at least four tips. Organize your tips in a logical order. Start each one with an imperative, e.g. Don't be late, Wear the right clothes ... Then explain why.

How to survive... • a job interview • a party where you don't know anyone • a family holiday

RUBRICS

Purpose/Task • Accomplishes the task • Includes details • Connects ideas to task/purpose
Organization • Exhibits a logical and coherent sequence • Has a beginning, middle, and end • Makes smooth transitions
Structure (degree to which errors hinder overall comprehensibility) • Subject-verb agreement • Present, past, future ideas expressed as appropriate • Noun-adjective agreement • Correct word order • Spelling/diacritical marks.
Vocabulary • Includes a variety of vocabulary • Uses relevant and accurate words
Word Count • Comprehensible • In target language