

Adaptation

Read the passage. Use it to complete the activities on pages 2-4.

Name: _____ Date: _____

1 Adaptation is the process of changing the way we live, think, or behave to deal with a new
2 situation. Everyone experiences changes, such as moving to a different city, starting a new
3 job, or joining a new school. Although these experiences can be exciting, they often bring
4 challenges. For example, when students move abroad, they may struggle with an unfamiliar
5 language, different food, and new social rules. At first, even simple activities, like buying
6 groceries or taking a bus, can feel stressful. However, adaptation becomes easier when
7 people stay patient and take small steps. They can learn useful phrases, ask others for help,
8 and build a daily routine. Making friends is also important because a supportive relationship
9 can help someone feel less lonely. Adaptation does not mean forgetting your own culture or
10 completely changing your personality. Instead, it means finding a balance between what is
11 familiar and what is new. A person can respect local customs while still enjoying traditions
12 from home. Nature also provides many examples of adaptation. Some animals have thick fur
13 to survive cold weather, while certain plants store water to survive in dry environments.
14 These features develop over many generations and help living things survive. Human
15 adaptation, however, often involves learning new skills and adjusting our expectations. For
16 instance, someone who begins working from home may need to create a quiet workspace
17 and manage their time more carefully. The key is to accept that progress takes time.
18 Mistakes are a normal part of learning, and difficulties do not mean we have failed. By
19 staying curious, flexible, and willing to try again, we can gradually become more comfortable.
20 In the end, adaptation helps us face uncertainty, discover our strengths, and develop the
21 confidence to handle future changes with greater independence and a more positive attitude
22 towards everyday challenges.

Sentence completion

Activities 1-2 | Identify word types, then scan for answers.

1. Read sentences 1-6. Decide whether each missing word is an adjective or a noun. Do not complete the gaps yet.

2. Scan the passage and complete the same sentences. Choose **NO MORE THAN TWO WORDS** from the passage for each answer.

1. Students who move abroad may need to communicate in an _____ language.

Word type: _____

2. During adaptation, it helps to stay _____ and make small changes.

Word type: _____

3. Having a supportive relationship can make a person feel less _____.

Word type: _____

4. Some animals can survive cold weather because they have thick _____.

Word type: _____

5. Human adaptation can involve changing our _____ about what will happen.

Word type: _____

6. People working from home may need to create a quiet _____.

Word type: _____

False or Not Given?

Activities 3-5 | Scan carefully and check the limits of each statement.

3. Read statements 1-7 below. Underline key words that could help you scan the passage. Be ready to explain your choices.
4. Circle words or phrases that limit meaning or introduce a comparison. Look for quantity, time, degree and comparison.
5. Read the passage. Write FALSE if a statement contradicts it, or NOT GIVEN if there is not enough information to decide.

For FALSE, underline the evidence in the passage. For NOT GIVEN, write what information is missing on the line below.

1. Students who move abroad find only the language difficult.

Answer: _____

Evidence / missing information: _____

2. Most students living abroad make new friends within their first month.

Answer: _____

Evidence / missing information: _____

3. Adaptation requires people to completely forget their own culture.

Answer: _____

Evidence / missing information: _____

4. No plants store water to survive in dry environments.

Answer: _____

Evidence / missing information: _____

5. Animal adaptations develop over a single generation.

Answer: _____

Evidence / missing information: _____

6. People who work from home adapt faster than people who work in an office.

Answer: _____

Evidence / missing information: _____

7. Older adults find adaptation more difficult than younger adults.

Answer: _____

Evidence / missing information: _____

Understanding Not Given

Activity 6 | Distinguish missing information from contradiction.

6. All four statements below are NOT GIVEN. Explain why we cannot decide whether they are true or false.

Example

People who move abroad usually feel comfortable after six months.

Not Given: The passage says adaptation takes time, but it does not say how many months people need.

1. Students who move abroad prefer local food to food from their home country.

What information is missing?

2. People who ask for help adapt more quickly than people who build a daily routine.

What information is missing?

3. Most companies provide equipment to help employees create a quiet workspace at home.

What information is missing?

4. People who have already lived abroad feel less stressed when they move to another country again.

What information is missing?
