

THEME 1 SCHOOL LIFE READING SKILL

A. Read the text and answer the questions

Icebreaker Activities

Most students are worried and nervous about their first days at a new school as a freshman. Fortunately, most teachers are aware of this and they do activities to make their students less worried and more relaxed. These are called icebreakers. They include talking about oneself, hobbies, interests, fun games, walking around and asking questions to learn about others, etc. The aim is to create a friendly and less stressed atmosphere because students can get to know each other and discover their things in common during these activities.

According to experts, icebreakers may play an important psychological role in a good academic year. Laila Hudson, a psychologist of Washington State University, asks ‘Can you expect an optimum performance from a footballer if he doesn’t do any warm-up?’ and adds ‘Icebreakers are the same for students. If students feel self-confident in their new classes, they will not suffer from fear of failure and start to display a better performance. Icebreakers are always nice for a good start.’

1. Why do teachers use ice-breakers? _____

2. What are some ice-breaker activities? _____

3. Why are ice-breakers important? _____

B. Read the text and circle the correct choice.

Everyday Life Habits Matter: Small Changes Make a Big Difference

According to a recent study, bad habits such as smoking, not exercising, not eating enough fruit and vegetables can age you by more than 10 years and even steal from your life quality. Fortunately, you are not desperate. Making just a few changes in your everyday life can help you live longer. Here are some of these changes and how applicable they are according to 100 interviewees.

Read to cope with stress: Reading does not only help you learn more and achieve better scores but also helps to cope with stress. While you are reading something in a motivated way, you will be away from the stress of everyday life, and being away from stress will be of great help for a healthier life because stress is one of the worst enemies of human health. 82 % of the interviewees believe that this is easily applicable.

Stay out of the sun: Remember that it is never too early or too late to start to use sunscreen. Rays of the sun cause skin cancer or, at least, wrinkles and fine lines. Hats and sunglasses are also of great help. When you have the choice, stay in shade. This is easily applicable for 85 interviewees out of 100.

Avoid loneliness, reach out: You are at greater risk of heart disease without a strong network of friends and family. Loneliness can be as dangerous as having high cholesterol or even smoking. Hang around with friends, share problems with them, and socialize whenever possible. One way of achieving this at school is to join extracurricular activities. Visiting your elderly relatives as often as possible is another way. 56% of the interviewees think that this is not easy to do due to everyday rush while it is OK for the other 44%.

Eat fruit and vegetables: You should see fruit and vegetables as nutritional powerhouses because they are full of fiber and vitamins. Take time to get at least three servings of fruit and vegetables in your everyday life. It will lower your risk of heart disease by 76%. According to 70% of our interviewees, this is applicable.

Focus on fitness: Daily exercise, especially with running, can add up to four years to your life. It has positive effects on your heart, mind and metabolism. Do not waste much of your time in front of the TV or surfing the Net. Do them in moderation. Instead, move around. If you cannot run, a quick 30 minute walk will be OK. Walk to school and work if possible. If not,

