



TEEN TALK 2

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Major New Edition

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Part I

20 Teen Issues



Various Topics in this Part
Will Help Students **Improve** their
Speaking Ability in Real Situations.

Hey, You! Turn Off that Phone!

Today, mobile phones ring anywhere, any time. They are becoming ever more popular among young people; parents even buy phones for children as young as seven in order to be able to locate⁺ them if they get lost.

But young people with mobile phones need to keep a few rules in mind. They should be careful about not talking or texting⁺ to strangers, and they should keep their phone bills from skyrocketing.⁺ Choosing a phone with a prepaid calling card is one very good option.⁺

Youngsters should also be taught common rules of courtesy,⁺ such as turning phones off in theaters and places of worship⁺ (they can be set on vibrate). If people don't use common sense when they use their phones, these convenient gadgets⁺ can become a headache⁺ no remedy⁺ can cure.



→ **locate** : find (sb/sth)

→ **skyrocket** : rise rapidly or suddenly

→ **courtesy** : good manners or social conduct

→ **worship** : activity of praying and singing etc. in order to show respect and love for God or a god

→ **gadget** : small mechanical device

→ **remedy** : medicine

→ **text** : send a written message to (sb) using a cellphone

→ **option** : choice

→ **headache** : nuisance



What Does It Mean?

- (1) keep their phone bills from skyrocketing
- (2) use common sense when they use their phones
- (3) a headache no remedy can cure



Comprehension

- (1) Why do parents get phones for very young kids?
- (2) What are some of the problems implied⁺ by this article?



- 1 Do you have a cell phone? Why or why not?
- 2 Who pays your phone bills?
- 3 How do you use your phone?
- 4 Do you put your phone on the vibrate mode? Under what circumstances?
- 5 Talk about the advantages and disadvantages of having a cell phone.
- 6 What are some courteous ways of using a cell phone in public?
- 7 How do you feel if you do not have your cell phone with you?

⁺imply : say or express (sth) indirectly



Opinion Samples >>

(1) It's hard to imagine life without a cell phone. I never need to feel alone. I can call my friends any time, or they can call me. If we're not at home, we can still get important messages very easily. If I'm going to be late for an appointment, or if I get lost, it's very easy to contact the other person and straighten the affair out.⁺ And, if I want to be left alone, it's a simple matter to turn the phone off or put it on vibrate. So, it's the best of both worlds, combining ready access⁺ to others and complete isolation⁺ if I choose.

(2) Every now and then⁺ I forget to take my phone with me, or it needs to be charged. Invariably,⁺ when this happens, I miss some vital⁺ communication: someone trying to meet me or tell me something important. By the time I get the message, it's usually too late to do anything about it. I've read that there are devices⁺ you can carry with you very easily that go off⁺ whenever you are more than 50 meters from your phone; that way, it's hard to lose it or leave it behind absentmindedly.⁺ Maybe I should get one of those!

- **straighten out** : deal with a problem or a confused situation

- **access** : way of approaching or reaching

- **isolation** : state of being separated from other people

- **every now and then** : sometimes, but not regularly or often

- **invariably** : always or almost always

- **vital** : very important, necessary, or essential

- **device** : machine or other small object that does a special job

- **go off** : start making a noise as a signal or warning

- **absentminded** : likely to forget things or to think about (sth) different from what should be thought about at the time

Read & Discuss

Buckle Up and Live!



In April last year, I was traveling through a remote^a area in a van^b with my medical team. On the way, our driver sped up, took a curve on the wrong side, lost control of our vehicle and crashed head-on^c with a bus coming from the opposite direction. The accident was extremely serious. My left leg was so badly crushed^d that it had to be amputated^e below the knee. However, except for a small superficial^f cut on my forehead, there were no injuries to my head or trunk,^g so I will eventually be able to return to my medical career. Even though I lost a leg due to^h the carelessness of one driver, my life was saved because I had buckled up.



1. Why do you think people often neglect to fasten their seat belts?
2. What do you think are the main reasons for traffic accidents?

- **buckle up** : fasten a seat belt in a car, airplane, etc.

- **remote** : located far away

- **van** : vehicle used for carrying goods or several people. It is usually larger than a car and smaller than a truck, and the back part is enclosed

- **head-on** : front-first

- **crushed** : severely damaged or destroyed

- **amputate** : cut off (a part of the body), esp. by surgery

- **superficial** : affecting only the surface of the skin or the outside part of (sth), and therefore not serious

- **trunk** : main part of one's body, not including head, arms, or legs

- **due to** : because of; owing to

Very Dear Diary

I'm so mad at my mother, I want to do something terrible to her. Today when I was in school she went into my desk drawer and read my diary. It was locked, but somehow she jimmied⁺ it open. There were some very personal things in there that I didn't want anyone to know about. Tonight after supper Mother began to ask me some odd questions, so I knew something was wrong. When I went to my diary to write, I noticed that the lock was scratched⁺ and it had been opened. I accused⁺ her outright,⁺ and she said a girl who had nothing to be ashamed of wouldn't be afraid to let anybody look in her diary!

I have lost all respect for my mother. I think she is an underhanded⁺ sneak. But she says that I am the one who is wrong. What do you think about this? Does a mother have the right to go into her daughter's diary?



- jimmy : break open a lock, door, or window, with a long narrow piece of metal
- scratch : make a thin shallow cut or mark on (a surface) with a sharp instrument
- accuse : find (sb) to be at fault; blame
- outright : openly; straight to one's face
- underhanded : deceptive, sly, or secretive

**What Does It Mean?**

- (1) I knew something was wrong.
- (2) I have lost all respect for my mother.

**Comprehension**

- (1) Why is the writer mad at her mom?
- (2) How did she know something was wrong?
- (3) How did her mom respond when accused?



- 1 Who do you think is wrong? Why?
- 2 Are you curious about what is in other people's diaries?
- 3 Do you think parents have a right to read their child's diary?
- 4 Can you be perfectly honest in your diary?
- 5 What do you usually write about in your diary?
- 6 What are the advantages of keeping a diary?
- 7 What is the difference between people who keep a diary and those who do not?



Opinion Samples >>

(1) Children are not adults and do not have adult rights. Parents are always worried about their children's well-being.⁺ Very few parents and children are able to communicate with each other about personal matters, usually because they are too embarrassed⁺ to do so. So, a parent is entirely within his rights to pry⁺ into his children's secrets, in order to try to protect them. To avoid a complete breakdown⁺ in trust, the parent should not make his snooping⁺ obvious; but sometimes it might be better to be an underhanded sneak than to allow some tragic but avoidable mistake. And, indeed, even if the deception is somehow discovered, the children's anger and sense of betrayal⁺ will recede⁺ in time, particularly as they mature and become more responsible.

(2) Our thoughts fly scattered through our brains. We change our minds many times a day and forget what our previous ideas and attitudes were. But if we keep some kind of a record, years later we can rediscover what we used to be and how we've changed over time. This can give us great insight⁺ into human behavior. For instance, someday when we have children and don't know how to respond to some situation they are involved in, it might help if we could recall how we felt when we were their age in similar circumstances. It might change the way we react to their problem or, at least, help us explain why we do what we do.

-
- **well-being** : state of being healthy, happy, or prosperous; welfare
 - **embarrassed** : ashamed, nervous, or uncomfortable, esp. in front of others
 - **pry** : try to find out details about (sb) else's private life in an impolite way
 - **breakdown** : failure of a system or relationship
 - **snoop** : try to find out private information about (sb/sth) in secret
 - **betray** : be unfaithful or disloyal to
 - **recede** : become smaller or farther away; diminish; decrease
 - **insight** : understanding of the true nature of (sth)

Read & Discuss



Love May be Blind, but Parents Aren't.

It will probably happen to you at least once in your life. You'll fall in love⁺ with somebody that your parents don't like. Sometimes their disapproval will be for valid⁺ reasons, and other times it will be irrational,⁺ but either way it will be hard for you to deal with! What can you do when Cupid pairs you with someone that your parents can't stand?⁺

Ask yourself, "Why do I want to date this person?" Be brutally⁺ honest with yourself. Are you crazy in love, or do you just love driving your parents crazy? If you are motivated⁺ by rebellion⁺ (a very natural attitude, by the way — it's how we become independent adults with values of our own), the best thing to do is end the relationship; after all, it isn't fair for you to use somebody else to get to⁺ your parents, especially since the other person is bound⁺ to get hurt later on. With the relationship out of the way, you will be able to focus⁺ on the real issue: why you feel the need to rebel in the first place. Do you have real, deep feelings for the other person? Are you dating him or her because of pressure from friends? Or to be popular? Or because no one else seems interested in dating you? If your feelings are about your reputation⁺ or your status, rather than your heart, you are being unfair to that person, your parents — and yourself.

When you are truly in love, you will know it. Only then should you be willing to put all of your energy into fighting your parents (and maybe your friends) because of their disapproval.



1. How can anyone tell if he or she is "really" in love?
2. What's wrong with having a good time with someone, even if you know that the relationship is only superficial⁺ and temporary?⁺

- **fall in love** : start deep romantic feelings for (sb/sth) → **valid** : reasonable and generally accepted
- **irrational** : not based on or guided by reason; unreasonable; illogical → **stand** : tolerate or accept
- **brutally** : unsparingly → **motivated** : caused by a particular belief or emotion
- **rebellion** : opposition to (sb) in authority or to accepted ways of doing things → **get to** : upset or annoy (sb)
- **bound** : very likely → **focus** : pay special attention to a particular thing instead of to others
- **reputation** : opinion that people have about a particular person or thing because of what has happened in the past
- **superficial** : shallow; not profound or thorough; insignificant
- **temporary** : continuing for only a limited period of time; not permanent

Dear Children:

- There is no free lunch. Don't feel entitled⁺ to anything you don't sweat⁺ and struggle⁺ for.
- If you see a problem, don't ask, "Why doesn't somebody do something?" Ask instead, "Why don't I do something?" This world needs more shepherds⁺ and fewer sheep.
- Never work just for money or power. They won't save your soul or build a decent⁺ family or help you sleep at night.
- Don't be afraid of taking risks or being criticized. If you don't want to be criticized, don't say anything, don't do anything—and you won't be anything, either.
- Don't be afraid to fail. It's the way to learn how to do things right. Failing is a terrible thing, but not as bad as not trying.
- You must learn good manners. "Please" and "thank you" are very important terms. Being considerate⁺ will take you farther in life than any college degree.
- Let's be clear: tobacco and alcohol kill more people than illegal drugs. It's time for you to speak out⁺ and help put a stop to marketing sickness and death.



- **entitle** : have the right to have or do (sth) - **sweat** : work hard; perspire
 - **struggle** : try extremely hard to achieve (sth), even though it is very difficult
 - **shepherds** : those who tend herds of sheep
 - **decent** : good
 - **considerate** : thinking of other people's feelings; thoughtful
 - **speak out** : talk freely and fearlessly, as about a public issue

- Be confident that you can make a difference. But only if you do something.
- Never think life is not worth living, no matter how hard it gets. When you get into a tight place and everything goes against⁺ you and you think you can't hang on⁺ even a minute longer, don't give up! For that is precisely⁺ the time and place that the tide will turn in your favor.⁺
- Choose your friends carefully and stay out of the fast lane.⁺ You were born as God's original. Try not to become someone else's copy.
- Remember that you are in charge of your own attitude. The only person you can control is yourself.
- You have a role to play every minute of the day. Have you ever noticed how one action, good or bad, can prompt⁺ others to follow suit?⁺ How one illegally parked car gives other inconsiderate⁺ drivers permission to park likewise?⁺ How one insult⁺ can fuel⁺ another? How one sour⁺ person can ruin any meeting? But, on the other hand, how unexpected acts of generosity and kindness also provoke⁺ similar behavior among others?

→ **against** : in an opposite direction or course

→ **hang on** : continue persistently

→ **precisely** : exactly

→ **in (sb's) favor** : helping (sb) or giving (sb) an advantage

→ **the fast lane** : way of life marked by a fast pace and usu. in the pursuit of immediate gratification

→ **prompt** : make (sb) decide to do (sth); influence

→ **follow suit** : do what (sb) else has done

→ **inconsiderate** : not thinking about other people and their feelings

→ **likewise** : in the same way or in a similar way

→ **insult** : offensive action or remark

→ **fuel** : make (sth) more intense

→ **sour** : unpleasant, unfriendly, or in a bad mood

→ **provoke** : cause (sth)



What Does It Mean?

- (1) This world needs more shepherds and fewer sheep.
- (2) everything goes against you
- (3) that is the time and place the tide will turn
- (4) stay out of the fast lane
- (5) how one illegally parked car gives other inconsiderate drivers permission to park likewise



Comprehension

- (1) Why shouldn't we work for just money or power?
What should we work for?
- (2) Why shouldn't we be afraid of being criticized?
- (3) Why shouldn't we be afraid to fail?
- (4) Why shouldn't we give up⁴ if we know we can't succeed?

TEEN TALK!

- 1 Why do young people go astray?⁴
- 2 What do you want to achieve?
- 3 What would you say if your friend thought life is not worth living?
- 4 What would you say if your schoolmate thought a college education isn't necessary?
- 5 What are the five most valuable lessons in life that you can think of?
- 6 Make your own list of "Dear Adults."

Opinion Samples >>

(1) Kids are still kids, after all. They lack life experience, they are idealistic, thoughtless about consequences, naive⁺ and curious, and full of energy to boot.⁺ In their exuberance,⁺ they are apt⁺ to be incautious⁺ and do whatever strikes⁺ them at the moment. But this is the way children have always been and are likely to remain. The only ones who go seriously astray are the ones who lack adequate⁺ parental guidance. Nearly all parents love their children and want the best for them, but many are too busy with their own concerns,⁺ or too forgetful of their own childhoods, to anticipate⁺ what kinds of trouble their own children may get into.⁺ Their own neglect,⁺ whether intentional or not, is the most dangerous obstacle⁺ their offspring are likely to face.⁺

(2) One must develop balance above all else. We need to be confident⁺ in our own ability and judgment, but at the same time be able to realize that other viewpoints may be equally valid. We should strive for success and yet realize that private pleasures—enjoying time with our friends and family, reading a good poem or seeing a great play—are just as important as having a lot of money. Whatever it is that we value in our lives, we must learn to embrace⁺ its opposite, or we will never be complete.

-
- **naive** : childishly innocent; inexperienced
 - **to boot** : in addition
 - **exuberance** : full of showing enthusiasm or joy
 - **apt** : having a tendency; inclined
 - **incautious** : not careful
 - **strike** : impress (sb) strongly
 - **adequate** : good enough in quality for a particular purpose or activity
 - **concern** : worry; anxiety
 - **anticipate** : expect an event or situation to happen, and do (sth) to prepare for it
 - **get into** : become involved in a bad situation
 - **neglect** : failure to give (sb/sth) adequate care or attention
 - **obstacle** : (sth) that stops progress or prevents success
 - **face** : recognize and be ready to deal with (sth)
 - **confident** : having full assurance; certain
 - **embrace** : accept or adopt willingly

Read & Discuss

They Call It Puppy Love

People think that teenagers can't be in love or that they don't know what real love is. They think we are too young and inexperienced to be able to love another person for real.¹ I am here to tell them that they are wrong. I'm only 18 and I have been in love before, but because I questioned² that love I lost it.

One summer I met this guy. He was 3 years older than I. He was very interesting, cute, kind, fun, and he always made me laugh. Our attraction was instant and mutual and we quickly started dating. We did everything together; I mean we loved being with each other. My mom even approved of him (and that was a big plus). My family considered him family, and his family considered me family. He was not only my boyfriend; he was my best friend, a best friend whom I was in love with.

One of my biggest failings is that sometimes I go along with my friends; you know, give in³ to peer pressure.⁴ If they say something, and work to convince me, I usually give in. Four months into my relationship with him, my friend kept telling me I should dump⁵ him. She pointed out all of his negative points and she convinced me that they were worse than his good ones. She also persuaded me that we were too young to be in love and that he must have fooled me into thinking our relationship was more than it was. I went along with her,⁶ but deep in my heart I knew what I was doing was wrong.



A few days later I called him up and told him it was over. He wanted to know why I was ending our relationship. I didn't really have a reason. How could I tell him that I was dumping him because my friend had told me to? So I told him a tremendous lie. I told him that I liked

- **puppy love** : innocent feelings of affection for (sb) by young people
- **for real** : truly
- **question** : express doubt about (sth)
- **give in** : agree to (sth) you were unwilling to agree to before, esp. after a long argument
- **peer pressure** : influenced by people of one's own age or social class on the way one behaves
- **dump** : get rid of or reject (sb/sth)
- **go along with (sb/sth)** : agree with (sb/sth)

someone else and that I had cheated on⁺ him. I tried to hold back⁺ my tears as I whispered, "Sorry." I quickly hung up⁺ the phone and began to sob.⁺

After that I felt sad all the time. He kept on calling and calling, wanting to see me, but I couldn't bring myself to look him in the face after what I had done. A couple weeks later the calls stopped and I never heard from him again. It took almost a month for me to pull myself together.⁺ I tried to move on⁺ with my life. I tried to date, but it was way⁺ too hard. No one could ever compare with him. I knew he had moved on with his life and that I had nobody but myself to blame for my broken heart.



1. What is the difference between being in love and having a crush⁺ on someone?
2. Do you think you have been in love? Describe your experience.

+ **tremendous** : dreadful or awful

- **cheat on** : be sexually unfaithful to (sb)

+ **hold back** : restrain; keep back; control

- **hang up** : end a telephone call by breaking the connection

- **sob** : cry noisily

- **pull (oneself) together** : control (one's) emotions and behave calmly after being very upset, angry, shocked, etc.

- **move on** : advance; go forward - **way** : very

- **have a crush on (sb)** : have a feeling of love and admiration for (sb)

We Are Different from Our Parents

Many teens feel that their parents don't understand them. It is as though their parents are "from a different world". This is a normal reaction, due to the generation gap between teens and their parents.

Parents tend toward conservatism in their child-rearing philosophy. They are under a lot of financial and social pressure to succeed, and they don't have enough time to devote themselves exclusively to taking care of their child. They probably remember experiencing many of the same problems their kid is undergoing, but they also recall how foolish they themselves were at that age. They also hope their progeny can avoid some of the mistakes that they had made. One of the few guides they have is the way adults (especially their own parents) responded to them when they were young, and they tend to act the same way. This is how families have been raised for millennia.

Kids, however, have not lived through any earlier time. They don't have a large backlog of experiences. Everything is relatively new to them, and full of possibilities. "Some people look at the world and ask why, but I look and ask why not?" is likely to be a

Issue 24 because of owing to

generation gap difference in opinions or behaviour between older and younger people

lean toward to do have a particular quality or feature more than others

conservatism tendency to dislike change

exclusively only

progeny experience (n); exp. (adj) (n) as Depressant but not as (adj)

progeny descendants

millennia period of 1,000 years

backlog reserve or accumulation

dominating⁺ attitude. They are unsympathetic⁺ to their parents' apparent⁺ apathy.⁺ They know the world is full of hypocrisy⁺ and unfairness, and they strongly believe that they can change it. This is how human society makes progress, though it is far slower and less complete than the young want.

What happens, of course, is that the young, impatient (and maybe radical⁺) grow up, get a job, start a family, and the cycle begins anew.⁺ Before they know it, they are the hide-bound⁺ conservatives⁺ they had despised⁺ in their youth, and the children they conceive⁺ are the ones with the time, energy, and vision needed to try to create a new society.



- **dominate** : be the most important feature of (sth)

- **unsympathetic** : not favorable toward

- **apparent** : seeming; obvious

- **apathy** : lack of feeling or interest; indifference

- **hypocrisy** : pretending to have qualities or views that one does not really possess

- **radical** : favoring fundamental or extreme change

- **anew** : over again

- **conservative** : (sb) who is not willing to accept much change

- **despise** : hate and have no respect for (sb/sth)

- **hide-bound** : not willing to change habits or ideas

- **conceive** : have offspring



What Does It Mean?

- (1) from a different world
- (2) tend toward conservatism
- (3) They don't have a large backlog of experiences.



Comprehension

- (1) How do parents learn how to raise their children?
- (2) Why are the young impatient with the ways the older generations do things?
- (3) Who are right, the parents or the children?



- 1 Do you think money is important? Why or why not?
- 2 How can you make money? Do you have any idea for making a fortune?
- 3 What would the ideal marriage be like?
- 4 What is your definition of a successful life?
Is it different from your parents'? If so, how?
- 5 What can we learn from our parents?
- 6 What should we not learn from our parents?
- 7 When do you feel most strongly that you are not like your parents?

More Talking Points

How are we unlike our parents in terms of...

- (1) Saving money?
- (2) Having a boy or girl friend?
- (3) Marriage?
- (4) Job selection?
- (5) Going to college and getting a diploma?
- (6) Owning a car?
- (7) Staying at home?
- (8) Spending time on the computer?
- (9) Music?
- (10) Politics?

(1) When I die, if I can say that I have tried my best to be honest, then my life would have been a success no matter how much money I had made or fame I had achieved. I don't know if there is any kind of afterlife or reincarnation⁺ process, so the life I have now may be the only one I ever have. Therefore, it should be lived to the fullest, by my being true to my own sense of justice, loyalty, and honor. Any lapse⁺ may cause harm to others, but would mainly damage my own soul and sense of self-worth. I realize that there is a lot of social pressure to conform⁺ and to do things that I know to be wrong or merely foolish, but I hope that I have the inner strength to resist it. Let my conscience⁺ and common sense be my guide in all matters.

(2) I hope that I won't adopt my parents' seriousness. They never seem to have any fun in life. They can never relax and enjoy what we have. On vacation, they can't just chill out,⁺ they feel that they have to accomplish something, to the point that they are more tired than when they are at work. At home, there is always one more thing that needs to be done, no matter how much has already been accomplished. In their dealings with me, everything has to assume⁺ the guise⁺ of a moral lesson. On the few social occasions that they participate in, they can't seem genuinely to enjoy themselves; they seem to feel the necessity to eat and drink too much, and then they pay the price by developing physical problems. I know that responsibility and self-discipline are important qualities, but even things which are good and necessary can be taken to bad, unneeded lengths.

-reincarnation : belief that after one's death, one is born again as a different person, animal, or thing

-lapse : failure to do (sth) one should do, esp. a failure to behave correctly

-conform : act in agreement with established customs, rules, or styles

-conscience : sense of right and wrong

-chill out : relax and stop being angry or nervous

-assume : take on the appearance

-guise : outer appearance; aspect

Read & Discuss



Are You Happy?

What makes people happy or unhappy? What are the ingredients^a of happiness? Of course, answers differ from person to person. Two elements are obvious, however: social relationships and temperament.^a

Everyday stress usually stems from^a troubled relationships with others. So if you are satisfied with your dealings with family members, friends, neighbors and colleagues,^a you are probably quite happy. Conversely,^a if your relations with these people bother you, you are likely to lead a very unhappy existence.

Some people claim that temperament is everything. They say, "If you think you are happy, then you are." This would mean that happiness depends entirely upon our own life philosophy. And, indeed, it does seem to be more important than any other factor.

People often talk about money. But get this: Not only can money not buy happiness, it can't even rent it. People with a lot of money are consistently more depressed than people who have just enough to meet^a their basic needs. Even big lottery winners return to something very close to baseline^a in a fairly^a short period.



1. What are the most important aspects of your being happy?
2. Why do many people think the rich are happier than the poor? Why might the opposite be true, in your opinion?

- **ingredient** : one of the things that give (sth) its character
- **temperament** : basic character, for ex. the tendency to be happy, angry, etc.
- **stem from** : develop as a result of (sth) else
- **colleague** : (sb) who works in the same organization or department as you
- **conversely** : in reverse
- **meet** : satisfy
- **baseline** : basic standard
- **fairly** : to some degree

Just for Today

Just for today, I will live through the next 12 hours and not try to tackle⁴ all the problems of my whole life at once.

Just for today, I will improve my mind. I will learn one useful thing. I will read something that requires effort, thought and consideration.

Just for today, I will be agreeable.⁴ I will look my best, speak in a well-modulated⁴ voice, be courteous⁴ and considerate.

Just for today, I will not find fault with⁴ any friend, relative or colleague. I will not try to change or improve anyone but myself.

Just for today, I will have a program. I might not follow it exactly, but I will come close. I will save myself from two deadly⁴ enemies: haste and indecision.

Just for today, I will exercise my character in three ways. I will do a good turn⁴ and keep it a secret. If anyone finds out, the good deed won't count, so I'll have to do another one to make up⁴ for it.

Just for today, I will do two things I don't want to, just for exercise.

Just for today, I will be unafraid. In particular, I will be courageous enough to enjoy that which is beautiful. I will believe that what I give to the world, the world will give to me.



→ **tackle** : make a determined effort to deal with a difficult problem

→ **agreeable** : pleasant, nice, or satisfactory

→ **well-modulated** : well controlled and pleasant to listen to

→ **courteous** : considerate toward other people; polite

→ **find fault with** : criticize (sb/sth)

→ **deadly** : fatal

→ **good turn** : action that helps (sb)

→ **make up for** : replace



What Does It Mean?

- (1) I will save myself from two deadly enemies: haste and indecision.
- (2) If anyone finds out, it won't count.



Comprehension

- (1) How is today going to be different?
- (2) Why will he do two things he doesn't enjoy?

TEEN TALK!

- 1 What do you do to improve your mind?
- 2 What do you do to improve your body?
- 3 What are your current problems? If you have solved them all, how did you do it?
- 4 What are you going to do to solve your biggest problem right now?
- 5 What do your parents think about you? Do you think they are proud of you? Why or why not?
- 6 Do you think it's easy to change yourself? Why or why not?
- 7 What are you most afraid of in your life?
- 8 What do you want to do the most, at present?
- 9 People seem ready to find fault with others, but not themselves. Why?
- 10 Why do many people fail to keep in good shape¹ through regular exercise?

¹in good shape : in good health



Opinion Samples >>

(1) I can't change myself, because I can't even understand myself. My parents, friends, teachers, and others are constantly telling me things about myself that I had never even thought of! Sometimes I think they must be wrong, but usually after I give the matter some thought I come to realize that they were not mistaken.⁴ But if everyone else knows these secret things about me, why don't I? And if I don't know what I am, how can I ever expect to become something else?⁴

(2) I'm afraid of many things. I don't want to die in a burning building. I don't want to be in a train wreck⁴ or get cancer. I hope we never have another war here again. But these kinds of fears are very normal,⁴ don't you think? And yet, all of them are pretty unlikely, at least any time soon. So I guess, more realistically,⁴ what I fear most is not having any friends. If I had to distrust everyone and could not depend on other people helping me, how could I ever accomplish anything? I know I'm not smart enough or strong enough to do everything on my own.

⁴**mistaken** wrong; in error
⁴**something else** (sth) different
⁴**wreck** accident that involves a vehicle hitting (sth) and causing damage
⁴**normal** standard or typical
⁴**realistic** based on facts and situations as they really are



Read & Discuss



Standing Up

[A] I often see a pregnant⁺ woman board⁺ a bus and stand while young men sit reading their newspapers and pretend not to notice her. I've watched teenagers chatter like birds with their friends and act "cool,"⁺ while a passenger wearing leg braces⁺ stands, right in front of them. Almost every day, I see men and women who are so old and weak that they can't even stand up straight, but the young men wearing muscle shirts and tennis shoes continue to sit in their seats until they reach their destination.⁺ I guess, with all those muscles they're showing off,⁺ they must be very tired. I was taught common courtesy at a young age. I remember being told by my mother that if I didn't offer my seat to a handicapped⁺ person or an elderly man or woman, or a woman with child or one with several small children to take care of, I wouldn't be able to sit down for a week. Today, people have no respect for members of their own family, so how can we expect them to respect strangers?

[B] Do you know why so many women stand on buses and subways, while the men sit and read their newspapers? I'll tell you. Those men were raised with no manners.⁺ Last week I was seated behind a woman and her teenage son. The kid was engrossed⁺ in his comic book. An elderly lady got on and stood near us, struggling to stay upright. She had a cane and limped⁺ badly. The woman in front of me gave her son a sharp poke⁺ in the ribs and said, "Get up and give that lady your seat, right now, before I let you have it upside your head." I agree that she was not very refined⁺ in her speech, but she sure was doing a fine job of instilling⁺ proper respect in her son, and I told her so when I got off.



1. Do you think people should give up their seats to the elderly or the young?
2. When was the last time you gave up your seat on a bus? How did you feel?

- **pregnant** : having a child developing in the body

- **board** : get onto a ship, aircraft, train, or bus

- **cool** : detached; not involved

- **leg braces** : pair of metal objects that (sb) wears around the leg to help him walk

- **destination** : place where (sb/sth) is going

- **show off** : display or behave in a proud or showy manner

- **handicapped** : physically or mentally disabled

- **manners** : proper behavior with other people; etiquette

- **engrossed** : so interested or involved in (sth) that one does not think about anything else

- **limp** : walk with difficulty because of an injured leg or foot

- **poke** : quick push with finger or pointed object

- **refined** : polite; cultured

- **instill** : make (sb) have a particular feeling or belief

ABCs to Achieve Your Dreams

- Avoid negative sources, people, places, things and habits.
- Believe in yourself.
- Consider things from every angle.⁺
- Don't give up, and don't give in.⁺
- Enjoy life today. Yesterday is gone, and tomorrow may never come.
- Family and friends are hidden treasures. Seek them out⁺ and enjoy their riches.⁺
- Give more than you planned to give.
- Hang on to⁺ your dreams.
- Ignore those who try to discourage you.



-
- + **angle** : way of considering a problem or situation
 - + **give in** : stop competing or arguing and accept that one cannot win
 - + **seek (sb/sth) out** : find (sb/sth) by looking in a determined way
 - + **riches** : valuable or precious possessions
 - + **hang on to (sb/sth)** : continue a relationship with (sb) or keep (sth)

- Just do it!
- Keep on trying. No matter how hard it seems, it will get easier. Quitters never win, and winners never quit.
- Love yourself first and foremost.
- Make it happen.
- Never lie, cheat or steal. Always strike a fair deal.⁺
- Open your eyes, and see things as they really are.
- Practice makes perfect.
- Quit making excuses.⁺
- Read, study and learn about everything important in your life.
- Stop procrastinating.⁺ Right now!
- Take control of your own destiny.⁺
- Understand yourself in order to better understand others.
- Vegetating⁺ your life away won't grow⁺ anything.
- When you fall down, get back up and go!
- Zero in on⁺ your target, and pull the trigger!⁺

→ **strike a deal** : reach an agreement by which both sides get an advantage or benefit

→ **excuse** : explanation that is given to justify or obtain forgiveness

→ **procrastinate** : put off doing (sth)

→ **destiny** : fortune or fate

→ **vegetate** : be lazy or not active

→ **grow** : bring about

→ **zero in on** : concentrate one's attention on; focus on

→ **trigger** : part of a gun that is moved with the finger to make the gun fire



What Does It Mean?

- (1) Consider things from every angle.
- (2) Always strike a fair deal.
- (3) Make it happen.
- (4) See things as they really are.
- (5) Zero in on your target



Comprehension

- (1) Why should we enjoy life today?
- (2) What should we do first to understand others?



- 1 What motto⁺ or maxim⁺ guides your life?
- 2 Do you usually follow other people's advice or make up your own mind? What if the advice is from your parents? Your teacher? A close friend?
- 3 Is it easy to enjoy life? If so, what do you do? If not, why not?
- 4 Talk about the ways you can take control of your own destiny.
- 5 Do you think the advice in this chapter is too self-centered and selfish?

- motto : phrase or statement expressing a principle

- maxim : proverb

More Talking Points**Let's Talk about:**

- (1) How to get up early in the morning
- (2) How to get rid of⁺ bad habits, (such as not studying effectively, smoking and drinking, gambling,⁺ not having a balanced diet, addiction⁺ to fast food, not getting enough exercise, etc.)
- (3) How to relieve⁺ stress
- (4) How to maintain your health
- (5) How to get rich
- (6) How to maintain a good reputation⁺
- (7) How to live a good life
- (8) How to have good friends and maintain good friendships.
- (9) How to have good family relations
- (10) How to achieve academic success

→ **get rid of** : do away with

→ **gamble** : risk (sth) in the hope of winning more of it (esp. money)

→ **addiction** : constant, strong desire for (sth)

→ **relieve** : make pain or other bad physical feeling less unpleasant

→ **reputation** : opinion about how good or bad (sb/sth) is



Opinion Samples >>

(1) There is more to life than just having money and material success. All too often, those who have the most in those categories have the least of what really counts:⁺ the love of others. Instead of ME, ME, ME, we should learn more about WE, WE, WE. Sharing, in good times and bad; working for the benefit of our loved ones instead of gratifying⁺ our selfish desires; being honest because it is the right thing to do, not because it will benefit us: these are the attitudes that make life worth living. Everything else is just a blueprint⁺ for acquiring an empty life in a full environment.

(2) It takes a long time for bad behavior to become habitual, and it takes a long time to break the bad habit. First, we have to become truly aware of its existence. That means we are ready to stop rationalizing⁺ it away or ignoring it or excusing⁺ it and waiting to do something about it. Once we are genuinely motivated, we need to be realistic. Make a long-term plan in which daily results are evident.⁺ Every day, take some small action toward your final goal, or avoid a little more of what you wish to be rid of. Keep track of⁺ your progress. If you are not achieving your objective, reassess⁺ your situation; maybe you are too ambitious and need to scale back⁺ a bit, or maybe you need to set the bar a little higher—or, maybe you just need to stick to the chosen regime⁺ and be patient.

- **count** : have importance or value

- **gratify** : satisfy; indulge

- **blueprint** : detailed outline or plan of action

- **rationalize** : offer a false but reasonable explanation for inappropriate behavior

- **excuse** : provide a reason or explanation for (sth) bad in order to justify it

- **evident** : easy to see, notice, or understand

- **keep track of** : pay attention to

- **assess** : carefully consider a situation, person, or problem in order to make a judgment

- **scale back** : reduce the size of (sth)

- **regime** : regulated course (as of diet, exercise, or manner of living) to gain a result

Read & Discuss

Trust Me



As long as you live under this roof you will follow my rules. In our house we do not have a democracy. I did not campaign to be your father. You did not vote for me. We are father and son by the grace^a of God. I consider it a privilege^b and I accept the responsibility. In accepting it, I have an obligation^c to perform the role of father to the best of my ability. I am not your pal.^d The age difference makes such a relationship impossible. We can share many things, but you must always remember that I am your father. You will not disobey^e me, because whatever I ask you to do is motivated^f by love. It may be hard for you to understand at times, but it is always true. You will understand better when you have a son of your own. Until then, trust me.



1. The writer thinks children don't understand parents' motives. Do you agree with his opinion? If you do, why can't they? If you don't, why is he wrong?
2. Do you think parental instruction is always motivated by love? Explain your answer.

- **grace** : loving will
- **privilege** : special blessing
- **obligation** : moral or legal duty to do (sth)
- **pal** : friend
- **disobey** : refuse to obey a rule, law, or order
- **motivated** : caused

What I Love and What I Hate

All of us go through our lives with strong likes and dislikes. We all have a “wish list” of things we would like to do or have, and a “dish list” of things we never want. Many items on these lists are particular to their authors, but most of them would probably fit onto⁺ a universal⁺ list. I bet⁺ that you agree with all of the items listed below:

Wish List

- Have many friends
- Make some money or get more pocket money
- Get ahead⁺ of others in school
- Eat delicious things such as candy, instant foods, fast foods with cola, high-calorie foods
- Wear designer clothes and top-brand sneakers⁺
- Get more attention from others
- Inherit⁺ money from your parents
- Have the latest⁺ cellular phone
- Play computer games all night

Dish List

- Getting up early in the morning
- Listening to your nagging⁺ parents
- Reading boring books



-
- > **fit onto** : be suitable for
 - > **universal** : involving or affecting everyone in the world
 - > **I bet** : I am sure
 - > **get ahead** : become more successful than other people
 - > **sneakers** : type of light soft shoes used for sports
 - > **inherit** : receive property or money from (sb) who has died
 - > **latest** : the most recent or the newest
 - > **nagging** : frequently asking or telling (sb) to do (sth) in an annoying way

Exercise

Doing homework and studying hard

Seeing others succeed when you don't

Brushing your teeth after every meal

Breaking old habits and developing new skills

Or was I wrong? What items would you remove⁴ from either list?

What would you add to both lists?



What Does It Mean?

- (1) dish list
- (2) fit onto a universal list



Comprehension

- (1) Describe in detail what these two lists contain (don't just repeat the items on the list).
- (2) Are there any items on either list that you've never done?

⁴remove : take (sth) away from



- 1 What do you love to do more than anything else?
- 2 What is your greatest pet peeve?⁴
- 3 What are the characteristics of those things we love to do?
Do they have anything in common?⁴
- 4 What characterizes the things we hate to do?
- 5 What would happen if we continuously do only the things we love?
- 6 What should you do to better your life?
- 7 What is the first step in giving up something you love that is bad for you?
- 8 How would you begin to do new things which are good for you but you hate?
- 9 Good and bad habits determine⁴ your life. Can you explain what that means?

- **pet peeve** : (sth) strongly disliked

- **have (sth) in common** : have the same features as (sth) else

- **determine** : control what (sth) will be

Opinion Samples >>

(1) The people who make the most money in the world are those who invent or provide easy enjoyment to others. This may be a new food—something sweet or colorful—or a new game—something easy to do, with instant gratification—or a new service—making some onerous⁴ task less unpleasant. The hardest way to get rich is to try to sell the public something that is difficult, boring, or self-improving.

(2) What do you do every single day? Do you ever think about doing it, or is it pretty much automatic? Whatever this is, it is habitual.⁴ It may be some good practice, such as getting up at a certain time, washing up, and eating breakfast, or it may be something less beneficial like spending many hours every night playing computer games or talking to friends on the phone. But you engage in this behavior because it is something you always do, not because you have to think about it, not because you decide that it is something necessary or useful or even fun. But performing these thoughtless acts, whether good or bad, is how we spend most of our time. And it is very difficult to stop doing them, even after we become aware of them.

→ **onerous** : troublesome or oppressive

→ **habitual** : done constantly or repeatedly



Read & Discuss

My Life as a Rebel

My active rebellion* started when I was 16. It was, of course, directed toward my parents, school and anyone in authority.* As time went on, I kept getting into bigger and bigger jams,* one after another. My dad said I needed discipline and sooner or later I would get it, whether in the army or in prison. But of course I laughed in his face. I had done some experimenting with alcohol and drugs and was in a fog* a lot of the time. Somehow I made it through* high school. But I flunked out* of college and went into the army. My know-it-all attitude got me sent home in less than six months with a dishonorable discharge.* It didn't take me long to get into trouble with the law, but I was lucky again. I got off* on probation.*



But of course I only got into another mess (bigger this time), and this time the judge gave me 12 years. I'm in prison now. I don't have any freedom or good food or polite companionship. I miss my parents and friends. I count the days until I can get out of here and try again to make a different kind of life for myself.

The point I want to make is this: Even if you don't agree with your parents, listen to them. They have been your age, even if it was a long time ago, but you have never been theirs. If you make a mistake, don't try to lie your way out of it. Take the consequences. When people who care about you tell you something, listen to them. I now realize I was wrong about all the important things. If just one person learns something from this, I will have done some good in the world. Laugh if you want to, but when you end up* behind bars,* who is the joker* then?

- **rebel** : (sb) who opposes people in authority or accepted ways of doing things
- **rebellion** : opposition to (sb) in authority or to accepted rules
- **authority** : power to make decisions or tell people what to do
- **jam** : difficult situation
- **in a fog** : confused and unable to think clearly
- **make it through** : manage to continue doing (sth) until it is finished
- **flunk out** : be forced to leave a school or college because of poor scholastic performance; fail
- **discharge** : dismissal or release
- **get off** : get little or no punishment for a crime



1. Do you know anyone who seems likely to end up like the narrator?
2. On the other hand, many of the people who make the greatest successes are the same ones who break out of the social mold⁴ they grow up in. How can we tell if going against the grain⁴ is likely to lead to good or bad results?

- **probation** system by which (sb) who has committed a crime is not sent to prison but has to agree not to break the law again

- **end up** come to be in a particular situation or state, esp. when you did not plan it

- **behind bars** in prison

- **joker** (sb) who behaves in a stupid or clownish way

- **mold** form; shape

- **go against the grain** do (sth) in a way that is different from what people expect and usually accept



I enjoy playing many sports myself. Maybe I'm a born⁴ athlete. The exercise keeps me in shape,⁴ and I enjoy the challenge of doing my physical best against a well-matched opponent. I love the rush of pure pleasure when I win a hard-fought match; I don't like losing very much, but even so, over the years, it has helped me learn grace⁴ in defeat and good sportsmanship, two very valuable qualities to have in the real world.

Nevertheless, as much as I love to play, I don't understand why other people get so excited about how well someone else is doing in an athletic contest. What difference does it make to them who wins or loses? Why do they care if someone is setting a record or not? Instead of watching sports on television or going to a stadium, they should get together with their friends or family and pit their own physical skills against⁴ each other. They would be healthier, happier, and somewhat wealthier if they did so.

People take great joy in doing something; but they are fooling⁴ themselves if they just take vicarious⁴ pleasure in watching someone else do it.

-**born** : having certain qualities or abilities innately, as if from birth; natural
 -**in shape** : in good physical condition -**grace** : ease in manner
 -**pit (sb/sth) against** : test one's strength, ability, power etc. against (sb else's)
 -**fool** : trick (sb)
 -**vicarious** : experienced through the actions of other people



What Does It Mean?

- (1) a born athlete (2) grace in defeat



Comprehension

- (1) Is the writer a sportsman (or sportswoman)?
How can you tell?
- (2) Does he or she enjoy watching sporting games?
Why or why not?

TEEN TALK!

- 1 Why are so many young people crazy about⁺ sports events?
- 2 Why do many of them dream about⁺ becoming professional athletes?
- 3 In what professional sport are you most interested?
Amateur sport?
- 4 Do you want to be a professional player? Why or why not?
- 5 What are the benefits of being an athletic superstar?
- 6 What kinds of stress do you think the most famous athletes are under?⁺
- 7 What kinds of stress do ordinary players suffer from?⁺
- 8 In what sports are athletes most likely to get rich?

-crazy about (sth) : very enthusiastic about (sth)

-dream about : think about (sth) that one hopes to have or achieve

-under : in the process of being affected or controlled by a particular action, situation, or state

-suffer from : experience physical or mental pain



Opinion Samples >>

(1) I imagine that there is no feeling in the world like being the center of attention on a basketball court or a baseball diamond, on the golf links or in a football stadium. There is no chance to think, there is only time to act and react; any mistake you make could cost⁺ you the game, while any brilliant play you make could be the cause of victory. Whatever you do is seen instantly by the fans, who immediately let you know what they think about it. The adrenalin⁺ must be pumping hard the entire time, and you are living your life, at least during the game, at a thousand kilometers a minute. What a thrill!

(2) People associate manliness⁺ with⁺ athletes. Successful sports players are considered to be more masculine⁺ than brilliant scientists or soulful⁺ poets, and have more luck attracting beautiful women. They also make lots of money, not only directly from the sport but even more so from making public appearances, appearing on commercials,⁺ and endorsing⁺ products. And, after their playing days are over, they can usually count on⁺ being given a prestigious⁺ job. Why wouldn't anyone want to do this for a living?

- **cost** : cause (sb) to lose or sacrifice (sth)

- **adrenaline** : chemical produced by the body during times of fright, anger, or excitement, which makes the heart beat faster and produce more energy

- **associate (sb/sth) with (sth)** : make a connection in one's mind between one thing or person and another

- **manly** : typical of the way a man is traditionally expected to behave, esp. by being strong and brave

- **masculine** : having qualities that are considered to be typical of men or of what men do

- **soulful** : expressing strong emotions

- **commercial** : advertisement on TV or radio

- **endorse** : express support for (sb/sth), esp. in public

- **count on (sth)** : plan or expect that (sth) will happen

- **prestigious** : admired and respected

Read & Discuss*Don't Forget the Disabled*

As a wheelchair user myself and disability⁺ activist,⁺ I go through⁺ daily hardships trying to live a normal life. Governments forget about our needs and rights to be treated as equal citizens. People with disabilities constantly suffer from a general lack of consideration⁺ for their plight.⁺ We are like any other minority group, and the lack of thought about our rights and needs can happen in any nation. Every society should always be mindful⁺ of its most vulnerable⁺ members.



1. Talk about prejudices⁺ we have against the handicapped (such as the blind, the physically disabled, or the mentally challenged).⁺
2. What immediate actions can we take to improve the social status of people with disabilities?

-
- > **disabled** : (sb) who is unable to use part of the body or brain properly because of injury or disease
 - > **disability** : physical or mental condition that makes it difficult for (sb) to do the things most people are able to do easily
 - > **activist** : (sb) who works hard to achieve social or political change
 - > **go through** : experience (sth) difficult or unpleasant
 - > **consideration** : kind way of behaving that shows one cares about other people's feelings and needs
 - > **plight** : sad, serious, or difficult situation
 - > **mindful** : attentive; aware
 - > **vulnerable** : easily being wounded or hurt (physically or emotionally)
 - > **prejudice** : prejudgment; unthinking opinion or feeling, esp. the feeling of not liking a particular group of people
 - > **challenged** : unable to do particular things without difficulty because of being disabled in some way

It's OK, Son. Everybody Does It!

When the boy was 6 years old, he was with his father when they were caught speeding. His father handed⁺ the officer several bills⁺ with his driver's license. "It's OK, son," his father said as he drove off. "Everybody does it."

When he was 8, he was permitted to sit in on a family seminar, presided over⁺ by his uncle, on how to keep from paying some of their taxes. "It's OK, kid," his uncle said. "Everybody does it."

When he was 12, he broke his glasses on the way to school. His aunt convinced⁺ the insurance⁺ company that they had been stolen and collected enough money to buy a new pair. "It's OK, kid," she said. "Everybody does it."

When he was 15, his coach showed him how to block and at the same time grab his opponent⁺ by the shirt so the official⁺ couldn't see it. "It's OK, kid," the coach said. "Everybody does it."

When he was 16, he took his first summer job at the neighborhood supermarket. His assignment⁺ was to put overripe tomatoes in the bottom of the boxes and



- **hand** : pass (sth) to (sb) else

- **preside over** : conduct a meeting

- **convince** : make (sb) believe that (sth) is true

- **insurance** : business that guarantees to pay for specified losses in the future due to accident, illness, theft, or death

- **opponent** : (sb) who tries to defeat (sb else) in a competition, game, fight, election, etc.

- **official** : referee in a sports contest

- **bill** : paper money

- **assignment** : (sth) given out, esp. a task or job

the good ones on top where they would show. "It's OK, kid," the manager said. "Everybody does it."

When he was in college, an upperclassman offered to sell him the answers to a test. "It's OK, kid," he said. "Everybody does it." But the boy was caught and sent home in disgrace.⁴ "How could you do this to your mother and me?" his father asked. "You never learned anything like this at home." His aunt and uncle also were shocked. His coach turned against him, and the grocer refused to give him his old job back. If there's anything the adult world can't stand, it's a kid who cheats.



What Does It Mean?

- (1) put overripe tomatoes in the bottom of the boxes and the good ones on top
- (2) if there's anything the adult world can't stand, it's a kid who cheats.



Comprehension

- (1) What does a child learn if he sees his parent bribe⁴ a police officer?
- (2) Why are adults shocked when they hear that their children were responsible for doing something morally wrong?

⁴ **disgrace** : being strongly disapproved

⁴ **bribe** : illegally give money or presents to (sb) for official help



- 1 Do you think saying “Do as I say, not as I do” is effective in educating children? Why or why not?
- 2 What are the most common lies told by adults?
- 3 Why do adults cheat or lie?
- 4 Do adults want youngsters to learn their bad behavior?
- 5 Do you think the attitude “Everybody does it, so why not me?” is okay? Why or why not?
- 6 What can youngsters learn from dishonest adults?
- 7 We know there are many dishonest adults. Should they be held responsible for the bad things we do? Who do you think is ultimately⁴ responsible for kids’ bad behavior, the ones who teach them how to do wrong—or the kids themselves?
- 8 Can we always be honest? If so, how? If not, why not?

⁴ultimately : finally; in the end

More Talking Points

What are the most common lies the following people tell?

- (1) Teachers
- (2) Politicians
- (3) Employers
- (4) Workers
- (5) Doctors
- (6) Young people
- (7) Parents
- (8) Salespeople
- (9) Lawyers
- (10) Real estate agents



Opinion Samples >>

(1) If everyone in my class cheats⁴ and gets an A, but I refuse to cheat on moral grounds⁴ and then I'm the only one who gets an F, then I truly am a fool. If everyone else refuses to obey⁴ the traffic laws and always drives too fast, and I go the legal⁴ speed, I'm probably going to be involved in a lot of accidents. If everyone lies to everyone else, no one will trust me, either, if I tell the truth. But, the verbal⁴ trick⁴ in all of these statements is the word "everyone." Some people lie, steal, and cheat every time they get the chance, some only on occasion,⁴ some hardly ever, and some never at all. The real question should be, "How honest am I?"

(2) Two brothers are raised the same way. They do equally well in school. Both of them have friends who sometimes get them into trouble. Like most boys, they are not always angels—but, they aren't constantly devils, either. But one of them gets into serious trouble with the law and ends up⁴ spending many years in prison, while the other one becomes an honored member of his community. Can we really say that the parents are responsible for the behavior of either one of them, or did they each make their own choices in life?

-
- cheat** | take an exam in a dishonest way
 - ground** | basis or reason for a belief or an action
 - obey** | follow the law or a command
 - legal** | permitted by law
 - verbal** | relating to words
 - trick** | (verb) -done in order to deceive (sb.)
 - on occasion** | sometimes
 - end up** | reach a final state or condition

Read & Discuss

Relieving Stress



Last year I learned of a good way to reduce stress. After a fierce^a argument with another person, I left to go to the store. I was so angry I couldn't see straight. On the way, I passed a donut shop and impulsively^b stopped in. I bought a dozen donuts, took them back to the store, and gave them to the clerks for their coffee break.^c My anger was immediately dispelled,^d and I felt good the rest of the day. That was the first time I ever performed a random^e act of kindness. Since then I have made it a habit. When I get upset or angry, I change my mood by doing something thoughtful, generous, and totally unexpected. The results are magical.^f



1. Can you imagine why the writer felt good?
2. Do you think it's easy to perform kind acts for people, especially for strangers?

-> **relieve** : lessen or reduce; ease

-> **fierce** : extremely severe or intense

-> **impulsive** : doing things without thinking about the results

-> **coffee break** : short period of time when (sb) stops working to eat or drink (sth)

-> **dispel** : cause (sb) to disappear by or as if by scattering

-> **random** : happening or chosen without any definite plan, aim, or pattern

-> **magical** : having a special mysterious quality that makes (sth) seem wonderful and exciting

What's Wrong With Me?

I want to be rich. If I fail on my own, I will try to marry some rich person. I think this will kill two birds with one stone. It will bring about financial⁺ security and companionship for me.

I want to be beautiful. I will get a nose job⁺ as soon as I can afford⁺ it. And one of those operations to get rid of⁺ all this extra fat. The more gorgeous I look, the better position I will be in to get ahead in society and to find the perfect mate.

I don't worry about other people. If they take good care of their own affairs, none of us have to worry about them at all. And the others, who say they need help, probably deserve⁺ their fate.⁺ They are either lazy or stupid. Or both.

I just want to be a singer or a movie star. Or maybe a model. That way, I'll make lots of money, and I won't have to read or study. People will look up to⁺ me and envy⁺ my success.

I'm going to smoke and drink, for sure. Adults tell us not to, but they have a double standard.⁺ They want to keep us from smoking and drinking, but they continue to selfishly enjoy themselves. I think there must be something good about smoking and drinking, or they wouldn't do it.

→ **financial** : involving money

→ **nose job** : medical operation to change the appearance of (sb's) to look more attractive

→ **afford** : have enough time or money for (sth)

→ **get rid of** : throw away → **deserve** : be worthy of (sth)

→ **fate** : things that happen to (sb), esp. unpleasant things

→ **look up to** : admire and respect (sb)

→ **envy** : wish that you had (sb) else's possessions, abilities, qualities, etc.

→ **double standard** : rule or principle that is applied to some people but not others, in a way that is unfair

My parents imposed⁺ a curfew⁺ on me. I'm a teenager, so I'm old enough to do whatever I like. Why don't my parents trust me? I don't think it's fair!

I want to avoid military duty if possible. I know the time I spend in the army will just be a waste of time, especially at my age. I don't want to waste the best years of my life when I could use them to set myself up⁺ for the future.

I don't want to live at home any more. I can't listen to the music I like, I can't have my friends over whenever I want. There are too many restrictions⁺ on my life style, and I fight⁺ too much with my parents. I need to move out, so I can be myself. My parents would probably be happier if I were gone, too, because they wouldn't have to worry so much about me.

I want to emigrate⁺ to some other country like the United States, Canada or Australia. I bet there I would have more opportunity⁺ to develop my potential,⁺ get rich, and find an understanding mate.



- **impose** : force (sb) to accept (sth)

- **curfew** : regulation requiring a person to be home at a stated time

- **set up** : prepare - **restriction** : rule, action, or situation that limits or controls (sb/sth)

- **fight** : disagree or argue about (sth) - **emigrate** : leave one's country or region to settle in another

- **opportunity** : chance to do (sth)

- **potential** : possibility to develop or achieve (sth) in the future



What Does It Mean?

- (1) if I fail on my own
- (2) kill two birds with one stone
- (3) deserve their fate

Ques.

Comprehension

- (1) What is the positive value of plastic surgery?⁴
- (2) What is wrong with serving⁴ in the military?
- (3) What are the advantages for children when they move away from home? What do the parents gain?

plastic surgery medical operations to improve the appearance of a part of (sb's) body, either to repair an injury or to make more attractive

serve to do sth for sb

TEEN TALK!

- 1 Almost everybody wants to be rich. Most people work hard in their effort to succeed, but some others choose a different route:⁺ marrying a rich person or winning a lottery.⁺ What do you think of these people?
- 2 Do you think your physical appearance⁺ affects your social life? If so, how? If not, why not?
- 3 Why do young people smoke and drink even though they know it's harmful to their health?
- 4 What do you think about obligatory⁺ military service? Should people do their duty, since everyone else does it, or should they get out of it if they can? What about you?
- 5 Why don't young people want to live with their parents any more, even before they get married?
- 6 Why do many people suppose they would have a better opportunity by studying abroad or moving there outright?⁺ Do you think their ideas are true? Why or why not?

Opinion Samples >>

(1) There's an old saying, "Clothes make the man." This has always been true, because the image we project strongly influences the way other people regard us. But "clothes" is just a metaphor⁴ for appearance; it is equally true for what we wear and how we look. When Haroun al-Rashid was sultan,⁴ he used to go out at night dressed as a commoner⁴ so he could talk directly with his subjects,⁴ anonymously;⁴ obviously, had he dressed like the ruler, no one would have been candid⁴ with him, and he would have been in grave danger of assassination.⁴ When a businessman wants to make a good impression on a potential⁴ client, he makes sure to wear expensive, well-tailored clothes and a new haircut. Nowadays, cosmetic surgery has become more effective and more affordable than just a few years ago, so it makes sense that the ambitious, success-oriented would want to take advantage of "making it" on the strongest possible terms.⁴

(2) "You can't run away from your troubles, for they go with you," people like to point out.⁴ Others claim that "the grass is always greener on the other side," meaning that it is only an illusion that any nearly-identical situation can be better than the one we're in. But the ones who believe these maxims⁴ fail to realize that drastic⁴ change may also be a major step in a desired direction. A strong action like divorce will certainly end a terrible marriage; quitting an unhappy job opens the way to a different, and perhaps better, career; and pulling up stakes⁴ and moving to a foreign country may also lead to an opportunity that is unavailable at home. However, it should also be obvious that divorce, unemployment, and migration⁴ are all fraught with⁴ difficulty and uncertainty and can just as easily lead to a worse situation than before.

-**metaphor** : word or phrase that means one thing but refers to (sth) else in order to emphasize their similar qualities

-**sultan** : ruler of a Muslim country -**commoner** : person without royal rank or title

-**subject** : (sb) who lives in a country that is controlled by a king or queen

-**anonymous** : nameless or unnamed -**candid** : direct and open; straightforward

-**assassination** : murder, esp. for political reasons -**potential** : possible

-**terms** : aspects -**point out** : tell (sb) (sth) -**maxim** : brief statement of a basic principle

-**drastic** : severe or extreme in nature -**pull up stakes** : leave a place and go to live somewhere else

-**migration** : movement from one place to another

-**fraught with** : full of (sth) , esp. problems or negative aspects

Read & Discuss



Parental Curfews

1. Curfews are not an effort by parents to control their children or spoil their fun.
2. Curfews encourage responsibility and teach kids a respect for rules that they may not like or understand.
3. There is nothing “wrong” or “shameful” about having to be home at a certain time.
4. Adhering to¹ a curfew helps parents learn to trust their children and their ability to “do the right thing.”
5. Parents love their children and worry when they aren’t home, and a curfew allows them to get some sleep at a decent² hour instead of staying awake worrying about their absent offspring.
6. Having a curfew does not make anyone a “loser;” most teens do have curfews even if they won’t admit it.
7. Curfews imposed³ by parents are not the same as those imposed by governments; they are a matter of family courtesy,⁴ not public policy.⁵
8. As much as you hate to hear it — parentally imposed curfews are for your own good.



1. What is the purpose of a curfew?
2. Why shouldn’t kids be upset if they have a curfew?

- **adhere to** : obey a rule, law, agreement, etc.

- **decent** : good enough

- **imposed** : introduced

- **courtesy** : good manners

- **policy** : way of doing (sth) that has been officially agreed on and chosen by an organization or government



Everybody talks about the weather, but nobody does anything about it." When Mark Twain said that, he may as well have been talking about peace. The large, aggressive nations preach⁺ about "bringing peace" while bombing their enemy's people back to the Stone Age.

The United Nations regularly debates⁺ the issue and sends peace-keeping forces into combat⁺ situations. The Nobel Committee offers a prize every year to a deserving person or organization, but too often it seems like the winners are among the world's leading war mongers.⁺ Long ago, countries like the

- **preach** : teach or support (sth) and urge others to follow
- **debate** : discuss arguments for and against (sth)
- **combat** : armed fighting with enemy forces
- **monger** : person promoting (sth) undesirable or discreditable

United States changed the name of their military agencies from the “War Department” to the “Defense Department,” but the purpose has remained the same as it always had been. On any given day, dozens of wars, rebellions, or terrorist acts are underway;⁺ most of them attract little attention around the world, since there are so many of them they have lost their shock value.⁺ The ones that do draw people’s notice are usually accompanied by loud, organized protest—but it seems like the cast⁺ of dissidents⁺ is always the same, as are their slogans⁺ and messages. In short, every new war seems like the latest in a long line of boring action-movie sequels.⁺

Everybody talks about peace, but nobody does anything about it. And they have been talking about it from the earliest days of human civilization. Poets, philosophers, statesmen, religious leaders, even soldiers, have waxed eloquent⁺ on the subject. Rock groups and rappers⁺ insist they are for peace; actors and artists demand an end to war. Ordinary citizens wonder why the world can’t get along, and they worry about the consequences.⁺ And yet, no one has been able to do much of anything about it. Talk, obviously,⁺ is not enough.

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- **underway** : in motion or operation; in progress
 - **shock value** : qualities that make (sth) shocking
 - **cast** : all the people who act in a play, movie, or TV program
 - **dissident** : person who disagrees; dissenter
 - **slogan** : short, easily remembered phrase used in advertising, politics, etc.
 - **sequel** : (sth) that follows; continuation
 - **wax eloquent** : speak in a romantic way
 - **rapper** : (sb) who performs rap music
 - **consequence** : result or effect of (sth)
 - **obviously** : in a way that is clear for almost anyone to see or understand



What Does It Mean?

- (1) Aggressive nations preach about “bringing peace” while bombing their enemy’s people back to the Stone Age.
- (2) Every new war seems like the latest in a long line of boring action-movie sequels.
- (3) Poets, philosophers, statesmen, religious leaders, even soldiers, have waxed eloquent on the subject.



Comprehension

- (1) How is peace like the weather?
- (2) Give examples of seemingly useless actions to promote peace.
- (3) Who worries about war? What effect do they have?



TEEN TALK!

- 1 Make a list of the causes of war.
- 2 Can we do something to prevent war? What? If not, why not?
- 3 What do you think is the first step toward world peace?
- 4 Why is religion often claimed as a main source for regional conflict?
- 5 How does imbalanced distribution of wealth contribute to war?
- 6 Do racial differences lead to conflict? Should they?

Opinion Samples >>

(1) Every cult⁺ claims to be a religion of peace, but this has not stopped Christians and Buddhists and Muslims and Zoroastrians and Jains and Sikhs and all the others from slaughtering⁺ each other and even themselves at every opportunity. Perhaps there are two reasons for this. In some cases, it is because the religion insists that it has a monopoly⁺ on belief and enjoins⁺ its adherents⁺ to destroy all rivals. In the other case, the opposite occurs: the religion chooses to ignore temporal⁺ issues such as war, poverty, and disease and urges⁺ its followers to renounce⁺ the world and its problems in order to concentrate on some other, unworldly,⁺ existence to come.

(2) For nearly a hundred years now, an international body with most countries as members has worked to avoid war. First it was the League of Nations, but that organization collapsed after it failed to prevent World War II. Most of its functions were taken over by the United Nations. Its record of success is mixed indeed. Within five years of its creation, it sent a large army into Korea to prevent one half of that divided country from forcibly taking over the other half; today, both halves still exist separately. During the decades of Cold War between the US and the USSR, the UN was entirely impotent⁺ in major conflicts like Vietnam and Afghanistan due to the superpowers' vetoes;⁺ but in parts of the world like Africa, the Middle East, and the Balkan area of southern Europe, it was often able to contain⁺ the violence of warfare and, sometimes, mediate⁺ a conflict before it led to war. Peacekeeping troops, sanctions,⁺ and negotiations⁺ are its main tools. Obviously, the UN has not managed to prevent every war, but probably there would have been many other wars without the UN's intervention,⁺ and the ones that did occur would have probably been even worse than they were.

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- **cult** : religious group
 - **slaughter** : kill many people in a violent way
 - **enjoin (sb) to do (sth)** : strongly advise or order (sb) to do (sth)
 - **adherent** : loyal supporter or faithful follower
 - **temporal** : relating to worldly affairs, esp. as distinguished from religious concerns
 - **urge** : advise (sb) very strongly about what action or attitude to take
 - **renounce** : give up or put aside (a title, claim, belief, etc)
 - **impotent** : lacking strength, power, or effectiveness
 - **mediate** : resolve (differences) by working with all sides
 - **sanctions** : joint actions taken by several nations against one that has broken an international law
 - **negotiate** : talk about (sth) with the hope of coming to an agreement
 - **intervention** : interference in the affairs of another nation, usually with force
 - **monopoly** : exclusive possession or control of (sth)
 - **unworldly** : not interested in money or possessions
 - **veto** : official refusal to approve or allow (sth)

Read & Discuss

The Disadvantage of Too Much

The problems today's kids face^a are worse than mere poverty. In fact, I believe growing up when times were poor gave people the motivation and survival skills that allowed them to improve their situation.



Today's young people don't have those skills, because they never had to choose between developing them or starving. To put it another way, they have the disadvantage of too many advantages.

Nevertheless, today's children must deal with the reality^a of nuclear weapons that could incinerate^b them overnight.^c And they are going to have to figure out how to revitalize^d the environment. In some parts of the country, you must go to a museum to see what a butterfly looked like. The air is polluted, the rivers and lakes are dying, and the ozone layer has holes in it.

When I was growing up, we never used to lock the doors at night. Today, everything is locked up, even the temples and churches, and in spite of the locks, alarms and security systems, the number of muggings,^e rapes, murders, and burglaries^f that occur in even the best neighborhoods is appalling.^g Crime, in other words, is rampant.^h Dangerous drugs never had much appeal to people of my generation (except, of course, tobacco and liquor,ⁱ which are very old social diseases indeed). But now, as a matter of course,^j many juveniles imbibe^k these substances, go out of their minds^l on them, and destroy themselves and those around them.

- **face** : deal with (sb/sth)
- **reality** : quality of being actual or true
- **incinerate** : destroy (sth) by burning; burn to ashes
- **overnight** : in a very short time
- **revitalize** : make (sth) stronger or active again, esp. after a weak period
- **mugging** : attack on (sb) in a public place in order to steal money, jewelry, or other possessions
- **burglary** : crime of entering a building illegally in order to steal things
- **appalling** : very unpleasant and shocking
- **rampant** : existing, happening, or spreading in an uncontrolled way
- **liquor** : alcoholic drinks, esp. strong alcoholic drinks
- **as a matter of course** : done as a habit or as the usual way of doing things
- **imbibe** : drink (sth)
- **go out of (one's) mind** : start to become mentally ill or behave in a strange way

AIDS is something else we never even heard of. And contracting⁴ it is a death sentence.⁴ The sexually transmitted diseases of an earlier day could all be cured with penicillin. But AIDS, which in fact is one of the most easily preventable diseases of all, is also one of the most deadly.⁴ Already, in some places, an entire generation of AIDS victims is lingering,⁴ awaiting their sure, tragic end, weak and hopeless. I haven't even mentioned the mania⁴ for body-building that has created steroid⁴ junkies.⁴ Steroids are dangerous drugs, and young people are sacrificing decades of future health for a few years of exhibitionism⁴ and athletic prowess.⁴ At the same time, on the other hand, the craze⁴ to be pencil-thin has produced an astonishing number of anorexic⁴ and bulimic⁴ teenagers.

We know we are in real trouble when our biggest threats are the very things we need most to live: food and air.



1. On a personal level, what is the biggest problem facing your future?
2. If society has indeed deteriorated,⁴ as the article suggests, what do you think has been the cause? Or, have conditions always been pretty much the same after all?

-
- **contract** : become infected with a disease
 - **death sentence** : (sth) that will cause (sb) to die
 - **deadly** : likely to kill people
 - **linger** : die slowly so that you stay alive for a long time although you are extremely weak
 - **mania** : intense enthusiasm
 - **steroid** : chemical substance that builds muscle tissue but weakens bone
 - **junkie** : person who has an extreme, usu. unhealthy, interest in (sth)
 - **exhibitionism** : behavior that makes people notice (sb), but that most people think is unacceptable
 - **prowess** : great skill or ability
 - **craze** : exaggerated and often transient enthusiasm; fad
 - **anorexic** : condition caused by not eating enough
 - **bulimic** : suffering from a serious sickness in which a person self-induces vomiting after eating in order to control body weight
 - **deteriorate** : become worse

A mother looks different from other women. Her hair isn't always done in the latest⁺ style; sometimes, it isn't done at all.

A mother frequently has runs⁺ in her stockings.

She seems to like the chicken wings and backs, and the hamburger that is slightly burned—the very things that the kids and Daddy don't care for at all. She never takes the last bite from the serving dish, and she always saves the candy she gets to take home to her children.

Mother may not have ulcers,⁺ but she has versatile⁺ tears. They show anger, weariness,⁺ hurt or happiness, sometimes all at once.

One time when Daddy forgot an anniversary,⁺ Mother cried. But the time he brought home chocolates when it wasn't her birthday or any special day at all, she cried then, too.

A mother is someone who can repair the kitchen sink with only her hands and a hairpin, after Daddy has spent a lot of time with tools and plenty of cuss words.⁺

⁺ **latest** : most recent or newest

⁺ **ulcer** : inflamed sore on the skin or inside the body

⁺ **versatile** : with varied uses or functions

⁺ **weary** : physically or mentally tired

⁺ **anniversary** : date of an important past event that is celebrated or remembered every year

⁺ **cuss word** : obscene or curse word

⁺ **run** : long hole in a pair of pantyhose or stockings

A father is a thing that growls⁺ when it feels good and laughs out loud when it is scared⁺ half to death.

A father is sometimes accused of giving too much time to his business when the little ones are growing up. No one seems to realize that he wants to be at home more than he wants to be at work, but he feels it is his duty to sacrifice⁺ his own happiness for his family's well-being.

A father never feels entirely worthy of the worship⁺ he sees in his child's eyes. He knows that he is never quite the hero his daughter thinks he is and never quite the man his son believes him to be. This worries him sometimes, so he tries to smooth out⁺ the rough places in the road for his son and his daughter, so they can be better than he is.

A father is a perfectionist⁺ who gets unreasonably angry when grades aren't as good as he thinks they should be. So he scolds his child, even though he knows it's the teacher's fault.

Fathers grow old faster than other people. And they die sooner.

While mothers can cry whenever they feel like it, fathers have to stand there and take it without flinching,⁺ though they are dying inside.

- **growl** : speak in rude or angry manner

+ **scared** : afraid

- **sacrifice** : give up (sth) for another thing considered to be of greater value

- **worship** : respect or admiration

+ **smooth out** : get rid of problems or difficulties

- **perfectionist** : (sb) who always wants things to be done perfectly

- **flinch** : make a sudden small movement due to fear, surprise, or pain



They hurry away from the breakfast table to spend a long grueling⁺ day at work, grappling⁺ with the three dragons named Worry, Work, and Weariness.



What Does It Mean?

- (1) versatile tears
- (2) A father never feels entirely worthy of the worship he sees in his child's eyes.
- (3) grappling with the three dragons



Comprehension

- (1) Do mothers always look in vogue?⁺
- (2) Why would a mother cry if her husband brings home an unexpected little gift?
- (3) Why are fathers so worried about their children's grades?
- (4) Why do fathers grow old so fast?

- **grueling** : extremely physically or mentally tiring
- **grapple** : fight or struggle with (sb) as if in wrestling
- **in vogue** : popular or fashionable for a period of time

**TEEN TALK!**

- 1 What do you think of your mom? Do you think she does what she is expected of her? More than expected? Less than necessary?
- 2 What do you think of your dad? Do you think he does the expected thing?
- 3 What do you think the main responsibility of a mother is?
- 4 What do you think is the chief duty of a father?
- 5 Whose job do you think is harder, a mother's or a father's? Why?
- 6 What would you like your mother to do?
- 7 What do you want your dad to do?
- 8 Do you think your parents love you? How can you be sure?
- 9 Do you love your parents? How do you show how you feel? Is that enough?
- 10 Which do you think is more difficult, being a good child or a good parent?



Opinion Samples >>

(1) A mother's task is never easy. She usually spends more time with her children than their father can, so she knows first hand⁺ about every problem. She is the one on the spot,⁺ the one who has to deal with it directly. But the father's role is no less difficult; he has to worry helplessly⁺ from afar,⁺ hoping that his wife and kids are taking care of things okay and wishing that he were at home to bear the load⁺ on his own broad shoulders.

(2) Good parents make⁺ good children, who then make⁺ good parents themselves. But the cycle is fraught with⁺ difficulty. In reality, the situation is that the parents are imperfect, and they have imperfect children. On both sides of the generational gap,⁺ they make mistakes, sometimes extremely serious ones. Fortunately, the love they have for each other tends⁺ to blur⁺ the errors. The good things that they mutually do usually outweigh⁺ the goofs.⁺

-
- **first hand** : in a direct way
 - **on the spot** : in the exact place where (sth) is happening
 - **helpless** : unable to control a strong feeling that you have
 - **from afar** : from a long distance
 - **bear the load** : carry a burden
 - **make** : create
 - **make** : become
 - **fraught with (sth)** : full of problems, difficulties, or things that are confusing
 - **generation gap** : difference in opinions or behavior between older and young people which often causes problems between them
 - **tend** : do a particular thing
 - **blur** : dull or weaken (some distinction between things that should be separate)
 - **outweigh** : be of greater importance than (sth)
 - **goof** : careless mistake

Read & Discuss

Dear Dad:

I wish I had some money so I could buy you a neat¹ present for Father's Day, but I am broke,² so please let this letter be your present. Even though you don't wear a suit and tie to work like my friend's dads, I wouldn't trade³ you for anything. My friends tell me that their fathers bring home work from the office every night and even on weekends. They never get to go to the zoo or play ball in the park or go fishing out in the country. I like the way you talk to me when I am down.⁴ You always get me to see that things are not as bad as I think they are and that they will get better, which they always do. I like the way you don't let me get away with⁵ very much. Sometimes I act mad when I don't get my way,⁶ but deep down I am glad you are strict. I would be scared to death if you let me do anything I want. I even like it that you and Mom agree on the rules around here. If my friends' moms say they can't do something, they just ask their dads, because they know their parents don't communicate⁷ well. And then, when the parents disagree, there is a big fight among all three of them. I like the way you tell me the truth about everything. When I grow up and have kids, I want to be just like you.



1. What kind of job does your father have? Does your mom work?
2. When you have kids, in what ways would you deal with them differently than your parents do with you?

- **neat** : wonderful; fine
- **broke** : without money
- **trade** : exchange one thing for another
- **down** : in low spirits; depressed
- **get away with** : manage to do (sth) bad without being punished or criticized for it
- **get (sb's) way** : be allowed to do as (sb) pleases
- **communicate** : give or exchange (thoughts, etc.) by writing, speaking, etc.

What Do Others Think of You? & What Do You Think about Yourself?

Peer pressure is a subtle⁴ yet powerful influence on us. We all want to be popular, so it is important to have ideas and attitudes that our friends share. It is necessary to wear certain kinds of clothes or hairstyles, or we won't fit⁴ in with everyone else. We would miss a lot of the advantages of being young.



But, no matter how hard I try, I don't think I altogether⁴ succeed. There's always something that doesn't quite "make it." I still look almost like I did a few months back, but the really hip⁴ ones have already moved past that style, and I haven't caught up⁴ yet. My body shape and face don't quite match the ideal that I strive for. I feel like a failure, to some extent.⁴ But I'll keep working at it, until I finally get it right.

At the same time, I worry that people take a superficial⁴ view of me. They don't get beneath the surface.⁴ What do they know about my character, whether I'm honest or sincere or diligent? Do they even care, or is my appearance the only quality they are

→ **subtle** : not obvious, and therefore difficult to notice

→ **fit in with** : be correct, appropriate, or sensible in relation to (sth) else

→ **altogether** : wholly; entirely; completely → **hip** : modern and fashionable

→ **catch up** : reach the same standard as other people in one's own class, group etc.

→ **to some extent** : partly

→ **superficial** : based on or involving only the features or qualities that are noticed first, rather than complete knowledge of the way things really are

→ **beneath the surface** : true feeling or character

interested in? How can I show others what my true worth is, especially since I haven't yet mastered the right "look"?

But, the problem is that I know I'm not quite perfect on the character scale either. I don't always live up to⁺ my own ideals. Many things that I hate about other people, I find myself doing, too! No wonder⁺ nobody likes me for what I am, because I'm not all that I should be.



What Does It Mean?

- (1) won't fit in
- (2) the really hip ones
- (3) They don't get beneath the surface.
- (4) I haven't yet mastered the right "look"?
- (5) I'm not quite perfect on the character scale



Comprehension

- (1) Why is it important to fit into a social group?
- (2) Do the clothes we wear matter?⁺
- (3) Why is it difficult for others to know us as we are?

+live up to : be as good as what was expected

+no wonder : not being surprised

+matter : be of importance



- 1 Are you concerned about other people's opinion of you?
- 2 Are you worried that they don't approve of your appearance? Do you think they believe you are too fat? Too thin? Too short? Too tall?
- 3 Are you interested in what your peers are wearing (clothes, makeup, hair color/style, body piercings, ⁺ tattoos⁺)?
- 4 Are you afraid that too many people know about how much pocket money you have?
- 5 Do you feel ashamed about your parents' job?
- 6 Do you worry about what others think of your scholastic performance?
- 7 Do you care what others say about your sweetheart?⁺
- 8 Do you feel insecure⁺ about your popularity?
- 9 How could you be more popular than you are, do you suppose?
- 10 What characteristics define "popularity" among people your age? What qualities are especially unpopular?
- 11 Are you always honest with yourself about your real opinions and feelings?
- 12 Do you keep your promises to yourself? When you don't, how do you feel?

→ **piercing** : having a hole made through a part of one's body so that jewelry can be put through it
→ **tattoo** : picture or message that is permanently marked on the skin with needle and ink
→ **sweetheart** : loved one
→ **insecure** : not confident about oneself

- 13 Do you feel confident⁺ about yourself? Why or why not?
- 14 How do you feel when you let others down?⁺
- 15 Do you love or hate yourself? Should you be more self-critical or more self-tolerant?⁺
- 16 Do you think you have the potential⁺ to succeed? How could you improve your chances?
- 17 Would you like to trade places with one of your friends? Who would you rather be? Why?
- 18 If you were that other person, what would you want to change about him or her?
- 19 Which is more important, what others think of you or what you think of yourself?

- **confident** : having full assurance; sure; certain

- **let down** : make (sb) disappointed by not doing the expected thing

- **tolerant** : allowing

- **potential** : possibility to develop or achieve (sth) in the future



Opinion Samples >>

(1) I'm not even sure what I think! One day, I will have firm opinions about what is right and what is wrong, and the next I'll be questioning those very⁺ attitudes. I think I know myself well enough that I can predict⁺ how I'll behave under certain circumstances,⁺ and then when confronted⁺ by them, find myself doing exactly the opposite! How can I be expected to know the world when I can't even discover my true self?

(2) Sometimes I imagine that my parents aren't my real parents, that somehow I'm being raised by imposters.⁺ Once in a while, my fantasy is that my actual mother and father are very rich or royalty⁺ or something like that, or that they are really from some other planet, and I'm being raised secretly by the people I call Mother and Father for some reason that I don't yet understand; but I know that soon the truth will be revealed⁺ and my situation in life greatly improved. But, more often, my daydream is less exotic.⁺ I think that somehow a mistake was made, that the name tags got switched at the hospital, or something like that, and that I actually belong to the parents of one of my friends. And I think how much better that family situation would be for me, instead of the one I'm in.

-> **very** : same

-> **predict** : tell about (sth) in advance; foretell

-> **circumstance** : facts or conditions that affect a situation

-> **confront** : deal with a difficult situation

-> **imposter** : (sb) who pretends to be (sb) else, in order to trick people

-> **royalty** : members of a royal family

-> **reveal** : let (sth) become known, for example a secret or information

-> **exotic** : interesting or exciting because of being unusual or not familiar

Read & Discuss



Body Image for Boys and Girls

Much has been said in recent years about “body image” in the media. Studies have been done on how girls feel when they see the abnormally^a slim supermodels gracing^b the pages of every fashion magazine. The experts seem to agree that the pressure to be perfect is so great that it is destroying the self-esteem of ordinary young women. They are starving themselves, or artificially^c changing their looks, or engaging in crude,^d abominable^e behavior, because of their need to be cool. But, is this really true? Is an entire generation being made insecure^f by the images of the “ideal body” that plague^g our TV screens, magazine pages and billboards?^h

Boys, unfortunately, are often forgotten in this discussion. Today’s boys feel the same pressure to be physically attractive as girls do, even if this pressure manifests itselfⁱ in different forms. The desire to have a great body is so powerful that many young men are turning to anabolic steroids^j and growth hormones to achieve the desired results. And guess what! Boys suffer from eating disorders too!

The pressure to be perfect has made plastic surgery an issue even for teens, not just middle-aged adults any more. A large number of teenagers would jump at^k the chance to have a better nose or eyes or cheekbones or breasts; and those jumping on the surgery bandwagon^l are not all girls. Boys talk of “pec implants,”^m “nose jobs” and liposuctionⁿ (to get rid of the so-called “baby fat” that teens often have).



1. What’s wrong with trying to look better?
2. Is there any sort of physical change (such as drastic diet, tattooing, piercing, or surgery, etc.) that you would never find acceptable?

- **abnormal** : differing from what is considered usual or expected; not standard or ordinary
- **grace** : give beauty, elegance, or charm to (sth) → **artificial** : not genuine or natural
- **crude** : offensive or rude, esp. in a sexual way → **abominable** : extremely bad, offensive, or unpleasant
- **insecure** : not feeling confident about oneself or one’s abilities, relationships etc.
- **plague** : cause regular discomfort, suffering, or trouble to (sb) → **billboard** : large sign used for advertising
- **manifest itself** : become easy to notice
- **anabolic steroid** : drug that makes muscles grow quickly
- **jump at** : eagerly accept an opportunity to do (sth)
- **bandwagon** : idea or activity, esp. in politics or business, that suddenly becomes very popular or fashionable, so that a lot of people want to be involved in it; current trend
- **pec implants** : artificial substances added below the skin to make the pectoral muscles of the chest look larger → **liposuction** : medical operation to remove fat from the body

For Better Relationships



To develop better relationships, try to put the shoe on the other foot.* If you were someone else, would you want to get close to YOU?

Are you outgoing[†] or shy? Do you talk too much, and thus not allow others to get their fair share of your attention, or do you talk too little, so they never get to know you?

Are you dependable?[‡] When you say something, can others rely on it? Do you keep your word? Are you discreet?[§] How important is loyalty[¶] to you, and is it a one-way street^{||} or does it go both ways?

* **put the shoe on the other foot** : be in (sb) else's situation

† **outgoing** : liking to meet and talk to new people

‡ **dependable** : behaving in a sensible way and keeping one's promise or attitude

§ **discreet** : with caution or self-control in one's speech or behavior; prudent

¶ **loyalty** : condition of being faithful

|| **one-way street** : process or relationship in which only one person makes any effort

Mind,⁺ you don't have to be perfect. If that were the case, none of us would ever develop close friendships. But, you need to be mostly open, generous, modest, and concerned⁺ for others if you expect them to trust and admire you; and, of course, you also need to trust and admire them, so they should make themselves open to your friendship as well.

Even the closest relationships sometimes face a lot of strain.⁺ People change over time, circumstances alter,⁺ and situations evolve.⁺ Sometimes, long-established pairings fall apart;⁺ even spouses who love each other very much may need to separate. People who have known each other intimately⁺ for forty years may become estranged.⁺ Such occurrences are little tragedies,⁺ but they happen for a reason. Any relationship implies⁺ a mutual need and advantage, and if that bond⁺ breaks, there is no longer any need for that particular association.⁺

-
- **mind** : notice
 - **concerned** : interested or affected ; involved
 - **strain** : pressure caused by a difficult situation
 - **alter** : make (sth) different; change
 - **evolve** : gradually change and develop over a period of time
 - **fall apart** : no longer continue
 - **intimate** : having an extremely close relationship
 - **estranged** : unfriendly or hostile to (sb) who formerly was close
 - **tragedy** : terrible or fatal event or affair
 - **imply** : say or express (sth) indirectly
 - **bond** : (sth) that joins people, such as love, a shared interest or ideal
 - **association** : partnership or friendship



What Does It Mean?

- (1) Put the shoe on the other foot.
- (2) Is it a one-way street or does it go both ways?
- (3) Mind, you don't have to be perfect.



Comprehension

- (1) How does one develop long-lasting relationships?
- (2) Why do they sometimes end?
- (3) Why do relationships exist?

TEEN TALK!

- 1 Do you usually listen or do most of the talking yourself?
Do you often initiate⁺ conversations with strangers?
- 2 If you get in a fight with a family member or a friend, are you usually the first to apologize?⁺
- 3 Are you mostly on time for your appointments?
- 4 Do you keep your promises to others?
- 5 Are you honest with others? To yourself?
- 6 Are you always ready to say, "I'm sorry," or "Thank you"?
- 7 Are you open-minded?
- 8 Do you try to understand other people's situations?
Or are you judgmental?⁺
- 9 Are you generous?
- 10 Do you usually think before you speak or act?
- 11 Do you maintain an optimistic viewpoint?
Are you too humorous or too serious most of the time?
- 12 Do you often praise others even for a trivial thing?
Or do you criticize them unmercifully?⁺
- 13 Do you love yourself?
- 14 List the things you must change about yourself in order to foster⁺ better relationships with others?
- 15 What do you think other people should do to change themselves in order to better⁺ society?

- **initiate** : begin

- **apologize** : tell (sb) that one is sorry for having done (sth) wrong

- **judgmental** : tending to make verdicts, esp. harsh moral ones, about (sb or sth)

- **unmercifully** : not in a kind way

- **foster** : help (sth) to develop over a period of time

- **better** : improve



Opinion Samples >>

(1) “Walk a mile in someone else’s shoes” is a colorful⁴ way of telling you to try to understand someone’s situation from his perspective,⁴ not just your own. People often do foolish, even terrible, things. We don’t need to condone⁴ their bad actions, but we should at least try to understand them.

(2) If only I were a little better at conversation, I think I’d have a lot more friends. I think the problem is that I never have anything new to talk about, and I’m sure that people get tired of my saying the same old things over and over. A few years ago I tried to correct this defect⁴ by making up⁴ interesting stories about myself, but that backfired⁴ when everybody caught on.⁴ Being thought of as a congenital⁴ liar was even worse than being considered a bore.⁴ So now, I don’t know what to do about my problem.

(3) The biggest problems I find with other people are their intolerance⁴ and hypocrisy.⁴ They seldom try to understand why I am the way I am, but condemn⁴ me for not doing the “right” thing. And then they turn around and commit precisely the same kind of act that they just criticized me for! We need more honesty in the world, but we also need a little more broadmindedness. After all, everyone is different, so difference in and of itself⁴ can’t be bad.

→ **colorful** : interesting, exciting

→ **perspective** : view

→ **condone** : approve of behavior that most people think is wrong

→ **defect** : fault in (sb/sth) → **make up** : invent a story

→ **backfire** : lead to a result opposite to that intended

→ **catch on** : begin to understand or realize (sth)

→ **congenital** : existing as a part of one’s character and unlikely to change

→ **bore** : uninteresting person

→ **intolerance** : refusal to accept other people’s behavior, beliefs, or opinions

→ **hypocrisy** : act or instance of pretending to have desirable qualities or views that one does not really have

→ **condemn** : express strong disapproval of (sb/sth); denounce

→ **in and of itself** : in its nature

Read & Discuss

Healing Power of Tears



Researchers believe crying and laughing stem from⁺ the same part of the brain. Just as laughing produces a host of⁺ healthy benefits (lower blood pressure, improved immune system), scientists are discovering that crying does too. Any way an individual vents⁺ emotions and releases stress is essential to emotional health.

But even more important than their role as stress relievers, tears help us get support and sympathy⁺ from other people. Researchers agree that if we cry, the people around us become milder and less aggressive,⁺ and they are more likely to provide help and comfort.

Just as crying can be healthy, the very act of not crying — holding back tears of anger or grief — can be bad for us. Studies have linked emotional repression⁺ to high blood pressure, heart problems and cancer. We are genetically programmed to cry, and denying that impulse⁺ damages our physical well-being.



1. What (or who) makes you cry?
2. What makes you laugh? Describe the funniest thing you have ever seen.

- **heal** : make (sb) feel better after being sick or unhappy
- **stem from** : come from
- **host of** : lot of
- **vent** : express feelings of anger very strongly
- **sympathy** : feeling or expression of understanding, pity, or sadness for the condition of another person
- **aggressive** : showing hostile behavior
- **repression** : very strong control of feelings or desires
- **impulse** : sudden strong desire to do (sth) without thinking about the results

Sex Roles Are Changing

Traditionally, men were considered more important than women. They had more education and better job opportunities. They were regarded as the leaders in business and government as well as at home. And they were more favorably treated in their family than their sisters or wives, simply because they perpetuated⁺ the family name and usually took care of their old parents.



But this situation has become largely historical rather than actual. Nowadays women are emerging⁺ as the locomotives⁺ of social development. They boast⁺ of their college diplomas and higher salaries, their executive positions and government jobs. They actively participate in all walks⁺ of life, from the highest to the lowest.

Men are reacting by feeling ever more frustrated⁺ and marginalized.⁺ They dislike the new competition but are not yet ready to abandon⁺ the field and become house husbands.⁺ Since gender roles are no longer complementary,⁺ tensions⁺ between the sexes grow; more marriages founder⁺ and more children find themselves isolated.⁺ Instead of having a mother and father and home to look up to,⁺ kids may have, in effect, two father figures!⁺ Or, far too often, just one parent trying to fill both roles.

-
- **perpetuate** : make a situation, attitude etc. continue to exist → **emerge** : appear or become recognized
 - **locomotive** : powerful force that makes other things happen or succeed
 - **boast** : talk too proudly about your abilities, achievements, or possessions
 - **walk** : branch of activity; social or economic status
 - **frustrated** : feeling annoyed and impatient by being prevented from doing or getting (sth)
 - **marginalized** : feeling unimportant and powerless → **abandon** : give (sth) up completely
 - **house husband** : husband who keeps house while his wife earns the family income
 - **complementary** : supplying what is lacking or needed
 - **tension** : unfriendliness or hostility between persons or groups
 - **founder** : collapse or fall apart → **isolated** : feeling alone and unhappy
 - **look up to** : admire or respect (sb) → **father figure** : male role model



What Does It Mean?

- (1) This situation has become largely historical rather than actual.
- (2) Women are emerging as the locomotives of social development.
- (3) Kids may have, in effect, two father figures!



Comprehension

- (1) How has society changed for women?
- (2) Why were men considered superior to women?
- (3) How have the changes affected men and children?

TEEN TALK!

- 1 Do you want your future wife to get a job and contribute to your family finances?⁴ Or, when you become a wife some day, do you want to devote⁴ yourself exclusively⁴ to taking care of the house and children?
- 2 What if the wife makes more money than the husband? Should he stay home and deal with the cooking, washing, and child-rearing?
- 3 Do you think household chores should be equally divided? What if both parents have jobs outside the home? Does it matter if only one of them does?
- 4 Do you think men and women are equally treated in our society? Why or why not? Give as many examples as you can.
- 5 What do you think are the reasons some people still want boys, even though sexual discrimination⁴ in our society has declined?
- 6 What is your definition⁴ of equal rights between men and women?

-finances : monetary resources; funds -devote : do everything one can to achieve (sth) or help (sb)

-exclusive : limited to a particular person or group and not shared with others

-discrimination : unfair treatment of (sb) because of religion, race, class, status, nationality, gender, age, etc.

-definition : statement that explains the meaning of (sth)



Opinion Samples >>

(1) Although it is true that women are no longer expected to quit their jobs after getting married or starting to raise children, this does not mean that they aren't being discriminated⁺ against. After they get home from the office or the factory, their husbands still expect them to cook a nice meal and clean up the house, while the men are socializing⁺ with their colleagues⁺ until late at night, or going home and watching TV while their wives slave away.⁺

(2) "Equal" does not necessarily mean "the same." Any two people will have different abilities and opportunities, and therefore will lead different lives. But we should all be judged by our characters, not by our chromosomes.⁺ If I want to stay home all day instead of leaving for work, I should be allowed to do so whether I am a man or a woman. If I want to climb the corporate ladder⁺ as high as I can go, even though it means completely ignoring my family responsibilities, then I should not be stopped; if my marriage partner strenuously⁺ objects,⁺ then I should probably find a new spouse. But gender⁺ should not be a decisive⁺ factor in the way I lead my life!

-discriminate : treat (sb) unfairly because of their religion, race, or other personal features

-socialize : spend time with other people socially, for example at a party

-colleague : (sb) who works in the same organization or department

-slave away : work very hard

-chromosome : genetic matter that determines gender and other characteristics

-corporate ladder : success in business

-strenuous : needing great effort or energy

-object : be opposed to (sth) or express opposition to it in words

-gender : sexual identity

-decisive : having the power to decide; conclusive

Read & Discuss

Girls Taking the Lead

I am a high school senior, and about 75 percent of my dates have come about^a because the girl asked me. As a matter of fact, it was a girl who asked me out^a on my first date. Of all the girls I ever went steady^a with, they all made the first move.^a

One day in school I received a “secret admirer” note from a girl who said she had seen me at a football game and would like to know me better.^a Because she took the initiative,^a I dated her and we became very good friends, and we still date every so often.^a If it weren't for her initiative I would never have met her. I say if a girl wants to know a fellow better, she should let him know it. She has everything to gain and nothing to lose. And so does he!



1. How do you usually let a prospective^a date know you are interested in him or her?
2. What do you think: should girls ask fellows out, and pay for their entertainment,^a or should that be solely the prerogative^a of boys?

- **come about** : happen, esp. by chance
- **ask out** : invite (sb) to go to a movie, theater, restaurant, etc. as part of a romantic relationship
- **go steady** : have a romantic relationship with one person exclusively
- **make the first move** : initiate a series of actions
- **know (sb) better** : become more familiar with (sb)
- **initiative** : first act or step in a process
- **every so often** : sometimes but not often
- **prospective** : likely to be or become a particular thing
- **entertainment** : performances that people enjoy
- **prerogative** : right that a particular person or group has

Peer Pressure

When we think of peer pressure⁴ we always think of it in terms of⁴ "bad." We think of peer pressure to smoke, take illegal drugs, drink, have promiscuous⁴ sex, engage in criminal or disorderly⁴ behavior, commit violence, join gangs, etc. We rarely think of the many "good" ways that peer pressure influences us every day – and neither do the parents of teens!



Peer pressure is not all bad; in fact, it is essential for proper social development that we learn to "follow the crowd." This is how we adopt acceptable social norms;⁴ this is how we get to know how we are expected to act in the world in order to be considered good people. Without peer pressure acting upon us, plus of course parental discipline⁴ and role modeling, we would all be like animals. The trick⁴ is learning to tell the difference between following the crowd and BLINDLY following the crowd. It takes a person of great character and self confidence to work peer pressure the right way!

The difference between good peer pressure and bad peer pressure can be summed up⁴ by a simple comparison – when good, you are a member of the club; when bad, part of a mob. If your peers are pressuring you to do something you feel uncomfortable with, it is safe to assume THIS IS BAD. This is the kind of behavior that leads to a "mob mentality",⁴ when the group as a whole is acting emotionally, herdlike,⁴ and no one seems to be thinking about consequences or outcomes.⁴ NOT COOL! But, if your friends are telling you to act in an appropriate way that will not harm you or anyone else, it is clear that we can say of this behavior THIS IS GOOD. In situations where peer pressure is positive, people in the group will be acting as individual parts of a whole, each working WITH the other. A good rule is this: IF IT MAKES YOU FEEL BAD IT IS BAD FOR YOU!

- peer pressure : strong feeling that one must do the same things as other people of that group in order to be liked
- in terms of : with regard to; concerning -promiscuous : having sex with a lot of people
- disorderly : behaving in a noisy way and causing trouble in a public place
- norm : generally accepted way of behaving in society
- discipline : practice of making people obey rules of behavior and punishing them if they do not
- trick : effective or skillful way of doing (sth) -sum up : express in a brief yet complete statement; summarize
- mob mentality : acting solely as members of a group, without any individuality or thought
- herd : group of animals that do the same thing or go to the same place together in large numbers



What Does It Mean?

- (1) The trick is learning to tell the difference.
- (2) work peer pressure the right way



Comprehension

- (1) In what ways is peer pressure a good thing?
- (2) How can peer pressure be a bad thing?
- (3) How can anybody know which is good or bad?

TEEN TALK!

- 1 Why are our peers able to put such subtle⁴ pressure on our behavior?
- 2 Why do people cave in⁴ to peer pressure?
- 3 What are the positive effects of peer pressure?
- 4 What are the side effects⁴ of peer pressure?
- 5 What kinds of peer pressure are applied to⁴ males?
- 6 What kinds of peer pressure are applied to females?
- 7 What kinds of peer pressure are exerted⁴ on young people in particular?

-> **outcome** : final result

-> **subtle** : not obvious, and therefore difficult to notice

-> **cave in** : stop opposing (sth)

-> **side effect** : unexpected result of a situation or event

-> **apply to** : affect or be relevant to a particular person or thing

-> **exert** : use influence, authority, or power in order to affect or achieve (sth)



Opinion Samples >>

(1) We all have to learn to be human. There is very little in our genetic hotwiring¹ that predisposes² us to certain kinds of activity. Stories like Tarzan or Kipling's "Jungle Tales" (that imagine how a human raised by animals might behave) are very interesting, but in both cases the hero is probably too human to be entirely believable. Nevertheless, we gain our humanity by aping³ what the humans around us do. That is why, in addition to joining the homo sapiens⁴ family in general, we also become members of a particular society; that is how we become Koreans or Americans or Moroccans or whatever.

(2) The worst aspect of peer pressure is its destruction of individual values.⁵ In our drive⁶ to be an acceptable part of a group, we bury⁷ our own identities.⁸ We don't want to be thought of as odd,⁹ while desperately¹⁰ wanting to be "in."¹¹ So, all too often, we don't stand up for¹² what we believe in and find ourselves engaged in actions that we know to be wrong or foolish. We need to realize, I guess, that our "peers" are just as young and inexperienced as we are, and that maybe we should be a bit more circumspect¹³ about what we are doing.

genetic hotwiring : biological predisposition

predispose : make (sb) more likely to behave/think in a particular way or for a particular thing

ape : imitate the actions of sb

homo sapiens : biological classification of human beings

values : principles and beliefs that influence the behavior and way of life of a particular person or community

drive : effort, ambition

bury : conceal sth; hide

identity : who or what a person or thing is

odd : different from what is normal or expected

desperately : very much

in : fashionable, popular

stand up for : support or defend a person or idea

circumspect : thinking carefully about things before doing them

Read & Discuss

Coping Strategies for Testing Times

Struggling⁺ with a bad case of examination nerves?⁺ Here are some coping strategies: Recognize unhelpful patterns of thinking such as making things worse than they are (I didn't do well on this exam, so my whole future is ruined). If worrying thoughts pop up,⁺ shift⁺ your attention to something else or to a pleasant image. Coping statements also help: Relax—I can do this. Develop a spirit of positive problem solving. Plan your work, and then work your plan. Devise⁺ a strategy for learning and take action, such as asking a teacher, searching the internet or talking with a friend.



1. What causes teens to be nervous when exams are coming up?
2. What do you think about exams? Do you think your scholastic performance will determine your future?

- cope: face difficulty and function especially successfully
 - struggle: plan or discuss something difficult
 - shift: try hard to discuss something difficult
 - nerves: worried feeling that makes one afraid
 - pop up: appear very quickly or suddenly
 - shift: change or exchange
 - devise: plan or invent a way of doing (sth)

Twelve Rules for Raising Delinquent Children

1. Begin in his infancy⁺ to give the child everything he wants. Soon enough, he will not be satisfied with anything he has.
2. When he picks up⁺ bad words, laugh at him.
3. Never give him any spiritual training. Wait till he is 21, and then let him decide for himself.
4. Avoid use of the word "wrong" when referring to⁺ his thoughts or actions.
5. Pick up everything he leaves lying around, such as books, shoes and clothing. Do everything for him.
6. Don't force him to read. But, let him read any printed matter he can get his hands on.
7. Quarrel with your spouse frequently in the presence of⁺ your child.
8. Give a child all the spending money he wants. Never make him earn his own.
9. Satisfy his every craving for⁺ food, drink and comfort.
10. Always take his part⁺ against neighbors, teachers and the police. Naturally, they don't understand your child.
11. When he gets into real trouble, tell yourself, "I never could do anything with him."
12. Prepare for a life of grief. You will probably have one.



→ **delinquent** : behaving in a way that is illegal or that society does not approve of
 → **infancy** : earliest period of childhood, esp. before being able to walk
 → **pick up** : acquire → **refer to** : make a specific mention of
 → **in the presence of (sb)** : in the same place as (sb)
 → **crave for** : want (sth) very much and in a way that is very hard to control
 → **take (sb's) part** : defend (sb) who is being criticized or support (sb) in an argument



What Does It Mean?

- (1) Avoid use of the word "wrong."
- (2) Take his part against neighbors, teachers and the police.



Comprehension

- (1) Why do some parents let their children do as they please?
- (2) How should parents screen⁴ their children's eating habits?



- 1 What may happen if parents do everything for their child? Should they do nothing for their child, then?
- 2 What will happen if parents don't use the word "wrong" to their child?
- 3 Why is it dangerous to let the children read anything they want? Or, do you disagree?
- 4 What's wrong with parents arguing in the presence of their own children?
- 5 What will happen if parents give too much money to their children?
- 6 What will happen if a parent allows children to eat or drink whatever they want?
- 7 Is there any difference between raising boys and girls? If so, what is it?

⁴screen : check (sth) to decide whether it is appropriate, esp. for (sb) else



Opinion Samples >>

(1) Although in an ideal world, parents would not argue in front of their children, in that same perfect place they wouldn't argue anyway. But, unfortunately, on this planet, most parents do argue from time to time.¹ It does not necessarily mean that they don't love each other, but they are different people with different points of view. Trying to hide their genuine² natures from their children, in the long run, does more harm to their kids than being natural. Of course, young children want to believe that their own parents have no faults;³ but, sooner or later, they will learn otherwise.⁴ If they grow up with that knowledge from an early age, they will never have to come to the sad, sudden realization that their parents are not who they thought they were.

(2) Raising boys and girls is certainly different. But raising one boy or one girl is also different from raising some other boy or girl, as well. Every human has a unique⁵ personality. Even identical⁶ twins are quite unlike each other, once one gets to know them well. But, nevertheless, society puts a lot of pressure on families to turn out⁷ girls who will eventually be good moms and wives, and to produce boys who will hold responsible jobs. There are also biological differences, particularly since girls on average⁸ mature⁹ much more quickly than boys. And, one mustn't forget the emotional and psychological differences between the genders.¹⁰

-> **from time to time** : sometimes, but not often

-> **genuine** : not false; real or pure

-> **fault** : defect

-> **otherwise** : in a different or opposite way from what has been mentioned

-> **unique** : being the only one of its kind

-> **identical** : exactly equal and alike

-> **turn out** : produce or make (sth)

-> **on average** : usually; typically

-> **mature** : become physically or emotionally an adult or adult-like

-> **gender** : sexual identity

Read & Discuss

Becoming What We Are

Is delinquency¹ genetically determined, or is this just a matter of how people are brought up? In other words, is it “nature” or “nurture”?² For a long time, most people thought that character was formed at birth, so a centenarian³ was essentially the same person as he had been at one year old. However, in the 17th century, the English philosopher John Locke put the emphasis on social development. He thought a newborn was a “blank slate” which was written upon by its environment, so people are the products of what has happened to them. Later thinkers also developed “deterministic” theories, in which people’s actions are caused (determined) by economic factors or social needs or the process of mental development. However, most modern social scientists accept that we are the products both of biology and of experience — even though they still fail to agree on exactly where that balance lies.



1. How do our characters develop?
2. Are we the products of genetics or training?

¹**delinquency**: criminal or immoral behavior, esp. by young people

²**nature or nurture**: debate on extent to which people are born a certain way or learn to act that way

³**centenarian**: (old) one is 100 years old or older

A Child's Plea to His Parents

- Give me more than food to nourish⁺ me. Give me the warmth and the security⁺ of your love.
- Let me enjoy all five senses. Give me plenty of things to look at, to feel, to smell, to listen to, to taste. And even some things to break.
- Teach me to take my turn.⁺ Watch me play so you can see how I am trying to work out⁺ my problems and what I am up against.⁺
- When you tell me to do something, please tell me why I should do it. Let me feel that I am a contributing⁺ member of the family. And be sure to include me in making the family plans when you can.
- Please don't keep me your baby when I want to feel grown up. Don't project⁺ your fears onto me. I have enough of my own to cope with, and I don't need any more.
- Help me not to act when I am angry. But don't make me so afraid of showing anger that I lose my capacity to feel strongly about anything.
- Let me learn bit by bit to stand up to⁺ pressure, and to want things but to be strong enough to postpone⁺ gratification⁺ until the time is right.

- **plea** : appeal or urgent request - **nourish** : supply with what is necessary for life, health, and growth
- **security** : safety from attack, harm, or damage
- **take (one's) turn** : go or do in the proper order
- **work out** : find a solution for (sth); solve
- **be up against** : have to deal with a difficult opponent or problem
- **contribute** : be a part of a group or an activity and help it to be successful
- **project** : attribute (an emotion, for ex.) to (sb/sth) else
- **stand up to** : not allow oneself to be treated badly, esp. by (sb) in authority
- **postpone** : do (sth) at a later time
- **gratify** : make (sb) feel pleased or satisfied



- Let me try out my new powers as my body develops, so I can crawl, stand, walk, climb, jump and run when I am ready.
- Give me a little corner in the house that is all mine and nobody else's. I need moments of peace and quiet that cannot be invaded⁺ by anyone, not even you.
- Give me my share of consideration and attention. I must know that every day, even if for just a few moments, I am the only one you are thinking about and loving.
- Let me ask any question that pops into my head.⁺ Don't make me ashamed of asking it, even if it seems stupid. And give me as honest an answer as you can. If you don't know the answer, please say so. It's good training to hear someone say, "I don't know, but I will try to find out for you."

⁺invade : affect (sb) in an annoying way that (sb) cannot ignore

⁺pop into (one's) head : think of (sth) suddenly



- Be patient with me when I don't do things very well at first. Remember, I have so many things to learn, and almost everything needs practice.
- Let me bear⁺ the consequences⁺ of whatever I do. I need to be punished as well as rewarded.⁺ And when you punish me, make sure the punishment fits⁺ the "crime."
- Above all, grant me, without reservation,⁺ your unconditional⁺ love. And make it obvious, so I never have to doubt⁺ it.



What Does It Mean?

- (1) Don't project your fears onto me.
- (2) But don't make me so afraid of showing anger that I lose my capacity to feel strongly about anything.
- (3) Make sure the punishment fits the "crime."

-
- **bear** : accept a difficult or unpleasant situation, esp. without complaining
 - **consequence** : result or effect of (sth)
 - **reward** : give (sth) to (sb) for doing something good or helpful
 - **fit** : be appropriate for or suitable to (sb/sth)
 - **reservation** : feeling of doubt about whether (sth) is good or right
 - **unconditional** : free; without limits
 - **doubt** : feeling of not being certain about (sth)


 Ques.

Comprehension

- (1) What do parents usually do when they want their kids to do something?
- (2) Why do children need their own space? Do you think parents need space of their own, as well?
- (3) Why should parents be patient when their kids make mistakes?



TEEN TALK!

- 1 What are the most valuable lessons your parents have taught you?
- 2 Do your parents ever take out their anger on⁺ you?
- 3 Do you think your parents love you? Why do you think so? How do you know they do?
- 4 Describe how your parents punish you and reward you.
- 5 When do you feel your parents treat you unfairly? How do you cope with⁺ it?
- 6 Do you believe in parental "unconditional love," or is this just a myth?⁺
- 7 Do you think one parent loves his or her children more than the other parent does? If so, how do they differ?

-> **take (sth) out on (sb)** : make (sb) innocent suffer because one is angry, upset, or tired

-> **cope with** : deal with (sb/sth)

-> **myth** : (sth) that people wrongly believe to be true



Opinion Samples >>

(1) I read sometimes about some terrible, tragic⁴ incident⁴ in which a father or a mother neglects or tortures⁴ or kills his or her own children, and I wonder how such an idea as “unconditional parental love” can even exist. But, then, I am also aware of the many sacrifices that parents make for their kids, without complaint, and wonder how the idea can even be doubted. Of course, there are many things I don’t understand yet. The human heart is a tremendous⁴ mystery, how people – or even the same person! – can display such behavioral extremes;⁴ how closely akin⁴ love and hate actually are in the psyche.⁴ Maybe, someday, I’ll be able to figure all of this out. But meanwhile, I’d like to believe that my parents, at least, love me beyond rhyme or reason,⁴ that no matter what I do or what happens to me, they will always be there when I need them.

(2) I used to think that my father was a distant, thunderous⁴ presence who was too preoccupied⁴ with other matters to pay enough attention to me, except when I had done something I needed to be punished for. But even then, it was usually Mom who did most of the punishing. And yet, because she was always at home when I was, and took me shopping every day and “let” me go with her wherever she went, I was sure that she loved me much more than Dad did. Why, he hardly knew me! Did he even remember my name, or what I looked like? But, as I grew older, I came to realize that Dad is at work to take care of me, not himself. He never asks for anything for himself, but he always wants to know what I need. No matter how sick or tired he is, he doggedly⁴ tries to make my own life easier. I wish he could stay home more often, so we could get to know each other better; but, at least, I know why he is gone so much, and I feel sorry that he has so many burdens on my behalf.⁴

→ **tragic** : causing or involving great sadness, because (sb) suffers or dies

→ **incident** : (sth) unusual or dangerous that happens

→ **torture** : cause (sb/sth) great pain

→ **tremendous** : very large in amount, extent, or degree; enormous

→ **extreme** : action that goes beyond normal limits

→ **akin** : similar

→ **psyche** : human mind

→ **beyond rhyme or reason** : with no reason or explanation

→ **thunderous** : very loud

→ **preoccupied** : thinking or worrying about (sth) a lot, with the result that one does not pay attention to other things

→ **dogged** : persistent in effort; refusing to give up; tenacious

→ **on (sb's) behalf** : instead of (sb)

Read & Discuss

I Want a Part-time Job, but My Parents Say "No Way!"



Q: I need a part-time job. I asked my parents, but they think that having one would get in the way⁴ of my education. How can I prove to them I can earn some money of my own without falling behind⁴ in school?

A: No one is able to know in advance⁴ what is best for you or what you can or cannot do. Not even you can be sure until you try. Your parents, though, are much better judges of your current capabilities than any one else, even if they may be wrong. You must trust their guidance even if you don't like what they are saying. But you should also be willing to tell them how you feel. It is definitely true that a job can have a negative impact⁴ on grades, since whatever time is spent at work cannot be time spent on your studies. If you have trouble keeping up with schoolwork now, you will have even more trouble if you have a job. On the other hand, maybe you just need to learn how to manage your time better; if you have less of it, perhaps you will spend it more wisely. A good compromise⁴ might be to get your grades up, and then see what happens if you work part time. As part of the deal, you have to agree that if your grades slip,⁴ you have to quit and put your attention back on school.

While you see only your immediate⁴ need for money and independence, your parents know how poor grades will have a negative impact on your future finances⁴ and freedom.



1. How many of your friends have part-time jobs? As far as you can tell, how does it affect their grades?
2. If you worked outside the home, what would you do with all the money you made?

→ **get in the way of (sth)** : prevent (sth)

→ **fall behind** : make less progress or be less successful

→ **in advance** : before (sth) happens or is expected to happen

→ **impact** : effect or influence that an event, situation etc. has on (sb/sth)

→ **compromise** : settlement of differences between two parties in which both sides give up (sth)

→ **slip** : become worse; decline

→ **immediate** : taking place at once or very soon

→ **finances** : monetary resources

ETs, UFOs and Me

I believe that extraterrestrials⁺ (ETs) just have to exist! With all the millions of other galaxies, there must be many other solar systems like ours. And at least some of them must have planets that resemble⁺ ours, with intelligent life on them. And since a lot of these planets are millions of years older than our own, it follows that⁺ the life forms on them should have civilizations that are more technologically developed than we are. So it must be an easy thing for them to travel around on UFOs (unidentified flying objects), visiting other worlds whenever they like.

Even though I believe in UFOs, I'm not sure that any have actually come to Earth. I don't think any government would be able to hide the truth from the people for very long if the ETs wanted us to know they were here. But maybe they have their reasons for keeping their visits secret. If so, I doubt that anyone could discover their existence by accident.⁺

I guess what I want to say is that although it is illogical⁺ to assume⁺ that ETs can't exist, there is no evidence⁺ that any of them have yet come to our planet. Maybe we are too primitive⁺ for them to be interested!



-
- **extraterrestrial** : relating to things that exist on other planets, esp. a being from another world
 - **resemble** : be similar to (sb/sth), esp. in appearance
 - **it follows (that)** : it must be true as a result of (sth) else that is true
 - **by accident** : in a way that is not planned or intended
 - **illogical** : not based on clear reasons
 - **assume** : think that (sth) is true, although without proof
 - **evidence** : facts, objects, or signs to indicate the truth - **primitive** : at a very simple stage of development

**What Does It Mean?**

- (1) I don't think any government would be able to hide the truth from the people for very long
- (2) Maybe we are too primitive for them to be interested!

**Comprehension**

- (1) How many galaxies are there, according to this article?
- (2) Why should we expect that other, more advanced, civilizations exist somewhere else?
- (3) Does this person think that ETs have ever come to Earth? Why or why not?



- 1 Do you think ETs exist? If so, do you think they are more or less advanced than we are? What are your reasons?
- 2 Do ETs believe that there is intelligent life on Earth?
- 3 Do you want to know what they think about us?
- 4 Do you think that they would have human-like moral values?
- 5 What if they are not only more advanced than we are but also warlike?*
- 6 What if they are afraid of us?
- 7 Have any UFOs ever come to Earth?
- 8 If you met an ET, what would you say to it?
- 9 Would you be disappointed* if scientists could definitely* prove that ETs cannot exist?

Opinion Samples >>

(1) UFOs are bunk!⁺ In 1947 a pilot thought he saw some strange lights, and the press immediately started reporting the existence of “flying saucers.” The next year there was supposedly⁺ a crash⁺ at Roswell, New Mexico in the US, with aliens inside! In the last fifty or so years, thousands of “sightings” have been reported, all over the world. Get real!⁺ Most of these have easily been disproved—they have turned out⁺ to be hoaxes,⁺ hallucinations,⁺ or misidentifications⁺ of ordinary phenomena. And none of these incidents has ever resulted in indisputable⁺ proof such as physical artifacts⁺ or genuine⁺ photographs. People believe in UFOs because they want to, not because of any evidence—the same way that little children believe in fairy tales.

(2) Actually, I would like to believe in “little green men” from other worlds visiting us and helping us solve our problems. But I just can’t. The distances are too great. The closest star is more than four light years away. This means that it takes light more than four years to travel that far! It takes light from our own sun about eight minutes to reach our planet, but it takes our fastest spacecraft⁺ more than a year to go the same distance. So it would take many thousands of years to get to even the closest star, and that one doesn’t have any planets. We have found planets orbiting other stars, but they are hundreds of times further away! So, although we may not be alone in the universe, our closest neighbors are too far away to ever visit us.

-
- **bunk** : empty talk; nonsense
 - **supposedly** : as some people believe or say
 - **crash** : violent accident involving one or more vehicles
 - **get real!** : be realistic
 - **turn out** : happen in a particular way, or to have a particular result, esp. an unexpected one
 - **hoax** : trick or act intended to deceive
 - **hallucination** : illusion of seeing, hearing, or otherwise being aware of (sth) that does not really exist
 - **misidentification** : incorrect identification
 - **indisputable** : beyond doubt; unquestionable; undeniable
 - **artifact** : object produced by deliberate handiwork
 - **genuine** : not false; real or pure → **spacecraft** : vehicle designed for travel beyond own planet

(3) People who just dismiss⁺ the possibility of having been visited by aliens are merely complacent⁺ thinkers. Just because we don't have the technology to travel to other galaxies does not mean that such technology can't exist. Less than a hundred years ago, flying was "impossible," just as it was impossible to go faster than about 50 kpm! Only fifty years ago, it was considered impossible to go faster than the speed of sound. But all of these things are routine today, as are manned⁺ space flights and space probes⁺ sent beyond our own solar system. Besides, even now, engineers insist that it is not possible for bees to fly, based on everything they know about aeronautics.⁺ But of course somehow bees do fly. And perhaps other "people" from somewhere else have figured out⁺ how to cover⁺ the "impossibly" long distances separating us. Who knows?⁺

→ **dismiss** : refuse to accept that (sth) might be true or important

→ **complacent** : pleased or contented with oneself; self-satisfied

→ **manned** : operated or controlled by people

→ **space probe** : vehicle containing cameras and other equipment that is sent into space to collect information

→ **aeronautics** : theory and practice of aircraft navigation

→ **figure out** : be able to understand (sth) or solve a problem

→ **cover** : travel a particular distance

→ **Who knows?** : No one knows

Read & Discuss

Why We Should Welcome the Existence of Aliens

We have many reasons to be interested in the existence of extraterrestrial life. For one thing, such a belief helps us control our arrogance.⁴ Once we thought we were at the center of everything, but gradually we have assumed⁴ a more modest place in the universe. The Earth is no longer regarded as the center of the solar system, and the sun itself is lost among the infinite⁴ number of other stars. Our planet is at the distant end of an insignificant⁴ galaxy. We are not a separate creation, apart from other animals, but part of a blind⁴ evolutionary⁴ process that ties us even to the plants and microbes. We are not even masters of our own actions; we do things because of instincts, drives, unconscious motivations, economic and social influence, and circumstance. Finding out that we are not even uniquely intelligent – and perhaps even rather stupid in comparison with truly advanced species – might be good for our soul.

We also have an opportunity to learn from our betters.⁴ If there truly are superior beings, perhaps we can learn from them how to cure our diseases, live in peace and justice, prolong⁴ our life spans⁴ and increase our knowledge.

Whether we actually find out about their existence, however, we have an inherent⁴ need to wonder. Speculation⁴ is the root of all philosophy, which is the origin of all our science and social structure. We need to imagine the unimaginable in order to bring it about.



1. In what way is philosophy responsible for the kind of government we have?
2. How could the discovery that we are not the only intelligent race be beneficial to us?

→ **alien** : creature from outer space

→ **arrogant** : being overly proud → **assume** : suppose

→ **infinite** : having no limit; endless → **insignificant** : not large or important enough to be worth considering

→ **blind** : not characterized or determined by reason or control

→ **evolutionary** : connected with a gradual process of change and development

→ **betters** : those superior in wisdom, wealth, etc. → **prolong** : make (sth) last longer

→ **life span** : length of time that (sth) lives or is expected to live

→ **inherent** : being part of the basic nature of a person or thing

→ **speculation** : guesses about why (sth) has happened or what might happen

My Other Lives

I wonder if reincarnation⁺ is real. Did I have another life some other time? Was I one of the first Koreans, in the time of Tangun? Maybe I was one of Genghis Khan's soldiers, conquering⁺ most of the world. Maybe I helped King Sejeong devise⁺ the Korean alphabet. Or maybe I made the Sphinx or signed the Magna Carta.

Could I have discovered⁺ a new world with Columbus? Maybe I was Columbus himself, or Napoleon, or Cleopatra! Maybe I was once a great scholar or an artist or a rich merchant.⁺ A mass murderer?⁺ Perhaps in all of my previous⁺ lives I was just an ordinary person, a farmer perhaps, or a servant.

Have I ever been a monk? A mother? Did I ever live a non-human life? I wonder what it would be like to be a fish or a plant. Maybe I even lived on some other planet!⁺ If only there were some way of remembering all these experiences so I could use them now and in the future, in other exotic⁺ existences to come.



-
- > **reincarnation** : the belief that after death one is born again as a different person, animal, or thing
 - > **conquer** : take control of (an enemy or a territory) by force
 - > **devise** : invent
 - > **discover** : find or see (sth) for the first time
 - > **merchant** : person who runs a retail business; one who makes a living through trade
 - > **murder** : kill (sb) with deliberate intent
 - > **previous** : existing or happening before (sth) else in time or order
 - > **planet** : very large object that moves around a star
 - > **exotic** : interesting or exciting because of being unusual or not familiar

**What Does It Mean?**

- (1) Did I ever live a non-human life?
- (2) I wonder what it would be like.

**Comprehension**

- (1) Does the writer believe in reincarnation or not? How can you tell?
- (2) Does she think reincarnation is limited to human lives? Limited to Earth?
- (3) Does she think living many lives should have a purpose?



- 1 What do you think about reincarnation? Is it real or imaginary?*
- 2 If you could choose to live in another time, when would it be? Where?
- 3 Is reincarnation some sort of moral judgment? Should each reincarnation be some sort of reward* or punishment* for how you lived your last life?
- 4 What other purposes could reincarnation have, if it actually happened?
- 5 If reincarnation is not real, why do you think people conceived* of it?
- 6 Does living another life appeal* to you, or does the notion* make you afraid?

-
- **imaginary** : not real but only created in one's mind
 - **reward** : (sth) given or received in return for a particular behavior
 - **punishment** : penalty for wrongdoing
 - **conceive** : have an idea or concept; think
 - **appeal** : be attractive or interesting
 - **notion** : belief or opinion

Opinion Samples >>

(1) No evidence exists that reincarnation exists or is even possible. People want to believe that they are somehow special and that their soul (whatever that is) will live forever, in some form or other. So some believe in a personal eternity,⁺ in some sort of afterlife⁺ like heaven; and others believe in a perpetual⁺ rebirth. But both of these beliefs are just a matter of wish-fulfillment.⁺ The sad truth is that we get one chance to live our lives, and one only, so we should all do it right the first time.

(2) Reincarnation is a very persistent⁺ belief throughout⁺ history. It was common among the Greeks, the Indians, and many other great civilizations. How could anything with such staying power be entirely without foundation?⁺ Many real things can't be proved by science: the existence of God or of gods, the reality of the soul, the identity of the human personality, ESP,⁺ life on other worlds or in other dimensions,⁺ the truth of miracles, the psychological power of love.... The list is a long one. And we know of many things that could not be proved in the past that turned out to be correct after all, such as human flight, the ability to split the atom, the possibility of cloning⁺ exact replicas,⁺ designing computers that can store enormous amounts of information and make complicated judgments far more quickly and accurately⁺ than any human.... Again the list is very long. So

→ **eternity** : timeless state

→ **afterlife** : another existence that begins after one's death

→ **perpetual** : endlessly repeated or continuing without interruption

→ **wish-fulfillment** : satisfaction of a desire or an impulse through a dream, fantasy, or other exercise of the imagination

→ **persistent** : continuing to exist or happen, esp. for longer than is usual or desirable

→ **throughout** : during all of a period of time or an event

→ **without foundation** : with no proof

→ **ESP** : extrasensory perception (the ability to know things that will happen in the future or what someone else is thinking)

→ **dimension** : measurement of physical objects in length, width, height, and (perhaps) other directions

→ **clone** : make an exact biological copy by artificially developing a cell

→ **replica** : identical copy

→ **accurately** : precisely