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ACTIVITY A

Describe ONE of the pictures.

A



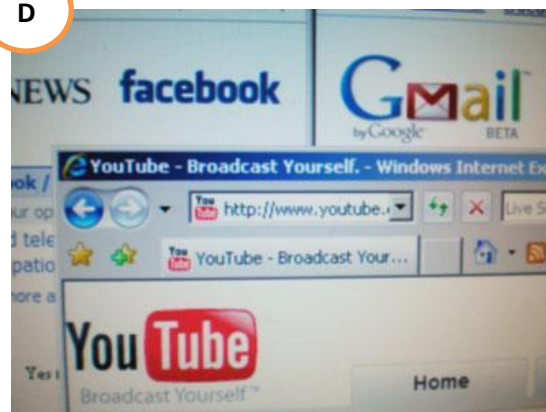
B



C



D



E



F



ACTIVITY B

Read One of the following texts.

Text no.1

How Technology Affects our World

Technology is the present world. It affects people's daily lives. Whether it inspires somebody to be the master at videogames or makes somebody a computer hacker. It has changed the generation of teenagers/young adults rapidly. It has made the generation more greedy, ignorant, and lazy. For instance, my parents did not have fancy cell phones or high-tech computers back then because it was never created. They only had a bike and ball until it was worn out. They never sat at home, playing videogames for numerous hours. They would ALWAYS be outside, whether the weather was hot or cold, playing soccer or having a snowball fight with their friends. And when they didn't want to go outside, they sat down, read a book, played cards, or even drank hot cocoa.

Nowadays, it's all about getting an iPod touch or a phone with a touch screen.

Technology is taking over our world. People don't realize what it is doing. In the music industry for instance, when a new song comes out by a famous rock star wearing a metal jacket with no shirt on and multiple piercings, people end up coming to school dressed the same way. They would say to their parents, "It's the new style at school," and their parents would say, "Okay wear it but, if you get in trouble don't blame it on me." Parents aren't even strict anymore. If my parents even thought about doing a style like that, their parents would kill them.

Technology also affects the computer world and cell phone world. Individuals can now hack into other people's lives or cyber-bully someone. You could hurt or be hurt by people over the internet or by a simple text message. You can also have unlimited access to inappropriate content no matter your age. The internet has also poisoned teenagers minds. Some people are on computer games for decades.

On the other hand, there are some pros for internet and cell phones. They are great communication tools with family and friends. Also, with the new "3G" tool on some cell phones you can use the internet anywhere. So if you have no internet on your computer, you could just use your cell phone for whatever you need. Or if you get stranded or lost somewhere, all you have to do is pull out your cell phone for navigation. Computers and cell phones are good tools for everyone to use, but it doesn't need to be used for the above reasons. The way technology should be used is as a tool and for helpful reasons, and should not be used for hours of laziness. Overall, technology influences every aspect of people's lives.

http://www.teenink.com/hot_topics/what_matters/article/289063/How-Technology-Affects-our-World/ (abridged)

Tune In to a Healthy Lifestyle

What is music? Many sources say it is a combination of sounds that produce beautiful harmony, form, and emotions. Similar to exercising or good nutrition, music is actually a fundamental part of our daily lives. Different studies have shown that music is beneficial to learning, memory, and reducing stress. In fact, it has been proven that those who take part in activities pertaining to music have a greater chance of exceeding in their studies, thus providing them with a better, more effective education, as well as a healthy lifestyle.

In terms of improving concentration and motivation in students, listening to music and playing music has a positive impact on the human mind. At night, psychologists recommend listening to calm or quiet music before going to sleep because it brings the mind to a state of relaxation that may allow one to fall asleep quicker. It has been said that this approach may cure sleep deprivation in many students who are required to wake up early every day before school. However, listening to loud or cheery music can do the opposite and awaken the mind, causing a person to become more alert and focused. Listening to upbeat songs usually increases concentration and motivation that enhances exercise performance.

One of the most important reasons to make music a part of our daily lives is that it is proven to reduce stress. For example, teens today use music as an outlet from their normal lives, and they use it to transport themselves to their own personal "happy place." After school, music can act as a distraction from all of the work and provide relaxation for a student's mind and body. Decreasing stress is very important because it slows the heart rate and lowers stress hormones, which is vital for good health.

As Hans Christian Anderson once said, "Music speaks where words fail." Music is an essential gift that can be enjoyable and entertaining, but it is also an important part of leading a healthy and happy lifestyle.

http://www.teenink.com/hot_topics/health/article/776853/Tune-In-to-a-Healthy-Lifestyle/

By DC Brooke, Wrentham, MA

After-School Jobs

Sports, drama, church activities, and a variety of organizations keep students busy during high school. Where do they find the money to do these things? No, not everyone gets it from Mommy and Daddy. Most have to work for at least some of the money to pay for these activities. Some adults question if high school students should have jobs on school nights but I say yes, they undoubtedly should.

Some people worry that teens with after-school jobs will struggle to find time for homework. Actually, the responsibility of having a job helps teens prioritize their time. Many jobs are only a couple of hour shifts on weeknights. According to an article on snagajob.com, 86 percent of high school students have an after-school, weekend or summer job and “students who work between 10 and 20 hours per week during the school year have statistically higher grade-point averages than those who do not work at all. Those who work in high school are more likely to work in college, and financing their college education is a top reason for undergraduates to look for employment.”

Instead of considering jobs a hindrance, employment should be looked at as real-world education.

Other people think that work adds too much stress, which may be somewhat true, but regardless of having a job or not, there is always going to be stress. Better to learn how to cope with busy schedules in a controlled environment like high school than to be out on your own and alone, experiencing stress for the first time.

I personally would be more concerned for the teenager who has to become independent without having any familiarity with working.

The biggest reason teens should be allowed to work on school nights is it is a healthy way of earning money. There are many things teens need to pay for and they cannot do it out of their own pockets if they don't have a job. Not all parents can pay for these activities. My dad told me, “Having a job is a good way to save up for things you are going to need or want to do. You get a lot more out of things if you are financially responsible for them.” Kids need the freedom to choose how to spend their money. The sooner they have an income, the sooner they can learn how to use money wisely. If they are not allowed to work in high school, they may be handicapped in the future. Teens should, without a doubt, be allowed to work on school nights.

<http://www.teenink.com/opinion/all/article/9985/After-School-Jobs/>

ACTIVITY C

Give your opinion on ONE of the following topics.

1. How are you influenced by technology? Do they play an important part in your life?
2. Is the way you look really important for you? Are you a shopaholic?
3. What is your dream job? State your reasons.
4. Have you ever thought about volunteering? What would be a good mission for you?