

Delia Memorial School (Broadway)

Morning Reading Scheme 2009-2010

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Chapter 1: Interpersonal Relationships

Article 1:

Make a Friend with Someone from Another Race/Ethnicity

While we are basically all the same - human beings made up of certain chemical elements -, we are all different like individual snowflakes.

Unfortunately, we often tend to form our social groups around individuals who seem similar. When we do, we miss out on the great qualities of other cultures or ethnic groups. And, the longer we shelter ourselves from other cultures, the more we tend to stereotype them.

Knowing someone of from a different culture lets us decide for ourselves about each individual and helps adjust our perceptions and generalizations.

We may make a Friend with Someone from Another Race/Ethnicity by :

- Attending a cultural event for/by an ethnic/racial group with which we are unfamiliar such as a step show, ethnic food tasting night, or powwow.
- Attending a cultural event we have never experienced before, or one we know little about, for example an opera, play, concert, ballet, or modern dance performance.
- Subscribing to a cultural event series on campus such as concerts or plays.
- Talking to someone from a different ethnic or racial background to learn about their traditions, customs, dances, dress, and food.
- Visiting an art museum or attend a local art exhibit.
- Attend an exhibit with a friend and afterwards talk about the experience.
- Enrolling in an art/music appreciation course.
- Reading a book that deals with an unfamiliar culture.
- Reading about the local history of our institution's community.
- Having a conversation with someone from another culture.
- Enrolling in a class that explores issues or cultures different from our own.
- Watching a television program on a cultural topic with which we are unfamiliar.
- Attending a community-offered class or workshop to explore a hidden interest we may have in writing, singing, dancing, or drawing.
- Joining a student acting, singing, or performance group.
- Exploring a hidden interest in writing, singing, dancing, or drawing.

- Checking the local newspaper to identify events such as concerts and plays to attend.

Questions:

1. What is the disadvantage if we form our social groups around individuals who seem similar only?

2. List 3 ways that we can make friends with another race/ ethnicity.

3. Can you suggest some other ways that can help people make friends with another race/ ethnicity?

Reference: <http://www.goodcitizen.org/> or
<http://www.cityu.edu.hk/sds/sdtla/activity.html#CUP>

Article 2:

I don' t talk to my closest friends

I remember when they introduced us. “This is one of the girls from Sweden,” my counselor told me, in Spanish. “Her name is Ellen.”

I looked up at the girl and smiled. I attempted to introduce myself in my broken English, but her counselor had to tell her for me, in Swedish. Ellen smiled apologetically, and I smiled back. She shyly outstretched her pale hand, and I took it eagerly. We walked into the adjacent woods together, as our counselors stared after us in surprise.

They had introduced us two girls as a formality, but they had not really expected us to get along, I think. After all, neither one of us could speak English very well, and we couldn' t possibly be any more different.

But I had never seen anyone like Ellen before, and her beauty mesmerized me. Her eyes were a dim, graying blue, and her hair was the color of sunlight. I looked at the deep chocolate of my skin against her fragile hand and could imagine no greater contrast.

I desperately wished my English were better, that I could ask her of the world that produced such living porcelain dolls. But she was much more interested in learning about me than talking about herself. She delighted in taking my dark curls in her hands and stared at them with a profound wonder.

I soon found out that it would have done me no good to speak better English, because she understood as little of it as I did. We could find no similarities between her lyrical Swedish tongue and my Spanish and were therefore removed from any possibility of real verbal communication.

If we had been able to speak, I would have told her of the idyllic beaches of Honduras, where the warm ocean hugs the soft sand and brings strange treasures in for the children almost every day. And she would have told me of the white blankets that cover her mountains and of the tiny flakes of dissipating beauty that fall from her sky every year. I would have told her of the charming adobe house that line hot, tropical streets of our towns, and she would have spoken of the buildings that seem to touch the sky in her gigantic cities.

But we could not speak, so instead we smiled and held hands, put flowers in each other's hair, and laughed and laughed. We traced the paths of the quiet woods of the camp over and over again, finding companionship in each other's virtually mute presence.

We were inseparable, and that fact amazed everybody. We would crawl into bed at night when it was time for the lights to go out, and listen to the voice of the other children and the wondrous counselors. We could not understand that they were trying to explain to themselves the bond that existed between Ellen and me.

If we had understood them, we would have told them that two teenage girls away at an international summer camp share the same closeness as any other pair of teenage girls.

I'm not so young anymore, and I'm back in Honduras. My English is better, and so is Ellen's, and we write each other frequently. She remains one of my closest friends, and we are no more different now than we were then. Although now we communicate verbally, we include a lot of pictures in our letters (though neither one of us is skilled at drawing). We know, better than anyone, that beauty transcends words and culture. We know that to share something all you need are two open hearts.

Melissa Cantor

Questions:

1. Can the writer communicate well with Ellen verbally? Why?

2. How can they become good friends?

3. Do you think language is a barrier in making friends? Why?

Article 3:

Am I in a healthy relationship ?

It Feels Like Love - But Is It?

Sometimes it feels impossible to find someone who's right for you — and who thinks you're right for him or her! So when it happens, you're usually so psyched that you don't even mind when your little brother finishes all the ice cream or your English teacher chooses the one day when you didn't do your reading to give you a pop quiz.

It's totally normal to look at the world through rose-colored glasses in the early stages of a relationship. But for some people, those rose-colored glasses turn into blinders that keep them from seeing that a relationship isn't as healthy as it should be.

What Makes a Healthy Relationship?

Hopefully, you and your significant other are treating each other well. Not sure if that's the case? Take a step back from the dizzying sensation of being swept off your feet and think about whether your relationship has these seven qualities:

- Mutual respect. Does he or she get how cool you are and why? (Watch out if the answer to the first part is yes but only because you're acting like someone you're not!) The key is that your BF or GF is into you for who you are — for your great sense of humor, your love of reality TV, etc. Does your partner listen when you say you're not comfortable doing something and then back off right away? Respect in a relationship means that each person values who the other is and understands — and would never challenge — the other person's boundaries.
- Trust. You're talking with a guy from French class and your boyfriend walks by. Does he completely lose his cool or keep walking because he knows you'd never cheat on him? It's OK to get a little jealous sometimes — jealousy is a natural emotion. But how a person reacts when feeling jealous is what matters. There's no way you can have a healthy relationship if you don't trust each other.
- Honesty. This one goes hand-in-hand with trust because it's tough to trust someone when one of you isn't being honest. Have you ever caught your girlfriend in a major lie? Like she told you that she had to work on Friday night but it turned out she was at the

movies with her friends? The next time she says she has to work, you'll have a lot more trouble believing her and the trust will be on shaky ground.

- Support. It's not just in bad times that your partner should support you. Some people are great when your whole world is falling apart but can't take being there when things are going right (and vice versa). In a healthy relationship, your significant other is there with a shoulder to cry on when you find out your parents are getting divorced and to celebrate with you when you get the lead in a play.
- Fairness/equality. You need to have give-and-take in your relationship, too. Do you take turns choosing which new movie to see? As a couple, do you hang out with your partner's friends as often as you hang out with yours? It's not like you have to keep a running count and make sure things are exactly even, of course. But you'll know if it isn't a pretty fair balance. Things get bad really fast when a relationship turns into a power struggle, with one person fighting to get his or her way all the time.
- Separate identities. In a healthy relationship, everyone needs to make compromises. But that doesn't mean you should feel like you're losing out on being yourself. When you started going out, you both had your own lives (families, friends, interests, hobbies, etc.) and that shouldn't change. Neither of you should have to pretend to like something you don't, or give up seeing your friends, or drop out of activities you love. And you also should feel free to keep developing new talents or interests, making new friends, and moving forward.
- Good communication. You've probably heard lots of stuff about how men and women don't seem to speak the same language. We all know how many different meanings the little phrase "no, nothing's wrong" can have, depending on who's saying it! But what's important is to ask if you're not sure what he or she means, and speak honestly and openly so that the miscommunication is avoided in the first place. Never keep a feeling bottled up because you're afraid it's not what your BF or GF wants to hear or because you worry about sounding silly. And if you need some time to think something through before you're ready to talk about it, the right person will give you some space to do that if you ask for it.

Questions:

1. What are the major qualities of a healthy relationship?
-

Article 4:

What is Unhealthy Relationship?

A relationship is unhealthy when it involves mean, disrespectful, controlling, or abusive behavior. Some people live in homes with parents who fight a lot or abuse each other — emotionally, verbally, or physically. For some people who have grown up around this kind of behavior it can almost seem normal or OK. It's not! Many of us learn from watching and imitating the people close to us. So someone who has lived around violent or disrespectful behavior may not have learned how to treat others with kindness and respect or how to expect the same treatment.

Qualities like kindness and respect are absolute requirements for a healthy relationship. Someone who doesn't yet have this part down may need to work on it with a trained therapist before he or she is ready for a relationship. Meanwhile, even though you might feel bad or feel for someone who's been mistreated, you need to take care of yourself — it's not healthy to stay in a relationship that involves abusive behavior of any kind.

Warning Signs

When a boyfriend or girlfriend uses verbal insults, mean language, nasty putdowns, gets physical by hitting or slapping, or forces someone into sexual activity, it's an important warning sign of verbal, emotional, or physical abuse.

Ask yourself, does my boyfriend or girlfriend:

get angry when I don't drop everything for him or her?

criticize the way I look or dress, and say I'll never be able to find anyone else who would date me?

Keep me from seeing friends or from talking to any other guys or girls?

Want me to quit an activity, even though I love it?

ever raise a hand when angry, like he or she is about to hit me?

try to force me to go further sexually than I want to?

These aren't the only questions you can ask yourself. If you can think of any way in which your boyfriend or girlfriend is trying to control you, make you feel bad about yourself, isolate you from the rest of your world, or — this is a big one — harm you physically or sexually, then it's time to get out, fast. Let a trusted friend or family member know what's going on and make sure you're safe.

It can be tempting to make excuses or misinterpret violence, possessiveness, or anger as an expression of love. But even if you know that the person hurting you loves you, it is not healthy.

Relationships can be one of the best — and most challenging — parts of your world. They can be full of fun, romance, excitement, intense feelings, and occasional heartache, too. Whether you're single or in a relationship, remember that it's good to be choosy about who you get close to. If you're still waiting, take your time and get to know plenty of people.

Think about the qualities you value in a friendship and see how they match up with the ingredients of a healthy relationship. Work on developing those good qualities in yourself — they make you a lot more attractive to others. And if you're already part of a pair, make sure the relationship you're in brings out the best in both of you.

Reviewed by: D'Arcy Lyness, PhD

Date reviewed: April 2008

Questions:

1. From your personal point of view, how do you decide if a relationship is healthy or unhealthy?

Article 5:

Teen Dating Violence: Warning Signs

Learn Ways to Spot Signs of an Abusive Relationship and How to Stop Abuse

June 26, 2009

ABC News

Expert on domestic and teen dating violence Jill Murray, offers advice for parents on how to spot warning signs of emotional and physical abuse and ways for teens to avoid abusive behavior in relationships.

Warning Signs: A Girl May Be in A Dangerous Relationship If...

- Before she met her boyfriend, she had more friends than she does now.
- Her grades have declined in the past weeks or months.
- Before she began dating him, she was more outgoing and involved with her family, school activities, and/or place of worship.
- She frequently cries or is very sad.
- If he calls or texts her, she must get back to him immediately.
- He told her that he loved her early in their relationship.
- He is jealous if she looks at or speaks casually with another boy.
- He accuses her of behavior she doesn't actually engage in.
- He is aggressive in other areas of his life: he puts his fist through walls or closets, bangs his fist to make a point, or throws things when angry.
- He frequently roughhouses or play-wrestles with her.
- She makes excuses for his poor behavior or says it's her fault.
- He calls and texts her many times an hour, frequently between midnight and 5 a.m.
- He has a "tragic" home life: he is or was physically abused or verbally demeaned, and/or one or both parents are alcoholics or use drugs.
- He drinks or uses drugs.
- He frequently gives her "advice" about her choice of friends, hairstyle, clothes, or makeup.
- He calls her demeaning names, then laughs and tells her he was only kidding or that she's too sensitive.
- She has become secretive since she started dating him.
- She has recently become very critical of her appearance, talents, or abilities.
- She frequently has to explain herself to her boyfriend or often says she's sorry.
- She has bruises she cannot explain or appears nervous about explaining.



Dating violence affects teens and young adults all over the country. Abusive relationships commonly follow identifiable patterns.

(AP Photo)

How A Girl Can Protect Herself From Abusers:

1. Stay away from boys who put you down, talk negatively about women, or drink and/or use drugs.
2. Don't get involved with a boy who doesn't ask for your opinion or doesn't respect your or your decisions.
3. Set sexual limits and communicate them clearly. Most teenage boys say, "I'll go as far as the girl will let me."
4. Stay sober in social situations.
5. Don't make boys guess what you want—tell them.
6. When on a date, remain in control. Have an alternate transportation plan in case the date isn't going as you would like and you want to go home. Do not rely on your date to bring you home.
7. Listen to and trust your feelings and instincts.
8. As soon as you feel threatened, forget about being a "nice girl."
9. Take care of yourself. Don't assume someone else will.
10. If a boy tries to use physical force and you must defend yourself, do not hit him in the stomach, shoulders, or back. These are the strongest parts of his body. Target the kneecaps, heels, eyes, or crotch. If possible, do not stay and fight. Flee! You have 15 minutes of an adrenaline surge, which will give you energy and extraordinary strength. Use it to run, get help, and yell, "Call 911" or "Fire!"

Questions:

1. From your point of view, is teen dating violence acceptable or not? Please state your reasons.

2. What are effective measures to protect oneself from teen dating violence?

Article 6:

School kids seek intimacy and sex with cyber friends

By Jerran Lin

Monday, July 13th 2009, P08l Local The Standard

One in five school students aged 11 to 19 are happy to have face-to-face meetings with strangers they have met online and a significant number of them accept there could be sexual contact as a result.

A survey of 262 students by the charity group Caritas found 18 percent were ready to go alone on a real date with a cyber-friend.

Of those, eight percent said they accepted there could be intimate behavior. Three of the respondents admitted they had been intimate with at least 10 of their cyber friends. The survey also revealed more than 60 percent of the teenagers used chatrooms and forums to make friends.

The findings have led Caritas to issue a warning to teenagers not to meet cyber friends alone and to be on the alert for ulterior motives.

A 17-year-old girl, who gave her name as Lai, said she met a cyber friend after chatting online with him for more than six months.

"He held my hands," she said of their first meeting. "It felt new, like my first love. We sat on a back staircase and chatted. We cuddled and kissed."

They never met again, which disappointed her, Lai said, though it would not stop her meeting other cyber friends.

She also admitted that she would not mind being intimate with boys. "The short relationship made me more open towards sex," she said. Another cyber friend borrowed money from her. "I did not have any doubts and lent him money," she said. "I liked him." The boy did not pay her back.

Jacqueline Lok Yung-yung, a social worker with the Caritas Jockey Club Integrated Service for Young People- Tak Tin, which carried out the survey between March and April, said some findings were worrying.

Among them was the fact that one out of five students who dated cyber friends admitting they engaged in intimate behavior - defined as caressing, full sex or both: ``Teenagers are curious and they like adventures. Meeting strangers online provides excitement," Lok said. There was also a tendency to actively search for romance online, with 7.3 percent saying that was what they were looking for.

The president of the Hong Kong Social Workers General Union, Peter Cheung Kwok-che, said the findings on intimate behavior were not surprising. He said social workers dealt with students who had intimate relationships with cyber friends, some as young as Primary Five.

Questions:

1. Why do some teenagers seek intimacy and sex from cyber friends?

2. Do you agree with people's decision to meet their cyber friends? Please give two reasons to support your view.

Chapter 2: Civic education

Article 1:

Actions that promote a sense of community

Strong individuals and families are critical, but not enough. Individuals and families need and rely on others for day-to-day survival, food, shelter. These "others" are the community. Our country is really a community of communities. A sense of community and of belonging is something most of us need and want - but which I believe is missing for many of us.

In today's world where both parents often work, where technology allows us to communicate without leaving the house, where crime has limited our outside activities, where we travel and are a mobile society and where communities are more diverse, a sense of community is not as easy to come by as it used to be. Here are some actions that can help create a better sense of community and let each other know that we are all in this together.

Citizen Actions

1. Treat other people with respect and dignity.
2. Donate blood.
3. Extend small courtesies to individuals of 'difference'.
4. Be a good neighbor.
5. Make a friend with someone from another race/ethnicity.
6. Follow the rules of your family, your school, and your society.
7. Perform a "random act of kindness".
8. Pick up a piece of trash each day.
9. Help take care of the environment.
10. Participate in community service.

Questions:

1. Why do we need to promote a sense of community?

2. List 5 actions that promote a sense of community.

3. Can you suggest some other actions that can help promote a sense of community?

4. Do you think you are a good citizen of Hong Kong? Why?

Reference: <http://www.goodcitizen.org/>

Article 2:

Why Discipline is Important?

Discipline is the basis of the whole universe. The Earth, the Sun, the Moon and other planets, all are governed by certain laws to maintain perfect harmony and beauty. Any deviation from set rules will spell an utter disaster in the nature. Similarly, society too has to be regulated by a certain code of conduct. In fact, discipline is important for civilized existence. A disciplined citizen will not only fight for his rights, but also allow others to exercise their rights. In a disciplined society, every individual should exercise self-control for the welfare and happiness of all.

The strength of a nation lies in discipline. No nation can progress unless its citizens are disciplined and live by the set norms. Discipline helps to make progress, fight external invasions and maintain national unity. Citizens of a disciplined nation, work in a spirit of co-operation and unity. There is also need for maintaining discipline in political and social life.

However, discipline does not mean negation of personal liberty. It means a self imposed restraint and maintenance of ethical values, which is very much necessary in every sphere in life.

Discipline is important even in the family. Parents must bring up their children in congenial but disciplined atmosphere and teach the right values to transform them into balanced adults so that they can give their best to the country as disciplined citizens. Importance of discipline can't be under estimated in games and sports too. A team can't be victorious if each player plays according to his own whim. The players should act as a single unit and obey their captain to lead their team to victory.

Discipline, though difficult to maintain, is essential for personal growth as well as for countries prosperity. Absence of it can lead to failure, defeat and backwardness. Today in society, it is very important to live in harmony with fellow human beings in a spirit of co-operation and mutual co-existence. All this is possible only if every individual follows a personal code of ethics to adhere to the rules and regulations laid by law for the progress of the society and prosperity of the nation.

Questions:

1. What should a disciplined citizen do?

2. Can a nation achieve progress if its citizens are not disciplined? Why?

3. Why is discipline also important in the family?

4. Give one more example to show the importance of discipline.

Reference: <http://mychannelnews.info/society/why-discipline-is-important/>

Article 3:

21st Century....

We are becoming lesser by the day

Our communication - Wireless

Our dress - Topless

Our telephone - Cordless

Our cooking - Fireless

Our youth - Jobless

Our food - Fatless

Our labour - Effortless

Our conduct - Worthless

Our relation - Loveless

Our attitude - Careless

Our feelings - Heartless

Our politics - Shameless

Our education - Valueless

Our follies - Countless

Our arguments - Baseless

Our Job - Thankless

Questions:

1. How do you feel after reading these statements?

2. Why are we living in such a time?

3. What can we do to make our world better?

Article 4:

Life never seems to be the way we want it, but we live it the best way we can. There is no perfect life but we can fill it with perfect moments."

Be grateful with what you have.

If this doesn't touch you and move you, I don't know what will. The power of the human spirit is shown at its mightiest by this one little girl. I salute her.

Qian HongYan lost her legs in an accident.

Her family in China is poor and couldn't afford prosthetic legs, so she uses a basketball to help her move. - Qian uses two wooden props to drag herself. She never complains, even though she has worn out six basketballs.

She attends her class- She always smiles

She is always cheerful



Her family in China are poor and couldn't afford prosthetic legs, so she uses a basketball to help her move.

Qian uses two wooden props to drag herself, and never complains, even though she has worn through six basketballs



She attends her class



She always smiles



Always cheerful



Life never seems to be the way we want it, but we can live it the best way we can.
There is no perfect life but we can fill it with perfect moments.

Be sure that you appreciate
Everything you've got;
And be thankful for the little things
in life that mean a lot.

It's not how much we give but how much love we put into giving."
--- Mother Teresa

Dream ... Makes all things possible
Hope makes all things work
Love makes all things beautiful
Smile makes all above work possible
Life Smiles at You When you are Happy,
Life Salutes You When You Make Someone else Happy..!

Smile. It is the key that fits the lock of everybody's heart

Smile in pleasure, smile in pain; Smile when trouble pours like rain; Smile when
someone hurts U, Smile coz someone cares 4 U.
Smile always

Be grateful with what you have.

Questions:

1. What are the things that make your life colourful and bright? Is there something in your life you treasure a lot?

2. Is there something in your life you are not really happy with? What can you do with it?

Article 5:

Arigato: lessons we can learn from the super-polite Japanese

ByNury Vittachi

Monday, March 16th 2009, P13| City Talk| Dissident's Diary| The Standard

Thank you for opening this newspaper. Thank you for reading the previous sentence and now this sentence. Thank you for not yet lining a birdcage with this newspaper.

Today, I have decided to adopt Japanese standards of politeness. You see, there's ordinary politeness, and there's Japanese politeness.

Last week, a Canadian was crossing the border into the United States, when a border guard told him to turn his car off. Desiderio Fortunato asked the officer to "say please." The guard repeated his order. The motorist repeated his request. The officer blinded the motorist with pepper spray, dragged him out of his car, handcuffed him and detained him for three hours.

This is how American border guards say: "Welcome to our country, honored guest."

Compare Japan, where everyone spends so much time saying "please" and "thank you" that it takes several hours to exchange even the tiniest bit of information, such as: "You are standing on my foot."

And you don't just use words. You bow. The more polite you are, the lower you bow. Losing your balance and collapsing onto your boss' wife's knees is quite common, and is considered an extremely polite thing to do. Ride the Gomen Nahari Line, a railway in Kochi prefecture, and you'll find a station called Arigato, which means "thank you," and another called Gomen, meaning "sorry."

Turning the pair into Thank You Station and Sorry Station was the idea of Takashi Yanase, 85. He is famed for his original thinking, being the creator of the cartoon superhero Anpanman, a bean paste-filled roll of bread, which fights crime with superhuman powers. I'm serious.

The obvious question, at least to anyone non-Japanese, is: Why? Why do they have those names? What is Thank You station thankful for, and what is Sorry station apologizing for? There's no answer to this. Polite terms do not need a reason to be uttered. "Just saying

`sorry' and `thank you' together makes you feel good," Yanase says.

The Japanese, like the British, scatter polite terms around like confetti to create a general feeling of positivity. Summit meetings between Japanese and British delegations often run out of time before the first item on the agenda, because of the sheer scale of pleasantries involved.

Last week a US sports reporter went to a Tokyo baseball match. ``At the end of games, the players bow toward the field, and even the losing team," wrote Bob Sherwin of the Seattle Sports Examiner. ``That's such a wonderful tradition, and I believe you will find it only in Asia."

But you can take the whole politeness thing too far. In Japan, people have bowed on railway platforms and had their heads hit by trains. Two individuals have met and bowed simultaneously, knocking each other out.

Escalators in Japan are REALLY dangerous places. People going down recognize someone going up, and they bow, losing their balance and causing fatal accidents. No one complains - that would be impolite.

Thanks for reading this column. You may now approach the birdcage.

Questions:

1. According to the passage, do you agree with Japanese' s attitude? Please explain your answer.

2. Do you think you are a polite student? Please give three examples to support your idea.

Article 6:

Success

Success is not easy to talk about because the word success itself has hundreds of definitions. For some it means power, for some it means wealth, for others it is fame or great achievements. But I have my own understanding of it.

Success means to try your best.

Many people believe that success means to win. In my opinion, it means to try your best when you do everything, no matter you will win or not. When you are taking part in a long-distance race, if you keep on running as fast as you can, you are successful, although you may be the last to pass the finishing-line. Because you have showed your best to others, and you have made I your greatest effort to be the winner.

Success means to work hard.

No one can succeed without any hard work. Karl Max was successful, because he spent more than 30 years writing the book "Communist Manifesto"; Tomas Edison succeeded, because he had experimented thousands of times to find the best material for lights. Every success calls for hard work. If you want to succeed, work hard first.

Success means not to lose heart.

No one can always be the winner. You will certainly lose or fail some day. It is important for you not to lose heart. A person who has lost heart is just like a tree without roots. It will be easily blown down by the wind. Nobel had failed many times when he was doing his experiments. Sometimes his lab was on fire and he was nearly killed. But he never lost heart and kept on trying. Finally he invented a new explosive. So when you fail or meet any difficulty, just believe in yourself, stand up and give the difficulty a heavy strike.

Questions:

1. What is the meaning of success to you?

2. Which peak do you want to climb in your life?

3. What do you want to achieve in life?

Chapter 3 : Youth Problems

Article 1:

Smoking

Once You Start, It's Hard to Stop

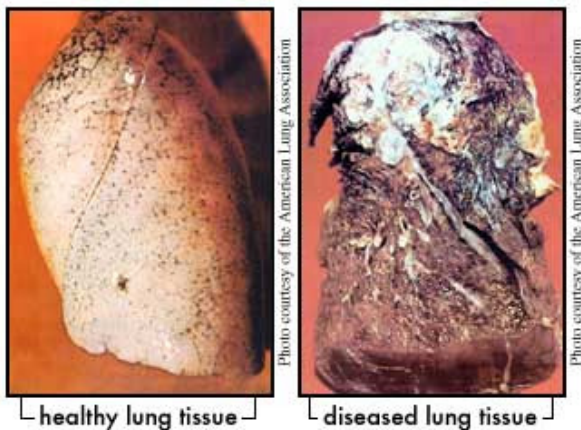
Smoking is a hard habit to break because tobacco contains nicotine, which is highly addictive. Like heroin or other addictive drugs, the body and mind quickly become so used to the nicotine in cigarettes that a person needs to have it just to feel normal.

People start smoking for a variety of different reasons. Some think it looks cool. Others start because their family members or friends smoke. Statistics show that about 9 out of 10 tobacco users start before they're 18 years old. Most adults who started smoking in their teens never expected to become addicted. That's why people say it's just so much easier to not start smoking at all.

How Smoking Affects Your Health

There are no physical reasons to start smoking. The body doesn't need tobacco the way it needs food, water, sleep, and exercise. In fact, many of the chemicals in cigarettes, like nicotine and cyanide, are actually poisons that can kill in high enough doses.

The body is smart. It goes on the defense when it's being poisoned. For this reason, many people find it takes several tries to get started smoking: First-time smokers often feel pain or burning in the throat and lungs, and some people feel sick or even throw up the first few times they try tobacco.



The consequences of this poisoning happen gradually. Over the long term, smoking leads people to develop health problems like heart disease, stroke, emphysema (breakdown of lung tissue), and many types of cancer —including lung, throat, stomach, and bladder cancer. People who smoke also have an increased risk of infections like bronchitis and pneumonia.

These diseases limit a person's ability to be normally active, and they can be fatal. Each time a smoker lights up, that single cigarette takes about 5 to 20 minutes off the person's life.



Smokers not only develop wrinkles and yellow teeth, they also lose bone density, which increases their risk of osteoporosis (pronounced: ahs-tee-o-puh-row-sus), a condition that causes older people to become bent over and their bones to break more easily. Smokers also tend to be less active than nonsmokers because smoking affects lung power.

Smoking can also cause fertility problems and can impact sexual health in both men and women. Girls who are on the pill or other hormone-based methods of birth control (like the patch or the ring) increase their risk of serious health problems, such as heart attacks, if they smoke.

Kicking Butts and Staying Smoke Free

If you do smoke and want to quit, you have lots of information and support available. Different approaches to quitting work for different people. For some, quitting cold turkey is best. Others find that a slower approach is the way to go. Some people find that it helps to go to a support group especially for teens. These are sometimes sponsored by local hospitals or organizations like the American Cancer Society. The Internet offers a number of good resources to help people quit smoking.

When quitting, it can be helpful to realize that the first few days are the hardest. So don't give up. Some people find they have a few relapses before they manage to quit for good.

Staying smoke free will give you a whole lot more of everything — more energy, better performance, better looks, more money in your pocket, and, in the long run, more life to live!

Reviewed by: Larissa Hirsch, MD

Date reviewed: August 2007

Questions:

1. Do you think people should quit smoking or not? Please state the reasons.

Article 2:

40pc of young say drug abuse unacceptable

By Agnes Lam

Wednesday, April 28th 2009, CITY4 | CITY | South China Morning Post

Nearly 40 per cent of young people thought taking drugs was the most unacceptable form of misbehaviour, a study by the Hong Kong Federation of Youth Groups showed.

Of the 304 young people aged between 10 and 24 interviewed between March 31 and April 20, 38 per cent said drug abuse was the worst misdemeanour. Some 32 per cent picked smoking and 24.6 per cent said fighting.

The study also showed 22.6 per cent of respondents had surfed pornography websites in the past six months and 39.5 per cent had drunk alcohol. Among them, 35 per cent were under 18. Some said they had started drinking at the age of six.

Thirty-seven per cent said their mothers were most helpful when teaching them and 22 per cent voted for their fathers. The youth concern group said the findings showed parenting was the most important method of teaching young people.

The deviant behaviour found to be more acceptable was going home late, copying homework, drinking and swearing. The behaviour in fact reflects how much they value honesty, respect for others and moral standards. It is important to set a good example to young people, Angela Ngai Mei-mui, the group's supervisor, said.

When parents make mistakes, they should teach their children and analyse the pros and cons when looking at an incident. They should not scold their children when they [parents] do something wrong.

More than 70 per cent said they had used offensive language in the past six months and 57.1 per cent said they had copied homework from their friends. The findings also showed 56.6 per cent of them had returned home after midnight.

The survey results showed that 26.3 per cent of respondents had telephoned their school to say they were sick when they were not.

The respondents were also asked to rank a list of bad behaviour from one to 10, with higher marks indicating the behaviour was considered acceptable to respondents.

Questions:

1. Which form of misbehaviour did the teenagers think was the most unacceptable one?
Which form of misbehaviour did the teenagers think to be more acceptable?

2. According to your answer in Q1, why would teenagers do such form of misbehaviour?
Why would others refuse to do it?

Article 3:

MP3 warning falling on deaf ears of young

By Timothy Chui

Monday, March 1 2nd 2009, P08l Local | The Standard

Hong Kong is on the verge of a deafness epidemic caused by the widespread abuse of loud music on MP3 players to block out the din of the city.

Specialists say we are sitting on a hearing-loss timebomb, and predict a surge in problems in 10 to 20 years.

Hong Kong College of Otorhinolaryngology fellow Albert Luk Wai-sing said: "The full fallout from prolonged and intense MP3 use is not yet known, but we will see a significant rise in the number of premature hearing-loss cases among youth entering their middle age a decade or two from now."

Speaking at the Hear Talk Foundation Ear Caring Day ceremony at Tsim Sha Tsui's Kowloon Park Piazza yesterday, Luk warned that more than half of secondary school students are not taking steps to protect their hearing. Luk said people are assaulted by urban noise pollution daily, but using loud music to drown it out could lead to irreparable damage.

With roadside traffic at 70 decibels, an MTR ride at 80 and construction noise at 90, people wearing conventional earphones have to crank their music up to over 100 decibels to drown out the racket, well beyond a healthy tolerance of 80, Luk said.

According to an ongoing survey on the auditory health of Hong Kong's secondary school population, less than a quarter of about 4,000 respondents use silicon or noise-canceling earphones capable of shielding external noise. Given the 83 percent MP3 use rate among the students surveyed, the problem is only going to get bigger. Last year 1.67 million MP3 devices were sold, compared with 740,000 in 2003 and 370,000 in 1998, Luk said.

Hearing-loss symptoms emerge around the age of 25, Luk said, emphasizing that teenagers should take steps today to protect their hearing. According to the foundation, of the 34.2 percent of seniors suffering from hearing loss, one-fifth also suffer depression, twice the number of elderly with normal hearing.

Ear, nose and throat specialist Peter Tang Shu-on said the onset of tinnitus - a ringing in the ears or a high-pitch buzz after moving from a loud to quiet area - are symptoms of hearing damage.

He said people experiencing phantom noises should leave loud areas immediately or risk permanent damage.

A recent survey by the foundation of five secondary schools found 70 percent of respondents regularly set their music volume to maximum to override ambient noise. Experts suggest users limit themselves to 60 percent volume capacity for a maximum of 60 minutes at a time.

But the warnings seem to be falling on deaf ears: this year's survey found 23 percent plugged in 20 hours or more a week, while 15 percent of that group were wired for music for over 50 hours a week.

Questions:

1. What are the symptoms of hearing damage? How do we protect our ears when we are listening to MP3s?

2. To protect everyone, what can we do to reduce noise pollution in HK? Please address the following two aspects in your answer: at school and in public.

Article 4:

Internet safety: Safe surfing tips for teens

How could we exist without the Internet? That's how most of us keep in touch with friends, find homework support, research a cool place to visit, or find out the latest news. But besides the millions of sites to visit and things to do, the Internet offers lots of ways to waste time — and even get into trouble. And just as in the non-cyber world, some people you encounter online might try to take advantage of you — financially or physically.

You've probably heard stories about people who get into trouble in chat rooms. Because users can easily remain anonymous, chat rooms often attract people who are interested in more than just chatting. They'll sometimes ask visitors for information about themselves, their families, or where they live — information that shouldn't be given away.

Usually, the people who request personal information like home addresses, phone numbers, and email addresses use this information to fill mailboxes and answering machines with advertisements. In some cases, though, predators may use this information to begin illegal or indecent relationships or to harm a person's or family's well-being.

Of course, the Internet is home to millions of places you can and should visit. Like an infinite library, the Web can take you to the ends of the earth with the information it contains.

You can use it to do research for school, find out what movie is playing near you (and whether people like it), check out a college you're thinking about, or find a job or volunteer opportunity. Almost anything you can think of has a website (or a thousand of them) about it. And it's not just websites — blogs, videos, and downloadable games await to connect you with other users and players.

The key is to protect yourself while online.

Smart Surfing

First rule of smart surfing? Remain as anonymous as possible. That means keeping all private information private. Here are some examples of private information that you should never give out on the Internet:

full name	home address	phone number
passwords	names of family members	credit card numbers

Most credible people and companies will never ask for this type of information online. So if someone does, it's a red flag that they may be up to no good.

Think carefully before you create an email address or screen name. Web experts recommend that you use a combination of letters and numbers in both — and that you don't identify whether you're male or female.

In chat rooms, use a nickname that's different from your screen name. That way, if you ever find yourself in a conversation that makes you uncomfortable, you can exit without having to worry that someone knows your screen name and can track you down via email. Some people who hang out with their friends online set up private chat rooms where only they and the people they invite can enter to chat.

Experts recommend that people keep online friendships in the virtual world. Meeting online friends face to face carries more risks than other types of friendships because it's so easy for people to pretend to be something they're not when you can't see them or talk in person.

If you ever get involved in a chat room conversation that makes you feel uncomfortable or in danger for any reason, exit and tell a parent or other adult right away so they can report the incident. You can also report it to the website of the National Center for Missing and Exploited Children — they have a form for reporting this type of incident called CyberTipline. They will then see that the info is forwarded to law enforcement officials for investigation.

With all the problems you can face online, is it worth it? For most people, the answer is definitely yes. You just need to know where the pitfalls are, use some common sense and caution, and you'll be in control.

Reviewed by: Neil Izenberg, MD

Date reviewed: August 2006

Questions:

1. Please state other potential risks and dangers for Internet users.

Chapter 4: Social Services

Article 1:

Why volunteer?

Susan J. Ellis

Benefits of Volunteering

People volunteer for a wide variety of reasons, especially wanting to help others. But it's also OK to want some benefits for yourself from volunteering.

Some people are uncomfortable with the notion that a volunteer "benefits" from doing volunteer work. There is a long tradition of seeing volunteering as a form of charity, based on altruism and selflessness. The best volunteering does involve the desire to serve others, but this does not exclude other motivations, as well.

Instead of considering volunteering as something you do for people who are not as fortunate as yourself, begin to think of it as an exchange. Consider that most people find themselves in need at some point in their lives. So today you may be the person with the ability to help, but tomorrow you may be the recipient of someone else's volunteer effort. Even now you might be on both sides of the service cycle: maybe you are a tutor for someone who can't read, while last month the volunteer ambulance corps rushed you to the emergency room. Volunteering also includes "self-help". So if you are active in your neighborhood crime watch, your home is protected while you protect your neighbors' homes, too. Adding your effort to the work of others makes everyone's lives better.

Questions:

1. The best volunteering involves _____, but this does not exclude other motivations as well.
2. Instead of considering volunteering as something you do for people who are not as fortunate as yourself, we can consider volunteering as _____.
3. Why do we say that volunteering is an exchange?

4. Have you joined any volunteer service before? What did you think of the experience?
If not, do you think you will participate in volunteering some day?

Reference: <http://www.charityguide.org/volunteer/motivation/why-volunteer.htm>

Article 2:

Blood donation

Why is it so important that I give blood?

Many people consider it a right to receive blood when needed, but don't often consider the responsibility of giving blood to maintain the community supply for others. To meet patient need, the Red Cross must collect over 6 million blood donations each year.

For our family, our friends, and for strangers in need, we must share blood resources. We need more donors, and we need donors to give blood more often. If half the people who donate one time a year were to donate a second time, we would not have shortages of blood.

Why do blood shortages occasionally happen?

Medical advances have improved the treatment of serious illness and injury. These advances have increased the need for blood products to support a patient through recovery. Also, "baby boomers", who make up the majority of blood donors, are aging. As they grow older, fewer are eligible to give blood, yet more of them need blood as their health declines.

Why is there a special need for type O blood?

Type O negative blood is called the "universal blood type" because it can be transfused to people of all blood types. Type O positive can be given to anyone with a positive Rh factor.

In an emergency, a person may need blood to survive. If their blood type is not known, type O negative blood is given to them. When emergency situations such as car accidents or shootings occur, type O negative blood inventories can be used up quickly. In addition, infants who require transfusions immediately after birth often need type O negative blood. The Red Cross especially needs to provide an adequate supply of type O negative blood to treat emergencies in the community.

Does the Red Cross pay donors?

No. All Red Cross blood donors are voluntary, non-remunerated donors. They donate primarily because it makes them feel good to help save lives.

Does the Red Cross sell blood?

No. The Red Cross serves as a conduit between a volunteer blood donor and a patient who needs blood to survive a personal disaster.

There is never a fee for blood itself. The Red Cross charges its hospital customers and processing fee to recover expenses incurred in recruiting and educating donors, keep accurate donor records, collecting, testing, processing and distributing blood. Hospitals charge patients for handling, storing, and transfusing blood or blood components. These charges help to offset the costs of making blood transfusions as safe as possible and are usually covered by health insurance.

How will my blood be used?

Blood is almost never used in its whole form. Most patients requiring transfusions only need one or two of the many components that make up blood. It would be wasteful and sometimes harmful to give the patient blood components they do not need.

More than 99% of the whole blood collected in the region is separated into blood components that can be used to treat the specific medical needs of three or more people. Below are some of the products derived from whole blood:

Red blood cells carry oxygen and are needed by surgical patients or to treat those with anemia. Red blood cells can also be washed and filtered to prevent adverse reactions in some sensitive patients. Sometimes rare blood cell types are frozen to extend their storage period and help ensure that an adequate supply is always available.

Platelet concentrates are fragile blood cells that are an important part of the body's clotting system. They are used to control bleeding in the course of treatment of leukemia and other forms of cancer.

Plasma is the yellow liquid portion of blood. It restores fluid volume in patients who have suffered from shock and provides a source of clotting proteins that stop bleeding.

Questions:

1. Many people consider it a right to receive blood when needed. Where does the blood come from?

2. "Baby boomers", who make up the majority of blood donors, are aging. As they—the “babies” —grow older, fewer are eligible to give blood, yet more of them need blood as their health declines. This leads to _____.

3. Why is there a special need for type O blood?

4. Does the Red Cross pay donors? Yes/ No

5. Does the Red Cross sell blood? Yes/ No

6. How will one's blood be used?

Reference:

http://www.wcredcross.org/bloodmobile/qa_whydontateblood.html

Chapter 5: Careers and Studies

Article 1:

Interview Preparation

What should I wear?

Generally, it's a good idea to wear a suit for a job interview. Go with something simple, in a neutral tone. The more conservative your field is, the more conservative your suit should be. For example, if you're applying for a job in an investment firm, go with a navy blue or dark gray suit.

What if my interview is for a job in a more casual setting?

It's a good idea to match your interview attire to the prospective job. If you are applying for a job working on a warehouse floor, you will look out of place wearing a formal suit. Keeping that in mind, dress a little better than you would for a day at work and make sure your clothes are neat and clean.

Do I have to buy a new suit?

As long as your suit is in good condition and not outdated, you don't have to buy a new one. If you do decide to purchase a new suit, buy the best one you can afford and make sure you don't get anything too trendy. You want your investment to last.

What shoes should I wear? Must I buy new shoes?

In all instances, wear closed-toe shoes. Sandals are never appropriate for a job interview, unless you are applying for a job as a lifeguard. Black shoes match everything (yes, even your navy blue suit). Stick with a conservative style. Women should not wear very high heels. No. Shoes you've already worn are fine, unless they are in bad condition or out of style. A little shoe polish may be in order here.

What about my nails?

Your nails should be clean. A man's nails should be kept short and a woman's nails shouldn't be excessively long and should be bare or polished in a neutral color.

I love wearing jewelry. Can I wear it for the interview?

Modest jewelry is fine, but don't wear large earrings or a thick chain.

What about makeup? How much is okay?

Don't paint on the makeup. Keep it simple and use neutral colors.

What should I carry with me -- a purse, a briefcase, a backpack?

By all means, leave the backpack at home. You want to look professional, not like you're taking a stroll across campus. A woman can carry a small to medium sized handbag. A man or woman can carry a briefcase if he or she wishes, or a folder or portfolio.

Questions:

1. Why do you think it is important to dress conservatively when attending job interviews?

2. Do you agree with the recommendations in the article? Why or why not?

Article 2:

Writing Resume

Putting together a resume is very serious business. Often it is the first impression you will make on a prospective employer. Hopefully, after looking over your resume, the employer will grant you the opportunity to make a second impression.

When putting together your resume, evaluate the needs of the employer and then determine how you can fill those needs. If you have access to a computer (which you do if you are reading this article) and a quality printer, you can design a targeted resume for every job for which you apply. If you have to mass produce your resume, you will have to do a little guesswork to come up with one that will impress everyone.

Choosing a Resume Format

Next you must determine what type of resume format to use. There are three basic types: chronological, functional, and a combination of the two. The following sections will explain what each of these types are and when to choose one type over another.

Chronological Resume

The chronological resume is probably the one with which most people are familiar. On it, work experience is listed in reverse chronological order (most recent job first). The period of time during which you were employed is listed first, followed by the name of the employer and then the employer's location. A description for each job is also included. Following work history is a section on education. If you are trying to show career growth, a chronological resume may be the way to go. If your most recent job is store manager, while the one before that is department manager, and the one before that is sales clerk, you can show a history of promotion. However, if your work history has been spotty or if it has been stagnant you shouldn't use a chronological resume. If you are changing careers, a chronological resume is not for you either.

Functional Resume

A functional resume categorizes skills by function, emphasizing your abilities. This is useful if you are changing careers and want to show how you can transfer your skills. As stated previously, it is important to show prospective employers what you can offer them. A functional resume does just that. A functional job objective is given first, followed by several paragraphs, each discussing a different job function. Examples of functions are: Supervision and Management, Accounting, and Writing and Editing. Begin with the one

you want to emphasize most. If you are customizing your resume for different employers, you can change your functional job objective as well as the order in which you list the functions. However, if you don't list your previous jobs, the person reviewing your resume may be suspicious.

Combination Resume

A combination resume is exactly what it sounds like — it combines a functional resume with a chronological one. An objective is listed at the top, after your name and address, of course. Following that are paragraphs describing job functions. A section titled "Employment Experience" comes next. That is where the chronological part of the resume comes in. List employers and dates in this section. Do not offer further descriptions here as you have already described your abilities in the functional part of this resume. This is a useful format if you are changing careers but have a solid employment history. I also find it useful if your job duties on a single job were very diverse and you want to stress your various abilities. If you spent a long time at one job but moved up through the company, you might want to use a combination resume.

Questions:

1. What are the three most common types of resumes? How are they different from each other?

2. How would you decide which resume to use?

Article 3:

10 Things to do before interview

Intern for Experience

Interning is an excellent way to gain valuable experience and to get your foot in the door with an ad agency. You will make key contacts you can use to get a job but you may not need them right away if the agency offers you a permanent full-time position when your internship is complete.

You want to make sure you get the most out of your internship. Don't be a wallflower. This is your time to help others, learn the business and get your hands on anything the agency will let you help with.

Create Samples to Show to Potential Employers

Writing or design samples are crucial if you want a job as a copywriter or graphic designer. But if you're just starting out, chances are you don't have anything to show a potential employer. Speculative ads, better known as SPEC ADS, are just what you need to show your ability to do the job. SPEC ADS give you instant writing samples you can use to show a potential employer your writing voice or your design style.

Prepare Your Portfolio

When you're called for an interview, you need to be prepared. Put those SPEC ADS or other samples of your work in your portfolio before the phone rings.

Getting your portfolio ready ahead of time means you're ready to go even if the potential employer needs to meet with you within the next hour because he's getting on a plane to Tahiti at 4 p.m. And if you've researched your potential employer's needs beforehand, you can change your portfolio to adapt to the company's specific needs to make you really stand out from the large pile of resumes sitting on the desk.

Land the Interview

Now that you've decided what type of advertising career interests you the most, you're ready to line up those interviews. Be realistic. Be persistent. Be honest. These are the basics to follow when looking for a job but there are other ways to increase your chances of being noticed when you apply for the position so you can be sure to land the interview.

Go Get That Job

Now that you've made it to this step, you're more prepared than most people who want a career in advertising. There are a number of opportunities out there for you so go get that job in advertising.

Questions:

1. In the paragraph “Intern for experience,” what does “Don’ t be a wallflower” mean?

2. In the paragraph “Land the Interview,” what does “Be realistic. Be persistent. Be honest” mean with respect to the paragraph’ s point?

Article 4:

Time Management

Use these time management techniques consistently and you'll have more time, accomplish more, and feel better.

Time Management Technique #1: Prioritize.

The other part of the myth that we all can and should do it all is that everything is equally important. It's not. Just look at your daily calendar on any given day. Is picking up the dry cleaning really as important as that meeting with a client? No. So if you have to choose between them, it's easy to decide to leave the day cleaning pickup for another day.

Don't just rush from task to task throughout the day. Review the list of what you have to do that day at the day's start and then pick out the things that you 'must do' that day. (Try to keep these 'must-dos' to three or less for starters.) Then focus on getting those things done. At the end of the day, you'll have a feeling of accomplishment, no matter what else got messed up or went wrong.

Time Management Technique #2: Learn to say "Yes" and "No".

The inability to say "No" is the cause of an incredible amount of misunderstanding and frustration. Instead of saying "No," people say "Maybe" or "I might be able to do that" or "I'll see", creating the expectation that they will do whatever it is on the part of the listener and the pressure on themselves to do it. Then when they don't do it, the person they said "Maybe" to instead of "No" is disappointed/annoyed/hurt.

Time Management Technique #3: Unplug.

So recognize this and 'unplug' yourself when appropriate. And make yourself the manager of your technology rather than being managed by it. Do not read every piece of email as soon as it comes in, for example, or feel that you have to personally answer every phone call. Don't let incoming texts or Twitters interrupt you when you're working. Set aside particular times of day to read or listen and respond to email and phone calls.

Time Management Technique #4: Take time off.

So incorporate time off into your schedule. When you take time off, whether it's an afternoon or a weekend or a week, you return to your work refreshed and more productive, able to accomplish so much more in the amount of time available.

Time Management Techniques Equals More Time?

No. You won't physically magically get more hours in a day when you put these time management principles into action. But you will be able to more effectively manage the time you have. And in terms of what you get done and how you feel, that will make all the difference.

Questions:

1. Which of the time management techniques listed in the article are you already strong in? Why?

2. Which of the time management techniques listed in the article do you need improvement in? Why?

Article 5:

Motivation

Motivation is a spur to action. It's what prevents us from lolling around on couches all day like large lazy house cats.

Some of us do that anyway or mope around because, we say, our motivation is low. Motivation does wax and wane. You might be all fired up about a project one week only to find that you can barely go through the motions the next. But to perform, you need to keep your motivation at a certain level and to perform at your best, you need to keep your motivation up.

Nothing works as well for motivation as a jolt of adrenalin. We all have built-in instincts that "instantly" motivate us. For example, if you encounter a bear on a path, you are instantly motivated to run.

However, most of us are not dealing with threats to survival or other instant motivators on a daily basis and need to find other sources of motivation. The problem is that personal motivation is largely idiosyncratic. What motivates one person to perform extremely well will leave another cold.

And motivation can be internal or external. Deadlines are an example of external motivation. The fear of losing a contract or of not finishing a job you started is an example of internal motivation. Both internal and external motivation can be equally powerful.

The old advice about "knowing thyself" is the best advice when it comes to motivation. Over time you'll learn what motivation works best for you. You might also try some of these suggestions for Maintaining Your Motivation from Kelley Robertson.

Questions:

1. Are people's motivations the same for everyone?

2. Are you a motivated student? Why or why not?

Article 6:

Strategic Plan for Students

Strategic plans are tools that many organizations use to keep themselves successful and on track. A strategic plan is a roadmap for success.

1. Create a Mission Statement – You need to decide ahead of time what you’ d like to accomplish, then write a paragraph to define this goal. This statement can be a little vague, but that’s only because you need to think big at the beginning stage. (You’ ll see that you should go into detail a little later.) The statement should spell out an overall target that would enable you to reach your highest potential.

Your statement should be personalized: it should fit your individual personality as well as your special dreams for the future. As you craft a mission statement, consider how you are special and different, and think about how you can tap in to your special talents and strengths to achieve your target. You might even come up with a motto.

2. Select the Goals - Goals are general statements that identify some benchmarks you’ ll need to accomplish in order to meet your mission. Most likely you will need to address some possible stumbling blocks you may face on your journey. As in business, you need to recognize any weaknesses and create a defensive strategy in addition to your offensive strategy.

3. Plan Strategies for Reaching Every Goal – Take a good look at the goals you’ ve developed and come up with specifics for reaching them. If one of your goals is dedicating two hours a night to homework, a strategy for reaching that goal is to decide what else might interfere with that and plan around it.

Be real when you examine your routine and your plans. For instance, if you are addicted to American Idol or So You Think You Can Dance, make plans to record your show(s) and also to keep others from spoiling the outcomes for you.

4. Create Objectives - Objectives are clear and measurable goals, as opposed to goals that are essential but indistinct. They are specific "objects," tools, numbers, and things that provide concrete evidence of success. If you do these, you’ ll know you’ re on track. If you don’ t carry out your objectives, you can bet you’ re not reaching your goals. You can kid yourself about many things in your strategic plan, but not objectives. That’ s why

they' re important.

5. Evaluate Your Progress – It's not easy to write a good strategic plan on your first try. This is actually a skill that some organizations find difficult. Every strategic plan should have in place a system for an occasional reality check. If you find, halfway through the year, that you are not meeting goals; or if you discover a few weeks into your "mission" that your objectives aren' t helping you to get where you need to be, it may be time to re-visit your strategic plan and hone it.

Source: www.about.com

Questions:

1. What are your post-secondary and career goals?

2. Name one goal that you had set for yourself in the past and state how you were able to achieve it.

Other

Article 1:

5 Ideas for Better Sleep

A recent study shows that about 1 in 4 teens has trouble sleeping. Lack of sleep can affect everything from our emotions to how well we focus on tasks like driving. It can affect sports performance, increase our chances of getting sick, and may be linked to weight gain in some people.

How can we get the sleep we need? Here are some ideas:

1. Be active during the day. You've probably noticed how much running around little kids do — and how soundly they sleep. Take a tip from a toddler and get at least 60 minutes of exercise a day. Physical activity can decrease stress and help people feel more relaxed. Just don't work out too close to bedtime because exercise can wake you up before it slows you down.
2. Avoid alcohol and drugs. Lots of people think that alcohol or drugs will make them relaxed and drowsy, but that's not the case. Drugs and alcohol disrupt sleep, increasing a person's chance of waking up in the middle of the night.
3. Say goodnight to electronics. Experts recommend using the bedroom for sleep only. If you can't make your bedroom a tech-free zone, at least shut everything down an hour or more before lights out. Nothing says, "Wake up, something's going on!" like the buzz of a text or the ping of an IM.
4. Keep a sleep routine. Going to bed at the same time every night helps the body expect sleep. Creating a set bedtime routine can enhance this relaxation effect. So unwind every night by reading, listening to music, spending time with a pet, writing in a journal, or doing anything else that relaxes you.
5. Expect a good night's sleep. Stress can trigger insomnia, so the more you agonize about not sleeping, the greater the risk you'll lie awake staring at the ceiling. Instead of worrying that you won't sleep, remind yourself that you can. Say, "Tonight, I will sleep well" several times during the day. It can also help to practice breathing exercises or gentle yoga poses before bed.

Everyone has a sleepless night once in a while. But if you regularly have trouble sleeping and you think it's affecting your mood or performance, talk to your doctor.

Reviewed by: Mary L. Gavin, MD

Date reviewed: May 2009 www.kidshealth.org

Questions:

1. Which one of the above ideas is best for you? Please explain.

Article 2:

Laughter Therapy Takes Off in South Korea

Solemnity and Confucian Tradition Give Way to Giggling Sessions for the Sick

abc NEWS JOOHEE CHO

SEOUL, Korea,

March 7, 2008

An hour of weekly laughter was good enough for Jung-Oak Lee, 64, to fight off depression that coincided with two years of chemotherapy to treat her colon cancer. Every Friday afternoon, she travels almost two hours to join about 100 other cancer patients and families in a packed hallway of Seoul National University Hospital, one of Korea's largest, to learn how to guffaw.

"It was awkward at first. Yes, smiling is a good thing, but you know, I'm a little conservative. I sometimes still think laughing out loud is a bit low class," she said.

In a country of Confucian tradition where solemnity is considered noble and jocularly the opposite, Koreans are usually taught to keep their emotions inward.

As the old Korean saying goes, men are not to cry more than thrice in their lifetime -- at birth, at loss of sovereignty of his country and at parent's death. And for a household to prosper, women's laughter should not be heard outside the fence of her home.

"The social culture is changing now, though. Laughing is considered positive, but many people still don't know how to let it out," said Lim-Sun Lee, a nurse and laughter therapist leading the session. "But all it takes is four sessions. After that, they start cracking up." The hour long session is a mixture of dancing, lectures, sharing jokes and show-and-tell confessions. "Today, we're going to learn the penguin dance," Lee shouts, "so waddle around and stomp your feet to the music!" Mimicking and giggling, the groups of all ages from a 6-year-old to senior citizens wave their arms.

Most cancer patients have some period of mental depression and laughing has a significant therapeutic value, according to Lee. Studies have shown that effects of laughter on the body start with blood vessels expanding, which stimulates circulation. After laughing, blood sugar levels drop and the action helps promote comfortable sleep. It also boosts the level of

PHOTO: Laughter Therapy



serotonin that provides calming actions in the brain and body, and the level of dopamine linked with feelings of happiness and pleasure.

Questions

1. Why does the Korean woman need to undergo laughter therapy?

2. From your point of view, what are the advantages of laughing and being optimistic?

Article 3:

MTR may cut fines for swearing, other offences on trains

Tuesday, January 13th 2009, CITY3| CITY| South China Morning Post

Fines for using foul and offensive language on MTR trains will be reduced if proposed changes to the railway's bylaws are approved.

The MTR Corporation has refused to abolish the offence altogether, despite lobbying from lawmakers. The railway has sought to assure the public that people would not be detained for swearing in private conversations, but only if their language was offending fellow passengers - which is very difficult to detect.

Under the proposed changes, tabled yesterday before the Legislative Council's railways subcommittee, the fine for abusive language, even in a private conversation, will fall from HK\$5,000 to HK\$2,000.

Independent lawmaker Albert Chan Wai-yip said, however, that a "remote chance" of being caught is not an excuse to retain an unreasonable regulation. "This is not about how many people were caught or how much they were fined; it is against the principle - the use of abusive language is not an offence in the bigger world."

He said the rule was particularly ridiculous as the MTR had decided to exempt mobile phones from a bylaw regulating other nuisances, such as playing radios or musical instruments, on trains.

The rail operator, which absorbed the Kowloon-Canton Railway Corporation network last year, said it preferred to keep two sets of bylaws due to the two systems' different operating environments and needs. But lawmakers worry that the different bylaws will confuse passengers.

The MTR will also extend the time it keeps lost property, from one month to at least three months. The provision on authorised crossing of the tracks would also be deleted because it was unnecessary.

An exemption would be provided for "wrongfully entering or leaving the trains" during accidents or emergencies. The MTR has decided to maintain its restrictions on posting bills

and unauthorised advertising displays, to ensure the smooth movement of passengers.

Penalties for breaking some bylaws will be amended under a proposed new system, in which 15 penalties will be increased, 16 reduced and four removed. A six-month imprisonment penalty for hawking in trains will be cancelled but the HK\$5,000 fine will be retained. The three-month jail penalty for posting bills will be dropped.

The Transport and Housing Bureau said the changes were reasonable. "The administration agrees that the MTRCL [MTR Corporation Limited] has taken a systematic approach in the review and all the concerns raised by the subcommittee on specific provisions have also been addressed," it said. The MTR will seek lawmakers' views before drafting the amendments and tabling them to the legislature for approval.

Questions:

1. Please list three changes under the proposed changes to the MTR Corporation's bylaws.

2. Have you ever broken an MTR rule? What is your opinion about this proposed new system?

Article 4:

Survey for Expedia finds French tourists are worst in world, tight-fisted, arrogant

By Reuters

Thursday, July 9th 2009, Daily News (Business Travel)

French tourists are the worst in the world, coming across as bad at foreign languages, tight-fisted and arrogant, according to a survey of 4,500 hotel owners across the world.

They finish in last place in the survey carried out for internet travel agency [Expedia](#) by polling company TNS Infratest, which said French holidaymakers don't speak local languages and are seen as impolite.

"It's mainly the fact that they speak little or no English when they're abroad, and they don't speak much of the local language," Expedia Marketing Director Timothee de Roux told radio station [France Info](#).

"The French don't go abroad very much. We're lucky enough to have a country which is magnificent in terms of its landscape and culture," he said, adding that 90 per cent of French people did their traveling at home.

"So when they're on holiday they can be a bit stressed, they're not used to things, and this can lead them to be demanding in a way which could be seen as a certain arrogance."

French tourists are also accused of generally spending less than other nationalities when abroad.

De Roux said the French, not accustomed to leaving large tips at home where a service charge is automatically levied on restaurant bills, can seem "tight-fisted" compared with other nationalities.

The Japanese ranked top of the Best Tourist survey, with the British and the Germans judged the best of the Europeans.

But French tourists received some consolation for their poor performance, finishing third after the Italians and British for dress sense while on holiday.

Questions

1. Why do so many people think French tourists are the worst in the world? Do you agree? Why or why not?

2. Have you traveled out of Hong Kong before? If so, based on your own experiences, do you think you are a good tourist? Please state your reason(s).
