

StartUp 4
Reading

Unit1 – Lesson4
Page12



Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.


Teach the form of the word. Then ask some concept checking questions.
LAST
FINANCE REPORT
ACCOUNT
REPORT
DASHBOARD
INCOME
OUT GOING
DASHBOARD > INCOME
TOTAL INCOME
37.91%
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Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



POSSESSION

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



JOY


Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.

Teach the form of the word. Then ask some concept checking questions.



EAT OUT



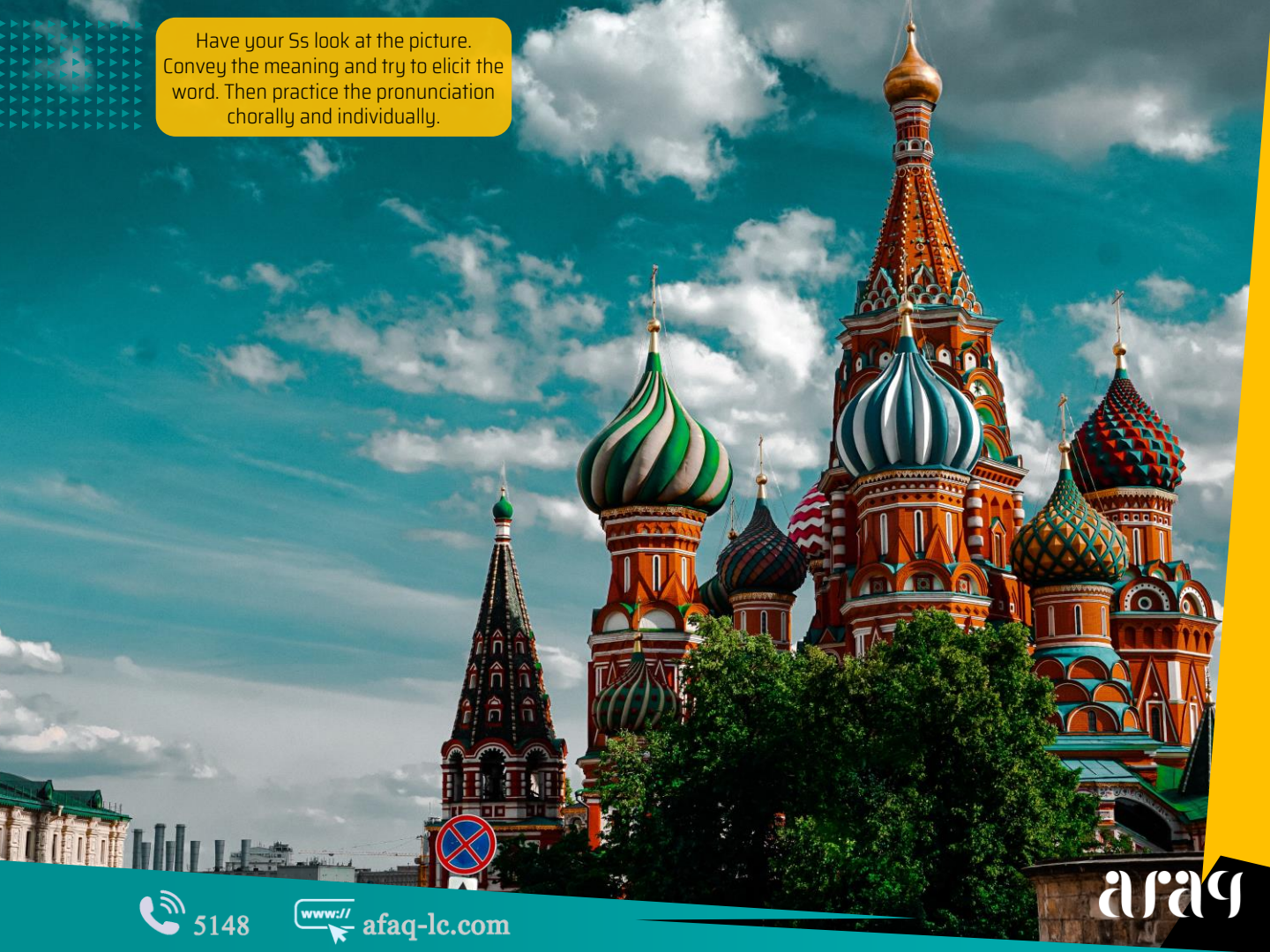
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Teach the form of the word. Then ask some concept checking questions.



TEMPORARY

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.

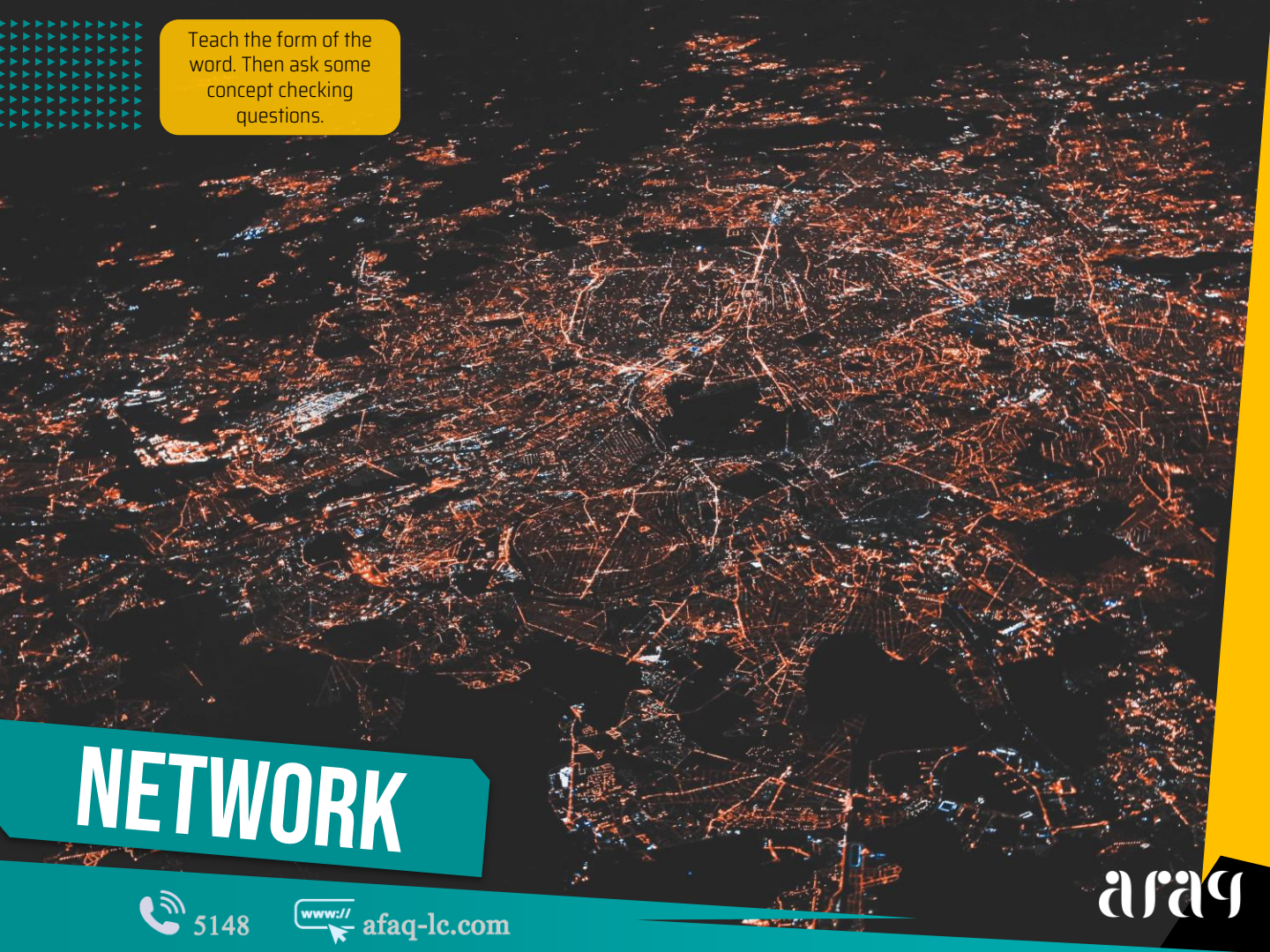


SIGNIFICANT

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



NETWORK

Have your Ss look at the picture. Convey the meaning and try to elicit the word. Then practice the pronunciation chorally and individually.



Teach the form of the word. Then ask some concept checking questions.



IMMEDIATE

USE THE WORDS TO FILL IN THE BLANKS.

network	eat out	joy	significant	last	immediate	temporary	possession

1. Dana's sunglasses didn't _____ long, they broke after two days.
2. Helping others is a _____ part of Matteo's life. He reads to children at the library every Saturday.
3. His _____ of friends helped Tom when he broke his leg. They brought him dinner every night for a month.
4. I hate to cook so I always _____ on the weekends.
5. Pete's new job was only _____, it was just for one month.
6. Kara felt better that day. She took the medicine and it brought her _____ relief from pain.
7. The bracelet my mother gave me is my most important _____.
8. Hana smiled with _____ as everyone began to sing "Happy Birthday!"

Have your students make sentences about each picture using the words they have learned. Focus on accuracy.

A PREVIEW Read the title and look at the photo. Why do you think the people are happy?

ARE YOUR CHOICES MAKING YOU HAPPY?



LISTEN TO THE AUDIO CAREFULLY.

1-19

What is the article mainly about?



Have your Ss listen to the audio and answer the question. Check the answers in class.

READING SKILL Find the main idea

The main idea has two parts: (1) the topic and (2) the point that the writer wants to make about that topic. When you read, ask yourself: "What is this text about?" and then, "What point is the writer making about this topic?"

1. Which phrase best describes the topic of the article?
   a. the relationship between choices and stress
   b. the relationship between choices and happiness
   c. the relationship between happiness and experiences
2. What point is the writer making about this topic?
   a. Experiences can bring long-lasting pleasure.
   b. People should not buy possessions.
   c. Being happy can help you stay healthy.

Have your Ss scan the text to answer the questions. Check the answers in class.

Certainly, we've all felt pleasure when we buy something new. However, research shows that these good feelings don't actually last very long. For over two decades, Dr. Thomas Gilovich, a psychology professor at Cornell University, has studied the connection between happiness and the choices we make. His studies included over 1,200 people living in the U.S. ranging in ages from 21 to 69. According to Gilovich, it is experiences, and not possessions, that make people the happiest. People report the most joy when they participate in interesting activities. They feel happy when they go to concerts, eat out, learn a new skill, or enjoy a hobby.

When we buy something like a new phone, we gain a physical object that we can enjoy for a long time. Experiences are temporary and leave us with nothing but a memory. So why do they make us happier? Gilovich suggests that our new possessions make us happy at first. But we soon begin to take them for granted, or we just get tired of them when they become old. With experiences that make us happy, the opposite is true. After the experience is over, the memory of it continues to bring pleasure. In fact, we tend to remember events more positively as time passes.

These kinds of experiences also lead to more happiness because we usually share them with other people. We organize events with our friends, and enjoying these experiences together builds a sense of community. And these connections to other people make us happy. In fact, research shows that there is a significant connection between friendships and happiness. People with a good network of close friends and family members are generally happier and more successful in life.

Finally, leisure activities help you relax and reduce stress. Participants in one study reported feeling less stress and greater happiness after enjoying a hobby. Not only did the activities make the people feel better, but they also brought immediate and lasting health benefits. Many participants experienced a lower heart rate and reduced blood pressure. This calming effect lasted for hours. Over time, reducing stress can lower the risk of heart disease, weight gain, and depression. According to these studies, the health benefits of experiences are both emotional and physical.



B DETAILS Check (✓) the ideas that are true based on the reading.

- ☐ 1. Pleasure from possessions ends quickly.
- ☐ 2. Experiences are often social.
- ☐ 3. Experiences are less expensive than possessions.
- ☐ 4. People who have experiences are less likely to get sick.
- ☐ 5. Experiences are good for physical health.
- ☐ 6. Possessions can't make people happy.
- ☐ 7. Experiences with others often lead to more happiness.
- ☐ 8. Experiences are good for mental health.
- ☐ 9. The number of possessions people buy is increasing.
- ☐ 10. Pleasure from experiences lasts.

READ THE ARTICLE. CIRCLE THE CORRECT ANSWERS.

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Have Ss identify the correct meaning. Go over the answer as a class.



C FOCUS ON LANGUAGE Reread lines 8–15 in the article. Think about the phrases *take them for granted* and *sense of community*. Circle the correct answers.

1. The expression *take them for granted* means ___.
   a. to get used to something and think about it less
   b. to stop using something
   c. to take a long time using something
2. The expression *sense of community* means ___.
   a. a wish to stay together
   b. a feeling that you are part of a larger group
   c. a place where people can gather

WHAT WAS THE ARTICLE ABOUT? RETELL THE MOST IMPORTANT IDEAS. USE YOUR OWN WORDS.

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Have your Ss tell the summary of the text in breakout rooms.


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Which do you get more pleasure from, possessions, or experiences?
Give examples and say why.
Have your Ss answer the questions in the breakout rooms.
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READ THE SCRIPT AND UNDERLINE ANY NEW WORDS YOU DO NOT KNOW.

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AS HOMEWORK USE A DICTIONARY TO LOOK UP THE WORDS AND LEARN THEM.