Vocabulary Preview

1. smart phone  **E**  A. to say something may be true or good
2. in a time ____  B. a person who studies something
3. people of all ages ____  C. a feeling of trust in your own ability
4. recently ____  D. not a long time ago
5. researcher ____  E. a cell phone that can take pictures, and go on-line
6. suggest (v.) ____  F. many years ago
7. improve (v.) ____  G. people of many different ages
8. self-confidence ____  H. to make something become better

Use the above words to complete the sentences. Use plural forms and past tense when necessary.

1. I want to **improve** my English grammar. I want to make it better.
2. My grandfather lived ______________ before the Internet.
3. John ______________ travelled to Mexico. He just returned last week.
4. Last week, my teacher ______________ that I should study harder.
5. I don’t think I can find a new **job**. I don’t have any ______________.
6. A family TV show is good for ______________.
7. I need more money to buy a new ______________.
8. When I finish college, I want to get a job as a ______________.

Choose any two of the above words and write your own sentences.

1. ______________________________________________________
2. ______________________________________________________
I never take selfies (pictures of myself). I don’t know why. Maybe it’s because I grew up in a time before there were smart phones. Many people, however, love to take selfies. Last week, for example, my seven-year-old son asked to use my phone to take his first selfie. Of course, many people of all ages like to take selfies, not just kids, and maybe this is a good thing. Recently, researchers from the University of California suggested that selfies may be a good way to make yourself feel good. They say that selfies can improve your happiness and your self-confidence. There is a problem with the study, however: it was a study of only 41 college students. Researchers should study many more people (maybe hundreds more) so they can really be sure that selfies are good for you.
Selfies May Be Good For You

Complete the paragraph by circling the correct words.

I never take selfies (pictures of myself). I (2) ____ know why. Maybe it’s because I (3) ____ up in a time before there were smart phones. Many people, however, (4) ____ take selfies. Last week, for example, my seven-year-old son asked to use my phone to take his first selfie. Of course, (5) ____ people of all ages like to take selfies, not just kids, and maybe (6) ____ is a good thing. Recently, researchers from the University of California suggested that selfies may be a good way to make (7) ____ feel good. (8) ____ say that selfies can improve your happiness (9) ____ your self-confidence. There (10) ____ a problem with the study, however: it (11) ____ study of only 41 college students. Researchers should study many more people (maybe hundreds more) so they can (12) ____ be sure that selfies are good for you.

1. (A) take  (B) takes  (C) taking
2. (A) not  (B) don’t  (C) am not
3. (A) grew  (B) grow  (C) growing
4. (A) are loving  (B) love  (C) love to
5. (A) must  (B) much  (C) many
6. (A) this  (B) there  (C) them
7. (A) yours  (B) yourself  (C) your
8. (A) Their  (B) They  (C) There
9. (A) and  (B) so  (C) but
10. (A) are  (B) be  (C) is
11. (A) were a  (B) was a  (C) a
12. (A) unreal  (B) real  (C) really
READING: Selfies May Be Good For You

How Much Do You Understand?

• According to the article, write ‘T’ (True) or ‘F’ (False) next to each statement.

1. _____ The writer of the article says she doesn’t know how to take a selfie.
2. _____ The writer grew up in a time when there were no telephones.
3. _____ Her son took a selfie last week.
4. _____ Selfies may help people to become happier.
5. _____ Researchers studied students.
6. _____ Researchers studied hundreds of people.

Discuss

• Discuss the following questions with your classmates.

1. Do you believe that selfies can make you happier and more self-confident?
   Why? / Why not?
2. Why do so many people like to take selfies?
3. What are some bad things about taking selfies?

Write

• Choose one of the above discussion questions. Write a short paragraph to answer it.
# Reading Lesson

## Topics: Emotions / Health / Telephone

### Lesson ‘Selfies May Be Good For You’

**Grammar Focus**
Mixed (includes Past Simple)

**Vocabulary**

- **139 words**
  - **A1 words-78% / A2 words-12% / B1 words-5% / B2 words-1%**
  - **AWL Words in this text:** researchers

**Level**
Elementary – Pre-Intermediate (CEFR A2)

### ANSWER KEY Page 1

**Vocabulary**

1. E  
   1. improve
2. F  
   2. in a time
3. G  
   3. recently
4. D  
   4. suggested
5. B  
   5. self-confidence
6. A  
   6. people of all ages
7. H  
   7. smart phone
8. C  
   8. researcher

### ANSWER KEY Page 3

**Grammar (Article)**

1. A  
   7. B
2. B  
   8. B
3. A  
   9. A
4. C  
   10. C
5. C  
   11. B
6. A  
   12. C

### ANSWER KEY Page 4

**How Much Do You Understand?**

1. F (She doesn’t say this.)
2. F (She grew up in a time when there were no smart phones.)
3. T
4. T
5. T
6. F (Researchers studied only 41 people.)

### Article Sources:

- [http://www.huffingtonpost.com/entry/selfies-make-you-happier_us_57bb46fe4b0b51733a4f0e0?section=&section=us_healthy-living](http://www.huffingtonpost.com/entry/selfies-make-you-happier_us_57bb46fe4b0b51733a4f0e0?section=&section=us_healthy-living)
- [http://www.huffingtonpost.com/2014/12/05/health-effects-of-technol_n_6263120.html](http://www.huffingtonpost.com/2014/12/05/health-effects-of-technol_n_6263120.html)

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