

UNIT 1

Complete the sentences with the correct words.

financial	poverty	provide	secure	standard of living
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1. Many people feel _____ when they keep their doors locked.
2. Parents try to _____ food, shelter, love, and security to their children.
3. People with higher paying jobs usually have a higher _____.
4. People living in _____ often have trouble getting enough food to eat.
5. It is a good idea to keep records of your _____ information, such as the wages you have earned and the bills you have paid.

Match the words with the definitions.

- | | | |
|--------------|---|---|
| 6. volunteer | ● | ● a. (n) a group of people living in the same area |
| 7. long-term | ● | ● b. (adj) lasting for a long period of time |
| 8. community | ● | ● c. (n) the way you feel at a particular moment |
| 9. mood | ● | ● d. (v) to follow and observe the progress of someone or something |
| 10. track | ● | ● e. (v) to work for an organization without being paid |

Choose the correct expression to complete each sentence.

11. Katarina _____ by baking and selling cakes.
 - a. increases in the cost of living
 - b. makes a living
 - c. do for a living

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12. Marcella loves working as a snorkeling instructor. She gets to spend every day at her favorite place—the beach. She is _____.
 - a. a high standard of living
 - b. the rising cost of living
 - c. living the dream

13. Sweden offers an excellent quality of life, but this comes with a relatively high _____, especially in major cities like Stockholm.
 - a. cost of living
 - b. living the dream
 - c. make a living

Choose the correct answers.

14. Which sentence uses “access” as a noun?
 - a. We weren’t able to access the company’s web page.
 - b. Some people don’t have access to computers or the internet.

15. Which sentence uses “support” as a verb?
 - a. My sister and I always support each other during difficult times.
 - b. Some of the students receive extra support from the teacher outside of the classroom.

16. Which sentence uses “boost” as a noun?
 - a. Some people get an extra boost in the morning by going out for a run.
 - b. Most scientists agree that exercise can boost your mood as well as your health.

Read the passage.

Is There a Recipe for Happiness?

- A** What makes us happy? According to world surveys, Singapore and Mexico are two happy countries—but their people may be happy for different reasons.
- B** There are more than 8,000 people per square kilometer in the small nation of Singapore. People on the island work very long hours. The country has strict laws against smoking, littering, and even jaywalking. However, Singapore regularly ranks as one of the happiest countries in Asia. Why?
- C** One reason is that the government provides basic necessities, such as housing and healthcare. There is almost no extreme poverty in Singapore. The government “tops up” poorer people’s incomes and offers tax

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breaks to people who look after their aging parents. The result is closely connected families with roughly equal standards of living.

- D** People may not be happy about all the laws, but they are generally happy with the results—they breathe clean air, and the streets are clean and safe. As sociologist Dr. Tan Ern Ser explains, “People like freedom, but they also like stability and security. All societies are trying to find that happy medium, and [Singapore] has done a pretty decent job at it.”
- E** In many ways, Mexico is the opposite of Singapore. In some parts of Mexico, people do not have a safe or secure life. Many people do not have jobs, enough food, or access to education. But most people in Mexico feel that they are happy. Why?
- F** One reason is social interaction. According to psychologists, much of our happiness comes from feeling that we are part of a larger community. People in Mexico socialize with family and friends a lot, and this adds to their happiness.
- G** But what about poverty? In Mexico, about half of the population is poor. However, most Mexicans live near people in a similar financial situation. If your neighbor doesn’t have expensive items, you probably don’t feel the need to have those things either. So money, by itself, may not be as important as how much money you have compared to the people around you.
- H** So the question “What makes people happy?” does not have a simple answer. Security, safety, freedom, and socializing all play important roles. As the examples of Singapore and Mexico suggest, there may be no single recipe for happiness. Each of us must find our own.

Choose the correct answers.

17. What is the main idea of the passage?
- Governments should follow the model of Singapore and Mexico to keep their people happier.
 - There are various explanations for why people in different places are happy.
 - The most basic ingredient for happiness is having friends and family close by.
18. Which statement is true about Singapore based on the passage?
- It is small and crowded.
 - Many people live in poverty.
 - There is a lot of personal freedom.
19. In paragraph **D**, what does Dr. Tan Ern Ser mean when he says that “All societies are trying to find that happy medium”?
- Most people are doing a decent job of improving their lives.
 - Most people feel better when the air and streets are clean.
 - Most people want a balance of freedom and security.

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20. Which statement is true about Mexico based on the passage?
- a. Most people live near others who have a similar amount of money.
 - b. The laws are strict, so most people have safety and security.
 - c. The government provides most people with access to jobs and education.
21. In paragraph H, what does the word *recipe* mean?
- a. instructions for preparing a certain type of food
 - b. a combination of factors that lead to a result
 - c. advice from a doctor on how to be healthy

Read the passage.**Is Laughter the Best Medicine?**

- A** For many years, people have believed that laughter improves health. Famous comedian Charlie Chaplin thought that laughing helped with pain. Scientists now think that Chaplin may have been right. Laughter can lower stress, help your heart, and improve your ability to fight illnesses. It also makes you feel happier!
- B** When a person laughs, their body releases natural pain-killers called endorphins from the brain. In one study, scientists tested people by putting their arms in frozen ice packs. Laughter made a big difference in how long the people could cope with the pain. Norman Cousins, a 20th century American journalist, believed that laughter helps people endure pain. In 1964, Cousins developed a serious muscle disease. He used comic movies to laugh often. This helped him control his pain and he lived until 1990.
- C** When someone is stressed, the body releases a chemical called cortisol, which affects the body badly. Laughing lowers cortisol levels and reduces stress. Laughing also helps blood move around your body. This helps muscles to relax. Finding something funny also helps people manage problems. Problems may seem smaller when you can laugh about them! A big laugh also brings oxygen (O₂) into the body, so the heart and lungs work better. In short, laughing helps people feel better and calmer.
- D** The body benefits from laughter in other ways, too. A good, strong laugh can increase the number of cells that fight illnesses. Also, laughter causes more positive thoughts. Some scientists believe positive thoughts may boost healing.
- E** Not all scientists are happy with the research that has been done on laughter. Some critics argue that research has depended too much on people's personal descriptions of their feelings. This is not the most scientific way of studying a subject. More lab research is needed that actually measures the effects of laughter on the body.
- F** Many questions still haven't been answered. For example, is there a difference in the body when a person laughs in a social group, experiencing a funny moment together, to laughing alone? There is also the matter of basic personality differences. Do people with greater senses of humor benefit more from laughing than

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more serious individuals? Clearly, there is a need for more research, but in the meantime, it seems that we can all benefit from laughing loud and often.

Choose *True* or *False*.

22. The main idea of this text is that scientists are not really sure how laughter makes people feel better.
- True
 - False
23. The body releases endorphins when it is stressed.
- True
 - False
24. Some scientists think that positive thoughts help the body heal illnesses.
- True
 - False
25. Some scientists think that research on laughter needs improvement.
- True
 - False
26. Scientists have found that it is more effective to laugh in groups than to laugh alone.
- True
 - False

Choose the correct answers.

27. What is the main idea of paragraph **A**?
- Laughter can make people feel happier.
 - Charlie Chaplin believed laughter could help with pain.
 - The belief that laughter improves health may be true.
28. What is the main idea of paragraph **C**?
- Laughter can help people relax in several ways.
 - Problems seem smaller when we laugh.
 - Cortisol has bad effects on the body.

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Complete each sentence with the simple present tense of the verb in parentheses.

29. Maria and her coworkers _____ (**not / take**) work home with them at night.
30. Ron _____ (**support**) his elderly parents.
31. I _____ (**do**) yoga to relax and feel happier.
32. El Salvador _____ (**be**) a small country in Central America.
33. Our city _____ (**have**) a very low crime rate.
34. Bhutan _____ (**not / allow**) many tourists to enter the country.

Read each topic sentence. Decide if it is strong, weak because it is too general, or weak because it is too specific. Choose the correct answer.

35. This is a paragraph about happiness according to Buddhist tradition.

Topic sentence: One of the major teachings of Buddhism is that we can only find true happiness when we let go of our desire to have material objects and instead try to achieve peace within ourselves.

- a. strong
- b. weak: too general
- c. weak: too specific

36. This paragraph discusses how physical activity can contribute to happiness.

Topic sentence: Participating in regular physical activity not only promotes physical health but also plays a significant role in improving happiness and well-being.

- a. strong
- b. weak: too general
- c. weak: too specific

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37. This paragraph argues that finding a sense of purpose contributes to feelings of personal happiness.

Topic sentence: Having goals is important.

- a. strong
- b. weak: too general
- c. weak: too specific

38. This is a paragraph about meditation in an essay about different ways to be happy.

Topic sentence: Including meditation in your daily routine is another way that you can reduce stress and increase happiness and well-being.

- a. strong
- b. weak: too general
- c. weak: too specific

39. This paragraph is about the importance of balancing personal life and work for happiness.

Topic sentence: Studies in some countries have shown that adopting a work week of 35 hours or less improves work-life balance and contributes to greater happiness and well-being.

- a. strong
- b. weak: too general
- c. weak: too specific

Read each paragraph. Choose the best topic sentence.

40. _____ Instead of measuring the country's success by its products, the government focuses on people's happiness. It promotes Gross National Happiness (GNH) over Gross Domestic Product (GDP). Despite this, Bhutan is not counted among the happiest countries in the world. Several factors contribute to this. People face challenges related to climate change, employment, and healthcare. Nevertheless, Bhutan's focus on well-being is an important part of who they are as a country.

- a. Bhutan is a small, happy country in the Himalayan mountains of Asia.
- b. Bhutan, a small country in the Himalayas, advertises itself as "the happiness capital of the world"—although it still has some work to do.

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41. _____ Firstly, he believed that happiness is not about being rich or famous. Instead, it's about being happy with what we have and living a peaceful life. Secondly, he believed in focusing on the present moment and finding joy in small pleasures. Finally, he thought that close friendships are important for well-being. People still read Epicurus's writings for advice about living a happy life.

- a. Epicurus was born in 341 B.C. on the Greek island of Samos.
- b. Epicurus was an ancient Greek philosopher with many interesting ideas about happiness.

42. _____ Sometimes we have to deal with a difficult situation, like having a broken bike. When we figure out how to fix it, we learn something and become better problem solvers. We are more able to face future challenges. Doing something hard also brings a sense of achievement. For instance, finishing a huge project makes us feel proud and relieved. Overcoming challenges helps us handle tough times and enjoy life more.

- a. Learning to cope with challenges is important for becoming stronger and happier.
- b. Challenges are an important part of life.

43. _____ Firstly, hobbies help us relax. For instance, many people find gardening pleasant and peaceful. Secondly, hobbies provide a sense of achievement. For example, when you learn a new language, you may feel proud when your speaking skills improve. Lastly, hobbies offer a chance to socialize. Group activities like sports offer a chance to meet people with common interests and make new friends. Hobbies improve our lives in so many ways!

- a. Trying a new hobby can bring happiness and satisfaction into our lives.
- b. Hobbies can help boost our skills, which contributes to happiness.

44. _____ First of all, sunny days contribute to good feelings. For example, many people enjoy being in the sun's warm light. Sunshine also increases chemicals in the body that boost our mood. On the other hand, dark and rainy days often cause sad feelings and low energy in people. Studies have shown that using bright lights indoors can help us fight these sad feelings and improve our mood.

- a. Sunlight is important for a number of reasons.
- b. The amount of light we are exposed to can affect how happy we feel.

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You are going to write a paragraph on one of the following topics.

45. **Discuss your experiences with one of these two topics.**

Topic 1: Describe your idea of what happiness is. Write about three things that bring you joy or boost your well-being, and explain how or why.

Topic 2: Your friend is feeling stressed and unhealthy. Explain three things that your friend could do to feel better and improve their health.

A. OUTLINE Plan an outline for your paragraph.

Include a strong topic sentence that expresses the main idea.

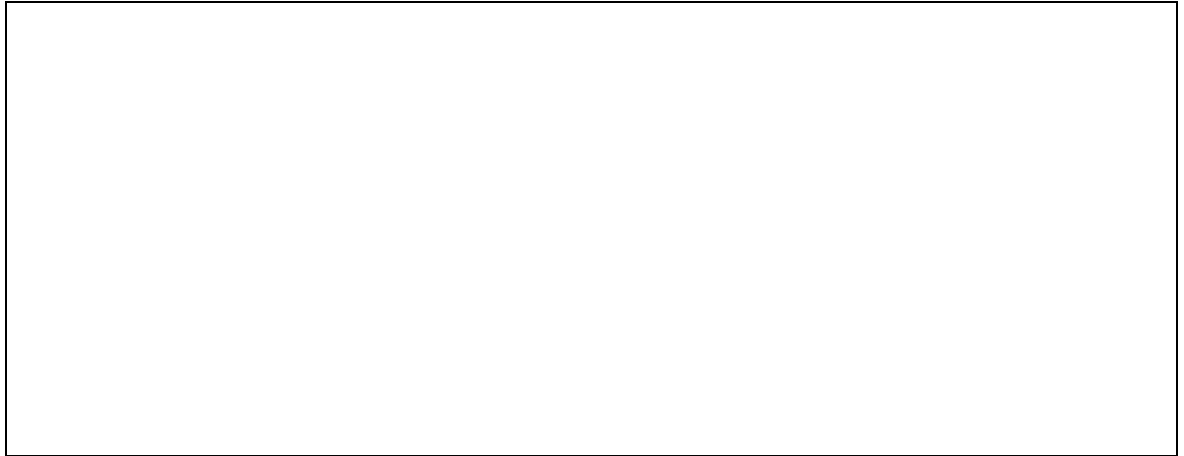
Add three ideas to support your main idea, and give details about each supporting idea.

B. Think of some words and phrases you can use in your paragraph. Write them in the box.

The words and phrases below can be useful when writing about happiness.

- | | |
|--------------------|---------------------|
| • <i>factor</i> | • <i>mood</i> |
| • <i>socialize</i> | • <i>well-being</i> |
| • <i>grateful</i> | |

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- C. Write your paragraph based on your outline. Use the model to help you. Remember to use the language you wrote down.**

Model:

To me, happiness is a general feeling of well-being and peace. I am a mostly happy person because I can cope with difficult situations and find joy in life. How do I do it? First of all, I look for moments of joy every day, especially if I'm feeling sad. Sometimes I go outside and watch birds. Other times, I bake cookies or visit my favorite aunt. Joy, social connection, and laughter make my problems seem less important. Secondly, I stay active. Going for a run helps me forget about work stress. It also helps me relax. After a run, I'm able to focus better, so I do better work. Finally, I keep a diary. In it, I write down something I am grateful for every day. Even if things seem bad, I find something to be grateful for. It could be something small, like "I'm grateful for my coffee today." This helps me to remember that life is good, and there is always something to feel happy about.



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(12 points)