**2. NOTE-TAKING SKILL Taking notes in a T-chart**

|  |  |
| --- | --- |
| **Main Ideas** | **Details** |
| * Greeting friends * Meeting people in classes * Meeting with professors * Meeting people outside of class | * Say "Hi, how are you?" or "How's it going?" * Always get the name and email of another student in class * Email professors and set up an appointment to talk to them * Go places when you are invited and sit next to others in the cafeteria |

**4. VOCABULARY 1 PRACTICE**

1. creative
2. difficulty
3. confused
4. research
5. mistake
6. avoid
7. positive
8. complex

**5. LISTENING SKILL Listening for main ideas and details**

|  |  |
| --- | --- |
| ﻿Main Ideas | ﻿Details |
| * Some sports hurt your brain. * There are some ways sports help your brain. | * If you play football or soccer, you will hit your head. * You may get very angry or very sad. * Boys who play sports on a team are happier. * Kids who play on a team follow directions better. |

**7. VOCABULARY 2 PRACTICE**

|  |  |
| --- | --- |
| 1. difficult | tough |
| 2. used for talking about a particular thing or person | certain |
| 3. to make something bigger or more | increase |
| 4. to stop living | die |
| 5. unhappy or worried | upset |
| 6. thinking good things will happen | optimistic |
| 7. two or more things joined together | combination |

**8. CRITICAL THINKING VIDEO Providing support for a suggestion**

1. a good reason for the suggestion
2. why to follow the suggestion.
3. true or correct.
4. I heard that eating fish helps memory and focus.
5. What other information can I give?
6. Blueberries help you concentrate.
7. I started exercising, and now I feel a lot better.
8. You will feel better.

**9. LISTENING COMPREHENSION Sports and the brain**

1. False
2. True
3. True
4. True
5. False
6. False
7. True
8. True

**10.VOCABULARY SKILL Words in context**

1. hurts
2. positive thing
3. related to the brain
4. what it looks like; its form
5. what you remember
6. a kind of scientist

**11. GRAMMAR (1) Should and shouldn't**

1.  Children shouldn't play football because it can hurt their brains.

2.  People should do puzzles to keep their brains active.

3.  You should eat fruits and vegetables for brain health.

4.  I shouldn't sit at my desk for a long time.

5.  People shouldn't eat a lot of sugar.

6.  If you want to think clearly in the morning, you should go to bed early.

7.  When people get older, they should exercise often.

8.  I shouldn't use my computer before bed because it keeps me awake.

**12. GRAMMAR (2) It's + adjective + infinitive**

1. it's important to eat healthy food .

2. it's not healthy to sleep only four hours a night .

3. it's common to forget some things .

4. it's not common to forget your mother's name .

5. it's not safe to walk home alone .

6. it's not fun to lose a game .

**13. PRONUNCIATION The schwa sound/ed/**

1. bot-tom
2. com-mand
3. ho-nest
4. po-lite
5. con-fuse
6. ges-ture
7. ap-prove
8. care-ful

**14. SPEAKING SKILL Presenting information from notes**

|  |  |
| --- | --- |
| **﻿Preparation** | **﻿Presentation** |
| * Speak in front of a mirror. * Make small notecards. * Write key words and phrases. * Practice. | * Look at the audience. * Make eye contact throughout. * Look briefly at your notes and then back at the audience. |

**17. TRACK YOUR SUCCESS Vocabulary review**

|  |  |  |
| --- | --- | --- |
| **Nouns** | **﻿Verbs** | **﻿Adjectives** |
| * combination * difficulty * mistake | * avoid * die * increase | * complex * confused * positive * tough * upset * certain * optimistic * creative |