

The way we are

A Who are you?

1 Put the letters in the correct order to make words for character traits.

- | | | | |
|---------------|--------------------------|-----------------|-------|
| 1. yoi al | _____ <i>loyal</i> _____ | 6. vci eptmiote | _____ |
| 2. cegreentl | _____ | 7. eatmlaignv | _____ |
| 3. aildtelisc | _____ | 8. nnddeei pnet | _____ |
| 4. allgioc | _____ | 9. rsueblleio | _____ |
| 5. duusoist | _____ | | |

2 Daisuke is going to meet Yumiko's family. Complete the conversation with words for character traits.

Daisuke: So, Yumiko, what is your family like?

Yumiko: Well, my parents are great. They're very _____ ¹ *loyal* _____. They always support me! My older sister is an artist. She's very _____ and has a lot of interesting ideas. ² She can also be very _____ ³ _____. She thinks her art is going to save the world!



Daisuke: That's funny! What's your younger sister like?

Yumiko: She's great, too, but we're very _____ ⁴ _____. I'm only a year older than she is. We both want to be the best player on our soccer team.

Daisuke: My brother and I are like that, too, especially with math. We're both _____ ⁵ _____ when we make decisions, too. But he's more _____ ⁶ _____ than I am. I don't spend very much time studying.

Yumiko: I know! Maybe that's why you're always so _____ ⁷ _____! I never have energy at school because I stay up so late studying.

Daisuke: Anyway, tell me about your brother. What's he like?

Yumiko: He's nice, but he's very _____ ⁸ _____. He's 21, and he doesn't do a lot with the family now. When he was younger, he was pretty _____ ⁹ _____ and didn't want to follow the rules.

3 Complete the sentences with *who* or *which*.

1. Danielle is the kind of person who likes to be with her family.
2. Her parents are people _____ are very energetic.
3. They took a vacation _____ was very adventurous.
4. Danielle has a brother _____ is pretty rebellious.
5. She has a sister _____ is sensitive and quiet.
6. Her sister has a job _____ is difficult.
7. She works in an office _____ is often busy.
8. Danielle has a lot of friends _____ enjoy coming to her house.

4 Rewrite the sentences about Lea and Omar. Change *that* to *who* or *which*.

1. Lea and Omar have a house that is near the ocean.
Lea and Omar have a house which is near the ocean.
2. Lea is someone that loves the ocean.

3. But Omar is the kind of person that doesn't like the water.

4. They have a boat that he never uses.

5. Omar is a person that likes to play golf.

6. Lea and Omar are people that don't always do things together.



5 Read the text and look at the underlined pronouns. Cross out the pronouns that are optional.

My friend Paul is a person who other students want to work with. He has personality traits that people like. For example, he's the kind of student that usually knows the answers to the teacher's questions, and he's someone who always finishes his work. He's also a person who doesn't mind helping his classmates with their work.

Outside of class, Paul is a person who is a good friend. People say he's a friend that they can talk to. Paul is also the kind of person who is interested in a lot of things. He's a great musician. The instrument that he plays best is the guitar, but he plays the piano, too. He's the kind of musician that I want to be!

6 Check (✓) TWO phrases that can complete each sentence.



- | | |
|---|---|
| 1. Burak has imaginative ideas . . . | 4. T5mart is a new cell phone . . . |
| <input checked="" type="checkbox"/> that are hard to understand. | <input type="checkbox"/> that I have to have. |
| <input checked="" type="checkbox"/> which are useful for his job. | <input type="checkbox"/> has a small camera. |
| <input type="checkbox"/> who is also logical. | <input type="checkbox"/> people are buying. |
| 2. My parents are energetic people . . . | 5. Chicago is a city . . . |
| <input type="checkbox"/> that like adventure. | <input type="checkbox"/> people travel to for fun. |
| <input type="checkbox"/> are idealistic. | <input type="checkbox"/> that gets a lot of snow. |
| <input type="checkbox"/> who do many interesting things. | <input type="checkbox"/> who is very windy. |
| 3. Penelope is a person . . . | 6. I have a lot of friends . . . |
| <input type="checkbox"/> teachers like. | <input type="checkbox"/> who are loyal. |
| <input type="checkbox"/> is my best friend. | <input type="checkbox"/> want to be musicians. |
| <input type="checkbox"/> who sings really well. | <input type="checkbox"/> that like to be independent. |

7 Complete the sentences with your own ideas. Use *who*, *which*, or *that*.

Example: I like cities that are exciting . or I like cities which are small and quiet .

1. I like cities _____ .
2. I dislike people _____ .
3. I want a job _____ .
4. A loyal person is someone _____ .

B**Sorry, but can I ask something?**

Complete the conversation with the correct words.



Paulo: Listen to this. This article says your favorite color says a lot about your personality.

Amelia: Really? What does it say?

Paulo: Well, first tell me your favorite color.

Amelia: It's yellow.

Paulo: OK, it says you are idealistic. It also says . . .

Amelia: *Sorry* _____, but c_____ I ask s_____?

Paulo: Y_____, of c_____.

Amelia: What does it mean by idealistic?

Paulo: You know, you're determined to make good things happen.

Amelia: Oh, OK. What else does it say?

Paulo: It says you are good at making plans, but you're often not energetic enough to do them. And it says . . .

Amelia: B_____ you g_____ on, could I a_____ something?

Paulo: OK. S_____.

Amelia: What magazine is this from? It sounds kind of crazy.

Paulo: It's a psychology magazine. Let me tell you more. It says . . .

Amelia: I'm sorry, b_____ could I ask o_____ t_____?

Paulo: You mean, one more thing? Sure. G_____ a_____.

Amelia: What's the name of the magazine?

Paulo: *Modern Psychology*. OK, now let me finish. It says you are logical and you like to know the facts. Now, doesn't that sound like you?

Amelia: Well, yes, but . . .

C

Wishing for change

- 1 Label each picture with a sentence made from the correct phrase from the box.

balance work and play
be more organized

find time to relax
lead a healthier lifestyle

live within a budget
✓ manage time better



1. He needs to manage time better.



2. _____



3. _____



4. _____



5. _____



6. _____

2 Answer the questions with your own information.

Example: I try to do something fun for an hour every day after work.

1. How do you balance work and play?

2. Do you manage your time well? How could you manage your time better?

3. Do you usually live within your budget? How could you save more money?

4. Do you find time to relax during the week? What's your favorite way to relax?

5. Are you more organized at work or at home? What could you do to be more organized?

6. Do you lead a healthy lifestyle? What could you do to be healthier?

3 Match each situation with the correct wish.



1. I can't find anything in my office! f

2. I can't go to the concert with you. _____

3. I'm really thirsty. _____

4. I never feel like exercising. _____

5. I don't understand how this puzzle works. _____

6. I really like music. _____

7. I only got 34% on my history test. _____

8. I got so angry when we lost the soccer game. _____

a. I wish I didn't have plans on Friday.

b. I wish I were more energetic.

c. I wish I weren't so competitive.

d. I wish I had a glass of water.

e. I wish I could take it again.

f. I wish I could be more organized.

g. I wish I could play an instrument.

h. I wish I were more logical.

4 Circle the correct word to complete each wish.

Top Ten Wishes

What do you wish for? We took a survey and here are the top results. Have you ever said any of these things?

1. "I wish I travel / could travel around the world."
2. "I wish I had / have a new car."
3. "I wish I were / am rich."
4. "I wish I not have / didn't have to work."
5. "I wish I weren't / were so stressed."
6. "I wish I can see / could see my future."
7. "I wish I live / lived within a budget."
8. "I wish I could lost / could lose weight."
9. "I wish I were / are healthier."
10. "I wish I didn't spend / don't spend so much money."

5 Read the sentences. Write wishes with the opposite information.

1. I'm not imaginative. I wish I were imaginative.
2. My sister is extremely talkative. I wish my sister weren't
3. My travel budget is small. _____
4. I'm not studious. _____
5. My soccer team isn't competitive. _____
6. I'm always busy on weekends. _____

6 Read the sentences. Write complete sentences with your own information.

Example: I wish I could read fast.

1. Write two things you wish you could do.

2. Write two things you wish you had.

3. Write two personality traits you wish you had or didn't have.

D

Alternative therapies

- 1 Read the text. What is the name of the job for a person who uses music to help people?



Music Heals

Music therapy is using music to help people with a variety of problems. For example, it can help people with communication and speech problems speak better. It can help people with memory problems remember things from their past. Music therapy can also help people manage stress and be more relaxed. It can even make people with bad pain feel better.

In music therapy, a music therapist works with one person alone or with small groups. The therapist meets with the person and does tests to find out what the problem is and what the person can do with music. Then the therapist decides what kind of music therapy to use. Some people sing, and others might compose music, but a person doesn't need to know about music to be helped by music therapy. There are options such as listening to music and dancing to music. Research shows that these activities are good for the body and for the mind.

Homes that take care of elderly people often have music therapy programs. The programs help the elderly be more energetic and also help with memory problems. Some hospitals have music therapy for patients who are in a lot of pain. Music can affect a part of the brain that reduces pain.



Trevor Gibbons is one example of a person who was helped by music therapy. In 2000, he was putting in windows on the fourth floor of a building when he fell. He was in the hospital for over a year. He was in a lot of pain, and he couldn't talk. He went from the hospital to a rehabilitation center that has a music therapy program, and a music therapist worked with him for several years. He could sing more easily than he could talk. Trevor says that music also helped him manage loneliness, sadness, and pain after he was hurt. Music and the music therapist inspired him, and he has written and sung many songs. He has even recorded CDs and performed at Lincoln Center in New York.

- 2 Read the text again. Then write T (true), F (false), or NI (no information).

1. Music therapy can help people with many different problems. T
2. You do not have to be good at music to benefit from music therapy.
3. Music therapy is only for very old people.
4. Music therapy didn't help Trevor with his pain.
5. It took Trevor five years to get better.