

Reading

1 BEFORE YOU READ

PAIRS. Look at the picture. What is the man doing? How does he feel? Do you ever feel like that?



2 READ

CD1 T26

Listen. Read the letters in a newspaper advice column.

Dear Kate

Advice for Your Life



Dear Kate,

My husband and I both work. I work days and he works two jobs, days and evenings.

We have three kids (ages 8, 10, and 14). They need a lot of my time. They need me to help them with homework. I take them to school activities and sports events. And then there is all the housework! The cooking, the laundry, the cleaning, the shopping, the bills! I need to do a million things at the same time. Help! I can't do it all!

Tired Tania

Dear Tania,

You're right. You can't do it all. You're trying to do too much.

First, ask yourself, "What is most important?" You can't do everything. Only do the important things.

Second, get help. Ask your

children to help with the housework. They can do the dishes, take out the garbage, do the laundry, and do other chores. Ask your husband to help on the weekends.

Third, say no. You already have many responsibilities. When people ask you to do something extra, say, "I'm sorry, but I don't have the time right now."

Finally, take some time for yourself. Make sure you get a little time every day to do something you like. Watch a TV program, take a bath, or read a magazine. Take care of yourself first. Then you will have the energy to take care of others.

Kate

3 CHECK YOUR UNDERSTANDING

A Read Tania's letter to Kate. Then read the sentences. Circle *True* or *False*.

- | | | |
|---|------|-------|
| 1. Tania works two jobs. | True | False |
| 2. Tania is a student. | True | False |
| 3. Tania has three children. | True | False |
| 4. Tania takes care of her kids in the afternoon. | True | False |
| 5. Tania takes her children to school activities and sports events. | True | False |
| 6. Tania does a lot of housework. | True | False |

B Read Kate's letter to Tania. Check the advice she gives.

- Only do the things that are important.
- Ask other people for help.
- Go to bed earlier and get more sleep.
- Say, "no" when people try to give you more responsibilities.
- Make a schedule of your time.
- Take a little time each day for yourself.

C PAIRS. Student A, what is Tania's problem? Student B, what is Kate's advice? Explain in your own words.

D GROUPS OF 3. Do you agree with Kate's advice? Do you have any other advice for Tania?

Reading Skill:

Retelling Information

Retell means to say in your own words what you read or hear. The words are different, but the meaning is the same.

Show what you know!

PRE-WRITING. PAIRS. What are your family, school, and work responsibilities? Is Kate's advice helpful to you?

WRITE. Write a list of your responsibilities. See page 268.