

Happiness

ACADEMIC PATHWAYS

Lesson A: Identifying an author's main ideas
Guessing meaning from context

Lesson B: Understanding a classification text

Lesson C: Introduction to the paragraph
Writing a topic sentence



Think and Discuss

1. What does it mean to be happy?
2. Think of someone you know who seems happy.
How do you know he or she is happy?
Describe the person.

▲ A zebra butterfly brings joy to a young girl in Lincoln, Nebraska.

Exploring the Theme

Look at the information about two surveys and discuss the questions.

1. Where are the happiest places on Earth, according to the two surveys? How do the results compare?
2. Why do you think people from these countries are happy?
3. Imagine you want to find the happiest place in your country. What information would you look at? What questions would you ask?

World Happiness Survey ① Happy Hot Spots

The **World Database of Happiness** brings together scientific reports on happiness from 149 countries around the world. The researchers ask people to rate their enjoyment of life on a scale from 0 to 10. The top six happiest nations according to the survey (2000–2009) are listed below. The happiest Asian country, Singapore, is 37th in the list; Malawi (62nd) is Africa's happiest nation. The world's richest nation, the United States, placed 21st.

③

 **Iceland**

Rating 8.2

Pop.: 311,000
GDP pc: \$38,300
Avg. Life: 80.9 years

⑤

 **Finland**

Rating 7.9

Pop.: 5.3 million
GDP pc: \$35,400
Avg. Life: 79.27 years

②

 **Denmark**

Rating 8.3

Pop.: 5.5 million
GDP pc: \$36,600
Avg. Life: 78.63 years

⑥

 **Mexico**

Rating 7.9

Pop.: 113.7 million
GDP pc: \$13,900
Avg. Life: 76.47 years

①

 **Costa Rica**

Rating 8.5

Pop.: 4.6 million
GDP pc: \$11,300
Avg. Life: 77.72 years

④

 **Switzerland**

Rating 8.0

Pop.: 7.6 million
GDP pc: \$42,600
Avg. Life: 81.07 years



Pop.: Population; GDP pc: Gross Domestic Product per capita (the value of goods and services produced by a country, divided by the number of people); Avg. Life: Average life expectancy.

Source: <http://worlddatabaseofhappiness.eur.nl/>



World Happiness Survey ² **Happy Planet**

The **Happy Planet Index** was started in 2006 by the New Economics Foundation (NEF). It measures average personal happiness together with a country's average life expectancy and environmental impact. The highest-rated countries have happy, long-living people without harming the environment.

The top six countries in the 2009 Index are listed below. Other countries in the top 20 include Brazil (9th), Egypt (12th), Saudi Arabia (13th), the Philippines (14th), Argentina (15th), and China (20th).

- 1 Costa Rica 
- 2 Dominican Republic 
- 3 Jamaica 
- 4 Guatemala 
- 5 Vietnam 
- 6 Colombia 


Source: <http://www.happyplanetindex.org/>

▲ An elderly Vietnamese woman smiles for a photo. Vietnam was rated #5 in the 2009 **Happy Planet Index**, the highest-placed Asian nation in that survey.


A | Building Vocabulary. Find the words in **blue** in the reading passage on pages 5–6. Read the words around them and try to guess their meanings. Then write the correct word or phrase from the box to complete each sentence (1–10).

access basic necessities confident financial freedom
poverty provides secure socialize standard of living

1. When you _____, you spend time with other people for fun.
2. A country with a lot of _____ has a lot of people who don't have money.
3. If you have _____ to something, you can use it.
4. If you have complete _____, you can do anything you want to do.
5. If a government _____ jobs to people, it gives jobs to people.
6. If you have a high _____, you are very comfortable and wealthy.
7. If you discuss your _____ situation, you are talking about money.
8. If you are _____, you feel safe and are not worried about anything.
9. If you have the _____, you have a home and enough food to eat.
10. If you are _____ about something, you are sure about it.

 **B | Using Vocabulary.** Answer the questions. Share your ideas with a partner.

1. What do you think are the **basic necessities** in life, besides food and a home?
2. Do you feel **confident** about your future? Why, or why not?
3. Who do you **socialize** with?

 **C | Brainstorming.** List six things you think a person needs in order to be happy. Share your ideas with a partner.


- | | | |
|----------|----------|----------|
| 1. _____ | 3. _____ | 5. _____ |
| 2. _____ | 4. _____ | 6. _____ |

D | Predicting. Read the title and the subheads of the reading passage on pages 5–6. What do you think the reading passage is about?

- a. Different things make different people happy.
- b. Security is the most important thing for happiness.
- c. Everyone needs the same basic things to be happy.

Strategy

Read titles and subheads to predict what a passage is about. This will help you know what to expect as you read.

 **Word Link**

To increase your vocabulary, use a dictionary to find other forms of a word, e.g., (*adj.*) confident, (*n.*) confidence; (*adj.*) secure, (*n.*) security; (*n.*) freedom, (*adj.*) free; (*v.*) socialize, (*adj.*) social; (*adj.*) financial, (*n.*) finance.



▲ A happy street seller shows off his fruit selection at an open-air market in Singapore.



WHAT MAKES US HAPPY? Money? Friends? A good job? Are the answers the same for everyone? According to world surveys, Mexico and Singapore are two happy countries—but their people may be happy for different reasons.

A

Safety and Security

There are more than 19,000 people per square mile¹ in the small nation of Singapore. People on the island work an average of 70 hours per week. The country has strict laws, for example, against littering,² graffiti,³ and even for not flushing a toilet. But according to the World Database of Happiness, Singapore is the happiest country in Asia. Why?

B

One reason for Singapore’s happiness is that the government provides the basic necessities, such as jobs and housing. There is almost no poverty, and Singapore has one of the lowest levels of unemployment in the world. The government creates jobs for people who are unemployed. It “tops up”⁴ poorer people’s income so everyone can have a minimum standard of living. The government also offers tax breaks⁵ to people who look after their aging parents. This may be why 84 percent of older people live with their children. The result is a lot of closely connected families with roughly equal standards of living.

C

People may not all be happy about the laws, but they are generally happy with the results—they don’t step in litter, the public toilets work, and the streets are safe and clean. So for Singaporeans, it seems that living in a secure, clean, and safe place may be more important than having a lot of personal freedom. As Dr. Tan Ern Ser of Singapore’s Institute of Policy Studies explains, “If you are hopeful and confident of getting what you want in life, then you are happy.”

D

¹ A square mile = 2.59 square kilometers

² Littering is leaving garbage or trash lying around outside.

³ Graffiti is words or pictures that are written or drawn on walls or other public places.

⁴ If you top something up, you add to it to make it full.

⁵ If the government gives someone a tax break, it lowers the amount of tax they have to pay.



Friends and Neighbors

E In many ways, Mexico is the opposite of Singapore. There are some parts of Mexico where people do not have a safe or secure life. Many people do not have jobs, enough food, or **access** to education. But, as in Singapore, most people in Mexico feel that they are happy. Why?

One reason is the importance of socializing. According to psychologists, much of our happiness comes from remembering the small joys that happen throughout the day. Simple acts of socializing, such as talking with a neighbor or having dinner with friends, can greatly increase our overall happiness. People in Mexico **socialize** with family and friends a lot, and this adds to their happiness.

F



But what about poverty? In Mexico, about half of the population is poor. However, most

G

people in Mexico live near people in a similar **financial** situation. If your neighbor doesn't have expensive items, such as a big house or an expensive car, you don't feel the need to have those things. So money, by itself, may not be so important for happiness. What matters more is how much money you have compared to the people around you.

▲ About 60 percent of Mexico's population rates itself as "very happy"—about 24 percent more than Mexico's richer neighbor, the United States.

A Mixed Recipe?

H

So the question "What makes people happy?" does not seem to have a simple answer. Work, security, safety, freedom, and socializing with friends and family can all play important roles. As the examples of Singapore and Mexico suggest, there may be no single recipe for happiness. The good news is that we can each find our own.

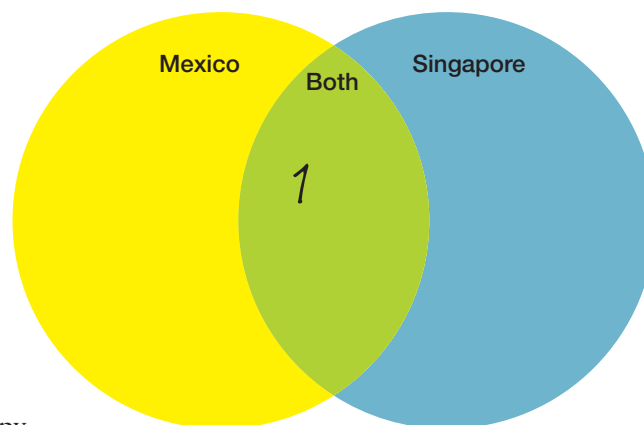
Adapted from *Thrive: Finding Happiness the Blue Zones Way* by Dan Buettner, 2010

UNDERSTANDING THE READING

A | Understanding the Gist. Look back at your answer for exercise **D** on p. 4.
Was your prediction correct?

B | Identifying Key Details. Match each statement (1–7) to the place it describes, according to the reading.

1. Most people here feel that they are happy.
2. Most people have equal standards of living.
3. The government provides the basic necessities.
4. Family is important to people.
5. People spend a lot of time with family.
6. People feel safe and secure.
7. Although many people are poor, most of them are happy.



C | Critical Thinking: Guessing Meaning from Context. Find and underline these **bold** words in the reading on page 5. Use context to identify their meaning. Then match the sentence halves to make definitions.

- | | |
|--|---|
| 1. ___ If you are strict , | a. you provide it to everyone. |
| 2. ___ If you are flushing something, | b. you take care of them and make sure they are well. |
| 3. ___ If you are unemployed , | c. you don't allow people to behave badly. |
| 4. ___ If you look after people, | d. you do not have a job. |
| 5. ___ If you make something public , | e. you are cleaning or emptying it with a fast flow of water. |

CT Focus

Use the context—the words around a word—to guess the meaning of a word you don't know. The context can also help you decide the word's part of speech, e.g., noun, verb, adjective, etc.

D | Critical Thinking: Analyzing. Discuss your answers to these questions with a partner.

1. Most people in Singapore have financial security and many people in Mexico do not. In what way is their financial situation similar?
2. According to the author, socializing can make people happy. What examples does he give? Do you agree with his view?

E | Personalizing. Complete the sentences with your own ideas.

1. I think (*safety and security / personal freedom / socializing*) is most important for happiness.
2. I usually socialize about _____ hours a week, and I (*work / study*) about _____ hours a week.
3. I think I would prefer to live in (*Singapore / Mexico*) because _____
_____.

Reading Skill: *Identifying the Main Idea*

The main idea of a paragraph is the most important idea, or the idea that the paragraph is about. A good paragraph has one main idea and one or more supporting ideas. Read the paragraph below and think about the main idea.

Researchers have found that the sunny weather in Mexico is one of the reasons that people there are happy. Mexico has many hours of sunlight, so people in Mexico get a lot of vitamin D. Vitamin D is important for overall health and well-being. Also, studies show that when people tan, they make more endorphins—chemicals in our bodies that make us feel happy.

Which of these statements is the main idea of the paragraph?

- a. People in Mexico are happy because they get a lot of vitamin D.
- b. Tanning makes us create more endorphins, which make us feel happy.
- c. Mexico gets a lot of sun, which may make people there happier.

The last sentence is the main idea. The other two sentences are supporting ideas that explain the main idea.

A | Matching. Look back at the reading on pages 5–6. Match each main idea below to a paragraph from the reading (**A–H**).

- _____ 1. One reason that people are happy is the government takes care of them financially.
- _____ 2. Socializing is important because it can contribute a lot to happiness.
- _____ 3. You do not need to have a lot of money to be happy.
- _____ 4. There are different answers to the question “What makes people happy?”



track 1-02

B | Identifying the Main Idea. Read the information about Denmark. Then write the main idea of the paragraph.

It’s hard to be happy when you’re unhealthy. According to the World Database of Happiness, Denmark is the second happiest country in the world, and most Danes are fit. They have a lower rate of obesity than many of their European neighbors. Danish cities are designed so it’s easy to walk or bike from one place to another. With a 30-minute walk, you can go from the city of Copenhagen to the ocean, where you can sail or swim, or to the woods, where you can hike. Everyone has easy access to recreation.

Main Idea: _____



Roads in Copenhagen have a special lane just for cyclists. ▲

CT Focus


Use context to guess the meaning of new words. What do *fit*, *obesity*, and *recreation* mean?



Longevity Leaders

▲ Not many people live to be 100 years old or older. But there are some places in the world where people—such as this Sardinian farmer—live very long, healthy lives.

Before Viewing

 **A** | **Guessing Meaning from Context.** You will hear the words and phrases in **bold** in the video. Discuss the meaning of each one with a partner. Write definitions for the words and phrases.

1. Some countries have a lot of **centenarians**. These people live to be 100 years old or older.
2. Dan Buettner wanted to learn the secret of **longevity**. He wanted to know why people in some countries live a very long time.
3. Some young people eat a lot of **processed foods**, such as frozen pizza and soft drinks. These kinds of food often aren't good for you. Natural foods are usually healthier.
4. Many older people have a **traditional lifestyle**. They do things the same way that people have done for a long time.
5. Some older people spend time with friends, exercise, and play games. They like to stay **active**.

 **B** | **Brainstorming.** What kinds of things do you think centenarians do to stay healthy?

eat well


While Viewing

A | Watch the video about places where people live a long time. Does it mention any of the things that you listed in exercise **B** above? Circle any items that are mentioned.

B | As you view the video, think about the answers to these questions.

1. How many people are alive in the world now? How many will there be by the middle of the century?
2. Why are there more elderly people now than there were before?
3. What kinds of traditional lifestyles are disappearing? Why? What will happen if they continue to disappear?

After Viewing

 **A** | Discuss answers to the questions 1–3 above with a partner.

B | **Critical Thinking: Synthesizing.** What do the centenarians in the video and the people in Singapore and Mexico have in common?

A | Building Vocabulary. Find the words or forms of the words in **bold** in the reading passage on pages 12–13. Look at the words around the bold words to guess their meanings. Then circle the best definition (**a** or **b**) of each word.

1. A **researcher** who studies happiness might ask people what kinds of things make them happy.
 - a. someone who studies something and tries to discover facts about it
 - b. someone who teaches subjects such as science and math in school
2. A person's **long-term** goals can include going to college and then medical school.
 - a. happening over a long time
 - b. traveling for a long distance
3. It's important to live in a **community** that you like. Do you like the people who live near you? Does the area have good places to shop, eat, and socialize?
 - a. the place where you live
 - b. a place where people meet
4. Most happy people have a **hobby**, such as writing, surfing, or painting.
 - a. something that you do for money, such as a job
 - b. an activity that you enjoy doing in your free time
5. Some people **volunteer** to help others who are in need. Although you may get no money for volunteering, the work can make you feel good about yourself.
 - a. do something without being paid
 - b. go to school with a group of people
6. People feel happier when they are **grateful** for the things that they have. They spend less time wanting things that they don't have.
 - a. thankful
 - b. excited
7. A person's **mood** can depend on many things. For example, if someone says something nice about you, it can make you feel good.
 - a. the place where you spend most of your time
 - b. the way you feel at a particular time
8. Healthy food, exercise, and friends are important for a person's **well-being**.
 - a. health and happiness
 - b. the way you spend your time
9. In many countries, adult children **support** their elderly parents. The children pay their parents' bills and provide them with food and a place to live.
 - a. help
 - b. teach
10. Good health is one **factor** that can make you a happy person. A close group of friends is another factor.
 - a. one of the things that causes a situation
 - b. something that is difficult or causes problems

CT Focus

Look for key words to help you guess meaning from context, e.g., *help others, no money, work.*

Word Partners

Use **factor** with:
(adj.) contributing
 factor, **deciding**
 factor, **important**
 factor, **key** factor;
(n.) risk factor.

B | Using Vocabulary. Answer the questions in complete sentences. Then share your sentences with a partner.

1. What are some of your **long-term** goals?

2. What kinds of opportunities do you have to socialize in your **community**?

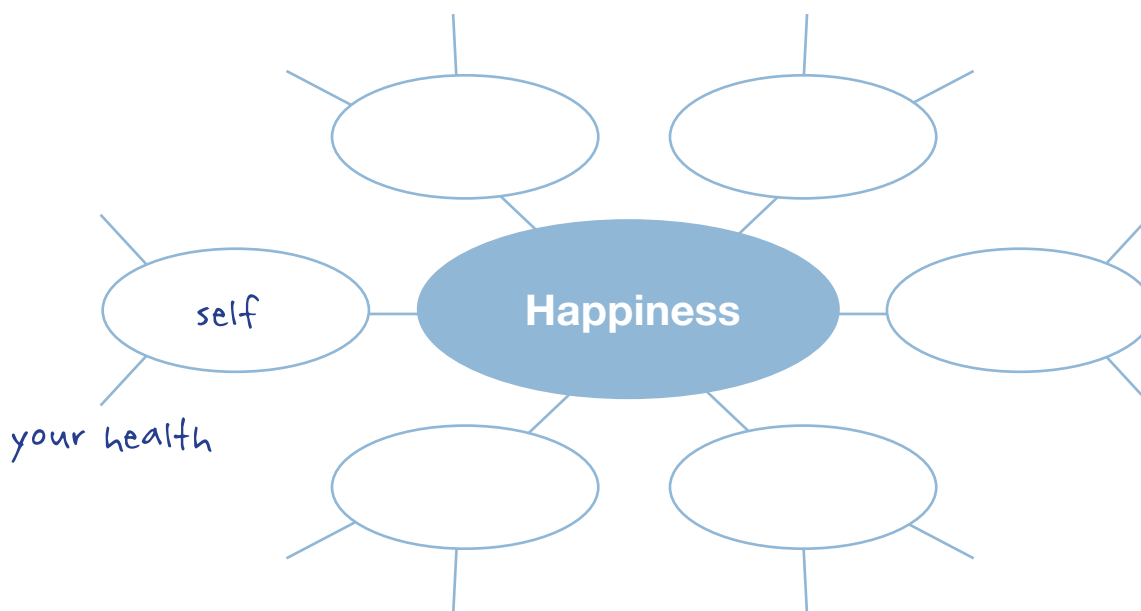
3. What is your favorite **hobby**?

4. What are you **grateful** for in your life?

C | Predicting. Look at the title, subheads, and opening paragraph on pages 12–13. What do you think is the gist of the reading?

- a. Your community is the most important factor for your happiness.
- b. Self, home, and financial life are more important for happiness than social life, workplace, or community.
- c. There are some small changes you can make in your life to increase your happiness.

D | Brainstorming. The reading looks at six factors related to happiness. Write the factors in the word web below. Then, with a partner, brainstorm some words that you think might relate to each one.





track 1-03

Six Keys to Happiness



▲ **Copenhagen, Denmark.** According to a global survey, Danish people are among the world's happiest people, second to Costa Ricans.



RESEARCHERS HAVE FOUND that different people need different things to be happy. But there are some basic things that you can do to become happier. According to researcher Dan Buettner, the way to have **long-term** happiness is to make changes in six areas of our lives: Self, Home, Financial Life, Social Life, Workplace, and **Community**.

A

Self

Your self includes your education, your health, and your sense of purpose—the feeling that you are doing something important. It's important to take care of yourself and to connect with the people around you. First, find a **hobby**. This gives you a chance to spend time focusing on your interests and talents and to meet people with similar interests. Denmark is one of the happiest countries on Earth, and 95 percent of Danes belong to clubs. You can also **volunteer**. Volunteering takes the focus off your own problems and makes you feel **grateful** for what you have.

B

Home

How you arrange your home can make you happier. Create a quiet, dark area where you can sit and relax. Paint your living room yellow—it can increase energy and improve **mood**. It also helps to own a pet. Pets can increase their owners' self-esteem,¹ make them feel calm, and provide love and friendship.

C

◀ **Okinawa, Japan.** Close families and friendships help make Okinawa one of the longest-living and happiest places on the planet.

▼ **Paro, Bhutan.** Four rice farmers take a lunch break in Bhutan, a country famous for its GNH, or "Gross National Happiness."



Financial Life

This is the way you think about and spend money. According to Ed Diener, author of *Happiness: Unlocking the Mysteries of Psychological Wealth*, the key to greater **well-being** is to have money, but not to want it too much. Try to spend money on things that give you long-lasting pleasure. Try not to waste money. Buy things that will really enrich your life, such as music lessons and dinners with friends and family.

D

Social Life

It's important to have a good group of friends and people you see or communicate with regularly. Have friends that encourage you to eat right, to be active, to laugh, and to do your best. Researchers have found that having a close, happy friend can raise a person's mood by nine percent, while each unhappy friend lowers it by seven percent. Create a special group of friends—what Okinawans call a *moai*. Meet with them regularly and share with them when you have more of something than you need. **Support** each other in difficult times.

E

Workplace

Your office, or wherever you spend your working hours, is a big part of your life. So it should be a place that you like. Find a job with people that you enjoy being around. That includes your boss. You don't want to spend 40 hours a week with people that you dislike. And do something that you feel strongly about. That's more important than a big salary.²

F



▲ **Nicoya, Costa Rica.** Costa Ricans, such as centenarian Francesca Castillo (pictured with author Dan Buettner), may be the world's happiest people.

Community

The place where you live is probably more important than any other **factor**, including income, education, and religion. If possible, live near people who have about the same amount of money as you. Financial equality with your neighbors makes you less aware of what you don't have. Live in a neighborhood where you feel safe and where you can walk a lot. Walking makes you healthier, and healthier people are happier people.

G

¹ Your **self-esteem** is how you feel about yourself.

² A **salary** is the money that someone receives each month or year from their employer.

Adapted from *Thrive: Finding Happiness the Blue Zones Way* by Dan Buettner, 2010



- A | **Understanding the Gist.** Look back at your answer for exercise C on page 11. Was your prediction correct?
- B | **Identifying Main Ideas.** Read the statements below. Circle the main idea in each pair of statements (a or b).

Strategy

Look for **clues to the main idea** in the first (and sometimes second) sentence of a paragraph.

Self	a. You need to take care of yourself and connect with the people around you. b. Focus on your interests and talents and meet people who are like you.
Home	a. It's a good idea to paint your living room yellow. b. You should arrange your home so that it makes you feel happy.
Financial Life	a. You can be happy if you have enough money, but don't want money too much. b. If you waste money on things you don't need, you won't have enough money for things that you do need.
Social Life	a. A good group of friends can increase your happiness. b. Researchers say that a happy friend can increase our mood by nine percent.
Workplace	a. You spend a lot of time at work, so you should like your workplace. b. Your boss needs to be someone you enjoy working for.
Community	a. The place where you live is more important for happiness than anything else. b. Live around people who have the same amount of money as you do.

- C | **Identifying Key Details.** Complete the following sentences about "Six Keys to Happiness".

1. Volunteering can increase your happiness because _____

2. You should have friends who help you _____

3. People are less aware of what they don't have if they have _____

- D | **Personalizing.** How can you improve each area of your life to become happier? Complete the notes using information from the reading or your own ideas. Write a sentence for each one.

Example: *I can take a painting class.*

- Self** _____
- Home** _____
- Financial Life** _____
- Social Life** _____
- Workplace** _____
- Community** _____



- E | **Critical Thinking: Synthesizing.** Discuss the questions in small groups.

1. Which of the tips on pages 12–13 do you think the people in Mexico, Singapore, Sardinia, and Okinawa follow?
2. Can you think of other factors affecting happiness that are not mentioned in the reading passages and video?

GOAL: In this lesson, you are going to plan, write, revise, and edit a paragraph. Your topic is:
Do you think people in your community are generally happy or unhappy?

A | Brainstorming. Brainstorm a list of things that make people in your community happy and a list of things that people in your community may be unhappy about.

_____	_____
_____	_____
_____	_____
_____	_____

B | Journal Writing. Use your ideas from exercise **A** to write a response in your journal to the following question. Write for three minutes.

Are the people in your community generally happy or unhappy?

C | Read the information in the box. Use the present tense of the verbs in parentheses to complete the sentences (1–5).

Strategy

When you **brainstorm**, think of as many ideas as possible related to your topic. Don't worry about whether the ideas are good or bad—write down all the ideas you can think of.

Language for Writing: Review of the Simple Present

We use the simple present to talk about facts or things that are generally true.

*About 5.1 million people **live** in Singapore.
 Singapore **doesn't have** a high unemployment rate.*

We also use the simple present to talk about habits and routines.

*I **spend** two hours with my friends on most days.
 I **don't see** my friends on Sundays.* For more explanation and examples, see page 214.

Example: Mike loves (love) his job.

1. Kim _____ (have) a great job.
2. We _____ (see) our friends three or four times a week.
3. My boss and my coworkers _____ (be) really friendly.
4. My family and I _____ (not / feel) safe in our neighborhood.
5. We _____ (not / like) the city that we live in.

D | Applying. Write five sentences using the simple present tense. Write about things you do every day that make you feel happy.

Writing Skill: *Writing a Topic Sentence*

A paragraph is a group of sentences about one topic. Most paragraphs include a sentence that states the main idea of the paragraph. This sentence is called the topic sentence. Paragraphs often begin with topic sentences, but topic sentences can occur anywhere in a paragraph.

A topic sentence should introduce the main idea that the paragraph will discuss or examine.

Below are some examples of strong and weak topic sentences.

Strong Topic Sentences

One reason that Singaporeans are happy is that the government provides the basic necessities, such as jobs and housing.

People in Mexico socialize a lot, and this may contribute to their happiness.

Weak Topic Sentences

Singaporeans are happy.

(If the paragraph is about the ways that the government improves people's happiness, this idea should be included in the topic sentence.)

People in Mexico socialize a lot.

(If the paragraph is about how socializing contributes to people's happiness in Mexico, this idea should be included in the topic sentence.)

E | Identifying Topic Sentences. Underline the topic sentence in each paragraph.

One of the topic sentences is stronger than the others.

1. In Mexico, family is important. Family members provide support to each other during difficult times. Grandmothers take care of grandchildren so the children's mothers can go to work and earn money. When they grow up, children take care of their parents. People in Mexico are generally happy as long as family members are close.
2. Studies have shown that laughter may be an important factor for our happiness, and people who laugh a lot are happier. People who laugh more tend to have higher levels of self-esteem. They also tend to be healthier. Laughter is so important for our general well-being that some people go to "laugh therapy" where they laugh with groups of people.
3. We spend most of our daily lives at work. Our work can increase our happiness. In many countries, a lot of people choose their job based on how much it pays, or on what other people think about that job. But in Denmark, one of the world's happiest countries, most people take jobs that interest them. That gives them a better chance to feel good about the work that they do.

F | Rewrite the two topic sentences that are weak.

1. _____
2. _____

WRITING TASK: Drafting

A | Planning. Follow the steps to make notes for your paragraph. Don't write complete sentences. Pay attention to the content more than the grammar or spelling.

Step 1 Look at your brainstorming notes on page 15. Do you think people in your community are generally happy or unhappy? Write a topic sentence for your paragraph in the chart below.

Step 2 Choose the best two or three ideas from your notes and write them in the chart.

Step 3 For each idea, write one or two reasons why it makes people in your community happy or unhappy.

Outline

Topic: Are people in your community generally happy or unhappy?

Topic Sentence _____

Brainstorming Idea 1 _____

Reason(s) this makes
you happy / unhappy _____

Brainstorming Idea 2 _____

Reason(s) this makes
you happy / unhappy _____

Brainstorming Idea 3 _____

Reason(s) this makes
you happy / unhappy _____

B | Draft 1. Use your notes to write a first draft of your paragraph.

C | **Analyzing.** The paragraphs below are on the topic of a happy life.


Which is the first draft? _____ Which is the revision? _____

CT Focus

Use context to help you guess meaning. For example, does *passionate* mean a good feeling or a bad feeling? What does *raise* mean?

a I think I'm generally happy because I like most things about my life. I have a great job. I do work that I feel passionate about, and I like my coworkers. My family and friends are very supportive. Whenever I have problems, I know that my family and friends will help me. Also, my friends make me laugh a lot. In addition, I'm healthy. I don't have any illnesses, and I play fun sports such as soccer and basketball.

b I think I'm generally happy. I have a great job. I do work that I feel passionate about, and I like my coworkers. I don't make a lot of money, so sometimes I have to do extra work on the weekends. I want to ask for a raise at work. My family and friends are very supportive. Whenever I have problems, I know that my family and friends will help me. Also, my friends make me laugh a lot. In addition, I'm healthy.


 **D** | **Analyzing.** Work with a partner. Compare the paragraphs above by answering the following questions about each one.

	a	b
1. Does the paragraph have one main idea?	Y N	Y N
2. Does a strong topic sentence introduce the main idea?	Y N	Y N
3. Does the paragraph include 2–3 different ideas that relate to the main idea?	Y N	Y N
4. Does the paragraph include 1–2 reasons for each one?	Y N	Y N
5. Is there any information that doesn't belong?	Y N	Y N
6. Is the present tense used correctly?	Y N	Y N

Now discuss your answer to this question: Which paragraph is better? Why?

E | **Revising.** Answer the questions in exercise **D** about your own paragraph.

WRITING TASK: Editing

 **F | Peer Evaluation.** Exchange your draft with a partner and follow these steps:

Step 1 Read your partner's paragraph and tell him or her one thing that you liked about it.

Step 2 Complete the chart with information from your partner's paragraph.

Topic Sentence	_____
Idea 1	_____
Reason(s) this makes people happy / unhappy	_____ _____
Idea 2	_____
Reason(s) this makes people happy / unhappy	_____ _____
Idea 3	_____
Reason(s) this makes people happy / unhappy	_____ _____

Step 3 Compare your chart with the chart your partner completed on page 17.

Step 4 The two charts should be similar. If they aren't, discuss how they differ.

G | Draft 2. Write a second draft of your paragraph. Use what you learned from the peer evaluation activity, and your answers to exercise **E**. Make any other necessary changes.

H | Editing Practice. Read the information in the box. Then find and correct one simple present tense mistake in each of the sentences (1–5).

In sentences using the simple present, remember to:

- use the correct verb endings with third person singular subjects (*he likes, she takes*).
- watch out for verbs that have irregular forms in the simple present: *be, have, and do*.

1. I enjoy the work that I do because it's very challenging, but I doesn't like my boss or my coworkers.
2. My coworkers are supportive, friendly, and fun, and I enjoying spending time with them after work.
3. It's important to me to spend time with my family members when I can, but it's difficult because they don't lives close to me.
4. Although my house is not big and fancy, my neighborhood are safe and beautiful.
5. My friends and I exercises together every day to stay healthy, and that contributes to our happiness.

I | **Editing Checklist.** Use the checklist to find errors in your second draft.

Editing Checklist	Yes	No
1. Are all the words spelled correctly?		
2. Is the first word of every sentence capitalized?		
3. Does every sentence end with the correct punctuation?		
4. Do your subjects and verbs agree?		
5. Did you use the simple present tense correctly?		

J | **Final Draft.** Now use your Editing Checklist to write a third draft of your paragraph. Make any other necessary changes.

UNIT QUIZ

- p.2 1. According to the World Database of Happiness, the happiest country in the world is _____.
- p.4 2. The level of a person's comfort and wealth is called their _____ of living.
- p.5 3. In _____, the government creates jobs and tops up minimum-wage salaries.
- p.6 4. In _____, people spend a lot of time socializing, which may contribute to their happiness.
- p.8 5. The most important idea of a paragraph is called the _____.
- p.12 6. Volunteering can help you forget about your own problems and make you feel _____ for the things you have.
- p.13 7. According to researchers, each _____ that we have improves our mood by nine percent.
- p.13 8. According to Dan Buettner, your _____ is the most important factor that determines your level of happiness.