

> UNIT 1

Love



> PART 1

Gap-filling

DIRECTIONS

Read the passage with 10 blanks. Following the passage are some words in a word bank. Select one word for each blank from the given words and then write the corresponding letter in the blank provided. Note that there are more given words than the blanks.

The relationship between parents and children can be one of the longest-lasting connections in a person's life. Over the course of that relationship, it's 1 to feel a range of emotions, from anger and irritation to support and connection. With work, any relationship can be 2 , and you should find ways to have a loving connection with your parents. Shared activities help build a sense of connection. For example, if you like rock climbing, invite your parents to an easy climbing wall with you. This gives you the 3 to teach them something, and they may be more 4 of your hobby if they've experienced it with you. Interacting with them on an adult level will help you to 5 a more mature relationship.

Some parents are overly strict or 6 critical. They may speak angrily to you for not always winning your sport or push you into activities that you don't enjoy. Other parents may be 7 , focusing on their work or new relationships rather than their children. If you are facing these kinds of demands or issues, you need and deserve outside support from a counselor or therapist. Your doctor or a 8 teacher will be able to help you find that support. Setting boundaries that keep you safe and 9

doesn't mean you don't love your parents. In fact, these boundaries can be the best 10 for a satisfying relationship with a difficult parent.

(239 words)

Target reading time: 3' 06"

Actual reading time: _____

Your reading rate: _____ words/min.

- | | | | |
|----------------|-------------|----------------|---------------|
| A) supportive | B) definite | C) normal | D) foundation |
| E) opportunity | F) improved | G) personality | H) develop |
| I) criticized | J) trusted | K) disappear | L) neglectful |
| M) rarely | N) healthy | O) constantly | |

Notes

Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.



> PART 2

Matching

DIRECTIONS

Read the passage followed by 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

A) Loving the life you have is not an event; it's a process. Too many of us are waiting for something big to change in our lives so that we can finally say we're truly happy. You might think if only I had a different partner (or one at all), a better job, or kids that listen to what I'm saying, and then surely I'd be happy and have a life truly worth living. But being happy isn't something that happens based on how others are living or what people are doing for you. The quickest way to live a life you love is through learning to love the life you live. In order to succeed in any great endeavor, it must first start with you. Here are seven simple ways to love the life you have.

Become aware.

B) If you want to shift from where you are to where you want to be, you must become aware of the choices that you make each day which take you away from your desired goals. You must discover what your true hopes and dreams are. In order to love the life you have, you must strive for more. Be in the process of building and expanding yourself as a person, not just focusing on success in one area. The more you grow yourself, the more you will grow in life.

Practice gratitude.

- C) The benefits of practicing gratitude are nearly endless. People who regularly practice gratitude by taking time to notice and reflect upon the things they're thankful for experience more positive emotions, feel more alive, and express more compassion and kindness than those who don't. If you want to love the life you have, ask yourself daily what things you are grateful for. Remember, gratitude doesn't have to be reserved only for momentous occasions.

Balance.


- D) Living a balanced life will help you keep calm and grounded. To be balanced means that you have a handle on the various elements of your life and don't feel that your heart or mind is being pulled too hard in any direction. People, who are balanced, more often than not feel calm, grounded, clear-headed and motivated. It's important that you find internal and external balance. Some people focus more on external things, like work, relationships and activities and pay very little attention to what is going on inside their heart and mind and vice versa. Make sure that both of these areas are balanced. If either side is taken to an extreme, something that is intended to be positive can end up being detrimental.

Accomplish your goals.

- E) What goals and desires do you have that you're not living out? If you want to live a life you love, you must accomplish the goals you've set for yourself. It's also important to have a teachable spirit. You couldn't imagine the levels of success you can achieve when you possess this. Once you've done the work to identify your goals and the specific steps you can take to achieve them, there are a variety of things you can do to increase the chances you have to achieve these goals. One of these things is keeping your goals on hand. Think of your goals often and keep them in mind when making decisions in your life.

Have positive friendships.

- F) There are so many benefits to having positive friends. First, a positive friend is around to uplift your spirits. They provide support when you need it. They're the ones who rally behind you, offer a smile and hug and leave you feeling better about yourself. Upbeat friends are the real gems in life. You should spend more time with encouraging friends and less time with negative friends who are more focused on pulling you down. If you're trying to figure out if the friends you have



are a positive influence on your life, look at that friend's overall character. You can simply reflect back on how you feel when you're with them. This will give you all the insight you need.

Become your own authority.

- G)** Trying to live the life you love may not be an easy task. Pursuing your dreams can prove to be more difficult than you had ever imagined. Because of this, you have to be the authority over your own emotions. This doesn't mean you will automatically know how much time it will take you to get where you want to go. You may not have realized how long you would have to keep paying the price of your own happiness as a result of the many demands placed upon your life. But what determines the successful from the mediocre is the ability to take authority over their tiresome times, deeply believing that the payoff of their hard work will make the times of great sacrifice well worth it.

Learn something new everyday.

- H)** Most of us have at least one area of knowledge that we strive to know very well. This may be things related to our job or our hobbies. While it's important to develop a deep understanding of the things that matter most to us, it's also important to develop a broad understanding of what's going on in the world around us. There are a lot of good reasons to make learning a part of your daily routine, but the best reason has nothing to do with practicality. Because we are learning creatures, the lifelong process of learning is what makes us human and our lives worthwhile. When you take the time to learn something new every day, you will begin to feel more knowledgeable and empowered because you know things that you never knew before.
- I)** Focusing on these seven components will make a difference in how you enjoy your days. When you slow down your pace, you will begin to notice what is already in store for your life. Instead of focusing on the life you wish you had, love the life you already have!

(1,003 words)

Target reading time: 13' 02''

Actual reading time: _____

Your reading rate: _____ words/min.

- ___ 1. Gratitude should not be expressed only at important moments.
- ___ 2. Once you have identified your goals and the specific steps to achieve them, there are many things you can do to increase your chances of achieving them.
- ___ 3. It is the lifetime learning process that makes us human and makes our lives valuable.
- ___ 4. The most rapid way to live your desired life is to learn to fall in love with the life you live now.
- ___ 5. Successful people have the ability to control the boring time.
- ___ 6. If you think about the life you like, you must complete the goals you've set for yourself.
- ___ 7. Focusing on the seven tips will have an impact on the way you enjoy your life.
- ___ 8. As a person, you need to build and develop yourself, not just focusing on the success of a particular field.
- ___ 9. You should spend more time with friends who encourage you and spend less time with those who pay more attention to holding you back.
- ___ 10. The internal and external of our life should be balanced, and if either side goes to extremes, what is originally positive may ultimately be harmful.

Notes

○ Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

○ Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.

> PART 3

Skimming and Scanning

DIRECTIONS


Go over the passage quickly. Following the passage, there are some questions and unfinished statements. For 1-7, choose the best answer from the four choices. For 8-10, complete the sentences with the information from the passage.

Do you know that about 40 percent of the 180 million Valentine's cards purchased every year have been bought by parents?

It makes sense if you think about it. Our little ones, even when not so little anymore, live in our hearts. We want them to know it. Valentine's Day gives us a reason to show it. That's why parents of young children not only buy cards but do things like put a red tablecloth on the table, serve heart-shaped pancakes at breakfast. For tweens and teens, parents often send a Valentine's text message or an e-card as a low-key way to convey love without inducing embarrassment. For adult children, many of us send a card or flowers or at least make a phone call to let them know we carry them in our hearts no matter how far away they've flown. Celebrating a day dedicated to love makes us all smile.

To nurture the heart and warmth of a family, the rituals around Valentine's Day—actually saying and doing loving things for those we love—are something that parents can and should do regularly. Little ones need a daily dose. Grown kids need reminders of our love less often but with just as much heartfelt emotion.

Yes, February 14 gives us all a special day to do things up in a big way. But kids who get daily deposits in their emotional bank accounts are kids who develop and sustain the resilience to manage the stresses of life. They are the kids most likely to have the



emotional vocabulary necessary to make good romantic choices of their own someday. They become the adults who work through the rough spots in a good relationship and whose self-esteem is strong enough to avoid or get out of a bad one.

For many parents, actively loving kids is second nature. For others, especially for those who weren't well-loved themselves, it's sometimes more challenging. The word L-O-V-E stands for a friendly reminder of the basics for parenting well.

L is for setting loving limits.

Both the loving and the limits are important. Love without limits doesn't give children the training they need to manage the world. Love without limits teaches them the world owes them a living. They feel entitled to get what they want without respecting the rights of others. Limits without love do control kids' behavior but it doesn't teach them self-control or self-respect. Limits that are arbitrary and harsh teach the kids to be scared of their parents, not to respect them.

Done well, limits do provide safety and show kids what is and isn't acceptable behavior. Love is the ingredient that determines whether limits are about teaching our kids or only about controlling them. Limits that are said and done in a loving way let a child know we're on their side, that we're there to help, that we understand they need our guidance. Limits that lovingly adjust with a child's growing sense of responsibility help our children grow into responsible adults.

O is for observing.

The most frequently repeated phrase of normal childhood is "Look at me. Look at me." Children are always checking for the grownups' reactions. They want us to see their successes. They want and need our approval. They want us to really, really see them for who they are.

Kids who feel invisible to their parents either become withdrawn in discouragement or act up in order to be seen. Neither strategy works well in the family or in the world. Kids who are watched with love and approval keep trying to master new things and become confident that being their best selves is the way to get attention and inclusion.

V is for verbalizing our love.

What makes Valentine's Day so special is that it gives people the opportunity and

permission to say what they feel. Kids do need this kind of affirmation every day. They need to be able to rest in the assurance that they are worthwhile and worthy of our love. They especially need to hear they are loved when they aren't doing very lovable things. When they are regularly shown and told they are lovable and loved, kids and teens can accept correction and redirection without needing to be defensive. Kids who receive regular "I love you" are kids who grow up knowing how to express love to their family members, and eventually, their own partners and children.

E is for enjoying our children.

Kids need us to enjoy them as well as to care for them. They need us to play with them, joke with them, and generally be delighted with their efforts and little successes. They need us to want to spend time with them and to spend a little of life on their terms. That means reading the same story for the hundredth evening in a row with enthusiasm. That means getting out in the sandbox or down on the floor with the blocks and getting into the game. That means listening to our teen's music with interest instead of criticism.

When kids feel like a burden or a disappointment or a major inconvenience in adult lives, they start to see themselves as defective and unworthy of love. Such children are vulnerable to depression. Some live down to the expectations of their parents and become unlovable by getting in trouble or being rebellious and difficult to manage. Kids, who are enjoyed, however, are more likely to develop a strong self-esteem and self-confidence in the social world. Being a joy to parents feels good so they are more likely to be enjoyable.


By all means, make Valentine's Day special. Any excuse to celebrate our families is fine with me. But let's not forget that we can make valentine-ing into a verb; an action word for the many ways we provide L-O-V-E to our children every day. When we do, we both nurture them and draw more love, warmth, and affection into the family as a whole.

(1,003 words)

Target reading time: 13' 02"

Actual reading time: _____

Your reading rate: _____ words/min.

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1. According to the passage, what is the purpose of buying Valentine's cards by parents?
 - A) To show their gratitude to their parents.
 - B) To show their love to their kids.
 - C) To show their love to their spouse.
 - D) To show their love to their friends.
 2. The rituals around Valentine's Day saying and doing loving things for those we love _____.
 - A) are to nurture the heart and warmth of a family
 - B) attract more people to do the shopping
 - C) should be forbidden for some reasons
 - D) make no sense to the kids no matter whether they are little or grown
 3. Kids who get daily parental love may _____.
 - A) have the emotional vocabulary to make good romantic choices of their own
 - B) cultivate and maintain the resilience to deal with the stresses of life
 - C) overcome difficulties in a good relationship
 - D) all the above
 4. Love and limits are _____.
 - A) interrelated
 - B) exclusive
 - C) unimaginable
 - D) unavailable
 5. Which of the following benefits of limits is NOT mentioned in the passage?
 - A) Providing the kids with guidance.
 - B) Teaching the kids self-control and self-respect.
 - C) Helping the kids grow into responsible adults.
 - D) Making the kids obey their parents.
 6. What do the children want when they frequently say "look at me"?
 - A) They want to be invisible to their parents.
 - B) They want just to repeat this phrase.
 - C) They want to gain their parents' attention and approval.
 - D) They want to make fun of their parents.
 7. What makes Valentine's Day so special?
 - A) Valentine's Day is a special day celebrated only by lovers.
 - B) People can receive many gifts from their friends.
 - C) It gives people the chance and permission to express their love.
 - D) People can enjoy a holiday on that day.

8. Kids who receive regular “I love you” are to become kids who grow up knowing how to _____, and eventually, their own partners and children.
9. When kids feel like a burden or a disappointment or a major inconvenience in adult lives, they start to see themselves as _____.
10. When we make valentine-ing into a verb, we both nurture our children and draw more _____ into the family as a whole.

Notes

Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.



> PART 4

In-depth Reading

DIRECTIONS

Read the two passages below. Each passage is followed by some questions. Choose the best answer from the four choices.

> PASSAGE 1

You are likely to hear references to love every day, but defining what it means can be difficult. Love means different things to different people, and you can experience different types of love depending on the situation. If you want to define love for yourself, start by identifying the types of love, such as romantic love and love between friends.

You will feel the rush of romantic love when you meet a potential partner. This type of love makes you feel like you have butterflies in your stomach. Notice if you feel a physical attraction to them, along with a need to be near them. This could be romantic love.

Special feelings for friends can also be called love, friendship love. Notice if you feel comfortable and happy when you're around your friends. Consider if you feel like you can trust them with all of your secrets and if you want the best for them. This type of love is usually what you mean when you say, "I love you, but I'm not in love with you." You can genuinely care about another person and want them to have the best in life without feeling romantic love toward them. You may feel both romantic love and friendship love toward someone. You may experience this if your partner is also your best friend.

Recognize familial love as a bond between family members. Families often have a

strong bond that's built on a mutual love for each other. Look for a special connection between you and your closest loved ones, as well as a desire to spend time with them. You may also feel an obligation to protect or take care of them. This is familial love. Familial love isn't just for people who are blood relatives. Your family are the people who are always there for you and who have a great influence on your life.

Notice the fondness you feel when you express love for your interests. You likely say things like "I love ice cream" or "I love this song" every day. Understand that you can feel affection or enjoyment from your interests that can be a form of love. However, this type of love is very fleeting because your interests can change often.

(374 words)

Target reading time: 4' 52"

Actual reading time: _____

Your reading rate: _____ words/min.

1. What does love mean to people according to the passage?
 - A) It means the same thing.
 - B) It means the similar experience in the same situation.
 - C) It varies to different people.
 - D) It cannot be identified by oneself.
2. If one falls in love with one's friend, one would _____.
 - A) really care about another person
 - B) feel both romantic love and friendship love toward that friend
 - C) feel comfortable and happy with that friend
 - D) want that friend to have the best in life
3. What are the characteristics of familial love?
 - A) Family members experience no obligation to protect each other.
 - B) It excludes those people who have a great influence on your life.
 - C) It is just for people who are blood relatives.
 - D) It has a strong bond built on the mutual love.
4. Which type of love may last for a short time according to the passage?
 - A) Love for the interests.
 - B) Love for the friends.
 - C) Love for the family.
 - D) Love for oneself.

5. How many types of love are mentioned in the passage?

A) Three.

B) Four.

C) Five.

D) Six.

Notes

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Review & Recite

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> **PASSAGE 2**

Unrequited love is part of the human experience. At some point in life, some people will develop romantic feelings for someone who doesn't feel the same way about them. A study of college students and high school students found unrequited love was four times as common as reciprocated, equal love. This type of one-sided love is typically more intense than a passing crush, and it often lasts longer.

Experiencing rejection after you've risked telling someone how you feel can cause a great deal of pain. In fact, some research has suggested pain associated with rejection causes brain activity resembles that caused by physical pain. Yet knowing unrequited love happens to most of us may not make that pain any easier to bear.

If you've ever loved someone who doesn't return your feelings, you may have tried to cope by turning to your friends for support. But what happens when the object of unrequited love is a friend? Developing romantic feelings for friends isn't uncommon. Love grows over time, and strong friendships that last for years often provide numerous opportunities for intimacy to flourish. Dealing with the pain of unrequited love may be even harder if you're already close to the person you've fallen for.

You might experience some awkward interactions or occasionally feel embarrassed around each other. This isn't necessarily anyone's fault—this can happen even if you both truly want to remain friends. It may simply indicate you both need time to recover. If you're struggling to get over the rejection after an extended period of time, it may be best to draw back from the friendship while you heal.


It is common to feel a sense of decreased self-worth or low self-esteem after rejection. Rejection can have an even more significant effect if your friend has been supportive through other instances of heartbreak. Keep in mind, though, that it's important to consider your intentions honestly. If you continue the friendship because you're secretly hoping they'll change their mind, you're not honoring yourself, your friend, or your friendship. In the end, this deception can lead to more pain for you and your friend. It may seem hard to believe, but you will heal in time.

(366 words)

Target reading time: 4' 45''

Actual reading time: _____

Your reading rate: _____ words/min.

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1. Which of the following statements is NOT true about unrequited love according to paragraph 1?
 - A) It doesn't mean a deep mutual love between two persons.
 - B) It is more likely to occur between college students and high school students.
 - C) It may not last for a long time.
 - D) It is more common than reciprocated, equal love.

 2. The pain related to rejection can cause brain activity which is _____ that caused by physical pain.
 - A) woken up by
 - B) different from
 - C) irrelevant to
 - D) much the same as

 3. What happens in unrequited love when its object is a friend?
 - A) It may be regarded as an uncommon experience.
 - B) Friendship can definitely prevent the romantic love from flourishing.
 - C) The pain of love may be even harder to deal with.
 - D) Love never fades over time.

 4. How would you feel if you've loved someone who rejected your feelings?
 - A) You might go through some awkward interactions.
 - B) You will feel embarrassed around each other all the time.
 - C) You will recover from the rejection in no time.
 - D) You would feel an intensified sense of self-worth after the rejection.

 5. What does the author suggest about the relationship after rejection?
 - A) You can continue the friendship with a secret hope that they'll change their mind.
 - B) It's important to consider your intentions truthfully.
 - C) Deception can avoid more pain for you and your friend.
 - D) You'll no longer be friends.

Notes

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○ Review & Recite

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