

UPS and DOWNS



Features in This Unit

Types of Reading: Advice Column; Op-Ed Article
Reading Skills: Paraphrasing; Summarizing
Vocabulary: Figurative Language; Colloquialisms and Slang
21st Century Skill: Communication

Lesson 1

Let's Get Started

A. Before You Read

1. How do the people in the photos look? Match the pictures with the adjectives below.



exhausted

baffled

outraged

sympathetic

2. Do you have to get up early on a Monday morning? How do you feel about it?

B. Reading Skill: Paraphrasing

When dealing with passages with high-level vocabulary and complex sentence structures, it is a good idea to try to rewrite the difficult parts in your own words. This might include simplifying certain words and phrases to make them easier to understand and remember.

Task 1: Read the passage and replace the underlined words with the paraphrased ones in the box.

avoid a stressful journey to work there are many ways to deal with the problem

It's common knowledge that the first day of the week can be a nightmare. If this is the case for you, (1) a variety of methods of tackling the issue are available. Firstly, you should always make sure you (2) steer clear of unnecessary tension during your commute. This is an important point, but it is also one that is easily overlooked.

- _____
- _____

Task 2: Look at the following sentences from Reading 1. How might you rephrase them to make them easier to understand? The first one has been done for you as an example.

- If you're overcome by a creeping dread as the weekend draws to a close, don't despair!
Don't worry if you feel anxious at the end of the weekend.
- While you might want to let loose and party on Saturday night, Sunday should live up to its name as the day of rest.

- If you're perpetually afflicted by the Monday blues, remember, there are tried and true methods to beat them.

Fighting the Monday Blues 2))

Way back in 1928, Mississippi John Hurt sang about the “Monday morning blues.” It seems that the blues artist described a well-known condition and that, even in those days, the first day of the working week was recognized as a real drag.

5 These days, the phrase “Monday blues” is used to describe an accepted psychological phenomenon in which a person can’t face going to work on a Monday morning. There are quite a few **discernible** symptoms. These can range from exhaustion and stress to **pessimism**¹ and **indifference**². Perhaps the most damaging element of this condition can be the feeling that one is trapped in an **unbreakable** cycle of **monotony** and an accompanying sense of **hopelessness**³.

10 If you’re overcome by a creeping dread as the weekend draws to a close, don’t despair! Here are some tips on how to conquer those Monday blues.

Figure Things Out

15 First of all, you need to identify the problem areas. Struggling to drag yourself out of bed once in a while is perfectly normal, but when this becomes a regular **occurrence**⁴, it’s a sign that something else is **afloat**. Draw up a list of the things that **bug** you about your job. Perhaps you don’t get along with a colleague, or maybe you have a heavy workload and a manager with unrealistic expectations. By trying to **put your finger on** the problem, you are taking the first step toward dealing with it.



- 1 **pessimism** *n.* a belief that bad things will happen
 2 **indifference** *n.* a lack of interest in something
 3 **hopelessness** *n.* a feeling of unhappiness because a better situation does not seem possible
 4 **occurrence** *n.* something that happens



A touch of green can improve a working environment.

Think Ahead

Having to **tackle**⁵ a gigantic pile of work first thing on a Monday is a certain way to send your stress levels **through the roof**. Most of us have had to cope with this at one time or another, but there are ways to avoid this situation. The best solution is to try to get through as much work as possible on Friday. Also, take on the tricky and troublesome tasks first. It may be tempting to put the **taxing** stuff off and plow through the less challenging items, but just think about how much harder the latter will seem on that **killer**⁶ Monday morning.

Be Green

35 Another way to make work more bearable is by **upgrading**⁷ your office environment. You might not be blessed with **green fingers**, but adding a couple of plants to your work space doesn’t take too much effort. The presence of plants in a room has been scientifically proven to have a **soothing** effect on employees’ moods! In addition to helping to calm you, a bit of **greenery** can also benefit your memory and concentration, according to some studies.

- 5 **tackle** *v.* to take on or deal with something, often in a determined way
 6 **killer** *adj.* (informal) very bad, terrible, or difficult
 7 **upgrade** *v.* to improve or make better in some way

Spread the Joy

Research indicates that smiling works wonders for a person's mental state. Even if you're not feeling **on top of the world**, forcing yourself to smile can actually put you in a more positive frame of mind. Don't just limit your efforts to yourself,
 45 either. Try helping to put a smile on the faces of those around you as well. Bring in some snacks and share them. Tell a joke or two (but make sure your humor is appropriate and not offensive). Most of all, try to be friendly and **cooperative**.

Get Some Rest

This is perhaps the most obvious piece
 50 of advice, but it's amazing how many fail to **heed**⁸ it. While you might want to let loose and party on Saturday night, Sunday should live up to its name as the day of rest. Take it easy and
 55 engage in relaxing activities. Going for a **stroll**⁹, meeting a friend for coffee and a chat, and then **winding down**¹⁰ with a
 60 movie and a hot bath is a good example of a chilled-out Sunday schedule.



If you're **perpetually**¹¹ **afflicted**¹² by the Monday blues, remember, there are tried and true methods to beat them. Employing the above **pointers** and any other
 65 strategies you find effective will help **keep** negative **vibes at bay**. Rid yourself of all the negative thoughts and anxiety, and you won't be singing the blues come Monday morning!

8 **heed** v. (formal) to listen to or pay attention to an advice, a warning, etc.
 9 **stroll** n. a slow walk in a relaxed way
 10 **wind down** v. *phr.* to relax
 11 **perpetually** adv. always, all the time
 12 **afflict** v. (formal) to affect someone or something or make them suffer

Multiple Choice: Based on the reading, choose the best answer to each question.

- INFERENCE** 1. Who most likely was Mississippi John Hurt?
 a. A painter
 b. A singer
 c. An employee
 d. A psychologist
- FIGURATIVE LANGUAGE** 2. If someone has "green fingers," that person can _____.
 a. cope with new environments
 b. grow things easily
 c. stay calm under pressure
 d. concentrate on tasks at work
- PHRASE** 3. Which of the following phrases means "to have a positive effect on something"?
 a. Live up to
 b. Plow through
 c. Work wonders
 d. Put off
- DETAIL** 4. What does the author say about the final tip?
 a. It is often ignored.
 b. It is the most important.
 c. It is difficult to achieve.
 d. It never fails.
- DETAIL** 5. What is NOT a recommendation made in the article?
 a. Grow plants.
 b. Don't use humor.
 c. Go to bed early.
 d. Do difficult tasks first.
- tone** 6. Which word best describes the conclusion of the article?
 a. Profound
 b. Upbeat
 c. Harsh
 d. Ambiguous

Think More

- Do you ever feel like you can't bear going to school or work? What makes you feel that way?
- What method(s) do you use to cheer yourself up when you're feeling down? If you don't have any specific ways, can you think of any good ideas?

Vocabulary

A. Words in Context

Use the words from the box to complete the following sentences. Change the word form if necessary.

killer	wind down	tackle	heed	upgrade	perpetually
indifference	occurrence	stroll	afflict	pessimism	hopelessness

- I have great sympathy for people who are _____ by mental illness.
- Tom is full of _____ about the economic future of our country, so he thinks his business will fail.
- The best way to handle any problem in your life is to _____ it right away, without any delay.
- This is not the first time that Sue has been late for work. In fact, it is actually an everyday _____.
- We are going to _____ the computer network in our office this weekend.
- Alf is unpopular with his colleagues as he is _____ late for meetings and office activities.
- If I had _____ my father's advice about investing in stocks and shares, I would have made a lot of money.
- After working out, I find a massage is the perfect way to _____.

B. Vocabulary Builder: Figurative Language

In many texts, you will come across figurative language such as similes, metaphors, and idioms. An important part of understanding a text is to figure out how a word or phrase is being used. Sometimes an expression might not be literal. We must rely on the context to figure out how figurative language is being used. For example, in Reading 1, we saw the words *green fingers*. Obviously, this does not literally mean that somebody has fingers that are green. From the context, we can guess that the words mean "a person who is good at growing plants."

Task 1: Decide whether the underlined words in the following sentences are used literally or figuratively. If the words are used literally, circle L. If the words are used figuratively, circle F.

- I couldn't put my finger on why exactly I had been feeling so tired recently. L F
- He put his foot down on the pedal to speed up and overtake the other vehicle. L F
- That workout at the gym today really killed me! L F
- Thanks for covering my shift at work. You really saved my life. L F
- The man picked up the heavy box with one hand. L F

Task 2: How can the figurative language used in Task 1 be interpreted? Write down the figurative language and your interpretation.

- _____
- _____
- _____

Let's Get Started

A. Before You Read

- Match the words in column A to the words in column B to form collocations, then to column C to choose the appropriate definition.

A	B	C
manic	level	a condition involving periods of heightened activity and depression
mental	attack	a sudden feeling of extreme fear and discomfort
panic	depression	the amount of tension one feels
stress	illness	a sickness of the mind

- What does depression mean? What kinds of things cause this condition?

B. Reading Skill: Summarizing

Being able to summarize the content of a paragraph in clear and short language can help you clarify the key points. To do this, you should try to grasp the overall idea of a passage, rather than just repeating specific details. One way to practice your summarizing skills is to study a passage and then try to recap on the main content without looking at it.

Task 1: Read the following short passage and choose the most appropriate summary.

For many, there is a fine line between maintaining a healthy state of mind and lapsing into mental illness. Charles Dickens, for example, believed this to be true. Dickens himself might have suffered from bipolar disorder. Friends reported that he was at a low ebb every time he started working on a new novel, but that his mood would gradually pick up as he wrote. As he neared completion of a novel, his behavior would become increasingly manic. The author was deeply sympathetic to the mentally ill. Struggling to sleep at night, he would pass a local psychiatric hospital and reflect on how the patients were not much different from anyone else.

- People with mental illness are not much different from others.
- Charles Dickens might have suffered from bipolar disorder.
- Writing may help people cope with mental illness.

Task 2: Look at the passage from Reading 2. Summarize the passage in your own words. Try to keep your answer as short as possible.

In fact, one thing that should be acknowledged about mental illness is that it affects people from all walks of life. Take bipolar disorder for example. This severe form of depression affects about 5.7 million adults annually in the United States or 2.7 percent of the country, according to statistics from the National Institute of Mental Health.

I. Sentence Completion

- Abby was hurt when she detected a look of _____ on her husband's face.
a. temperament b. occurrence c. initiative d. indifference
- Some education experts feel schools focus too much on trying to make children _____ to an accepted standard.
a. inform b. reform c. deform d. conform
- This is my favorite club. There's always a good _____ in here.
a. prop b. vibe c. bit d. stuff
- I'm sick of reading those articles full of _____ about "working hard" and "being confident."
a. statistics b. clichés c. respondents d. inspections
- Tom is really good at growing things. I think he is blessed with _____.
a. green fingers b. cold feet c. sweet tooth d. flesh and blood
- It is irrational and _____ to listen to everything your father says without thinking for yourself.
a. piggish b. mannish c. foolish d. devilish
- In a bid to increase sales, the company _____ prices on a range of products.
a. implanted b. slashed c. imported d. tackled
- Most youngsters rarely _____ the advice of their parents or teachers.
a. heed b. deem c. seed d. beam
- I'm afraid there is no way we can complete the work within two weeks. It's just not _____.
a. noticeable b. discernible c. vulnerable d. feasible
- Many famous pop stars have millions of followers on Twitter and other social _____.
a. vanity b. prejudice c. media d. mania

II. Cloze Test 8

These days, many clothing brands use words like "sustainable" or "organic" to describe their products. Their aim is to create the image of a(n) 1 brand that does not harm the environment. However, in many cases, there is really no 2 difference between these brands and other clothing companies. So, how can we know for sure which brands are really trustworthy when it comes to doing the right thing? Well, the short answer is that we can't always be sure. We can still be 3, though. Some companies are really making 4 in providing clothing that doesn't have a negative impact. One such brand is Krotchet Kids. This non-profit company employs workers in Uganda and Peru who are trained for three years and guaranteed a fair wage. Each handmade 5 is signed, indicating who made it.

- a. reluctant b. resistant c. ecstatic d. ethical
- a. discernible b. soothing c. responsible d. ideal
- a. psychiatric b. invasive c. optimistic d. dreadful
- a. booms b. strides c. memes d. episodes
- a. trait b. garment c. pact d. notion

III. Reading Comprehension 9

Could there be a mathematical way of calculating the day when most people are at their happiest? As odd as it may sound, some people think so. According to a formula put forward by British psychologist Cliff Arnall, the general happiness of the United Kingdom's population reaches a peak on June 20th. It is hardly surprising that there is a substantial increase in happiness levels in summer, but how exactly did Arnall arrive at this particular date?

The calculation takes into account such factors as the amount of outdoor activity people engage in, connection with nature, and a comfortable temperature. Other elements of the formula include the time people spend socializing with friends and neighbors, vacation time, and even positive childhood memories. The choice of June 20th seems to make sense, as this is the summer solstice—the day of the year with most sunlight. Research has shown that people are usually happier when the days are longer.

However, the problem is, Arnall seems to have **changed his tune** over the years. The happiness formula he first devised was announced way back in 2008. Yet, in 2016, Arnall came up with a different date—July 29th. This time, he proposed another set of criteria. These included the time that children are beginning their summer vacations and most workers are receiving their salaries. Traffic is also at a minimum at this time of year, and the UK is usually experiencing its warmest weather. Finally, household bills are usually lower than normal.

Perhaps we should not be too concerned about the conflicting dates that Arnall has provided. After all, the psychologist himself has said that the main aim is to encourage people to discuss what makes them happy. Seen in this way, his formula is just a light-hearted talking point, rather than a scientific theory of happiness.

- Which of the following happens in summer, according to the author?
a. People are significantly happier.
b. Population levels reach a peak.
c. Psychologists note more surprising behavior.
d. A substantial increase in mathematical calculations occurs.
- What is NOT mentioned as an element of Arnall's equation?
a. Doing things outside b. Spending time with other people
c. Experiencing nice weather d. Remembering your children
- What might the author mean by saying Arnall has "changed his tune"?
a. He has become happier. b. He has changed his opinion.
c. He has transformed people's views. d. He has created a new song.
- What did Arnall's second formula have in common with the first one?
a. Warm weather b. Summer vacations
c. Good road conditions d. Higher salaries
- What is the main point of the concluding paragraph?
a. Mathematical theories are not always accurate.
b. Happiness can be scientifically explained.
c. Arnall's formula should not be taken too seriously.
d. People enjoy talking about happiness.