



Unit 10 Magazine article

Eric is reading a magazine article. Read the magazine article.

Parents & Teens

Nov issue

Work Hard, Play Hard!

Teenagers nowadays are a lot busier with study than teenagers in the past. Most of them have very limited leisure time. Here is some advice for them to **balance** work and free time.

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Teenagers should concentrate on their work when doing a task. There are many **distractions** at home. Mobile phones are probably the biggest one. When teenagers are doing homework, they often stop to reply to messages or scroll through social media. As a result, they spend more time finishing their homework. To solve this problem, they should try to put away their mobile phones while working.

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However, making use of technology wisely can improve **efficiency**. Teenagers can find solutions online when they encounter difficulties. Technology can also help them schedule their time. They can set their target working hours with specific mobile apps and try to finish tasks within the given time.

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They should have more time to relax if they follow what is mentioned above. It is also important to spend their leisure time more meaningfully. Instead of wasting hours on electronic devices, joining more outdoor activities is a great idea. Doing sports and going hiking are fun and healthy. Besides, some group activities such as dramas and voluntary work can **enhance** their social skills and **benefit** their interpersonal relationships.

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DAILY-LIFE ENGLISH

Enhance (v.) means 'to improve the quality, amount or strength of something'.



10 mins

DATE

Choose the best answers by blackening the circles.



- The magazine article is mainly about how to _____.
 - A. stay focused at work
 - B. achieve a good work-life balance
 - C. spend one's leisure time
 - D. make good use of technology
- In line 7, the word '**distractions**' means '_____'.
 - A. things that stop people from focusing on what they are doing
 - B. things that make people pay more attention to what they are doing
 - C. electronic devices that people often use
 - D. people who should concentrate on their work
- Which of the following activities may NOT enhance interpersonal skills?
 - A. playing basketball
 - B. reading a book
 - C. doing voluntary work
 - D. playing board games

Tip

Q3: Read the last paragraph. What kind of activity can enhance such skills?

Complete the answers.

- Why do teenagers spend a lot of time on their homework?

It is because they _____

- How does setting target working hours help teenagers?

It helps teenagers to _____

Fill in each blank with ONE word from the magazine article. Change the word form when necessary.

Helpful Advice on Study and Leisure Time

- 6. _____ on your work.
- 7. _____ your study time.
- Don't 8. _____ your time. Spend your leisure time meaningfully.