



Module A Unit 2

Training 1.1 (p.11)

Announcer : You are Frances. You are listening to a talk by a counsellor about teen problems. As you listen, take notes on the note sheet using short forms and symbols and then use your notes to complete the paragraph below.

Counsellor : Many teenagers seek help from counsellors when they face problems. Among the different problems they face, I think one of the most common ones is being rejected and isolated by friends.

^{T①} They feel that they have no friends and
^{T②} they always feel very lonely.

^{T③} Another problem is related to poor
^{T④} family relationships. Many teenagers
do not have time to communicate with
their parents because their parents are
busy at work. Teenagers feel that they
are neglected. Misunderstandings and
quarrels easily arise which ruin the
family relationship. This may lead to
^{T⑤} more serious teen problems such as

^{T⑥⑦} smoking and shoplifting.

Teenagers have a misconception that smoking and shoplifting are cool and can give them a sense of excitement. So, what can be done to help these teenagers? ^{T⑧} I suggest that they join more
^{T⑨} school clubs to make more friends.

School clubs hold regular meetings and activities for club members and it is easy to make friends there. ^{T⑩} Secondly,
teenagers should talk to their parents

^{T⑪} about their feelings. A good way to solve
family problems is to communicate.

Teenagers can talk to their parents about how they feel so that their parents can understand them better. *

Training 1.2 (pp.12-16)

Announcer : Situation.

You are Esther Fong, a Secondary 3 student. You have received a letter from your friend, Tina, asking for advice. You are going to reply to her letter.

You will listen to a radio programme. As you listen, you can make notes on the note sheet below.

Follow the instructions in the Question-Answer Book and on the recording to complete the task. You will find all the information you need in the Question-Answer Book, the Data File and on the recording.

You now have five minutes to study the task and the Data File.

The radio programme will begin now.

Sally : Hello, and welcome to Teen Life. I'm Sally, your host, and tonight on our show we have Dr William Wong, a teen psychologist, to talk about good time management skills for teens. Welcome to the show, Dr Wong.

William : Thank you, Sally. I'm very happy to be here.

Sally : Let me start right in. What do teens need to know about time management?

William : There are several tips, and I'll talk about a few of them today. ^{T④} Teens need to learn to treasure their time and make
^{T⑦} a to-do list — and I'll explain that in a
minute —^{T⑨} and most importantly, teens
need to learn the importance of getting
enough sleep.

Sally : Why is it so important?

William : Doctors have been saying it for years.

And it's really so simple. ^{T④} Your brain needs rest to see things more clearly and positively.

Sally : So getting enough sleep can give the brain the rest it needs to see things more clearly and positively?

William : Yes, that's right.

Sally : And the other tips you just mentioned: treasure your time and make a to-do list. Can you tell us more about those?

William : Certainly. Time management is a life skill, and the sooner we learn it, the better. Take treasuring your time as an example. As a teen, you may want to play a sport or take part in a hobby in your free time. So you've got to treasure your time. ^{T⑤} For a teen, life is more than just school and studies. ^{T⑥} Friends, hobbies and interests are important for whole person development.

Sally : You're so right. Life is more than just school and studies. Friends, hobbies and interests are important too. And how about making a to-do list?

William : Well, making a to-do list is very important. ^{T⑦} The to-do list can help teenagers to decide what needs to be done first, second and so on.

Sally : So, making a to-do list is about priorities, right?

William : Right. Teens have a lot of things they need to do, and they need to understand which ones they need to do first, second and so on.

Sally : These tips are very useful for teenagers. Dr Wong, thank you for your time today.

William : It's my pleasure. *