

ISE Foundation

Reading & Writing Focus

- ✓ Title matching
- ✓ Writing an article
- ✓ Summary completion

1. Read the texts below and match the titles in the box below to each of the sections

FAQs: Depression

1. Question:

Answer: When you are depressed, you feel sad. It isn't just a mood. You feel sad all the time – for a long time. You often want to cry. Sometimes you don't want to see your friends or other people. You are tired and you don't have any energy. You can have problems with school work.

2. Question:

Answer: People with depressed family members often get depression too. But there are other reasons, like family problems at home. Violence, family money problems or problems with step parents can also cause depression.

3. Question:

Answer: Yes, sometimes. Some people in northern places like Scandinavia often feel sad and tired in the winter months because there isn't much sun.

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4. Question:

Answer: Talk to your friend. Tell them to talk to their parents or another family member. Then a doctor can help them.

A. Can weather make you depressed?	B. Is depression genetic?	C. A friend is depressed. How can you help?	D. What is depression?
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2. Complete the table below with reasons the titles match with the sections. Look at the examples for some ideas of what to write.

Section/title	Why they match
A. What is depression?	<i>the paragraph describes depression – sadness, tiredness</i>
B. Is depression genetic?	
C. Can weather make you depressed?	
D. A friend is depressed. How can you help?	

3. Complete the summary of the article using words from the text

Depressed people feel sad for a _____ time. Bad weather, genetics, money or _____ problems can cause depression.

It's important to talk to a friend, family member or a _____ if you feel depressed.

4. After you have completed exercise 3 in the Student's Book (page 46), write an article with the title "How to be happy".**5. Now read the example of an article about a similar topic. What's different about your article and the example? How did the writer try and make it interesting to read?****How to make friends**

Do you ever feel lonely? Even with hundreds of friends on Facebook, some people still feel alone. Making friends is not easy. So what can you do?

Well, firstly, go out more. Start an evening class. Maybe you could learn another language, such as Italian or Chinese? Or learn how to make sushi! You can meet people with similar interests, and you can go for a coffee with them after class.

What about people at work? Why not invite a colleague over for dinner? You might have lots to talk about.

Don't forget the friends you already have. Invite them all to a party, and tell them to bring their friends along. They could be your new friends

Remember, there are no strangers, only friends you don't know yet!