Understanding Happiness

Reading Test

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Student

Time: Approximately 1 hour

Two types of lesson

Lesson #1: [Easy] ★★★★★ [B2/C1]
1. Try to predict the content of the text & write down key terms / ideas.
2. Read text. Check words & meanings with a dictionary.
3. Answer questions.
4. Check answers (pass mark is 70%).

Lesson #2: [Hard] ★★★★★ [C1]
1. Read text – no dictionary.
2. Answer questions.
3. Check answers (pass mark is 70%).

Teacher

Two types of lesson

Lesson #1: [Easy] ★★★★★ [B2/C1]
1. Give out text 1 (without reference words underlined) a week before the test. Students read, check vocabulary & meanings.
2. Test day – distribute text 2 (with reference words underlined) and the questions (no dictionary or notes).
3. Set 1 hour to read text and answer the questions.
4. Take in and correct or go through answers in class (pass mark is 70%).
5. Extra activity – students write the summary (add 30 minutes to the test).

Lesson #2: [Hard] ★★★★★ [C1]
1. Test day – distribute text 2 (with reference words underlined) and questions.
2. Set 1 hour to read text and answer the questions.
3. Take in and correct or go through answers in class (pass mark is 70%).
4. Extra activity – students write the summary (add 30 minutes to the test).
Understanding Happiness: Reading Test
by J. Mills (2020)

Understanding happiness seems simple. Indeed, it is included in most elementary children’s books and songs, and research happiness and how to cultivate it require a less subjective and more nuanced definition. The Greater Good Science Centre at UC Berkeley endorses experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and This is a useful definition as it includes many levels of happiness. Certainly, not all experiences of happiness are, or should be, the same and should depend both on as work or home.

In order to meaningfully research happiness, The Organisation for Economic Co-operation and Development (OECD) has cognitive or “life evaluation,” affective and eudaimonic (OECD, 2013). The cognitive dimension is holistic and involves of what a good life looks like. According to Kahneman and Kruger (2006), this measure is closely related to how we make and evaluate decisions. The affective dimension is they define happiness; it is the positive feeling one experiences at any given moment. This can be difficult to measure, remembered correctly. Lastly, the eudaimonic dimension can be defined as purposefulness or meaning. For example, doing really challenging volunteer work may not make you feel highly, but it will probably increase your eudaimonic dimension of happiness significantly.

Work plays an important part in all three happiness measures. The Happiness Research Institute at one company, Valcon, and found that 40% of the differences in happiness between employees could be explained by four factors: stress, social relations, work satisfaction demographics at the company. Men were happier than women and younger employees were happier than older employees. social relations, not the quantity, that positively affected happiness ratings. Using this information, the company could implement strategies to reduce stress and in their employees (Happiness Research Institute, 2018). However it is notable that the report did not include the happiness gender gap at Valcon was caused by cultural factors at the company, or whether actions were.

The Happiness Research Institute also implemented a more international, multicultural happiness study focusing on the home. They found a was the most important factor in home happiness (Happiness Research Institute, 2019). They further found doing home improvement projects, greatly improved that feeling of pride. It should be noted, however, that the study was partially funded by B&Q, a major. Other important factors included age, as people over fifty were much happier with their homes, and how long one had stayed not as important as feeling secure in their homes.
The most remarkable study of happiness included work, home, and indeed entire lifetimes of happiness. Development followed men from different backgrounds from their teens in 1938, measuring and recording their health and happiness over the next eighty years, and are now current director Robert Waldinger (2015) said in his popular TED talk, the most important indicator of lifelong important than money, education or other factors we expect from a “successful” life, what actually makes people consistently happy is to be well connected, 2017).

In conclusion, both the Harvard study and the Valcon study emphasise the need for strong relationships, although pride in. These correspond to the three dimensions of happiness (OECD, 2013). Strong relationships fulfill the eudaimonic to the cognitive dimension of life evaluation. This research suggests that perhaps the affective dimension, the simple, fleeting feeling of happiness, is the.

References
Greater Good Science Center. (2020).


OECD (2013).

Comprehension Questions

1. Headings – choose a subheading for each paragraph – one title is not needed.

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>1</td>
<td>C (Example)</td>
<td>A</td>
</tr>
<tr>
<td>2</td>
<td>B</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>C</td>
<td>Introduction and definition</td>
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<tr>
<td>4</td>
<td>D</td>
<td>Conclusion</td>
</tr>
<tr>
<td>5</td>
<td>E</td>
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</tr>
<tr>
<td>6</td>
<td>F</td>
<td>Student satisfaction</td>
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<td>G</td>
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</table>

2. Open answer questions.

Paragraph 1

i. What are the three dimensions of happiness?

   a. Cognitive or ‘life evaluation’ (example).
   
   b. 
   
   c.

Paragraph 2

ii. What four factors affect   

   a. 
   
   b. 
   
   c. 
   
   d.

Paragraph 4

iii. What is the most important factor   

   a. 

Paragraph 5

iv. What single factor affects   the most?

   a.

___ / 5

3. True / False / Not Given – one question per paragraph.

Paragraph 1

i. All experiences of happiness are essentially the same.

Paragraph 2

ii. The feeling of being   dimension.

Paragraph 3

iii. People who   long time were happier.

Paragraph 4

iv. Moving often makes people less happy with their homes.

Paragraph 5

v. Men from   other men.

Paragraph 6

vi. The eudaimonic dimension is the least important overall.

___ / 6
4. **Multiple choice** – circle one answer

i. Who were the happiest people at the Valcon company?
   a. Younger women.
   b. Older women.
   c. Older women.
   d. Younger women.

ii. Who is happier with their home?
   a. A 30-year-old renter who has lived in the house for 5 years.
   b. A 50-year-old renter who has lived in the house for 10 years.
   c. A 50-year-old renter who has lived in the house for 10 years.
   d. A 30-year-old renter who has lived in the house for 5 years.

iii. Which two studies found that relationships are the key to happiness?
   b. The Harvard study and The Happiness Institute’s Valcon Report.
   d. The Harvard study and The Happiness Institute’s Valcon Report.

5. **Reference words** – explain what these reference words connect to: (underlined in the text).

<table>
<thead>
<tr>
<th>Paragraph</th>
<th>Word</th>
<th>Connection</th>
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</thead>
<tbody>
<tr>
<td>1 (line 3)</td>
<td>It</td>
<td>Happiness (Example).</td>
</tr>
<tr>
<td>1 (line 7)</td>
<td>It</td>
<td>This</td>
</tr>
<tr>
<td>2</td>
<td>This</td>
<td>This</td>
</tr>
<tr>
<td>3</td>
<td>They</td>
<td>This information</td>
</tr>
<tr>
<td>4</td>
<td>They</td>
<td>Their</td>
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<td>5</td>
<td>Their</td>
<td>Their</td>
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</table>

6. What is the author’s stance in the following two questions?

i. What difference in happiness between [ ] believe may not be fully addressed in the Valcon Report?

ii. Why is the author suspicious of the claim that home improvement projects make people happier in paragraph 4?
Vocabulary

7. Key language – search for the word in the paragraph that means:

<table>
<thead>
<tr>
<th>Paragraph</th>
<th>Word</th>
<th>Definition</th>
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<tbody>
<tr>
<td>1</td>
<td><em>Cultivate</em> (Example)</td>
<td>To develop or improve a quality.</td>
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<tr>
<td>1</td>
<td></td>
<td>Important or serious.</td>
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<tr>
<td>2</td>
<td>Overall, as a whole.</td>
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<tr>
<td>2</td>
<td></td>
<td>Ideas &amp; opinions formed before you have enough knowledge or experience.</td>
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<tr>
<td>3</td>
<td>Put happen.</td>
<td>Information about a group such as the people who live in a particular area.</td>
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<td>3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Free from for the worse.</td>
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<tr>
<td>4</td>
<td></td>
<td>A feeling of pleasure from doing something good.</td>
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<tr>
<td>5</td>
<td></td>
<td>Something that can be regarded as a sign of something else.</td>
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<tr>
<td>5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td>The parts of one relate to the parts of another.</td>
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<tr>
<td>6</td>
<td></td>
<td>Disappearing quickly.</td>
</tr>
</tbody>
</table>

___ / 11

Critical thinking

8. Find two points in the text that you question.

i. ____________________________

ii. ____________________________

___ / 2

Overall Total: ____ / 45
## Comprehension Questions ANSWERS

1. **Headings** – choose a subheading for each paragraph – one title is not needed.

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2. **Open answer questions.**

<table>
<thead>
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<tbody>
<tr>
<td>i.</td>
<td></td>
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<tr>
<td>What are the three dimensions of happiness?</td>
<td></td>
</tr>
<tr>
<td>a. Cognitive or &quot;life evaluation&quot; (example).</td>
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<tr>
<td>b. Affective.</td>
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<tr>
<td>c. Eudaimonic.</td>
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</table>

_ ALL ANSWERS ARE INCLUDED IN PAID VERSION..._