Academic English UK

<u>Understanding Happiness</u>

Reading Test

Student

Time: *Approximately 1hour*

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 ▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒ may ▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒▒ 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

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Comprehension Questions

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

1	C *(Example)*	A	Happiness at work
2		B	
3		C	~~Introduction and definition~~
4		D	Conclusion
5		E	
6		F	Student satisfaction
		G	

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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.**

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

		T / F / NG
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.	

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4. Multiple choice – circle one answer

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

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

iii. Which two studies found that relationships are the key to happiness?
   a. The Harvard study and The Happiness Institute's Good Home Report.
   b. ▓▓▓▓▓▓▓▓▓▓▓▓▓▓▓▓▓▓▓▓▓▓
   c. The Harvard study and The Happiness Institute's Valcon Report.

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

Paragraph	Word	Connection
1 (line 3)	**It**	*Happiness* (Example).
1 (line 7)	**It**	
2	**This**	
2	**It**	
3	**They**	
3	**This information**	
4	**They**	
5	**Their**	
5	**Their**	

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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?

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Vocabulary

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

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

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Critical thinking

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

i.	
ii.	

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Overall Total: _____ / 45

Comprehension Questions **ANSWERS**

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

1	*C (Example)*	A	Happiness at work
2	*E*	B	Long-term happiness
3	*A*	C	~~Introduction and definition~~
4	*G*	D	Conclusion
5	*B*	E	Elements of happiness
6	*D*	F	Student satisfaction
		G	Happiness in the home

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2. Open answer questions.

Paragraph 1		
i.	What are the three dimensions of happiness?	**a.** *Cognitive or 'life evaluation"* (example).
		b. *Affective.*
		c. *Eudaimonic.*
Paragraph 2		

ALL ANSWERS ARE INCLUDED IN PAID VERSION…