

Name: _____ () Class: _____ Date: _____

You have found out that Peter is LonelyP. He sent an email to a life coach about his problems and got a reply. He wants you to read it with him. Read the life coach's email.

Text 2 Email giving advice

From

To

Subject

Dear LonelyP,

① I'm glad that you wrote to me for advice, and I'm sorry that you're feeling low. Being a teenager comes with challenges that sometimes feel insurmountable. But, trust me, things will get better.

5 ② Remember that you're not the only one who feels this way. Many teenagers feel lonely and depressed at times. The most important decision you can make is to not struggle with your problems on your own.

③ Bullying is very serious. No one should cause others to think less of themselves by making fun of them or saying demeaning things about them. Do you have an

10 adult you can trust and confide in? If so, start by talking to him or her about this. You should also speak honestly to your teachers about your schoolwork, telling them about the aspects that you find difficult.

④ Hidden youths do stay in their rooms all the time. Even though it's tempting to stay curled up in bed, or hunched in front of your computer, you should try hard to

15 leave your room every day for a short time. Why don't you take a walk near your home for a start?

⑤ Good luck! And remember, it's all right to ask for help. It's not a sign of weakness; it's a sign of strength.

Best,

20 Jamie Woo

Life coach

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Comprehension 2 *Peter does not understand parts of the email and has asked you for help. Answer his questions using information from the email. For multiple-choice questions, choose the best answer and blacken ONE circle only.*

1 Why do you think that Jamie is glad LonelyP wrote to him for advice?

2 Find a word in paragraph 1 that means ‘too difficult to overcome’.

3 What is the life coach’s tone in the email?

A depressed

B critical

C formal

D sympathetic

A B C D

○ ○ ○ ○

4 Who does ‘him or her’ (line 10) refer to?

5 What does ‘this’ refer to in line 10?

6 According to Jamie, what is the effect of bullying on teenagers?

7 What are two things a ‘hidden youth’ might do in his or her room, as mentioned in the email?

i) _____

ii) _____

8 Find a word in paragraph 4 that means the opposite of ‘unappealing’.

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9 Complete the following notes about LonelyP's problems and the life coach's advice.

Problem	Life coach's advice
i) _____ _____	talk to ii) _____ _____
iii) _____ _____	_____
becoming a iv) _____ _____	v) _____ _____



10 What is the purpose of Jamie Woo's email?



11 Do you agree with Jamie that asking for help is 'not a sign of weakness' but a 'sign of strength'? Why or why not?
