

2a What kinds of things do you worry about? Who do you usually go to for help?

2b Look at the statements and then read the passage quickly. Which statement expresses the main idea of the passage?

a. If people have problems, they should get advice from an expert.

c. If people have problems, they should keep them to themselves.

b. If people have problems, they should talk to other people.

Students these days often have a lot of worries. Sometimes they have problems with their schoolwork, and sometimes with their friends. What can they do about this?

Some people believe the worst thing is to do nothing. Laura Mills, a teenager from

London, agrees. "Problems and worries are normal in life," says Laura. "But I think talking to someone helps a lot. Unless we talk to someone, we'll certainly feel worse."



Laura once lost her wallet, and worried for days. She was afraid to tell her parents about it. She even walked three miles to school each day because she didn't have any money. She just kept thinking, "If I tell my parents, they'll be angry!" In the end, she talked to her parents and they were really understanding. Her dad said he sometimes made careless mistakes himself. They got her a new wallet and asked her to be more careful. "I will always remember to share my problems in the future!" Laura says.

Robert Hunt advises students about common problems. He feels the same way as Laura. "It is best not to run away from our problems. We should always try to solve them." He thinks the first step is to find someone you trust to talk to. This person doesn't need to be an expert like himself. Students often forget that their parents have more experience, and are always there to help them. In English, we say that sharing a problem is like cutting it in half. So you're halfway to solving a problem just by talking to someone about it!

2c Read the passage again and answer the questions. Discuss your answers with a partner.

1. What is the worst thing to do if you have a problem?

2. Why didn't Laura want to tell her parents about her lost wallet?

3. What is the first thing you should do when you want to solve a problem?

4. Why can our parents give us good advice about our problems?

2d Fill in the blanks with the phrases in the box.

Students often have a lot of problems and worries. Laura Mills thinks the worst thing is _____.

She thinks you'll feel worse if you don't

_____ about your problems. Laura

remembers that she once lost her wallet and was afraid

to _____ about it. Now she believes you cannot feel better

_____ to someone. She says she will always _____

in the future. Robert Hunt agrees with Laura. He thinks you should not



_____ your problems, but you should

try to solve them. If you cannot talk to an expert like

Robert, you can _____ with your

parents because they have a lot of experience.

discuss your problems
tell her parents
unless you talk
run away from
talk to someone
share her problems
to do nothing

2e Ask three students the following questions. Take notes of their answers.

1. What problems do you have with schoolwork?
2. Who do you talk to about these problems and why?
3. Who else can you get advice from?
4. Do you always tell your parents about your problems? Why or why not?
5. Do you ever give advice to your friends about their problems? What advice do you give?