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To: IELTS Prep Group
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Lesson Objective

The student shall be able to use “power words” as part of their oral vocabulary, read and comprehend both social and business language and demonstrate effective oral communication skills

Section One

Vocabulary

Evaluation Criteria

- Ability to understand definitions of English vocabulary

MATCH THE WORD WITH THE CORRECT DEFINITION

VOCABULARY	DEFINITIONS
1. Capital Gain (Noun)	A. A person who purchases goods and services for personal use.
2. Consumer (Noun)	B. A profit from the sale of property or of an investment.
3. Extracurricular (Adjective)	C. Commonplace tasks, chores, or duties as must be done regularly or at specified intervals; typical or everyday activity.
4. Routine (Noun)	D. The transitional period between puberty and adulthood in human development, extending mainly over the teen years and terminating legally when the age of majority is reached; youth.
5. Hardship (Noun)	E. Something that is owed or that one is bound to pay to or perform for another.
6. Adolescence (Noun)	F. The shares of a particular company or corporation.
7. Debt (Noun)	G. A condition that is difficult to endure; suffering; deprivation; oppression.
8. Stock (Noun)	H. Outside one's regular work, responsibilities, or routine.

Section Two

Reading Comprehension and Pronunciation skills.

Evaluation Criteria

- Ability to effectively read and comprehend written English in a social or business environment.

ARTICLE 1

Always Missing Deadlines? Your Childhood Could Be to Blame.

[Source](#)

1. Do you struggle with time management? Have a tough time getting things done? You may have Mom and Dad to thank for that. Having a freewheeling, unpredictable daily home life as a child may have long-lasting negative effects, according to new research. The University of Albany study, published in the November-December issue of the Journal of Applied Developmental Psychology, found that children who grow up with predictable daily routines are less likely to have time management or attention problems as young adults.





For the study, psychologists asked 292 undergraduates to assess the level of regularity of a variety of activities and routines from their childhood, including meals, extracurricular activities, sleeping habits and time spent with friends and family.

Questions:

A. The University of Albany study found that predictable daily routines for children lead to

1. More time management issues
2. More anger management issues
3. More stable relationships
4. Less time management problems

B. For the study, the types of activities that were assessed included which of the following:

1. Time spent with co-workers, meals, extracurricular activities and sleeping habits
2. Meals, extracurricular activities, days at school and sleeping habits
3. Time spent with family and friends, sleeping habits, extracurricular activities and meals
4. Time spent at the beach, time spent in the mountains, time spent in bed, time spent watching TV

2. They found that students who reported having more consistency in their daily lives as children tended to have fewer issues with attention and time management. In other studies, the same research team showed that children with a more regular routine also have better self-control and reduced anxiety and depression as adults.

"This study is part of a broader line of research exploring the relationship between the stability of the family environment and adjustment in children, adolescents and emerging adults," Dr. Jennifer Malatras, a psychologist at the University of Albany and the study's lead author, told The Huffington Post. "Our research suggests greater regularity in family activities and routines is associated with fewer problems overall, and, importantly, we believe it may be possible to improve the regularity of family routines even when it may be less feasible to alter more global aspects of family stability."

Routines are likely to contribute to a sense of security and control over one's environment. Children who know what to expect on a day-to-day basis are more likely to feel a sense of stability in their family than those whose daily schedules are more erratic, the researchers explain.

Questions:

- A. What is the relationship between consistency and time management/attention?**
- B. What did the findings say about the difference between routine and daily erratic schedules?**

3. This seems to be particularly true for children undergoing family hardships: Malatras' previous research showed that consistency of daily activities had a positive impact on children who experienced major family changes like death or divorce. "A family going through divorce ... may be able to maintain or even increase the regularity and predictability of the family environment by ensuring that their children have consistent daily routines, such as a consistent bedtime routine or participation in extracurricular activities, which may serve as a protective factor," she said.

A number of other psychologists have also suggested that routines give children a sense of stability and comfort, and recommend that parents establish a rhythm of daily activities and traditions early in a child's life.

Questions:

- A. What did Malatras previous research show about consistency of daily activities?**
- B. A family going through divorce should decrease the regularity and predictability of the family environment, True or False?**

4. "Building routines with your children helps them feel safe," Australian child psychologist Danielle Kaufman said in a recent interview. "They know what to expect when they go home, and it provides them with clear boundaries, expectations, and consistency."

Of course, an obvious limitation of the current study is that it relies on young adults' *memories* of their childhood rather than actual data about their childhood routines. Still, the research suggests that routine is an important area for psychologists to explore further.

"It is important to recognize the complexity of child development and the multiple influences that affect a child's developmental trajectory," Malatras said. "Promoting family stability during childhood and adolescence may enhance the development of skills that may be important in promoting adjustment and overall functioning."

General Discussion with Group about Time Management

ARTICLE 2

Giving the gift of financial well-being at the holidays

[Source](#)

1. Instead of the latest toy or gadget, some people are trying to give their loved ones more financial security this holiday season. While it's long been possible to hand out cash, buy stock or contribute to college savings plans, financial institutions and retailers are making it easier to bestow a gift with lasting value. Among them is Stockpile, a company that sells gift cards that can be redeemed for stock, which is rolling its products out to more than 14,000 stores this holiday season after seeing success at other retailers. College savings plan administrators, which see contributions peak at the holidays, have been adding new ways to donate. And Gift of College, which helps people to contribute to college savings plans or pay down student loans, began selling gift cards at Toys R Us and Babies R Us nationally this month. "It's easy to do and you don't have to worry about a toy breaking, you don't have to worry about batteries and you don't have to worry about the latest trend," said Young Boozer, chairman of the College Savings Plans Network.



Questions:

- A. What is the purpose of the company Stockpile?
- B. What is the benefit of this type of gift?

2. Financial gifts can be tricky, though — givers need to be aware of the tax and social implications. Ann Coulsen, an assistant professor at Kansas State's Institute of Personal Financial Planning, called such gifts a "wonderful and practical idea." But a recipient who wants something "now" might not appreciate it, she said. It may take some explanation of how stocks or savings plans work. And if money causes resentment within a family, it may not be worth it. Here's a look at the ins and outs of some popular financial gifts:
—CASH
Cash is easy to get and easy to give, but it doesn't build value the way other options do. And for a large gift, be aware of the tax rules.
Giving a small amount of money each year is a common estate planning tool, but gifts from one person to another are capped by the IRS at \$14,000 a year. Anything above that needs to be reported by the giver on their taxes and is subject to gift and estate taxes.
You may want to consider taking that cash and putting it in IRA, mutual fund or other longer-term investment.

Questions:

- A. Why are financial gifts tricky?
- B. What is the cash limit for a gift without worrying about taxes?



3. —COLLEGE SAVINGS

A popular suggestion by financial planners for gifts to young children is contributing to a college savings plan.

"Grandparents, for the love of Santa, ask your kids if they have a 529 account set up for your grandchildren," said Kristin Sullivan, a financial planner in Denver. "If yes, offer to put some money into that and put something small under the tree for the kiddos. If no, offer to set one up with some small seed money."

529 college savings plans grow tax-free, and withdrawals for educational expenses are also untaxed. The giver may get a tax break as well. Thirty-four states and the District of Columbia offer either a state income tax deduction or tax credits for those contributions. And nearly all plans allow contributions online or by check, said Boozer.

Craig Larson, of Apple Valley, Minnesota, welcomed his first grandchild a few months ago and is planning to open a college savings account for her this Christmas.

"I've already spoiled this poor little girl to death," he said. "This is something tangible that is not going to end up under the bed or lost at the beach, and she'll be able to see it growing."

To give you either need to establish a savings plan or contribute to an existing one, which requires knowing a few personal details. There are also third-party options that require less legwork.

Gift of College, for one, lets people contribute to a college savings account online or by buying a gift card in stores that can be used for a contribution to 91 different 529 plans. These outside services do come with fees and other limitations, so Boozer suggests closely reading the fine print.

Questions:

A. What are the benefits of a 529 Plan?

B. What is the example of a 3-party option cited in this passage and how is it different than directly contributing to a 529 Plan?

4. —STUDENT LOAN PAYMENTS

The average debt at graduation for a bachelor's degree was \$35,000 last year, so a worthwhile gift for many young people may be helping pay that down.

A check will suffice or you can pay the lender directly. Gift of College added student loans to its product lineup, which lets people help pay the loans at a more than a dozen lenders. Founder Wayne Weber said many employers are offering this as a perk for workers.

—STOCK

Giving stock is a way to encourage an interest in investing over the long term.

The giver may avoid the capital gain consequences of cashing in the shares themselves. But the tax implications for the recipient are tricky depending on their age, the value of the stock and more — so it may be worth consulting a professional.

People without brokerage accounts or those who want to start small can even buy stock at the checkout line.

Stockpile, which is sold in about 40 retail chains like Target, Safeway and Kroger, allows someone to buy a gift card for a dollar amount worth of stock, rather than the price for a share. Purchases can be as small as \$1. Putting it in gift-card form makes it easier to give stock as a gift, says Dan Schatt, chief commercial officer of Stockpile.

The bulk of Stockpile's customers are people giving gifts to a younger generation — about half of its account holders are under 30. But many companies also buy stock as gifts for employees.

"It's such a society where you are consuming and buying, here is something that is going to last, potentially multiple generations," Schatt said.

GENERAL DISCUSSION ABOUT GIFT GIVING