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## Level 6

# Volunteering helps you live longer

26th August, 2013

<http://www.breakingnewsenglish.com/1308/130826-volunteering.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

Volunteering can make you happier and help you live longer, according to a new study. A research paper published on Friday in the journal BMC Public Health says doing good deeds for others boosts your mental health and increases your longevity. Researchers from the UK's University of Exeter reviewed 40 academic papers into the effects of volunteerism on our health. They found that volunteers had lower rates of depression, an increased sense of well-being, and a 22 per cent reduction in the chances of dying within the next seven years. Australians lead the way in volunteering, with an estimated 36 per cent of the population lending a hand.

Lead researcher Dr Suzanne Richards said: "Our systematic review shows that volunteering is associated with improvements in mental health, but more work is needed to establish whether volunteering is actually the cause." She added: "It is still unclear whether biological and cultural factors and social resources that are often associated with better health and survival are also associated with a willingness to volunteer in the first place." In a separate study from the University of Michigan, researchers suggested three reasons why volunteering may be beneficial. First, it involves physical activity; second, the social connections we make help to reduce our stress; and third, it gives us a deep sense of happiness.

Sources: <http://www.telegraph.co.uk/health/healthnews/10259949/Volunteering-could-lengthen-life.html>  
[http://www.huffingtonpost.com/2013/08/23/volunteering-happiness-depression-live-longer\\_n\\_3804274.html](http://www.huffingtonpost.com/2013/08/23/volunteering-happiness-depression-live-longer_n_3804274.html)  
<http://www.everydayhealth.com/depression/how-volunteering-can-lesser-depression-and-extend-your-life.aspx>

# WARM-UPS

**1. VOLUNTEERING:** Students walk around the class and talk to other students about volunteering. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

*volunteering / journal / longevity / depression / well-being / chances / lending a hand / review / mental health / biological / cultural / reasons / physical activity / happiness*

Have a chat about the topics you liked. Change topics and partners frequently.

**3. DOING GOOD DEEDS:** What can you do? Complete this table and share what you wrote with your partner(s). Change partners often.

For...	What can you do?	What will the effect be?
a parent		
a student		
your town		
an old person		
your teacher		
a charity		

**4. VOLUNTEER:** Students A **strongly** believe everyone should be made by law to volunteer; Students B **strongly** believe not. Change partners again and talk about your conversations.

**5. CAUSES:** Rank these and share your rankings with your partner. Put the best causes at the top. Change partners often and share your rankings.

- an old people's home
- clean up a river
- animal shelter
- teach kids computer skills
- restore a local building
- raise cash for starving people
- town tour guide
- plant trees and flowers

**6. HELP:** Spend one minute writing down all of the different words you associate with the word "help". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- |  |       |
|--|-------|
| a. A new study says volunteering increases your longevity by 22 years.       | T / F |
| b. Researchers looked at over 400 different studies into volunteering.       | T / F |
| c. Volunteering reduces the chances of dying in the next seven years.        | T / F |
| d. Australians seem to be the most willing volunteers.                       | T / F |
| e. A researcher said her work with volunteering was finished.                | T / F |
| f. The researcher said biological factors create a willingness to volunteer. | T / F |
| g. A different study gave three possible reasons why people volunteer.       | T / F |
| h. The second reason was that volunteering helps reduce stress.              | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |                   |                |
|-------------------|----------------|
| 1. deeds          | a. likelihood  |
| 2. boosts         | b. evaluation  |
| 3. rates          | c. different   |
| 4. chances        | d. acts        |
| 5. lending a hand | e. confirm     |
| 6. review         | f. increases   |
| 7. establish      | g. levels      |
| 8. willingness    | h. feeling     |
| 9. separate       | i. helping out |
| 10. sense         | j. desire      |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |  |                         |
|--|-------------------------|
| 1. Volunteering can make you happier and | a. on our health        |
| 2. doing good                            | b. to volunteer         |
| 3. the effects of volunteerism           | c. a hand               |
| 4. Australians lead the                  | d. review               |
| 5. 36% of the population lending         | e. help you live longer |
| 6. systematic                            | f. cultural factors     |
| 7. associated with improvements          | g. deeds for others     |
| 8. biological and                        | h. sense of happiness   |
| 9. associated with a willingness         | i. in mental health     |
| 10. it gives us a deep                   | j. way in volunteering  |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

Volunteering can make you happier and help you live longer, (1) \_\_\_\_\_ to a new study. A research paper published on Friday in the journal BMC Public Health says doing good (2) \_\_\_\_\_ for others boosts your mental health and increases your (3) \_\_\_\_\_. Researchers from the UK's University of Exeter reviewed 40 academic papers into the (4) \_\_\_\_\_ of volunteerism on our health. They found that volunteers had lower (5) \_\_\_\_\_ of depression, an increased sense of well-being, and a 22 per cent reduction in the (6) \_\_\_\_\_ of dying within the next seven years. Australians lead the (7) \_\_\_\_\_ in volunteering, with an estimated 36 per cent of the population lending a (8) \_\_\_\_\_.

*rates*  
*hand*  
*deeds*  
*chances*  
*according*  
*effects*  
*way*  
*longevity*

Lead researcher Dr Suzanne Richards said: "Our systematic (9) \_\_\_\_\_ shows that volunteering is associated with improvements in mental health, but more work is needed to (10) \_\_\_\_\_ whether volunteering is actually the (11) \_\_\_\_\_." She added: "It is still unclear whether biological and cultural (12) \_\_\_\_\_ and social resources that are often associated with better health and survival are also associated with a willingness to volunteer in the (13) \_\_\_\_\_ place." In a (14) \_\_\_\_\_ study from the University of Michigan, researchers suggested three reasons why volunteering may be (15) \_\_\_\_\_. First, it involves physical activity; second, the social connections we make help to reduce our stress; and third, it gives us a deep (16) \_\_\_\_\_ of happiness.

*beneficial*  
*first*  
*cause*  
*review*  
*sense*  
*establish*  
*separate*  
*factors*

# LISTENING – Guess the answers. Listen to check

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

- 1) Volunteering can make you happier and help you live longer, \_\_\_\_\_ study
  - a. according of a new
  - b. according at a new
  - c. according to a new
  - d. according by a new
- 2) doing good deeds for others boosts your mental health and \_\_\_\_\_
  - a. increases your long gravity
  - b. increases your long brevity
  - c. increases your Long Java Tea
  - d. increases your longevity
- 3) volunteers had lower rates of depression, an increased \_\_\_\_\_
  - a. sense of will-being
  - b. sense of good-being
  - c. sense of well-been
  - d. sense of well-being
- 4) Australians lead the way \_\_\_\_\_
  - a. in volunteering
  - b. on volunteering
  - c. an volunteering
  - d. un-volunteering
- 5) an estimated 36 per cent of the population \_\_\_\_\_
  - a. lending a palm
  - b. lending a fist
  - c. lending a hand
  - d. lending a knuckle
- 6) more work is needed to establish whether volunteering is \_\_\_\_\_
  - a. actually the cause
  - b. actually the case
  - c. actually the course
  - d. actually the clause
- 7) social resources that are often \_\_\_\_\_ health and survival
  - a. associated of better
  - b. associated with better
  - c. associated within better
  - d. associated wither better
- 8) associated with a willingness to volunteer \_\_\_\_\_
  - a. in a first place
  - b. in the first place
  - c. in first place
  - d. in the fast pace
- 9) researchers suggested three reasons why volunteering \_\_\_\_\_
  - a. may be beneficially
  - b. may be benefits all
  - c. may be benefit all
  - d. may be beneficial
- 10) and third, it gives us a deep \_\_\_\_\_
  - a. sense for happiness
  - b. sense of happiness
  - c. sense from happiness
  - d. sense via happiness

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

Volunteering can make you happier (1) \_\_\_\_\_ longer, according to a new study. A research paper published on Friday in the journal BMC Public Health says (2) \_\_\_\_\_ for others boosts your mental health and (3) \_\_\_\_\_. Researchers from the UK's University of Exeter reviewed 40 academic (4) \_\_\_\_\_ of volunteerism on our health. They found that volunteers had lower rates of depression, an increased (5) \_\_\_\_\_, and a 22 per cent reduction in the chances of dying within the next seven years. Australians lead the way in volunteering, (6) \_\_\_\_\_ 36 per cent of the population lending a hand.

Lead researcher Dr Suzanne Richards said: "(7) \_\_\_\_\_ shows that volunteering (8) \_\_\_\_\_ improvements in mental health, but more work is needed to establish whether volunteering is actually the cause." She added: "It (9) \_\_\_\_\_ biological and cultural factors and social resources that (10) \_\_\_\_\_ with better health and survival are (11) \_\_\_\_\_ a willingness to volunteer in the first place." In a separate study from the University of Michigan, researchers suggested three reasons why volunteering may be beneficial. First, it involves physical activity; second, the social connections we make help to reduce our stress; and third, it (12) \_\_\_\_\_ of happiness.

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

1. Where was the research made available to the public?

---

2. What does doing good deeds do?

---

3. How many research papers were involved in this study?

---

4. What did volunteers have lower levels of?

---

5. What percentage of Australians volunteer?

---

6. Why does a researcher think more work is needed?

---

7. What are biological and cultural factors often associated with?

---

8. What did University of Michigan researchers suggest?

---

9. What do social connections help to do?

---

10. What was the third reason?

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# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

1. Where was the research made available to the public?
  - a) online
  - b) at a conference
  - c) in a newspaper
  - d) in a journal
2. What does doing good deeds do?
  - a) make us richer
  - b) make us live longer
  - c) make us more important
  - d) make us more skilled
3. How many research papers were involved in this study?
  - a) 400
  - b) 14
  - c) 414
  - d) 40
4. What do volunteers suffer less from?
  - a) poverty
  - b) cholesterol
  - c) depression
  - d) obesity
5. What percentage of Australians volunteer?
  - a) 33
  - b) 34
  - c) 35
  - d) 36
6. Why does a researcher think more work is needed?
  - a) we need to volunteer more
  - b) a researcher's work is never finished
  - c) to prove volunteering is good for mental our health
  - d) work is good for us
7. What are biological and cultural factors often associated with?
  - a) better survival and health
  - b) money
  - c) social resources
  - d) volunteering
8. What did University of Michigan researchers suggest?
  - a) a nationwide volunteer programme
  - b) more research
  - c) three reasons why volunteering is good for us
  - d) living longer
9. What do social connections help to do?
  - a) use up our time
  - b) reduce stress
  - c) keep us busy
  - d) help poor people
10. What was the third reason?
  - a) volunteering makes us happy
  - b) we need volunteers
  - c) volunteering is necessary
  - d) it involves physical activity

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

## **Role A – Clean up a river**

You think cleaning up a river is the best volunteer project. Tell the others three reasons why. Tell them things that are wrong with their projects. Also, tell the others which is the least useful of these (and why): helping out in an animal shelter, lending a hand to restore an important building or planting trees and flowers.

## **Role B – Animal shelter**

You think helping out in an animal shelter is the best volunteer project. Tell the others three reasons why. Tell them things that are wrong with their projects. Also, tell the others which is the least useful of these (and why): cleaning up a river, lending a hand to restore an important building or planting trees and flowers.

## **Role C – Restoring a building**

You think lending a hand to restore an important building is the best volunteer project. Tell the others three reasons why. Tell them things that are wrong with their projects. Also, tell the others which is the least useful of these (and why): helping out in an animal shelter, cleaning up a river or planting trees and flowers.

## **Role D – Plant trees and flowers**

You think planting trees and flowers is the best volunteer project. Tell the others three reasons why. Tell them things that are wrong with their projects. Also, tell the others which is the least useful of these (and why): helping out in an animal shelter, lending a hand to restore an important building or cleaning up a river.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'mental' and 'health'.

<b>mental</b>	<b>health</b>
---------------	---------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• new</li><li>• boosts</li><li>• effects</li><li>• rates</li><li>• 22</li><li>• 36</li></ul>	<ul style="list-style-type: none"><li>• shows</li><li>• cause</li><li>• unclear</li><li>• first</li><li>• reasons</li><li>• deep</li></ul>
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# VOLUNTEERING SURVEY

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

Write five GOOD questions about volunteering in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# **VOLUNTEERING DISCUSSION**

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'volunteering'?
- c) How important is volunteering?
- d) What things have you volunteered to do?
- e) How does volunteering make you feel?
- f) What do you think about what you read?
- g) Will you volunteer (more) now you know you can live longer?
- h) What are the best things to volunteer for?
- i) Should there be a law to get all of us to volunteer?
- j) How does volunteering change the world?

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# **VOLUNTEERING DISCUSSION**

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) Why do people volunteer?
- c) Is there anything bad about volunteering?
- d) Why are some people more willing to volunteer than others?
- e) From what age should people start volunteering?
- f) Are volunteers heroes?
- g) How is volunteering good for your future?
- h) Should volunteering be part of the curriculum in all schools?
- i) Do you think volunteering gives us "a deep sense of happiness"?
- j) What questions would you like to ask the head researcher?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

Volunteering can make you happier and help you live longer, according (1) \_\_\_\_ a new study. A research paper published on Friday in the journal BMC Public Health says doing good (2) \_\_\_\_ for others boosts your mental health and increases your (3) \_\_\_\_\_. Researchers from the UK's University of Exeter reviewed 40 academic papers into the effects of volunteerism (4) \_\_\_\_ our health. They found that volunteers had lower rates of depression, an increased sense of well-(5) \_\_\_\_\_, and a 22 per cent reduction in the chances of dying within the next seven years. Australians lead the way in volunteering, with an estimated 36 per cent of the population (6) \_\_\_\_ a hand.

Lead researcher Dr Suzanne Richards said: "Our (7) \_\_\_\_ review shows that volunteering is associated with improvements in mental health, but more work is needed to establish whether volunteering is actually the (8) \_\_\_\_\_." She added: "It is still unclear whether biological and cultural factors and (9) \_\_\_\_ resources that are often associated with better health and survival are also associated with a willingness to volunteer in the (10) \_\_\_\_ place." In a separate study from the University of Michigan, researchers suggested three reasons why volunteering may be beneficial. First, it (11) \_\_\_\_ physical activity; second, the social connections we make help to reduce our stress; and third, it gives us a (12) \_\_\_\_ sense of happiness.

## Put the correct words from the table below in the above article.

- |     |                |                 |               |                 |
|-----|----------------|-----------------|---------------|-----------------|
| 1.  | (a) by         | (b) to          | (c) at        | (d) of          |
| 2.  | (a) beads      | (b) deeds       | (c) reads     | (d) reeds       |
| 3.  | (a) longs      | (b) longing     | (c) length    | (d) longevity   |
| 4.  | (a) at         | (b) on          | (c) to        | (d) by          |
| 5.  | (a) be-being   | (b) been        | (c) be        | (d) being       |
| 6.  | (a) blending   | (b) mending     | (c) lending   | (d) tending     |
| 7.  | (a) systematic | (b) systematise | (c) symmetric | (d) sycophantic |
| 8.  | (a) case       | (b) course      | (c) cause     | (d) clause      |
| 9.  | (a) fabric     | (b) organic     | (c) library   | (d) social      |
| 10. | (a) first      | (b) initial     | (c) original  | (d) one         |
| 11. | (a) involves   | (b) revolves    | (c) solves    | (d) devolves    |
| 12. | (a) deep       | (b) depth       | (c) deepen    | (d) depend      |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

## Paragraph 1

1. gcroadinc to a new study
2. increases your tyngeovil
3. reviewed 40 aecciamd papers
4. lower rates of insreopsed
5. a 22 per cent tcdoueinr
6. an etedaistm 36 per cent of the population

## Paragraph 2

7. Our itmytcaess review
8. teesrpmimvon in mental health
9. gclbaoiiol and cultural factors
10. teacdsiaos with better health
11. a eseatapr study
12. volunteering may be aienilebfc



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

**Number these lines in the correct order.**

- ( ) 40 academic papers into the effects of volunteerism on our health. They found that volunteers had lower
- ( **1** ) Volunteering can make you happier and help you live longer, according to a new study. A research
- ( ) your mental health and increases your longevity. Researchers from the UK's University of Exeter reviewed
- ( ) of dying within the next seven years. Australians lead the way in volunteering, with
- ( ) with improvements in mental health, but more work is needed to establish whether
- ( ) volunteering is actually the cause." She added: "It is still unclear whether biological and
- ( ) activity; second, the social connections we make help to reduce our stress; and third, it gives us a deep sense of happiness.
- ( ) researchers suggested three reasons why volunteering may be beneficial. First, it involves physical
- ( ) an estimated 36 per cent of the population lending a hand.
- ( ) rates of depression, an increased sense of well-being, and a 22 per cent reduction in the chances
- ( ) cultural factors and social resources that are often associated with better health and survival are also associated with a
- ( ) paper published on Friday in the journal BMC Public Health says doing good deeds for others boosts
- ( ) willingness to volunteer in the first place." In a separate study from the University of Michigan,
- ( ) Lead researcher Dr Suzanne Richards said: "Our systematic review shows that volunteering is associated

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

1. help Make you you live happier longer and.

---

2. boosts health good others mental Doing for your deeds.

---

3. found depression lower that rates volunteers They . of had

---

4. the years chances within seven The dying next of.

---

5. estimated of the . lending population hand a An 36%

---

6. volunteering whether Establish cause the actually is.

---

7. associated Resources with that better are health often.

---

8. be may volunteering why reasons Three beneficial.

---

9. make help to reduce our stress . The social connections we

---

10. of happiness Third , it gives us a deep sense.

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

Volunteering can make you happier and help you live *longest / longer*, according *by / to* a new study. A research paper published on Friday in the journal BMC Public Health says doing good *reeds / deeds* for others boosts your mental health and increases your *longevity / length*. Researchers from the UK's University of Exeter *reviewing / reviewed* 40 academic papers into the effects of volunteerism *in / on* our health. They found that volunteers had lower rates of depression, an increased sense of *well-being / well-been*, and a 22 per cent *reduced / reduction* in the chances of dying *within / with* the next seven years. Australians lead the way in volunteering, with an estimated 36 per cent of the population *leading / lending* a hand.

Lead researcher Dr Suzanne Richards said: "Our systematic *review / preview* shows that volunteering is *association / associated* with improvements in mental health, but more work is needed to *establish / establishing* whether volunteering is actually the *cause / case*." She added: "It is still unclear whether biological and cultural factors and *socially / social* resources that are often associated with better health and *survives / survival* are also associated with a willingness to volunteer in the *first / initial* place." In a separate study from the University of Michigan, researchers *suggestive / suggested* three reasons why volunteering may be beneficial. First, it involves *physical / physically* activity; second, the social connections we make help to reduce our stress; and third, it gives us a *deep / depth* sense of happiness.

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

V\_l\_nt\_\_r\_ng c\_n m\_k\_ y\_\_ h\_pp\_\_r \_nd h\_lp y\_\_ l\_v\_\_  
l\_ng\_r, \_cc\_rd\_ng t\_\_ n\_w st\_dy. \_\_r\_s\_\_rch p\_p\_r  
p\_bl\_sh\_d \_n Fr\_d\_y \_n th\_ j\_\_rn\_l BMC P\_bl\_c H\_\_lth  
s\_ys d\_\_ng g\_\_d d\_\_ds f\_r \_th\_rs b\_\_sts y\_\_r m\_nt\_l  
h\_\_lth \_nd \_ncr\_\_s\_s y\_\_r l\_ng\_v\_ty. R\_s\_\_rch\_rs fr\_m  
th\_ \_\_K's \_n\_v\_rs\_ty \_f \_x\_t\_r\_r\_v\_\_w\_d 40 \_c\_d\_m\_c  
p\_p\_rs \_nt\_ th\_ \_ff\_cts \_f v\_l\_nt\_\_r\_sm \_n \_\_r h\_\_lth.  
Th\_y f\_\_nd th\_t v\_l\_nt\_\_rs h\_d l\_w\_r\_r\_t\_s \_f  
d\_pr\_ss\_\_n, \_n \_ncr\_\_s\_d s\_ns \_\_f w\_ll-b\_\_ng, \_nd \_  
22 p\_r\_c\_nt r\_d\_ct\_\_n \_n th\_ ch\_nc\_s \_f dy\_ng w\_th\_n  
th\_ n\_xt s\_v\_n y\_\_rs. \_\_str\_l\_\_ns l\_\_d th\_ w\_y \_n  
v\_l\_nt\_\_r\_ng, w\_th \_n \_st\_m\_t\_d 36 p\_r\_c\_nt \_f th\_  
p\_p\_l\_t\_\_n l\_nd\_ng \_h\_nd.

L\_\_d r\_s\_\_rch\_r Dr S\_z\_nn\_ R\_ch\_rds s\_\_d: "\_\_r  
syst\_m\_t\_c\_r\_v\_\_w sh\_ws th\_t v\_l\_nt\_\_r\_ng \_s  
\_ss\_c\_\_t\_d w\_th \_mpr\_v\_m\_nts \_n m\_nt\_l h\_\_lth, b\_t  
m\_r\_\_w\_rk \_\_s\_n\_d\_d t\_\_st\_bl\_sh wh\_th\_r  
v\_l\_nt\_\_r\_ng \_s\_ct\_\_lly th\_ c\_\_s\_." Sh\_\_dd\_d: "\_t\_s  
st\_ll \_ncl\_\_r wh\_th\_r b\_\_l\_g\_c\_l \_nd c\_ltr\_l\_f\_ct\_rs  
\_nd s\_c\_\_l\_r\_s\_\_rc\_s th\_t\_r\_\_ft\_n \_ss\_c\_\_t\_d w\_th  
b\_ttr\_h\_\_lth \_nd s\_rv\_v\_l\_r\_\_ls \_ss\_c\_\_t\_d w\_th \_  
w\_ll\_ngn\_ss t\_v\_l\_nt\_\_r \_n th\_ f\_rst pl\_c\_." \_n \_  
s\_p\_r\_t\_\_st\_dy fr\_m th\_ \_n\_v\_rs\_ty \_f M\_ch\_g\_n,  
r\_s\_\_rch\_rs s\_gg\_st\_d thr\_\_r\_\_s\_ns why v\_l\_nt\_\_r\_ng  
m\_y b\_\_b\_n\_f\_c\_\_l. F\_rst, \_t \_nv\_lv\_s phys\_c\_l  
\_ct\_v\_ty; s\_c\_nd, th\_ s\_c\_\_l c\_nn\_ct\_\_ns w\_\_m\_k\_  
h\_lp t\_r\_d\_c\_\_r str\_ss; \_nd th\_r\_d, \_t g\_v\_s\_\_s \_  
d\_\_p\_s\_ns\_\_ \_f h\_pp\_n\_ss.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

volunteering can make you happier and help you live longer according to a new study a research paper published on friday in the journal bmc public health says doing good deeds for others boosts your mental health and increases your longevity researchers from the uk's university of exeter reviewed 40 academic papers into the effects of volunteerism on our health they found that volunteers had lower rates of depression an increased sense of well-being and a 22 per cent reduction in the chances of dying within the next seven years australians lead the way in volunteering with an estimated 36 per cent of the population lending a hand

lead researcher dr suzanne richards said "our systematic review shows that volunteering is associated with improvements in mental health but more work is needed to establish whether volunteering is actually the cause" she added "it is still unclear whether biological and cultural factors and social resources that are often associated with better health and survival are also associated with a willingness to volunteer in the first place" in a separate study from the university of michigan researchers suggested three reasons why volunteering may be beneficial first it involves physical activity second the social connections we make help to reduce our stress and third it gives us a deep sense of happiness

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1308/130826-volunteering.html>

Volunteering can make you happier and help you live longer, according to a new study. A research paper published on Friday in the journal *BMJ Public Health* says doing good deeds for others boosts your mental health and increases your longevity. Researchers from the UK's University of Exeter reviewed 40 academic papers into the effects of volunteerism on our health. They found that volunteers had lower rates of depression, an increased sense of well-being, and a 22 percent reduction in the chances of dying within the next seven years. Australians lead the way in volunteering, with an estimated 36 percent of the population lending a hand. Lead researcher Dr Suzanne Richards said: "Our systematic review shows that volunteering is associated with improvements in mental health, but more work is needed to establish whether volunteering is actually the cause." She added: "It is still unclear whether biological and cultural factors and social resources that are often associated with better health and survival are also associated with a willingness to volunteer in the first place." In a separate study from the University of Michigan, researchers suggested three reasons why volunteering may be beneficial. First, it involves physical activity; second, the social connections we make help to reduce our stress; and third, it gives us a deep sense of happiness.







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about volunteering. Share what you discover with your partner(s) in the next lesson.

**3. VOLUNTEERING:** Make a poster about volunteering. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. LONGEVITY:** Write a magazine article about volunteering and longevity. Include imaginary interviews with volunteers who believe volunteering makes you live longer.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to a mental health expert. Ask him/her three questions about volunteering. Give him/her three of your thoughts on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a F    b F    c T    d T    e F    f F    g T    h T

## SYNONYM MATCH (p.4)

- |                   |                |
|-------------------|----------------|
| 1. deeds          | a. acts        |
| 2. boosts         | b. increases   |
| 3. rates          | c. levels      |
| 4. chances        | d. likelihood  |
| 5. lending a hand | e. helping out |
| 6. review         | f. evaluation  |
| 7. establish      | g. confirm     |
| 8. willingness    | h. desire      |
| 9. separate       | i. different   |
| 10. sense         | j. feeling     |

## COMPREHENSION QUESTIONS (p.8)

1. In the journal BMC Public Health
2. It boosts your mental health and increases your longevity
3. 40
4. Depression
5. 36%
6. To prove that volunteering helps mental health
7. Better health and survival
8. Three reasons why volunteering may be beneficial
9. Reduce stress
10. Volunteering gives us a deep sense of happiness

## MULTIPLE CHOICE - QUIZ (p.9)

1. d    2. b    3. d    4. c    5. d    6. c    7. a    8. c    9. b    10. a

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)