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Happiness is... Family?!

What makes teens and twenty-somethings happy these days? You might be tempted to cite sex, money, and music as primary sources of happiness. You would be wrong. Among 13-24 year olds, according to a survey asked of 1280 people, spending time with family came in at top. Time with friends followed in the number two position, and time with a significant other was third. Almost no one said money as a source of happiness.

Seventy three percent indicated that a good relationship with their parents made them happy. In addition, when looking towards a role model, nearly half of the respondents mentioned one of their parents. Moms ranked higher than dads, though, with 29% of the vote. Dads garnered 21%.

Other results tend towards the disconcerting. Most of the pollees generally felt happy with the direction of their lives, but the survey discovered a racial divide. Whites tended to be happier across all economic categories than blacks or Hispanics. And as for stress, kids noted a 10% higher rate than adults. For 13-17 year olds, school stressed them out. For those in the 18-24 range, jobs and financial matters caused worry. The middle class and women had slightly elevated stress levels.

The big question came down to the future, and whether today's youth will remain happy. Sixty-two percent of teens believed the future will hold greater amounts of happiness. Pollees in the 18-24 year old range were even more optimistic than their younger counterparts. However, many in both age groups anticipate a more difficult life than their parents' is in store.

Teacher's Notes:

* Underlined words in red typeface are the recommended vocabulary for this lesson.
Select one or all of the following warm-up activities.

1: Define: What does "happiness" mean? Can you use it in a sentence? Can you give examples?

2: Brainstorm: Brainstorm with a partner(s) words and ideas associated with "happiness" for 2 minutes. Spend another 5 minutes or less discussing the words and ideas together.

3: Title: Speculate and/or discuss the contents of today's article from its title: "Happiness is... Family?!"

4: Do you agree or disagree? Why?
   a. My family makes me the happiest.
   b. Children in general aren't happy.
   c. Young people generally live stress-free lives.
   d. Money makes young people the happiest.
   e. The future will be a less happy place.

5: Rank It!: Which makes you the most happy? Rank the items in order. Remember to support your decisions.
   a. money
   b. love
   c. family
   d. religion
   e. drugs and alcohol
Select one of the following vocabulary acquisition activities.

1: Vocabulary match: Individually or in pairs/groups, match the words in column A (from the article) with the best choice in column B.

| a. cite | q. answerer |
| b. primary | r. raise |
| c. respondent | s. upset |
| d. garner | t. point out |
| e. disconcert | u. ethnic |
| f. racial | v. expect |
| g. elevate | w. positive |
| h. optimistic | x. receive |
| i. counterpart | y. main |
| j. anticipate | z. peer |

2: Fill in the Blanks: Fill in the blank with the correct word.

generated anticipate respondents counterparts cite racial
primary elevated optimistic disconcerting

a. You might be tempted to ( ) sex, money, and music.
b. Sex, money, and music aren't ( ) sources of happiness.
c. When looking towards a role model, nearly half of the ( ) mentioned one of their parents.
d. For role models, dads ( ) 21% of the vote.
e. Other results tend towards the ( )
f. The survey discovered a ( ) divide when it comes to happiness.
g. The middle class and women had slightly ( ) stress levels.
h. Pollees in the 18-24 year old range were even more ( ).
i. Fewer of their younger ( ) said the future will hold greater amounts of happiness.
j. Many in both age groups ( ) a more difficult life than their parents' is in store.

3: Define: Define each word, correctly pronounce it, explain the meaning and/or usage, and offer an example sentence to the class.

a. cite  c. respondent  e. disconcert  g. elevate  i. counterpart
b. primary  d. garner  f. racial  h. optimistic  j. anticipate
**WORD RECOGNITION**

**1: Word Search:** Find the target words (in bold). Time yourself, and see how many words you can find in three minutes. In five minutes. In ten minutes.

<table>
<thead>
<tr>
<th>garnered</th>
<th>anticipate</th>
<th>respondents</th>
<th>counterparts</th>
<th>cite</th>
</tr>
</thead>
<tbody>
<tr>
<td>racial</td>
<td>primary</td>
<td>elevated</td>
<td>optimistic</td>
<td>disconcerting</td>
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<td></td>
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**2: Target Word Pool:** Find the target words (in bold) with their exact match. Time yourself, and see how many words you can find in three minutes. In five minutes. In ten minutes.

<table>
<thead>
<tr>
<th>garnered</th>
<th>anticipate</th>
<th>respondents</th>
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pre- or post-COMPREHENSION

1: Word Association: Brainstorm words associated with today's topic for two minutes. Present to the class.

2: Brainstorm Questions: Brainstorm questions that you would like to ask about today's topic. Answer the questions without looking at the article.

3: True or False?: Guess (before the article) or answer (after the article) whether the sentence is true or false. If false, correct the sentence.

   a. Spending time with family made young people the happiest. T / F
   b. More dads were heroes to their children than moms. T / F
   c. Whites were generally less happy than Hispanics. T / F
   d. Kids had a lot less stress than adults. T / F
   e. According to the article, the future will definitely be more difficult. T / F

4: Questions: Answer the questions to check comprehension.

   a. According to the article, what makes young people the happiest?
   b. Who is the main role model for today's youth?
   c. According to the article, which ethnic group was the happiest?
   d. Who had more stress, adults or kids?
   e. What do young people think of the future?

5: Vocabulary: In pairs/groups, remember how the words were used in today's article.

   a. cite     c. respondents     e. disconcerting     g. elevated     i. counterparts     b. primary     d. garnered     f. racial     h. optimistic     j. anticipate

6: Fragments: Remember how the fragments were used, and complete the sentence from today's article.

   a. You might be tempted to cite...
   b. Seventy three percent indicated that a good...
   c. Whites tended to be happier across...
   d. The big question came down to the future, and...
   e. However, many in both age groups anticipate...
post-COMPREHENSION

1: Vocabulary: Circle any additional unknown words/phrases in the article. In pairs/groups, use your dictionaries to understand the meanings. Present to the class.

2: Class Questions: Read through the article once more, and write down any questions that you would like to discuss in pairs/groups or as a class. Discuss.

3: Summarize: Work with a partner to summarize the article in your own words.

4: Discuss: Talk about the following questions in pairs/groups. Remember to support your answers!

   a. Did you like this article?
   b. What was your general impression after reading this article?
   c. Do you agree with the article that family is more important than sex, money, or music? Why/not?
   d. What makes a family successful? Why do you think so?
   e. Were you happy as a child? Why/not? How about now?
   f. According to the article, many think the future will be more difficult. What do you think? Why?
   g. Who was your role model as a child? Why?
   h. Compared to now, did you feel more or less stress when you were younger? Why?
   i. What would likely make kids feel stressed out? Are these really worth worrying about? Why/not?
   j. If you won $1,000,000, would you be happy? Why/not?

5: Role-play: A researcher who studies happiness must interview a family with problems. There is mom who is busy with volunteer work, dad who works eighty hours each week, and a teenaged son/daughter. In pairs, role play the interviewer and the mom, dad, or son/daughter. Answer the questions below.

   - Does your time away from home affect your child? -or- Do your parents’ busy schedules affect you?
   - Do you think your son/daughter is happy? Why/not? -or- Are you happy? Why/not?
   - How much do you know about your child’s life? -or- How much do your parents know about your life?
   - Who is your son’s role model? Why do you think so? -or- Who is your role model? Why?
   - Which is more important, family or money? -or- Which is more important, family or money?

6: Google Search: Type "happiness" into Google news and read additional articles on this topic. Discuss or write an essay about your findings.
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Notes:
Happiness is... Family?!

What makes teens and twenty-somethings happy these days? You might be tempted to (a. _______________) sex, money, and music as (b. _______________) sources of happiness. You would be wrong. Among 13-24 year olds, according to a survey asked of 1280 people, spending time with family came in at top. Time with friends followed in the (c. _______________) two position, and time with a significant other was third. Almost no one said money as a source of happiness.

Seventy three percent indicated that a good (d. _______________) with their parents made them happy. In addition, when looking towards a role model, nearly half of the (e. _______________) mentioned one of their parents. Moms ranked higher than dads, though, with 29% of the vote. Dads (f. _______________) 21%.

Other results tend towards the (g. ________________). Most of the pollees generally felt happy with the direction of their lives, but the survey discovered a (h. ________________) divide. Whites tended to be happier across all economic categories than blacks or Hispanics. And as for stress, kids noted a 10% higher rate than adults. For 13-17 year olds, school (i. ________________) them out. For those in the 18-24 range, jobs and financial matters caused worry. The middle class and women had slightly (j. ________________) stress levels.

The big question came down to the future, and whether today's youth will remain happy. Sixty-two percent of teens believed the future will hold (k. ________________) amounts of happiness. Pollees in the 18-24 year old range were even more (l. ________________) than their younger (m. ________________). However, many in both age groups (n. ________________) a more difficult life than their parents' is in (o. ________________).
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Seventy three percent indicated that a good relationship with their parents made them happy. In addition, when looking towards a role model, b) _________________________________. Moms ranked higher than dads, though, with 29% of the vote. Dads garnered 21%.

Other results tend towards the disconcerting. c) ________________________________, but the survey discovered a racial divide. d) _________________________________ than blacks or Hispanics. And as for stress, kids noted a 10% higher rate than adults. For 13-17 year olds, school stressed them out. For those in the 18-24 range, jobs and financial matters caused worry. The middle class and women had slightly elevated stress levels.

The big question came down to the future, e) _________________________________. Sixty-two percent of teens believed the future will hold greater amounts of happiness. Pollees in the 18-24 year old range were even more optimistic than their younger counterparts. However, many in both age groups anticipate a more difficult life than their parents’ is in store.
Happiness is... Family?!

Advanced

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ANSWER KEY

Vocabulary
1. Vocabulary Match:

2. Fill in the Blanks:

pre- or post-Comprehension
1. True or False:

2. Fragments:

Student Handout
1. Fill in the Blanks

2. Extended Listening

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