	<b>INSTITUCIÓN EDUCATIVA EL PEDREGAL</b>				<b>COD:</b> F-GAC-12	
	<b>PROCESO DE EVALUACIÓN</b>				<b>FECHA:</b> 11/05/2016	
	<b>Examen de período</b>	<b>Período</b>				<b>VERSION: 04</b>
		1	2	3	4	
	<b>Taller</b>	X	<b>Otros (Guías, sustentaciones,...)</b>			
<b>Habilitación</b>		<b>Rehabilitación</b>				
<b>AREA:</b> humanidades		<b>ASIGNATURA:</b> idioma extranjero - inglés				
<b>DOCENTE:</b> Eimer J. Licona Mejía		<b>GRADO:</b> 7	<b>GRUPO:</b> 1, 2 & 3	<b>FECHA:</b>		

## FIRST TERM

### 4. **Read»** Read a report about how teenagers spend their free time in the countryside and in the city. Answer the questions.

- How do city teenagers spend their free time?  
*Chatting with friends, watching TV, playing video games indoors.*
- What are the problems related to sitting down for long periods?
- How do teenagers in the countryside spend their free time?

#### How do our teenagers spend their free time?

by Consuelo Mejía

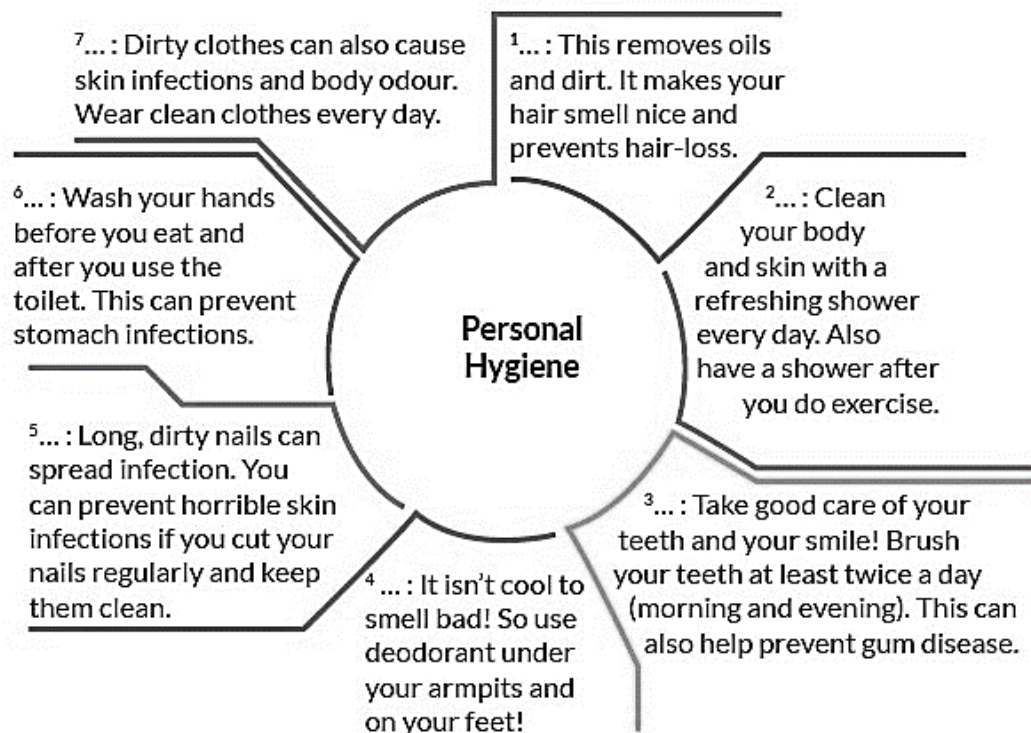
The Colombian Government is very concerned about how urban teenagers are spending their free time. Research shows that in cities many teenagers spend their time indoors, chatting on social media, watching TV or playing video games. These teenagers can have poor posture and they can also be depressed, because they don't spend enough time being active in the fresh air.


In contrast, most teenagers in the countryside spend their free time doing physical activities and playing outdoor games. They also help their parents; they do chores, feed the animals, and milk the cows. Because these teenagers have an active life-style, they are also fitter and don't have so many health problems.

## SECOND TERM

### **Read»** Read the infographic about personal hygiene and complete it (1-7) with the headings (a-g).

- |                             |                    |  |
|-----------------------------|--------------------|--|
| a. Use deodorant            | d. Dental care     | g. Keep your fingernails clean and short |
| b. Change your clothes      | e. Wash your hands |  |
| c. Wash your hair regularly | f. Have a shower   |  |



1.  **Read »** Read the blog. Decide if the statements (1–7) are true or false according to the information in the blog.

## Assertive Communication & Positive Relationships

Posted: 25 July 2017

Assertive communication is an important social and communication skill. When you learn how to communicate assertively you **can** express what you need, want, feel or believe, in a calm and positive way. Assertive communicators speak honestly, but they are never aggressive or rude: they always respect other people.



This communication skill **can** reduce conflict, build your self-confidence and improve your relationships. Here are some tips on how to be an assertive communicator.

- a. Express negative thoughts and feelings in a positive way.
- b. Stay calm. Breathe normally, look the person in the eye, relax your face muscles and speak in a normal voice.
- c. Accept both criticism and compliments positively.
- d. Listen actively.
- e. Speak clearly.
- f. Remember that the other person is not your enemy, even if he or she doesn't agree with you.
- g. Learn to say 'no' when you need to.
- h. Use mobile technology carefully and be aware of its disadvantages.

Leave your comments:

1. It's possible to talk in a positive way about negative feelings.
2. It's OK to express our negative feelings when we aren't calm.
3. Only compliments are positive, criticism is always negative.
4. Both listening and speaking are equally important.
5. If you don't have the same opinion as someone, you can't be friends.
6. It's OK to say 'no'.
7. Mobile phones always have advantages.