هيكل اللغة الإنجليزية الصف العاشر المتقدم العام الدراسي English The 2025/2026 coverage of grade 10 advanced New INTERACTIONS 2025-2026





تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ← المناهج الإماراتية ← الصف العاشر المتقدم ← لغة انجليزية ← الفصل الأول ← ملفات متنوعة ← الملف

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ملفات اكتب للمعلم اكتب للطالب ا اختبارات الكترونية ا اختبارات ا حلول ا عروض بوربوينت ا أوراق عمل منهج انجليزي ا ملخصات وتقارير ا مذكرات وبنوك ا الامتحان النهائي ا للمدرس المزيد من مادة لغة انجليزية:

التواصل الاجتماعي بحسب الصف العاشر المتقدم











صفحة المناهج الإماراتية على فيسببوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف العاشر المتقدم والمادة لغة انجليزية في الفصل الأول	
الدليل الإرشادي (الهيكل الوزاري) للقواعد المقررة في الامتحان النهائي المسار المتقدم	1
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The English coverage of grade 10 advanced

New INTERACTIONS 2025-2026

Part	Level	Theme	Vocabula	ary
Towards Grade Level Goal Apply a wide range of	A Picture of Health Handling stress, Overcoming adversity	admirable, breakthrough, gradu obstacle, overcome, positive, he evaluate, coping strategies, dea circumstances	andling (stress),	
	reading strategies,	Task description	Learning	Construct
	including, using context,		Outcomes	Limits
Part 1 : Vocabulary	first language, culture, experiences, the main	Multiple-Choice Gap Fill Correct the correct word(s) to complete the sentences.	Reading Strategies ENG.07.RV.S.3.3: Apply a wide range of reading strategies, including, using context, first language, culture, experiences, the main message, overall organization, structure and word choices, adjusting reading rate, skimming, scanning and reading on to understand and interpret extended written or multimodal texts on familiar and unfamiliar concrete topics that are clearly structured and may use some nonstandard language or expressions	1 - 1 text of 160 words (10% either way) with 7 gaps focusing on the target vocabulary. 2 - 3 options, one of which is the correct answer 3 - 2 marks each (total: 14)

Vocabulary:

ADMIRABLE

word	Admirable : deserving respect or approval
example	He seems to have been an admirable teacher, with a great power of lucid exposition.
synonyms	Excellent , Deserving , Good

BREAKTHROUGH

word	Breakthrough: An act of overcoming or penetrating an obstacle or restriction.
example	One breakthrough is all it will take to change the world.
synonyms	Discovery, Find, Advance, Development, Improvement

GRADUALLY

word	Gradually : In a gradual manner; making slow progress
example	Weeks slipped by and her body gradually healed.
synonyms	Slowly, Step by step, Bit by bit

UNIDENTIFIED

word	Unidentified: Not identified; having an unknown or unnamed identity
example	Most cheerleaders also go unidentified by the vast majority of sports attendees.
synonyms	Unnamed , Unknown , Nameless , Unmarked , Secret

OBSTACLE

word	Obstacle: Something that stands in the way of or holds up progress.
example	It would remove the obstacle between you and your mate.
synonyms	Obstruction , Restriction , Impediment , Blockage , Humper

OVERCOME

word	Overcome: To get the better of in competition, struggle, etc.; conquer.
example	She stopped struggling, overcome by feelings.
synonyms	Defeat, Beat, Crush, Get - over, Master

POSITIVE

word	Positive: Tending in the direction regarded as that of increase or progress
example	She had to adopt a positive attitude.
synonyms	Affirmative, Upbeat, Favorable

HANDLING (STRESS)

word	Handling (stress): To handle physical, mental, or emotional strain or tension
example	You can handle the stress by following strategies or doing exercises
synonyms	Dealing with anxiety, Overcoming strain, Balancing
	emotions

EVALUATE

word	Evaluate: To judge or determine the worth or quality of; appraise.
example	I evaluate them for opportunities, he said.
synonyms	Judge, Rate, Appraise, Size up, Assay, Valuate

COPING STRATEGIES

word	Coping strategies: adaptive responses that enable individuals to deal with stress, change, and adversity effectively
example	Early coping strategies may also be seen during this period
synonyms	Adaptive strategies , Crutch , Coping skills

DEALING WITH

word	Dealing with: To take the necessary action		
example	It is easy dealing with an implacable enemy		
synonyms	Handling , Referring to , Regarding		

PERSPECTIVE

word	Perspective: An understanding of how aspects of a subject relate to each other		
	and to the whole.		
example	She had an interesting perspective, and she made him think about things differently.		
synonyms	Outlook , Viewpoint , Aspect		

CIRCUMSTANCES

word	Circumstances: An event or fact that causes or helps to cause something to		
	happen, typically something undesirable		
example	Under no circumstances should we ever personally get directly involved with a case.		
synonyms	Factors, Occasions, Motives		

Read the text, and fill the gaps correctly:

Admirable	Breakthrough	Gradually	Unidentified	Obstacle	Overcome	Positive
Handling (stress)	Evaluate	Coping strategies	Dealing with	Perspective	Circumstances	

Achieving a major goal in life is rarely e	asy. Many people dream of reaching success, but they
often face at least one serious (1)	_ along the way. What makes some individuals truly
admirable is their ability to (2)	_ these challenges rather than give up. Progress usually
happens gradually, not all at once, and	it requires patience as well as a (3) attitude.



Sometimes, an unexpected breakthrough appears, changing the whole (4) of a			
situation. However, this doesn't mean every problem is solved. People must still focus on (5)			
and (6) difficult circumstances. When stress becomes hard to control, it is			
important to (7) different coping strategies to see which ones work best.			
In some cases, the main cause of stress remains (8), making it harder to solve. Still, with			
support and determination, most challenges can be faced successfully.			
Read the text, and fill the gaps correctly:			
Admirable Breakthrough Gradually Unidentified Obstacle Overcome Positive			
Handling (stress) Evaluate Coping strategies Dealing with Perspective Circumstances			
Reaching success in life can be difficult, especially when people face an unexpected (1)			
What makes someone truly (2) is not a perfect life, but their ability to stay (3) and			
continue working despite problems. Success rarely comes instantly; instead, it happens			
gradually, step by step.			
Sometimes, a sudden breakthrough changes one's perspective and gives new hope. Still, stress			
does not disappear completely. In tough circumstances, people must focus on (4) stress			
and (5) with pressure in a healthy way. This is why it is important to (6) different			
coping strategies to find what truly works.			
In some situations, the real cause of stress remains (7), making it harder to solve.			
However, with patience and support, people can learn to overcome their difficulties and move			
forward.			
Choose the correct answer:			
1. What does "admirable" mean?			
A. Easy to forget B. Worth respecting or praising C. Very confusing			



2. After months of research, scientists made a huge in medicine.
A. breakthrough B. circumstance C. perspective
3. If you want to reach your goal, you must the obstacles in your way.
A. evaluate B. overcome C. handle
4. She didn't change suddenly; her confidence improved over time.
A. gradually B. positively C. unidentified
5. When students feel stressed, they should try healthy to control their emotions.
A. coping strategies B. perspectives C. breakthroughs
6. What does it mean to "evaluate" a situation before making a decision?
A. To ignore all the details and decide quicklyB. To carefully judge and consider the information before actingC. To ask someone else to choose for you
7. Even though the cause of the problem was still, the team continued searching for a solution.
A. unidentified B. positive C. admirable
8. From her new, losing the competition wasn't a failure, but a chance to learn and grow.
A. obstacle B. perspective C. circumstance

Grade 10 advanced

Supervision: Mr.Basem Ismail

- 9. Moving to a new country can be challenging, but he is slowly _____ the stress and adapting to his new life.
- A. handling
- B. overcoming
- C. breaking through
- 10. Despite difficult family ______, she stayed motivated and focused on her studies.
- A. circumstances
- B. strategies
- C. perspectives

Part	Level	Theme	Vocabulary	Grammar
	Towards Grade Level Goal Apply a wide range of reading strategies, including, using context, first language, culture, experiences, the main message, headings and connectors, adjusting reading rate, skimming, scanning and reading on to understand and interpret texts.	Infotainment Starting at a screen , Infotainment	remote control, couch potato, channel surf, commercials, turn down, volume, gaming, gamers, streaming, blogging, vlogging, spare time	1 - Question tags 2 - Wh-questions 3 - Historic present - used to narrate past events in a livelier manner as if we were there, witnessing what was happening
Dout 0.		Task description	Learning	Construct
Part 2:			Outcomes	Limits
Grammar		Multiple-Choice Gap Fill Correct the correct word(s) to complete the sentences.	Reading Strategies ENG.07.RV.S.3.3: Apply a wide range of reading strategies, including, using context, first language, culture, experiences, the main message, overall organization, structure and word choices, adjusting reading rate, skimming, scanning and reading on to understand and interpret extended written or multimodal texts on familiar and unfamiliar concrete topics that are clearly structured and may use some nonstandard language or expressions	1 - 1 text of 160 words (10% either way) with 7 gaps focusing on the target vocabulary. 2 - 3 options, one of which is the correct answer 3 - 2 marks each (total: 14)

Vocabulary:

REMOTE CONTROL

word	Remote control: control of a machine or apparatus from a distance by means of radio or infrared signals transmitted from a device		
example	The 3D TV has a special remote control.		
synonyms	Remote, Electrical control, Radio-circuit control,		
	Hand-held control		

Done by: Abdelrahman Hany Grade 10 advanced
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COUCH POTATO

word	Couch potato: a person who watches a lot of television and doesn't		
	have an active life		
example	"Couch potato" is a word to describe people who sat for hours watching televisions		
	passively		
synonyms	Remote, Electrical control, Radio-circuit control,		
, ,	Hand-held control		

CHANNEL SURF/ CHANNEL SURFING

word	Channel surf: the practice of changing frequently from one program to		
	another on a television, watching each one for only a short time		
example	Channel surf is a behavior for some couch potatoes		
synonyms	Switch channels , Channel hop , Scan channels		

COMMERCIALS

word	Commercials: related to making money by buying and selling things
example	This is a commercial product, not free software.
synonyms	Advertisement, Business, Trade, Trading,
	Economic

TURN DOWN

word	Turn down: an occasion when someone or something is not accepted	
example	I can't turn down this incredible honor twice	
synonyms	Reject, Decline, Deny, Pass up, Dismiss, Turn away	

VOLUME

word	Volume: the number or amount of something in general	
example	Changes in the volume of consumer spending	
synonyms	Average, Amount, Mass, Quantity	

GAMING

word	Gaming: the risking of money in games of chance	
example	Keep flax from fire, youth from gaming	

synonyms	Gambling, Playing, Speculation
GAMERS	

word	Gamers: people who like playing computer games	
example	He's a gamer, always ready to go that extra mile	
synonyms	Gambler , Player , Gamester	

STREAMING

word	Streaming: the process of sending or receiving sound or video directly	
	over the internet as a continuous flow	
example	There's a bug in your streaming proxy	
synonyms	Flowing, Gushing, Cyclosis, Flapping	

BLOGGING

word	Blogging: the activity of writing blogs	
example	As with social networking, blogging can be a positive outlet	
synonyms	Weblog , Blog age , Chronicling , Microblog	

VLOGGING

word	Vlogging: a video blog: a record of your thoughts, opinions, or experiences that you film and publish on the internet	
example	She started vlogging her daily adventures while traveling through Southeast Asia,	
•	quickly gaining thousands of followers	
synonyms	Video blogging , Video journal , Publish a vlog	

SPARE TIME

word	Spare time: time when you are not working or do not have anything you	
	must do	
example	What do you like to do in your spare time?	
synonyms	Free time , Time off , Recreation , Leisure	

WH questions

We use them to ask for specific information. The answer cannot be *yes* or *no*

The function of main Wh questions

WH-word	Function (what it asks about)	Example Question
Who	asks about a person (subject or object)	Who called you last night?
Whom	asks about a <i>person (object – more formal)</i>	Whom did you invite to the party?
Whose	asks about <i>possession / ownership</i>	Whose phone is this?
What	asks about a thing / object / idea	What is your favorite movie?
Which	asks for a <i>choice among options</i>	Which color do you prefer, blue or red?
When	asks about <i>time</i>	When did you start learning English?
Where	asks about <i>place / location</i>	Where are you going this weekend?
Why	asks about <i>reason / cause</i>	Why are you late?
How	asks about <i>manner / way something happens</i>	How did you solve the problem?
ftow much	asks about <i>uncountable quantity or price</i>	How much water do you drink per day?
How many	asks about <i>countable quantity</i>	How many students are in your class?
How long	asks about duration (time)	How long have you lived here?
How often	asks about <i>frequency</i>	How often do you exercise?
How far	asks about <i>distance</i>	How far is your school from home?
How old	asks about <i>age</i>	How old is your brother?
How come (informal)	asks about <i>reason (like "why")</i>	How come you didn't call me?



Supervision: Mr.Basem Ismail

Forming wh-questions

With an auxiliary verb

We usually form wh-questions with

1 - wh- + an auxiliary verb (be, do or have) + subject + main verb

Verb to Be:

1 - When are you leaving? 2 - Who's been paying the bills?

Verb to Do:

1 - Where do they live? 2 - Why didn't you cal

Verb to Have:

1 - What has she done now? 2 - What have they decided?

2 - with wh-+ a modal verb + subject + main verb:

Model verbs:

1 - Who would she stay with? 2 - Where should I park?

Without an auxiliary verb

Warning:

When (*what, who, which* or *whose*) is the subject or part of the subject, we do not use the auxiliary. We use the word order subject + verb:

1 - **What** fell off the wall? 2 - **Which** horse won?

1 - **Who** bought this? 2 - **Whose** phone rang?

Adding emphasis to wh-questions

We can add emphasis to *wh*-questions in speaking by stressing the auxiliary verb *do*. We usually do this when we have not already received the information that we expected from an earlier question, or to show strong interest.

When the *wh*-word is the object of the sentence, the *do* auxiliary is stressed to make it more emphatic:

A: How was your weekend in London?

B: I didn't go to London.

A: Really. Where did you go?

B: We decided to go to New York.

When the *wh*-word is the subject of the sentence, we can add the auxiliary *do* to make it emphatic. We stress *do*:

A: Ronald Price lives in that house, doesn't he?

B: No. He moved out.

A: So who does live there? (non-emphatic question: So who lives there?)

B : Actually, his son is living there now.

Prepositions and particles with wh-questions

We can use *wh*-words and phrases after prepositions in more formal questions:

Where will the money come from?

From where will the money come? (Formal)

Spoken English:

In informal styles, especially in speaking, the preposition may be separated and placed at the end of the question clause:

- 1 What will I talk to her about?
- 2 Who should we send the invitation to? (Informal)

- 3 Whom should we send the invitation to? (Formal)
- 4 To whom should we send the invitation? (More formal)
- 5 For what reason did she leave him? (Formal: preposition + wh-phrase)

When we make questions shorter, we usually put the preposition and its complement together:

A: We're all meeting up tonight.

B: At what time?

Not: What time at?

Question tags

Turn a statement into a question. They are often used for checking information that we think we know is true or statements added to a clause to invite a response from the listener

Forming Question tags

- 1 Putting the helping verb at the first
- 2 Convert / change the situation of the helping verb to the opposite (positive → negative) or (negative → positive)
 - 3 Add the subject to the end of the question tags

Example

1 - He is a teacher, is 1 - They haven't a project, haven't

2 - He (is) a teacher, (isn't) 2 - They (haven't) a project, (have)

3 - He is a teacher, isn't he? 3 - They haven't a project, have they?

The historic / narrative present

It's when we use the present tense to talk about past events — usually in stories, news, or narrations — to make them feel more vivid, real, or exciting.

Example:

Normal past:

Yesterday, I went to the park and saw an accident.

Historic / narrative present:

Yesterday, I go to the park and suddenly I see an accident!

→ The event really happened in the past, but we use the present (go, see) to make the listener feel like it's happening now.

Why do speakers use it?

To make the story more dramatic or lively.

To help the listener imagine the scene as if they are there.

Common uses

Storytelling	So I'm walking home, and suddenly
	this dog runs up to me!
News headlines	"President signs new law." (even
	though it happened earlier)
History summaries	In 1945, the war ends and peace
	begins.

Even though the verb looks like present, the time we talk about is past.

The **form** of narrative / historical present is:

- **♦ Use present simple verbs** (sometimes present continuous or present perfect)
- **But the time meaning is past**

Read the text, and fill the gaps correctly:

It's Saturday evening, and my brother and I (1) on the sofa, trying to decide
what to watch. He always grabs the (2), doesn't he? Every few minutes, he (3)
between shows until he finds something funny. When the (4) start, he turns
the (5) so low that I can barely hear it.
Then, suddenly, he says, "(6) don't we watch a stream instead?" So we open a
(7) site where people play games live. I find it interesting how many (8)
spend their spare time sharing videos or writing blogs about their experiences.
It's funny — in the story the streamer tells, he walks into a tournament and meets his
hero. He talks like it's happening now, though it really happened last year.
"Who's your favorite vlogger?" my brother (8) I just smile — he already
knows the answer, (9)?
Read the text, and fill the gaps correctly:
Every morning, I (1) (present simple) up early and check my messages. While I (2)
(present continuous) breakfast, my sister usually (3) (present simple) to loud music. She
always says, "You enjoy this quiet, (4) (question tag) you?"
At 8 o'clock, we both (5) (present simple) the bus to school. Yesterday it (6)
(past simple) late because the driver (7) (past simple) the wrong street. We (8) (past
continuous) for almost twenty minutes before it arrived.
By the time we got there, the first lesson (9) already (10) (past perfect).
Our teacher (11) (past simple) angry, wasn't she?
During the break, my friend asked, "What (12)you (13) last
weekend?" (past simple)



	In the afternoon, I'm telling this sto	ry again to another friend, and he ju	st laughs.
Sud	denly, I (14) (historic present) the m	noment like it's happening now —	(15)
		,, ,	
(histo	ric present) the bus coming, everyone (16)	(historic present continuous) Impatie	entiy.
Nex	kt year, I (17) (future simple) my exa	ams, and by this time next summer,	l (18)
(futur	re perfect) them.		
	"Where (19) you (20)	after graduation?" (future continuou	us) my teacher asks
—	and I still don't know.		
	anguage Focus Vocabula	allili Co.	e box.
	average week couch potato change channels remote control channel surf the TV		turn the TV off waste of time
1.	As soon as I get home from work, I	because I want to know w	hat's on the news.
2.	When friends come to visit, we usually	/ and just talk and have s	something to eat.
3.	When I don't like a TV show, I	and find another program or tur	n it off and go out.
4.	The commercials are very loud, so I _	when they come on.	
5.	I prefer to read in a quiet room, withou	ut on.	
6.	To find a good program on TV, I don't find something interesting.	look in the newspaper. I usually just	until l
7.	I don't like to exercise or go out; I pref	er to stay home and watch TV. I gue	ess I am a
	It's easy to change channels with a		
	I think TV is entertaining and educatio		·
10.	I watch about 20 hours of TV during a	(n)	
Ch	noose the correct answe	er:	
1-√	When the movie starts, pleas	se the volume so w	e can hear
the	e dialogue clearly.		
A)	switch off		
B)	B) turn down		
C)	C) take away		

Done by: Abdelrahman Hany

2 - My brother is such a — he can watch TV for six hours
without moving!
A) couch potato
B) fitness freak
C) early bird
3 - I lost the, so now I can't change the channel.
A) joystick
B) remote control
C) screen
4 - Many spend hours playing online games and streaming
their matches.
A) vloggers
B) gamers
C) followers
5 - I love through TV channels until I find something
interesting.
A) channel surf
B) scroll
C) click
6 - When I have, I enjoy writing posts on my travel blog.
A) spare time
B) free lesson
C) wasted hour

7 - You finished the project on time,?
A) don't you
B) didn't you
C) haven't you
8 are you watching right now?
A) Which
B) What
C) Who
9 - I this game many times, but I still enjoy it.
A) play
B) have played
C) played
10 - While I my homework, my friend was calling me.
A) was doing
B) did
C) have done
11 - By next year, they their new house.
A) will finish
B) will have finished
C) are finishing
12 -What is the name of the grammatical rule in this sentence
"So I walk into the classroom, and everyone stares at me — like I'm
in a movie!"

- A) historic present
- B) present continuous
- C) past simple

Part	Level	Theme	Vocabulary	Grammar
	Towards Grade Level Goal Identify details	A Picture of Health Longevity, Medical advice and the internet	inhabitants, preservatives, longevity. altitude, unpolluted, long-lived, prevent, accurate, dishonest, patient, remedy, validity, take advantage of, attitude, fraudulent	Stage 7 grammar
		Task Description	Learning Outcomes	Construct Limits
Part 2: Reading	At Grade Level Goal Infer the meaning of purknown words and oxpressions from the bontext and knowledge of word parts (prefixes, suffixes, etc.). Interpret and explain connections that may require some inference between ideas, perspectives or themes and own experience, background knowledge, other texts or the wider word.	Multiple-Choice Read the text. Choose the correct answer.	Comprehension Skills Details: 3 x ENG.07.RV.CS.5.1: Read and identify details in extended written or multimodal texts on familiar and unfamiliar concrete topics that are clearly structured and may use some nonstandard language or expressions. Inference 2 x ENG.03.RV.CS.4.1: Infer the meaning of unknown words and expressions from the context and knowledge of word parts (prefixes, suffixes, etc.) when reading extended written or multimodal texts on familiar and unfamiliar concrete topics that are clearly structured and may use some nonstandard language or expressions. Connections 2 x ENG.07.RV.CS.3.1: Interpret and explain connections that may require some inference between ideas, perspectives or themes and own experience, background knowledge, other texts or the wider world when reading extended written or multimodal texts on familiar and unfamiliar concrete topics that are clearly structured and may use some nonstandard language or expressions. Overall Meaning 1 x ENG.07.RV.CS.1.1: Read and identify the overall meaning of extended written or multimodal texts on familiar and unfamiliar concrete topics that are clearly structured and may use some nonstandard language or expressions.	1 narrative text of 270-300 words (10% either way) 8 questions with 3 options, one of which is the correct answer (2 marks each, total: 16)

Vocabulary:

INHABITANTS

inhabitants	People who live in a particular place
Synonyms	Residents , dwellers , natives , occupants
Example	The city have a millions of inhabitants

PRESERVATIVES

preservatives	Chemical used to stop food from decaying
Synonyms	Chemical , additive , stabilizer , antiseptic , protectant
Example	The fast food contains preservatives

LONGEVITY

longevity	Living for a long time
Synonyms	Duration , survival , continuity , lastingness
Example	The hunzukuts has a good longevity

ALTITUDE

altitude	high above sea level
Synonyms	Elevation ,height , loftiness , peak ,upland , ridge

Done by: Abdelrahman Hany

Grade 10 advanced

National Charity School in Dubai - Boys

Supervision: Mr.Basem Ismail

Example	Flight data including airspeed and altitude
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UNPOLLUTED

unpolluted	Not affected by pollution
Synonyms	Clean , pure , pristine , fresh , sanitary , wholesome
Example	Ikaria island in <mark>unpolluted</mark> place

LONG - LIVED

Long - lived	Living for a long time
Synonyms	Long-term , long-lasting , perennial , durable , long - standing
Example	The ancient redwood is a remarkably long-lived tree

PREVENT

prevent	To stop / protect something from happening
Synonyms	Stop , avert , forestall , block , deter
Example	Prevention is better than cure

ACCURATE

accurate	correct, exact, and without any mistakes
Synonyms	Correct , Logical , True , valid , reasonable
Example	The figures they have used are just not accurate

DISHONEST

dishonest	Not honest	
Synonyms	Mendacious , Misleading , False	
Example	Mr. Jack is a <mark>dishonest</mark> lawyer	

PATIENT

patient	The person how has the ability to wait, or to continue	
	doing something despite difficulties	
Synonyms	Cause , Victim , Rehabilitant	
Example	You should be patient when you dealing with kids	

REMEDY

remedy	a successful way of curing an illness or dealing with a	
	problem or difficulty	
Synonyms	Successful method , Cure , Medication , Heal , Treat	
Example	Mr. Jack is using a remedy ways to help patients	

VALIDITY

validity	Able to be acceptable
Synonyms	Available , Logically , Reasonably , true , justifiably
Example	The insurance of the patient is have a validity tell 2030

TAKE ADVANTAGE OF

Take	to use the good things in a situation	
advantage of	2	
Synonyms	Hold advantage of , Grasp advantage of	
Example	The doctors are taking the advantage of the new cure	

FRAUDULENT

Fraudulent claim: a worrying trend for insurers has been a rise in fraudulent claims.

Fraudulent	dishonest and illegal
Synonyms	Mendacious , Misleading , False
Example	Cybersecurity prevent the individuals from the digital fraudulent
Prefix and	Suffix

	Prefix	Suffix
	TTCTIX	Carrix
Position	Added before the root word	Added <u>after</u> the root word
Function	Changes the meaning of the word	Changes the form or function of
		the word (noun, verb, adjective,
		tense)
Most Popular (UN → means <i>not</i>	-ER / -OR → means a person
Prefixes, Suffixes	unhappy = not happy	who does
) in Daily Life	unfair = not fair	teacher = person who
	$RE \rightarrow$ means <i>again</i>	teaches
	rewrite = write again	actor = person who acts

rebuild = build <mark>again</mark>	-ING → shows <i>action or</i>
PRE \rightarrow means <i>before</i>	continuous tense
preview = before view	running = the act of run
preschool = before school	eating = the act of eat
	-FUL \rightarrow means <i>full of</i>
	beautiful = full of beauty
	helpful = full of help
	PRE → means <i>before</i> preview = before view

Read the text and chose the correct answer:

A Picture of Health

In a quiet mountain village in northern Europe, the inhabitants are known for their surprising longevity. Many live well into their nineties, and some even reach one hundred. Scientists have studied them for years, wondering how people living at such a high altitude could stay so healthy.

The villagers' secret seems simple. They eat fresh, unpolluted food grown in their gardens, without preservatives or chemicals. They walk everywhere, breathe clean air, and rarely rush. "We are not rich," one old woman said, "but we have time."

When researchers tried to find an accurate explanation, they noticed another factor: attitude. The villagers are calm, patient, and helpful to one another. Stress, they say, is a bigger killer than any disease.

However, not everyone accepts this theory. Online, countless "health experts" claim to know the real remedy for long life. Many of these websites take advantage of people's hopes by selling expensive "miracle" products. Some are clearly fraudulent, using dishonest reviews to sound convincing.

Doctors warn that while the internet can share useful advice, readers must check the validity of what they read. As one researcher commented, "We can't prevent people from looking online, but we can teach them to ask good questions."

Perhaps the lesson from that mountain village is that true health isn't bought — it's lived.

1 - Where does the story mainly take place?
 A) In a modern city clinic
 B) In a mountain village

2 - The word inhabitants most likely means:	
A) visitors C) travelers	
B) people who live there	
3 - The villagers' food is described as unpolluted because it is:	
A) free from chemicals C) imported from cities	
B) cooked for long hours	
4 - The villagers' attitude helps them because they are:	
A) competitive and energetic C) ambitious and wealthy	
B) patient and stress-free	
5 - The word fraudulent is closest in meaning to:	
A) fake C) expensive	
B) useful	
6 - What can readers infer about the author's opinion of online health advice?	
A) It's completely trustworthy C) It should be banned	
B) It can be risky if not checked	
7 - What message does the story suggest about longevity?	
A) It depends mostly on money C) It requires special medicines	
B) It comes from a simple, balanced life	
8 - What overall theme connects the text?	
A) The difference between science and nature C) The dangers of mountain living	
B) The relationship between lifestyle and true health	

Read the text and chose the correct answer:

The Internet Doctor

When Amir caught a bad cough last winter, he didn't visit a clinic. Like millions of internet users, he opened his laptop and typed his symptoms into a search bar. Within seconds, dozens of "medical experts" appeared. Some sites looked accurate and professional, while others tried to take advantage of people's fear.

One website even sold a "natural remedy" made with herbs and honey. It claimed to prevent future illnesses and increase longevity. Amir ordered it immediately. A week later, the bottle arrived, smelling strange and full of artificial preservatives. After a few doses, he felt worse.

Worried, Amir finally went to a real doctor. She explained calmly, "Many online health pages are fraudulent. Their reviews are written by dishonest users, not real patients." She told him the medicine's validity was questionable and advised rest, clean air, and patient recovery.

Months later, while traveling to a mountain village, Amir noticed the inhabitants there rarely got sick. Living at high altitude, eating fresh unpolluted food, and working outdoors seemed to keep them long-lived and strong—without buying anything online.

Now, whenever friends ask for health advice, Amir smiles. "Search engines can help," he says, "but they're no real doctor."

1 - Why did Amir start searching online?	
A) He wanted to study medicine C) He needed to buy food	
B) He was feeling unwell	
2 - The word accurate in paragraph 1 means:	
A) exact and reliable C) traditional and old	
B) boring and long	
3 - What happened after Amir used the online medicine?	
A) He felt better immediately C) He got a refund	
B) His cough became worse	
4 - The word fraudulent suggests that some websites were:	
A) fake or dishonest C) slow to load	
B) very expensive	
5 - What can we infer about Amir's doctor?	
A) She trusts online advice C) She sells her own medicine online	
B) She believes in simple, real treatment	
6 - The villagers' lifestyle teaches Amir that health:	
A) depends on natural living C) requires online advice	
B) comes from expensive supplements	
7 - What is the overall message of the story?	
A) Technology always replaces doctors C) Herbs are more effective than medicine	
B) Online health advice should be questioned	
8 - Which phrase best summarizes Amir's lesson?	
A) "Think before you click." B) "Trust every online expert." C) "Buy more natural products."	

The secret of longevity

When Maya moved to a small village high in the mountains, she noticed that the inhabitants looked unusually healthy. Even at that high altitude, people in their eighties walked miles each day. Their faces were calm, their food simple, and the air wonderfully unpolluted.

Curious, Maya searched online to learn their secret of longevity. Within minutes, hundreds of websites appeared. Some promised "miracle herbs" and "age-reversing drinks." Others sold vitamins claiming to prevent every disease imaginable. Many pages looked professional, but Maya wasn't sure how accurate they were.

She ordered a few supplements, only to realize later that the company was fraudulent. The reviews had been written by dishonest accounts, and the products contained cheap preservatives. Feeling foolish, Maya returned to her neighbors and asked, "What's your real remedy for a long life?"

An old man smiled and said, "We eat what we grow, work hard, and stay patient. No website can sell you that."

Maya understood. The villagers didn't take advantage of anyone's trust or money. Their lifestyle was genuine, and its validity didn't need online proof.

That evening, she deleted the fake health blogs and went for a walk. The sky was clear, and she thought, perhaps true wellness isn't hidden in a search bar—it's already around us, waiting to be lived.

1 - Where does the story mainly take place?	
A) In a busy modern city B) In a high mountain village C) In a coastal town	
2 - The word inhabitants most likely means:	
A) local people B) tourists C) scientists	
3 - What does the word accurate suggest about the online pages?	
A) They may not be reliable B) They contain only true facts C) They are written by doctors	
4 - What can be inferred about the company Maya bought from?	
A) It was honest but careless B) It was fake and misleading C) It gave her a refund	
5 - The villagers' "remedy" for long life is mainly about:	
A) a natural and balanced lifestyle B) taking strong medicines C) moving to a mountain village	
6 - The word validity in the text means:	

A) price	B) truth or reliability	C) popularity			
7 - What n	7 - What message does Maya learn by the end?				
A) Trust o	nline experts more carefull	y B) Health cannot be bought online	C) Science is always wrong		
8 - What o	8 - What overall theme connects the story?				
A) The conflict between technology and tradition					
B) The importance of questioning what we read online					
C) The success of online health businesses					

Doctor Google

When Layla's younger brother developed a strange cough, she didn't rush to the clinic. Instead, like many modern inhabitants of the digital world, she opened her laptop and searched for answers. The results were endless. Some websites sounded accurate, full of scientific terms. Others tried to take advantage of her worry by advertising "instant cures" and "secret remedies."

One page even claimed that a syrup containing special mountain herbs could prevent all infections and increase longevity. It looked professional, though a few reviews seemed strangely similar. Still, Layla ordered it. The bottle arrived with a strong smell and an ingredient list full of artificial preservatives. After her brother got worse, Layla realized she had trusted a fraudulent company using dishonest marketing.

When she finally visited a real doctor, he was calm and patient. He explained that the medicine's validity was doubtful and that some online advice was simply dangerous. "You can't trust every search result," he said. "Even in our city's high altitude, people stay healthy because of good habits, not fake products."

Later, during a family trip to an unpolluted, mountain village, Layla noticed the long-lived locals working outside, smiling, and living simply. Their health came from balance, not the internet.

That night, as Layla deleted her browser history, she understood that information online can be helpful—but only when filtered through common sense and real expertise.

1 - Why did Layla go online at first?

A) She wanted to study medicine

B) She was looking for medical advice for her brother

C) She worked for a health website

2 - The phrase "take advantage of her worry" means:

A) help her solve the problem

- B) use her fear to sell something
- C) make her feel less anxious
- 3 The syrup Layla bought is described as fraudulent because it was:
 - A) fake and dishonest
 - B) natural and safe
 - C) too expensive
- 4 What can we infer about the reviews on the website?
 - A) They were probably written by real customers
 - B) They were copied or created by the sellers
 - C) They warned people not to buy the product
- 5 The doctor's advice suggests that:
 - A) all internet sources are dangerous
 - B) online information can be useful if checked carefully
 - C) people should stop using the internet
- 6 The villagers' lifestyle shows that:
 - A) health depends mostly on climate
 - B) real wellness comes from simple, natural living
 - C) traditional medicine is always better
- 7 The word validity in the text means:
 - A) truth or reliability
 - B) advertisement
 - C) side effect
- 8 What is the overall meaning of the story?
 - A) The internet replaces doctors completely
 - B) It's important to question and verify online health information
 - C) Natural remedies always work better than modern medicine

Part	Level	Theme	Vocabulary	Grammar
At Grade Level Goal	Infotainment Commercials, Visual Media and language	commercial, slogan, noticeable, original, memorable, informative , visual media, infant, passively, sense, development, limited	Stage 7 grammar	
Id	dentify details	Task Description	Learning Outcomes	Construct Limits
Part 3: Reading In example of the control of the co	leyond Grade Level Goal for meaning and make for meaning and make for meaning and make ariety of strategies, noticiting using ontextual clues, whole ack knowledge, text granisation, etc. Interpret and analyse or meaning the present of the present of the present of the present own promotions between cleas, perspectives or hemes and own xperience, background xperience, background and wider world to upport conclusions, dentify the overall meaning	Multiple-Choice Read the text. Choose the correct answer.	Comprehension Skills Details:	1 expository text of 270-300 words (10% either way) 8 questions with 3 options, answer (2 marks each, total: 16) OCTIOUT III DUDGI = DOV.

Vocabulary:

COMMERCIAL

	C2: used to refer to radio or television paid for by	
Commercial	advertisements that are broadcast between and	
	during programs	
	B1: an advertisement that is broadcast on television	
	or radio	
Synonyms	Advertising , Broadcast , Posting	
Example	C2: Don't forget this is a commercial enterprise - we're here to make money.	
	B1: He went to make a drink during the commercials	

SLOGAN

Slogan	C1: a short easily remembered phrase, especially one used to advertise an idea or a product(advertising slogan)	
Synonyms	Advertising , Broadcast , Posting, Logo	
Example	C1 : Advertising change grammar rules and language to create memorable slogans.	

NOTICEABLE

Noticeable	C1: Easy to see or recognize
Synonyms	Conspicuous , Marked , Prominent , Recognize
Example	C1: There has been a noticeable improvement in Tim's cooking.

ORIGINAL

Original	B2: the first one made and not a copy
Synonyms	Initial , First , Earliest
Example	B2: Can you give me the original of your report?

MEMORABLE

Memorable	B2: likely to be remembered or worth remembering
Synonyms	Remarkable , Unforgettable , Notable
Example	B2: I haven't seen them since that memorable evening when the boat capsized.

INFORMATIVE

Informative	C1: providing lots of useful information, ideas and	
	knowledge	
Synonyms	Illuminating , Instructive , Useful , Helpful , Valuable	
Example	C1: This is an interesting and highly informative book	

VISUAL MEDIA

Visual media	B2: any form of communication that uses images,	
	videos, or visual elements	
Synonyms	Digital media , Graphic media , Multimedia	
Example	B2: Teachers often use visual media to make lessons easier to understand	

INFANT

Infant	C2: a baby or a very young child
Synonyms	Bundle of joy , Babe , Child , Kid , Neonate
Example	C2: The most important thing is for parents to spend time with their newborn infant.

PASSIVELY

Passively	B2: a way that doesn't act to influence or change a	
	situation	
	B1: a way that allows other people to be in control	
Synonyms	Meekly , Coolly , Peacefully	
Example	B2: He tends to wait passively for his boss to tell him what to do.	
	B1: They won't passively accept what is presented to them.	

SENSE

Sense	B2: an ability to understand, recognize, value, or react
	to something, especially any of the five physical
	abilities to see, hear, smell, taste, and feel
	B1: a general feeling or understanding
Synonyms	Felling , Sensation , Impression

Example	B2: With her excellent sense of smell, she could tell if you were a smoker from the
	other side of the room.
	B1 : My cold is so bad I've lost my sense of smell.

DEVELOPMENT

Development	B2: recent event that is the latest in a series of
	related events
	B1: the process in which someone or something
	grows or changes and becomes more advanced
Synonyms	Becoming advanced , Editable , Changeable
Example	B2 : Call me if there are any new developments.
	B1: The documentary traced the development of popular music through the ages.

LIMITED

Limited	B2 : kept with in a particular size, range or time
	B1: small in amount or number
Synonyms	Few , Less , Restricted , Finite
Example	B2: Places on the bus are limited to 50 seat - so book early!.
	B1: The problem of stress is certainly not limited to people who work (= it exists for
	others too)

The Language of Visual Media

In today's world, we are surrounded by visual media — from television and billboards to the tiny screens of our phones. Every commercial, image, and video is carefully designed to capture attention.

Advertisers use color, movement, and sound to make their messages noticeable and memorable. A short, original slogan can stay in your mind for years, even if you no longer buy the product.

This mix of information and entertainment is called infotainment. Its purpose is not only to inform, but also to <u>persuade</u>. For example, a health campaign might teach people about nutrition through a funny or emotional video. The best messages are both informative and enjoyable, appealing to the viewer's senses and emotions at the same time.

However, there are concerns. Studies show that young children, especially infants, may react passively to constant screen exposure. Their brain development can be affected when they spend too much time watching moving images instead of exploring the real world. Even for adults, our attention span becomes more limited when we consume endless videos or ads.

Understanding how language and visuals work together helps us become smarter viewers. Every image, sound, and word is chosen for a reason. When we analyze visual media critically, we learn to enjoy it — without being controlled by it.

1 - What is the main purpose of visual media, according to the text?	
A) To entertain only	
B) To capture attention and communicate messages	
C) To replace written information	
2 - The word noticeable most likely means:	
A) easy to see or recognize	
B) expensive or rare	
C) difficult to understand	
3 - Why is infotainment described as a mix of information and entertainment?	
A) It makes learning fun while sharing facts	
B) It focuses only on comedy shows	
C) It uses entertainment to hide information	
4 - The word senses refers to:	
A) humor and imagination	
B) physical abilities like sight and hearing	
C) technology and data	
5 - What is the problem with passive screen use for infants?	
A) It helps them sleep better	
B) It may slow their mental and physical growth	
C) It improves their attention span	
6 - What can we infer about the author's opinion on visual media?	
A) It should be completely avoided	
B) It has both benefits and risks	
C) It's more dangerous than reading	

- 7 The word limited in paragraph 3 suggests that:
 - A) attention becomes weaker when overused
 - B) there are no boundaries in watching media
 - C) videos help people focus longer
- 8 What is the overall meaning of the text?
 - A) People should understand and think critically about visual media
 - B) Commercials are always harmful to society
 - C) Infants are the main audience for infotainment
- 9 Which sentence from the choices uses the word "persuade" in the same context as in the text?
 - A) The teacher tried to persuade the students to join the science club by explaining its benefits.
 - B) The lawyer was persuaded by the evidence to change his opinion about the case.
 - C) The heavy rain finally persuaded them to cancel the football match.

The Power of Commercials

Every day, people are exposed to hundreds of commercials—on TV, social media, and even public transport. Each one competes for our attention in a world full of images, sounds, and fast scrolling. To stand out, advertisers rely on visual media, where pictures and movement speak faster than words.

A good advertisement must be noticeable, original, and memorable. A short slogan, like "Just do it" or "Think different," stays in the audience's mind long after the screen goes dark. Behind those few words is a team of designers, psychologists, and marketers who study what makes people react. The goal is not only to sell a product but also to create emotion.

Modern ads are also highly informative. Health campaigns, for example, use bright colors and short clips to teach people about safety or nutrition. Yet, there is another side. When children or infants spend hours watching screens, they react passively. Their sense of creativity and curiosity weakens, and their mental development may slow down. Even adults can lose focus when their attention becomes limited by constant visual stimulation.

Understanding how commercials work helps us become smarter viewers. The next time an ad seems inspiring or emotional, think about how the words, music, and images are designed to influence you. Being aware doesn't ruin the fun—it gives us control over what truly matters.

- 1 What is the main purpose of the text?
 - A) To warn readers not to watch any commercials
 - B) To explain how commercials influence people through visual media
 - C) To teach people how to create advertisements
- 2 The word noticeable in paragraph 2 means:
 - A) difficult to see
 - B) easy to observe or attract attention
 - C) boring and slow
- 3 -What is the function of a slogan in an advertisement?
 - A) To confuse the audience
 - B) To make the ad long and detailed
 - C) To be short and memorable to the viewer
- 4 The word passively in paragraph 3 most nearly means:
 - A) without active participation
 - B) with strong excitement
 - C) quickly and loudly
- 5 What problem does the text connect to screen exposure in infants?
 - A) It improves their creativity
 - B) It reduces curiosity and slows development
 - C) It increases focus and imagination
- 6 What can be inferred about adults from the text?
 - A) They are unaffected by commercials
 - B) Their attention may become limited from too much media
 - C) They never enjoy watching ads
- 7 -Which idea connects to the author's final message?
 - A) Being aware of media influence gives people more control
 - B) Advertising is always negative
 - C) The only way to avoid influence is to stop watching screens
- 8 What is the overall meaning of the passage?
 - A) Commercials are powerful, so viewers should understand and think critically about them
 - B) Modern advertising has no effect on people's thinking
 - C) Technology has made communication impossible



Certain words can affect people's emotions

 a fact that all advertisers know. The language used in advertising is chosen to create a Very positive image of their product.

HERE ARE SOME TRICKS ADVERTISING COMPANIES USE

Playing with language for slogans

Advertisers change grammar rules and language to create memorable slogans. Here are some popular techniques they use:

RHYMING Putting words that sound the same together always makes it easier to remember something! This is what they call a catchy slogan; one that people remember for years. A good example is the Duracell batteries slogan 'No battery is stronger longer'.

concise The shorter the message, the easier it is to remember. Can you think of any advertising slogans? How long are they? Adidas's extremely unforgettable slogan in 2004 'Impossible is Nothing' is only three words.

COMMAND ACTION Do you sometimes watch an advertisement and feel like you have to do something? This is what advertising campaigns want you to do! Using imperative sentences leads to action. Sprite gave its viewers an order by saying 'Obey your thirst'.

Techniques

To make their products seem totally unique and needed, advertisers use specific techniques when designing their campaigns. Here are a few:

CELEBRITY ENDORSEMENTS Knowing someone important is using a product makes people want to buy it. Some products use celebrities to advertise, like Michael Jordan for Nike shoes. Celebrities become the 'face' of brands, so people always think of the product when they see them. George Clooney's adverts for Nespresso are an **especially** good example.

GIVING FACTS Advertisers make claims in their slogans that aren't new. Facts give their product a really strong image. De Beers jewellery uses 'A Diamond is Forever' as their slogan, which is something people already know!

ASKING QUESTIONS Do you ever watch TV, read a magazine or listen to the radio and find yourself answering a question in an advertisement? One of the most famous question slogans is 'Got Milk?,' which was a health campaign in the USA to get people to drink more milk.

Now you know some of the tricks in the advertising business, will you still believe all these adverts? More importantly, will you still buy all these products?

1 — What is the best title for the previous article?
A) How advertising works?
B) Wordplay : The tricks of advertising
C) Advertising today
2 — The Duracell batteries slogan is an example of
A) Rhyming
B) Celebrity endorsement
C) Asking consumers questions
3 – Why the Adidas slogan "Impossible is Nothing" is unforgettable?
A) it rhymes

Supervision: Mr.Basem Ismail

- B) it's only three words
- C) it's endorsed by superstar athletes
- 4 An example of using commands in advertising is
 - A) The milk health camping advert
 - B) The Sprite advert
 - C) The Nespresso advert
- 5 Why dose Nike used Michael Jordan in one of it's camping?
 - A) because he is related to sport
 - B) because he didn't charge them lots of money
 - C) because he drank Nespresso
- 6 Why was "Got Milk?" used to persuade people?
 - A) to drink milk
 - B) to do more sports
 - C) to drink Nespresso coffee

Intensifiers

Intensifiers: are adverbs. We use them before adjectives to make the adjective stronger, some of them are: "more", "very", "extremely" and "really"

Social media influencers

It is estimated that about 40 per cent of the world's population use social media, and many of these billions of social media users look up to influencers to help them decide what to buy and what trends to follow.

So what is an influencer and how do we become one?

An influencer is a person who can influence the decisions of their followers because of their relationship with their audience and their knowledge and expertise in a particular area, e.g. fashion, travel or technology.

Influencers often have a large following of people who pay close attention to their views. They have the power to persuade people to buy things, and influencers are now seen by many companies as a direct way to customers' hearts. Brands are now asking powerful influencers to market their products. With some influencers charging up to 25,000\$ for one social media post, it is no surprise that more and more people are keen to become influencers too. If you are one of them, then here are five tips on how to do it.

1. Choose your niche

What is the area that you know most about? What do you feel most excited talking about? Find the specific area that you're most interested in and develop it.

2. Choose your medium and write an interesting bio

Most influencers these days are bloggers and micro-bloggers. Decide which medium — such as your own online blog, Instagram or Snapchat — is the best way to connect with your followers and chat about your niche area. When you have done that, write an attention-grabbing bio that describes you and your specialty area in an interesting and unique way. Make sure that people who read your bio will want to follow you.

3. Post regularly and consistently

Many influencers post daily on their social media accounts. The more you post, the more likely people will follow you. Also, ensure that your posts are consistent and possibly follow a theme.

4. Tell an interesting story

Whether it is a photo or a comment that you are posting, use it to tell a story that will catch the attention of your followers and help them connect with you.

5. Make sure people can easily find your content

Publicize your posts on a variety of social media, use hashtags and catchy titles and make sure that they can be easily found. There is no point writing the most exciting blogposts or posting the most attractive photographs if no one is going to see them.

Most importantly, if you want to become a social media influencer, you need to have patience. Keep posting and your following will gradually increase.

- 1 A social media influencer is not someone who
 - A) guides the decisions of their followers.
 - B) is an expert in a particular area.
 - C) pays their followers to buy products.

D) has many followers who pay attention to their opinions.
2 - Companies want to use influencers to help
A) sell their products to their followers.
B) develop new products.
C) write their blogposts.
D) design their websites.
3 - If you want to be an influencer, your bio on your social media account shouldn't
A) see who you are
B) talk about your niche area .
C) be interesting.
D) be the same as other people's bio's.
4 - You should make sure that you post
A) once the month
B) every day for the first month and then once a month after that.
C) about similar subjects.
D) about all sorts of different things.
5 - You can make sure that people find your post by
A) using hashtags.
B) using funny or memorable titles.
C) using different social media to link to your post.
D) doing all of the above.
6 - What should the title of this blogpost be?
A) Five ways to influence people
B) Five ways to use influencers in marketing
C) Five tips on becoming a social media influencer
D) Five tips on making money as an influencer
7 - Your posts should not only be attractive but should tell a story.
True False
8 - You can become a social media influencer in a short time.
True False
9 - Most influencers write regular posts on their blogs or micro-blogs
True False

Grade 10 advanced

Part Level Thems Vocabulary Grammar Functional Language

At Grade Level Goal Produce extended and detailed written or multimodal texts, expressing comparisons and justifications where appropriate.

Produce extended written or multimodal texts, at generally follow conventional text styles and supporting details, and show a developing awareness of audience.

Express ideas, information, opinions, feelings, emotions and giving reasons and explanations.

Summarise, paraphrase, collate and explanations.

Summarise, paraphrase, collate and explanations.

Summarise, paraphrase, collate and and arguments from different sources of extended written, and the sum of the sum o

Read the text then answer the following questions:

Work-life balance

Ronan

I work in a fairly traditional office environment doing a typical nine-to-five job. I like my job, but it's annoying that my commute to work takes an hour and a half each way and most of my work could really be done online from home. But my boss doesn't seem to trust that we will get any work done if left to our own devices, and everyone in the company has to clock in and out every day. It's frustrating that they feel the need to monitor what we do so closely instead of judging us based on our task performance, like most companies do these days.

Jo

I used to do a typical five-day week, but after I came out of my parental leave, I decided that I wanted to spend more time with my children before they start school. After negotiating with my boss, we decided to cut my working week down to a three-day work week. This of course meant a significant cut in my pay too, as I'm paid on a pro-rata basis. I've since noticed, though, that my workload hasn't decreased in the slightest! I'm now doing five days' worth of work in three days, but getting paid much less for it! I find myself having to take work home just so that I can meet the deadlines. It's wearing me out trying to juggle work with looking after my children and my family, but I don't dare to bring this up with my boss because I think he feels as if he's made a huge concession letting me come in only three days a week.



Marcus

I work for a global IT company, but because their headquarters is in the States, I do all my work online from home. That means that I don't waste time commuting or making idle chit-chat with colleagues. I work on a project basis, and this flexibility is very valuable to me because it means that I can easily take some time off when my children need me to go to their school performances or if I need to schedule an appointment with the dentist. The downside is that without clear office hours, I tend to work well into the evening, sometimes skipping dinner to finish a task. It can also get quite lonely working on my own, and I sometimes miss sharing ideas with colleagues.

Lily

I'm a freelancer and work for myself. This is great because I am in control of what I do and how I spend my time. At first, I was working from home, but I found it really hard to concentrate. There were just too many distractions around: housework that needed doing, another cup of tea, my family members wanting my attention for various things. So I started to go to a nearby café to work, but the Wi-Fi connection wasn't ideal and I found myself drinking too much coffee. In the end, I decided to rent a desk in a co-working space with five other freelancers like myself. I liked getting dressed to go to work in the morning and being able to focus in an office environment. The other freelancers do similar kinds of web-based work to me and so it's nice to have workmates to bounce ideas off as well.

1 — What is the is the main idea of the previous text?
W/ - = 110°
2 – In your opinion, Which person is having more stress than others? (Give an evidence from the text)



Using some of the experiences of the people in the previous text, write an informational text about stress
that resulting from life pressures including:
1 - What is the main reasons that generate the stress in our daily life?
2 – What is the difference between the stress in adolescence and the stress in youth?
3 – Dose the stress a global problem that we should deal with it? and how can we handle the stress?
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Done by: Abdelrahman Hany Supervision: Mr.Basem Ismail

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