

Theatre is a great activity to be a part of. It's an excellent way to make friends, practice the art, show your talents, and explore your creative side. Here's how to prepare yourself so that you can be your shining best.

Practice, practice, practice!

1 To improve your practice, ask directors for pointers; they are there to help you out. While no show is perfect, with persistence(坚持), you can create a very satisfying end result.

2

When you are in bed, picture yourself on the stage having a great time. Go through your lines, songs, and dance moves, and picture them going perfectly. Having anxiety about the performance will keep you awake, so the key is to stay relaxed and create a positive image of yourself on the stage.

Don't be nervous when you are on stage!

It will be dark where the audience is seated, and you won't be able to see their faces. When you aren't saying lines, take deep breaths. 3 Just have fun!

Remember to show expression.

Be proud of your performance and display the emotion that your character is feeling. 4 Keep in mind that you're not only representing who you are as performer, but also the rest of your cast and crew members and your directors as well! Remember to smile (if you are supposed to) and have lots of fun!

Smile during the curtain call.

The curtain call is when the audience will be taking lots of pictures, so wear a big smile. 5 Also, if you have one last song to sing at the end, belt it out loud and proud. This is when all of your hard work pays off.

A. Just make sure the audience can't tell.

B. Get good sleep for the last few nights before the performance.

C. Go over every aspect of the performance until you are satisfied.

D. It's also polite to introduce your supporters to the other cast members.

E. Talk about exactly what you want to do onstage, and what you don't want to do.

G. If you are performing an emotional scene, pull the audience into your tale so that it's an enjoyable experience.

F. Depending on the type of show, you might want to stay in character for a few extra seconds before you break out into a smile.

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(十一)

How to Get Balance between Academics and Social Life

Sometimes we spend too much time on our school work. If we are only focused on getting great grades, we forget our friends and our family; we forget that there is a real world that you have to have fun and discover. 1 If you want to succeed in life, you need to find a balance between your academics and your social life.

If you want to be happy you ought to be balance in everything that you do and want, that's why planning and defining moments to each particular activity that you do is so important. Here are some possible suggestions for you.

2 Organize your study time and the time that you spend with people, including your classmates, friends, etc. Have an agenda, and write down what you will study one day, how much time you will study and at what time.

Be an active person. 3 Don't just lay around and do nothing! You might get used to it.

Get involved in social activities. For instance, if some of your classmates are having a party and you're invited, don't think twice, just go and have a great time. 4

Get in touch with friends. Nowadays we have the advantage of online social networking technology, use it! Facebook, Skype, Hi5, MySpace, Tagged, etc. are some of the tools that you can use in order to keep in contact with your buddies. Your mobile phone is with you at all times, so feel free to call to your friends whenever! 5

A. Be organized.

B. They will appreciate your call!

C. If you have free time don't waste it!

D. Be aware of the situations that distract you and lead you out of the track.

E. So you could exchange your experiences with them, and talk about what you want.

F. That way you will be sharing happy moment with them, and letting your mind and body relax.

G. On the other hand, some of us don't care about our grades in high school or college because we think our social lives are more important.

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(十二)

How to Adapt to Aging and Elderly Parents

As we grow older, our parents tend to become challenging and sometimes interfering as we ourselves try to create a life of our own. With age our parents lose their memories, become stubborn and question any suggestions made by their children or grandchildren. 1 Faced with these situations, you may feel at a loss. Here are some suggestions for you.