

Always remember that disagreements are a normal part of daily life. If everyone agrees on everything, life will become monotonous (枯燥无味的). Respect the decisions and values of the older generation. They simply have a different view on life that may not be in keeping with up to date technology and modern times. They have raised you, so give them some credit for the way you turned out. Try to meet them halfway by blending (混合) your own ideas with those of theirs. 2

Realize that the memory tends to fail with age. As our parents age, their memories tend to weaken. 3 Please be patient. The natural course of time is having an effect on their memories and this is seldom due to carelessness. Avoid becoming annoyed or passing hurtful and critical comments on their behaviors.

Understand that elderly parents will suffer a general decline in health. Be supportive when they complain about minor aches and pains. Avoid adopting the attitude of neglect or simply ignoring every little complaint you are faced with. Drive them to the local clinic, hospital or even a private doctor if the need arises. 4 This also proves to them that you care and parents take great comfort in knowing that their child or children care for them.

5 The cycle of life continues as does everything else. You will not want to be treated badly by your own kids, so refrain (克制) from doing the same to your parents.

A. Ask the elderly person for their personal preferences.

B. Remember that you too will reach old age at some point in time.

C. You may come up with a spectacular solution that you never thought of before.

D. You may save them from further harm to their health and their general well beings.

E. Very often they will forget to remember completing little chores or taking a proper message for you by telephone.

F. They have a right to be “right”, for they’ve been around much longer and their wisdom and experiences in life quite outshine yours.

G. It is recommended that elderly people do 30 minutes of moderate-intensity activity (running, swimming, walking, biking) five times per week.

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(十三)

How to Organize Notes for Class

Taking notes and keeping them organized is an important part of the schooling and the work worlds. You’ll need organized notes for studying for exams, for writing essays, and for keeping

track of work decisions and assignments. 1 Here are some tips for you on how to organize notes for class.

2 One of the keys to having your notes organized is to make sure you’re taking good notes. This means that you only write down the really important things and don’t take down every single thing your instructor says(unless it’s really funny, of course)

Figure out which note-taking method works best for you. There are different ways to take down notes, some of which are more effective than others at helping you to stay organized or get organized later. 3

Store your notes in one place. If you’re storing your notes all over the places, it will be very difficult for you to organize them for tests and exams when the time comes. 4 Otherwise, you’re never going to find those notes again.

Stay consistent. You don’t have to keep trying to figure out how and where you recorded certain information. 5 If you keep to one way of recording notes and specific places for each class, you’ll be much more prepared than otherwise.

A. Take good notes.

B. Have a separate notebook or binder for each class.?

C. This will make your organization more difficult in the long run.

D. You’ll need to experiment to see which methods work best for you.

E. Don’t just write your notes down in whatever notebook you happen to have nearby.

F. Anything that’s repeating is probably going to end up on a test or at least be important to the understanding of the class.

G. Keeping them organized will not only help you with these tasks, but it will also help you remember your material more easily.

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(十四)

How to Care for the Elderly

The most important part of caring for the elderly is to love them and keep them active. 1 With time and a little hard work you can properly care for your loved one by following a few steps.

2 If he/she has pains or medical issues, tell them to see or take them to a doctor. If the pains are severe enough, it is imperative that you call a doctor and see what the doctor can do for him/her right away.

Find shared meals or make food for them. Sometimes senior centers will organize dinners, which can include transportation. These are a great way for your loved one to meet with others and share a meal. Sometimes, the elderly may lose in-