

Unit 1 Do Celebrities Make Too Much Money?

Professional Athletes Make the Right Amount of Money

It is often said that professional athletes make too much money. I do agree that they make a lot of money. However, I disagree that they make too much money.

First, professional athletes have a very short career length. The average career length of a professional athlete is only three years, or sometimes 10 years if they are lucky. After that, they must retire. This is why over 60 percent of athletes go bankrupt within five years of retirement. However, the average career length of an office worker is about 30 years. This is much longer than any athlete's career.

Playing sports is also very dangerous. An athlete may get hurt during any game they play. The risk is even higher for top-level athletes. And if an athlete is badly injured, they might have to retire early. Yet a regular office worker or store clerk can and often do work while injured. They can also go back to work after an injury. This is not always true for athletes.

Lastly, athletes do more than just play sports. They give speeches, do volunteer work in local communities, and more. And when they are not working, since they are celebrities, they usually take pictures and sign autographs for fans. Celebrities work 24/7 and also give up their privacy. But a regular worker doesn't deal with this kind of attention.

I agree that professional athletes make a lot of money. But their job is often dangerous, their career is short, and they do more than just play sports. So, overall, I disagree that professional athletes make too much money.

Unit 2 If I Won the Lottery...

If I Won the Lottery

Many people play the lottery each day, hoping to win a large jackpot that will change their life. If I won the lottery, I would do so many things that I couldn't do before. One of those things is pay back those who've helped me.

If I won the lottery, the first thing I would do is go on a trip around the world with my family. My family doesn't have a lot of money, so we've never been on a big vacation together. I would take them all around the world to see famous landmarks and enjoy local food. I want to take them shopping in every country!

After that, if I still had money left after our big trip, I would buy houses for my parents and family members. They would have swimming pools, an outdoor basketball court, and a room just for playing video games and watching movies while eating popcorn! We live in a small apartment now, and my parents work very hard for my sisters and me. They deserve to have their dream house.

I would then give the rest of the money to charity. I want to help children in need in my community, so I would donate the money to several children's hospitals, middle and high schools, and youth groups.

If I won the jackpot, I would treat my family to a trip around the world and buy houses for my parents and family. I would then give money to charity. I think it's important that people give back to those that help them, so that is what I would do.

Unit 3 Should We Wear Uniforms?

School Uniforms Are Beneficial

There are arguments for and against making children wear school uniforms. Overall, I think they are a good idea for a number of reasons.

When I was in elementary school, we had to wear a uniform. The best thing about school uniforms is that you don't need to think about what to wear every day. At my middle school, we don't have to wear uniforms, so we are free to wear whatever we like. This can be stressful, as students always want to look cool. If you wear a T-shirt that someone doesn't like, or that is out of fashion, people might make fun of you.

School uniforms also mean that people are more equal. Whether you are from a wealthy or poor family, everyone wears the same thing. No one can walk around in world-famous designer brands or make poorer students feel bad about their clothes. Everyone dresses the same and is treated the same way. Of course, this doesn't mean that bullying doesn't happen, but students can't judge others on their clothing.

However, there are negatives. People say parents save money on clothing through buying uniforms, but this isn't true. Parents must now buy regular clothing and uniforms. This means more money spent on clothing. It might be cheaper just to let children wear their own clothes. In addition, some people believe that school uniforms limit a student's self-expression and also make them less creative.

School uniforms have a number of potential benefits that, in my opinion, outweigh the few downsides. In my opinion, all schools should have uniforms.

Unit 4 Are E-books or Paper Books Better?

Which Do You Prefer: Paper Books or E-books?

Everyone has their favorite way of reading a book. Some people prefer traditional paper books to e-books. Others don't. Let's take a look at both of them.

Those who say they would rather read a paper book do enjoy the experience. They like the smell and the feel of a book. They can easily write little notes on the side of the page, and they can bookmark a page by folding the corner a bit. But, there are drawbacks to paper books. Pages can be easily ripped or torn out. They can also be very heavy and hard to carry around. Most people don't carry more than one or two books.

As for e-books, the most common reason people say they would rather have an e-book than a paper book is that e-books are much more convenient. You can read a book anytime, anywhere. And it is easy to carry with you, as whether you have 50 or 500 books on your e-reader, it won't get heavier! However, not all of it is good. You can lose all of your books if you get some water on the device. They also always need to be charged, so if your device runs out of power, you are out of luck.

There are plenty of differences between paper books and e-books. Even though e-books are convenient, paper books do provide a special experience. Yet the best thing is that you don't have to choose one or the other. You can read paper books one day, and e-books another. Happy reading!

Unit 5 A Healthy Body Image

Changing to Be Healthy

When you look at yourself in the mirror, what do you think? “Hmm, I could lose a pound or two,” or “I wish I looked like my friend John.” More often than not, most people think negatively of themselves. So how can we build healthy body images for ourselves?

If you go on any website or watch any TV show, you may think, “Wow! That actress is so beautiful!” The models and actors are slim or muscular, but most importantly, they are all attractive. When we see people like that, we start to compare ourselves to them. This might make us feel bad about ourselves. People say that looking at images of skinny people in magazines makes them feel unattractive. These people also say that they don’t see people on TV who look like them.

What can we do about this? First, we can change the way we think. We need to realize that the photos have been changed. People don’t really look like that. We must also realize that we don’t have to look like the people on TV or in magazines. We should be happy with who we are.

The second thing we can do is to tell companies how we feel. We can use social media to ask them to show more body types on TV. We can tell them it’s wrong to promote unhealthy lifestyles.

Building a healthy body image must come from ourselves. We sometimes need to tell ourselves, “I am just as beautiful as they are.” But we can also try to make sure that we see more realistic beauty standards on TV or in magazines.

Unit 6 What Causes Student Burnout?

Student Burnout Has Many Causes

These days, it feels like students are burning out more frequently than before. But why is this?

For one, excessive studying can cause burnout. In order to get the best grades in class, students spend all of their time studying. They not only study in class, but they also study in their free time and on the weekends. Students are too stressed about their grades to relax. But the more they study, the less time they give their brains to rest.

Also, too little sleep can cause burnout. Students are already very stressed about their grades and any upcoming tests. When it is time to go to sleep, they lie awake all night and worry. The more they worry, the harder it is for them to sleep. This is extremely harmful to their health. Students need at least eight hours of sleep a night, yet many only sleep for three or four hours.

Parents can cause burnout as well. All parents want their children to get good grades. So when they see their child studying excessively or not sleeping enough, they are too afraid to say anything because they want their child to succeed. They don't realize that rest is just as important as studying, and their child needs to do both.

After looking at the facts, it is clear that excessive studying, lack of rest, and parents are three major causes of student burnout. If parents encourage students to rest more, it might help relieve stress, improve student grades, and reduce the risk of burnout.

Unit 7 Should Students Have Cell Phones?

Should Students Have Cell Phones?

Cell phones have become essential to our everyday lives. But do students really need them at school? People have strong feelings on this topic, and their opinions are divided.

Some people think that students should be allowed to have cell phones. One reason is in case of an emergency. If an emergency happens, students with a cell phone are able to contact their parents to let them know they are safe. In addition to that, they feel there is no problem with students using their phones during break times. What is more, some say cell phones should be allowed in the classroom as well. They could be used as calculators in math class, or students could use coding apps in computer class.

Other people argue that cell phones shouldn't be allowed in schools at all. They claim that they are a distraction. Not only that, but students could use them to cheat. They could use the internet secretly on their phone to find the answers to questions in a test. Not to mention the fact that cell phones can encourage cyberbullying. Students could send mean messages to other students in the class without the teacher knowing.

Cell phones in schools are a controversial topic. They can sometimes be used to contact parents or to help with studying. But they can also be used to cheat on tests or bully students. It is up to each school to decide what to do regarding cell phones.

Unit 8 How Has Technology Changed Us?

Has Technology Changed Our Lives?

Technology is changing and improving our lives in many ways. Three types of technology that have changed our everyday lives are the internet, digital cameras, and smartphones.

The internet has been around for over thirty years. It was first invented by Tim Berners-Lee in 1989, but it wasn't used by many people. Nowadays, the internet is used by almost everyone, including young people, old people, business people, students, etc. Without the internet, we wouldn't have email, instant messages, etc. These days, online shopping is more popular than shopping in physical stores.

The first digital camera was sold in 1975. It wasn't very popular then. However, these days, digital cameras can be found wherever you look. They allow you to take photos wherever you like. People who like taking photos probably have a digital camera. Old-fashioned film cameras are not used very much anymore, and have been replaced by digital ones.

These days, most cell phones that are sold are smartphones, i.e., phones that are connected to the internet and have a digital camera. Combining both technologies lets users make video calls with people in other countries. In addition, people can post photos or videos on social media and connect with new people. Smartphones can also be used to pay for things. They even have GPS that lets you find your way wherever you are.

The internet, digital cameras, and smartphones are three technologies that have changed our lives. They have quickly become part of everyday life in the 21st century, and it is difficult to imagine life without any of them.