

# TAKE CHARGE

Ronit Broder      Batia Elazar



**UPP** UNIVERSITY  
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## LISTENING A Radio Interview

### Before You Listen

- A** ERAN is a voluntary organization<sup>1</sup> which has a hotline. Its motto<sup>2</sup> is “ERAN – always there.” There are many other voluntary organizations in Israel. Can you name any of them?
- B** The words below appear in the interview you are going to hear. Use the glossary to look up the ones you don't know.

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appointment • bother (v) • common • depend on  
depressed • emotional aid • first aid • frightened • immediate

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1. voluntary organization    ארגון התנדבותי    مؤسسة تطوعية

2. motto    מוטו, קו מנחה    شعار, علامة مميزة

## Listening

**A** Dr. Samuel is a volunteer<sup>1</sup> at ERAN. Today he is being interviewed on the radio. Listen to the interview and answer questions 1-6 in your notebook.



Read the questions before you listen. This will help you focus on the important points.

1. Some of the people who work at ERAN get paid for their work. True / False
2. The main idea in the interview with Dr. Samuel is that ERAN (-).
  - (i) helps people who are physically hurt
  - (ii) gives psychological "first aid"
  - (iii) helps teenagers with their problems
3. ERAN helps people (-).
  - (i) only in the morning
  - (ii) only during the night
  - (iii) 24 hours a day
4. The volunteers at ERAN help callers to (-).
  - (i) calm down and relax
  - (ii) solve all their problems
  - (iii) make an appointment
5. Why don't ERAN volunteers ask callers for their personal details?
  - (i) They want to respect the callers' privacy.
  - (ii) They don't want to waste time.
  - (iii) They don't make appointments.
6. Complete the sentence with ONE word.  
Most teenagers complain about feeling ... .

**B** Listen again and check your answers.

## After Listening

In pairs, prepare and act out a dialogue between a teenager who calls the ERAN hotline and Dr. Samuel.

- As the teenager, explain what your problem is (for example, school pressure). Say how you feel.
- As Dr. Samuel, choose ideas from "Time Management" on page 29 and *The Secret* on page 39 to help the caller feel better. You can also add your own ideas.

Workbook: Ex. 15, 16

Vocabulary Review, pages 64-66

Test Your Memory! pages 66-67

## 15 VOCABULARY REVIEW

*After Student Book page 48*

**A** Go over the word list below. Which of the words can you now use when you speak or write? Tick (✓) them.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> achieve              | <input type="checkbox"/> eventually         | <input type="checkbox"/> order (n)     |
| <input type="checkbox"/> afterwards           | <input type="checkbox"/> every now and then | <input type="checkbox"/> pay attention |
| <input type="checkbox"/> appreciate           | <input type="checkbox"/> failure            | <input type="checkbox"/> plan (v)      |
| <input type="checkbox"/> attract              | <input type="checkbox"/> feel sorry         | <input type="checkbox"/> plan ahead    |
| <input type="checkbox"/> attraction           | <input type="checkbox"/> focus (v)          | <input type="checkbox"/> positive      |
| <input type="checkbox"/> behave               | <input type="checkbox"/> follow             | <input type="checkbox"/> put off       |
| <input type="checkbox"/> benefit (v)          | <input type="checkbox"/> free               | <input type="checkbox"/> reflect       |
| <input type="checkbox"/> cause (v)            | <input type="checkbox"/> get things done    | <input type="checkbox"/> relax         |
| <input type="checkbox"/> complain             | <input type="checkbox"/> get together with  | <input type="checkbox"/> responsible   |
| <input type="checkbox"/> complete (v)         | <input type="checkbox"/> goal               | <input type="checkbox"/> result (n)    |
| <input type="checkbox"/> control – in control | <input type="checkbox"/> grateful           | <input type="checkbox"/> right away    |
| <input type="checkbox"/> course               | <input type="checkbox"/> imagine            | <input type="checkbox"/> save          |
| <input type="checkbox"/> create               | <input type="checkbox"/> importance         | <input type="checkbox"/> stress (n)    |
| <input type="checkbox"/> crisis               | <input type="checkbox"/> in control         | <input type="checkbox"/> succeed       |
| <input type="checkbox"/> deal with            | <input type="checkbox"/> law                | <input type="checkbox"/> success       |
| <input type="checkbox"/> to divide            | <input type="checkbox"/> lucky              | <input type="checkbox"/> thought (n)   |
| <input type="checkbox"/> empty-handed         | <input type="checkbox"/> manage             | <input type="checkbox"/> update (v)    |
| <input type="checkbox"/> energy               | <input type="checkbox"/> negative           | <input type="checkbox"/> victim        |

**B Give ONE example of:**

1. a goal you'd like to
- achieve**

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2. something you
- appreciate**
- in your life

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3. something you
- pay attention**
- to when you write

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4. advice you can
- benefit**
- from

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5. a task you prefer to
- put off**

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6. something you usually
- succeed**
- at

---

7. a technique which can help you to
- relax**

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8. something you say or do when you are
- grateful**
- to someone

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**C 1. Write the English meaning of the following words.**

ENGLISH	HEBREW / ARABIC
a. <i>in control</i>	בשליטה תחת הסיטה
b.	חוקי قانون
c.	בידיים ריקות בידים فارגטין
d.	הצלחה נגח
e.	סדר نظام, ترتيب
f.	עצבני عصبي
g.	לגרום יסבב
h.	משיכה جذب, سحب

2. Write your own sentences with
- FOUR**
- of the words you translated.

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## D Translate the following sentences into English.

1. אנשים אחראים מסיימים את משימותיהם בזמן. האנאס الذين لديهم حس المسؤولية يهون مهماتهم في الوقت المحدد

*Responsible people complete their tasks on time.*

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2. אל תדחה למחר את מה שאתה יכול לעשות היום. لا تؤجل عمل اليوم إلى الغد

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3. הירגע! לחץ אינו טוב לבריאותך. اهدأ! التوتر ليس جيداً لصحتك

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4. אני לא יכול להתמודד עם כישלון. أنا لا أستطيع أن أتعاوى مع الفشل

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## 16 TEST YOUR MEMORY!

After Student Book page 48

Review some of the vocabulary from Unit 1.

### A Circle the correct words.

1. She was very sad. There were **tears** / feelings in her eyes.
2. Please turn off the TV. I can't **cheat** / **concentrate** on my work.
3. The new computer works more **calmly** / **efficiently** than the old one.
4. We don't see eye to eye on this point, but I'm too tired to **argue** / **agree** with you.
5. Stop **worrying** / **ticking**! You won't **lose** / **fail** the exam.
6. Always **return** / **respect** your parents.
7. Most people think that action movies have a bad **influence** / **privacy** on children.
8. Look **forever** / **straight** at the camera and I'll take your picture.
9. Did you **receive** / **reach** the message I sent you?

### B Complete the sentences in a logical way.

1. I ask for **advice** when \_\_\_\_\_.
2. I **dropped** the plate and \_\_\_\_\_.
3. She **blushed** when \_\_\_\_\_.
4. I don't **trust** people who \_\_\_\_\_.
5. Don't **waste** \_\_\_\_\_.
6. I'm **upset** because \_\_\_\_\_.

7. Were you **disappointed** when \_\_\_\_\_ ?
8. I always **treat** my friends \_\_\_\_\_ .
9. I **suspect** that \_\_\_\_\_ .
10. You can always **count on** \_\_\_\_\_ .