



Students' life / fragment of the picture by Ivan Koulakov

MODULE 4

STUDENT'S HEALTH

Part 1 Self-Care

"If you don't take care of your body, where are you going to live?" – Unknown author

Grammar Focus: The Passive Voice

WARM-UP

Ex.1 Read and comment on the following inspirational quotes of unknown origin.

"If you listen to your body when it whispers, you won't hear it scream."

"Create healthy habits, not restrictions."

"Don't let your mind bully your body."

READING

Ex.2 Read the text about students' healthy lifestyle. Do you think your own lifestyle is healthy?

WHY EVERY STUDENT SHOULD TAKE CARE OF THEIR HEALTH

(by Connie Elser | Aug 25, 2022 | Lifestyle and Culture, Mental Health, News)

For students, prioritizing their health is hard because university life revolves around studies and college work. When you join a college, the changes are so overwhelming that you tend to neglect your health. Incorporating health into your routine seems nearly impossible, as you are dealing with the competitive environment in college. However, a healthy mind and body play an important role in college life. It is proven that healthy minds are better learners. Giving priority to health or taking care of yourself makes you a better performer in college.

Understanding the Importance of Health

Taking care of your health can add value to the time spent in college. It makes you feel good and boosts your energy levels, which helps you focus on your academics. You do not feel lethargic when you are lined up with assignments and projects. During examinations also, we should go for

morning walks, eat nourishing food at regular intervals and take good care of ourselves. You must spare time to eat regular meals, remain hydrated, and access a clean environment. Thus, your physical fitness will be enhanced. Sometimes, when you are feeling sick or low, you must take a break from studying, relax, and rest.

Reduce Your Mental Stress

Taking care of your health can improve your emotional, psychological and social well-being. Mental health problems like anxiety and depression develop among those who overthink and worry too much. Besides, during an examination your body and mind are forced to function rigorously. After this stressful day, you must take time to unwind and try to distract yourself. Even small acts of self-care can make a remarkable difference when you are under stress. Faster recovery is possible if you take a small break from studying and do something you enjoy, like reading or listening to music. Exercising or taking short walks, and getting good sleep every day can be helpful.

It Does Not Cost You

When you take regular care of your health, you save a lot in terms of time and money. You do not have to visit the doctor or take medicines to feel better. Following a simple healthy lifestyle makes you stay fit and remain positive. Maintaining proper health is priceless. It is worth it, no matter how hard it can be to strike a balance between healthy living and college life.

Long-term Benefits

Following a strict health care regimen has larger implications than you can imagine. Ask yourself where you see yourself after five years. Do you want to look fit even in your 30s and 40s? When you have the right perspective, you will find a way. Speed does not matter; making consistent efforts will give you long-lasting results in the future.

Small Self-care Practices

Taking care of your health does not always require 60 minutes of strenuous workouts or hitting the gym daily, which is difficult to manage when you are studying in college. But you can take good care of yourself by taking a shower, taking power naps, eating a healthy snack, breathing fresh air, tidying up your wardrobe, maintaining cleanliness in your room, and pampering yourself.

VOCABULARY

Ex.3 Study the definitions of the words. Find them in the text above and translate in context.

anxiety	(n.) concern, worry, nervousness
assignment	(n.) task, responsibility, duty
to boost	(v.) to enhance, to increase, to improve
to enhance	(v.) to improve, increase, strengthen
implication	(n.) consequence, a likely to happen result
to incorporate	(v.) to include, to unite, to take in

to neglect	(v.) to ignore, to forget, to fail to do something
nourishing	(adj.) healthy, nutritious, hearty
overwhelming	(adj.) massive, uncontrollable, huge
to pamper	(v.) to indulge with attention, comfort or kindness
recovery	(n.) a return to a normal state of health, mind or strength
rigorously	(adv.) strongly, robustly, strictly
to spare	(v.) to give, to make available
strenuous	(adj.) involving a lot of energy or effort
to unwind [ʌn'waɪnd]	(v.) relax after a period of work or tension

Ex.4 Complete the sentences using the words from Ex.3 in their proper forms.

1. As an only child, he was _____ by his mother and not disciplined by his father.
2. The assessment for the course involves two written _____ and lab work.
3. He had given too much to his career, worked long hours and _____ his health.
4. Singing, dancing or just listening to music is a nice way of _____.
5. He had a long _____ period after his lab accident last year.
6. He is taking prescription drugs for his _____.
7. Porridge is a simple but _____ meal to start your day with.
8. The task won't feel so _____ if you break it down into small easy steps.
9. Teacher-training programs should _____ human rights education.
10. Can you _____ me a few minutes?

DISCUSSION

Ex.5 Discuss the following questions with your partner or in small groups.

1. Is it difficult for you to prioritize your health? Why?
2. Do you think you tend to neglect your health? What can boost your energy levels?
3. What are the most stressful moments in students' life?
4. How can we reduce our mental stress?
5. Do you think we have to visit doctors to feel healthy?
6. Does it cost a lot to stay healthy?
7. What regimen should you follow this semester to strike a balance between healthy living and university life?
8. What are some small things that you can do to pamper yourself?

GRAMMAR: Passive Voice

Ex.6 In the following sentences, find the Passive forms. Can we change them into the Active Voice?

It is proven that healthy minds are better learners.
 You do not feel lethargic when you are lined up with assignments and projects.
 Your physical fitness will be enhanced.
 During an examination your body and mind are forced to function rigorously.

Ex.7 When do we use the Passive? Think of some examples.

We don't know who does the action. Example: _____
 It isn't important who does the action. Example: _____
 We know or can guess who does the action. Example: _____
 We want to be polite or formal. Examples:

I see the cleaning hasn't been done yet. (more polite than You haven't done the cleaning yet.)
The application will be assessed by the manager. (more formal than The manager will assess the application.)

Ex.8 Forming the Passive

We use a form of **be** + **V₃** of the verb.

We use **be** in the right tense to describe the action (was, were, is, am, are, will be, has been, etc.)

Example: *The report **was written** last month.*

	Active Voice	Passive Voice
Present Simple	We write the report every year.	The report _____ every year.
Past Simple	We wrote the report last week.	The report _____ last week.
Future Simple	We will write the report next week.	The report _____ next week.
Present Continuous	We are writing the report now.	The report _____ now.
Past Continuous	We were writing the report when the boss rushed in.	The report _____ when the boss rushed in.
Present Perfect	We have just written the report.	The report ____ just _____.
Past Perfect	We had already written the report when the boss rushed in.	The report ____ already _____ when the boss rushed in.
Future Perfect	We will have written the report by Friday.	The report _____ by Friday.
Modal + Passive infinitive	We must write the report this week.	The report _____ this week.

GRAMMAR PRACTICE

The Passive Voice in Scientific Language

Ex.9 Read the following sentences and analyze their grammar structure (Active or Passive Voice, the Tense). Then translate the sentences.

1. The idea was advanced on purely theoretical grounds. 2. You have forgotten to switch off the device and it has been spoiled. 3. Considerable progress will be made in this field in the nearest future. 4. The experiments presented are typical of our research. 5. This substance is characterized by a number of properties. 6. An electron device will operate correctly only for the time that the cathode emits electrons in the quantity required by the interaction process. 7. Bohr assumed that electrons could move around the nucleus only in certain orbits or discrete energy levels. 8. Penicillin was discovered by accident by Alexander Fleming, who noticed that bacteria in Petri dishes were being killed by the mold which had formed there. 9. I am interested in nuclear physics. 10. The measurements are being done in our lab to verify the theory.

Ex.10 Write the sentences in the Passive Voice.

1. The motion of planets / study / by Galileo. 2. Electrical energy / transmit / over great distances. 3. The joint research project / carry out / now. 4. This experiment/ finish/ next week. 5. The time machine / not invent / yet. 6. When we entered the room the microscope / already / repair. 7. The Earth attracts and/ attract/ by the Moon. 8. Since the discovery of isotopes, their practical usage/ expand/ greatly. 9. In future a spacecraft/ launch/ to Mars. 10. The laser broke down while the experiment/ conduct/. 11. For many years the energy of the wind or running water / use / to get electricity