

مباراة الدخول للعام الجامعي 2022-2023

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مسابقة في الثقافة العامة – إنكليزي

What does it take to live a good life?

Surveys show that most young adults believe that obtaining wealth and fame are keys to a happy life. But a long-running study out of Harvard suggests that one of the most important predictors of whether you age well and live a long and happy life is not the amount of money you amass or notoriety you receive. A much more important barometer of long term health and well-being is the strength of your relationships with family, friends and spouses.

As the researchers looked at the factors throughout the years that strongly influenced health and well-being, they found that relationships with friends, and especially spouses, were a major one. The people in the strongest relationships were protected against chronic disease, mental illness and memory decline – even if those relationships had many ups and downs.

“Those good relationships don’t have to be smooth all the time,” the study’s current director, Robert Waldinger said. “Some couples could bicker (argue/debate) day in and day out. But as long as they felt that they could really count on the other when the going got tough, those arguments didn’t take a toll on their memories.”

Dr. Waldinger found a similar pattern among relationships outside the home. The people who sought to replace old colleagues with new friends after retiring were happier and healthier than those who left work and placed less emphasis on maintaining strong social networks.

“The possibilities are endless,” he said. “Something as simple as replacing screen time with people time, or livening up a stale relationship by doing something new together, long walks or date nights. Reach out to that family member you haven’t spoken to in years — because those all-too-common family feuds take a terrible toll on the people who hold the grudges.”

Answer the following questions:

1. Summarize the article (3-5 lines).
2. Based on the above article, what are the advantages of having strong relationships? (5-8 lines)
3. Discuss the cultural potential of social media platforms (15-20 lines)