



Name: \_\_\_\_\_.

Grade: \_\_\_\_\_. Group: \_\_\_\_\_. Date: \_\_\_\_\_.

**Complete the different paragraphs with the given words/phrases. There is an extra word you will not use.**

managing	proficient	succeeds	develop	builds	developing	ups and downs
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1. When a teenager \_\_\_\_\_ at something related to their hobby, such as learning a new song, scoring a goal, or writing a poem, it \_\_\_\_\_ their confidence, their sense of self-worth, and increases their overall mental and emotional well-being.
2. Most adults know \_\_\_\_\_ an identity takes trial and error: you try one thing, you don't like it, so you try another. The teenage years are the perfect time to start this process.
3. Time devoted to a hobby inevitably means \_\_\_\_\_ the \_\_\_\_\_ one encounters along the way. This skill translates directly into almost every aspect of adult life.
4. When a teen chooses a hobby, they'll have to spend time working at it in order to become \_\_\_\_\_. And if the hobby is a sport or a fine art, they're lucky: they get to spend a lifetime perfecting their craft. In the teenage years, this type of effort lays the foundation for achievement throughout adulthood.

**Based on the article, cross out the false sentences.**

1. A teenager might not know they love (insert anything: art, sports, computer coding, cooking) until they give it a shot.
2. Most kids know developing an identity takes trial and error: you try one thing, you don't like it, so you try another.
3. Teens can make great leaps forward when they focus on something they choose and spend time doing it on their terms.
4. As adults know, adversity happens. The later an individual learns to deal with it, the better.
5. When a teen chooses a hobby, they'll have to spend time working at it in order to become proficient.