



Making Inferences

1. Your recent hearing test showed a moderate hearing loss in one ear and a less significant loss in the other ear. The audiologist said, "Two hearing aids are the preferred treatment, but one aid should help significantly. It's your choice."

What does the audiologist mean?

2. You are 30 pounds overweight, and your doctor says you need to begin a diet and an exercise program right away. He gives you information and a phone number for the Excell Fitness and Rehab Center. He'll see you again in three months.

What do you think your doctor expects will happen during the three months?

3. You have arthritis and it's difficult for you to move around, but your doctor feels you should exercise regularly. She says water exercises are less harmful for joints than walking or biking.

What exercises will the doctor likely recommend for you?

4. Your friend is in the hospital trying to get her diabetes regulated. A sign on her door says, "Note to Visitors: Restricted Diet—No Food Allowed in Room."

What is the reason for the sign?

- a. Harmful food could be brought in.
- b. Bringing in food makes more work for the hospital staff.
- c. The patient's food intake is being monitored.



Empathizing

1. A good friend is coming over to visit. Your friend is a smoker, and you hate the smell of cigarette smoke.

What is the best way to handle this situation without hurting your friend's feelings?

- a. Place "No Smoking" signs around your home.
 - b. Just let your friend smoke and deal with the smell.
 - c. Tell your friend how you feel and ask him to go outside to smoke.
2. You're visiting a friend in the hospital who just had a knee replacement. Your friend loves to play golf so you brought him a new putter as a gift. Your friend opens it and looks sad. He says, "Thank you, but I don't know if I'll ever get to use it. My doctor said I'll probably have to walk with a cane from now on."

What could you say to repair this situation? Choose two answers.

- a. "Oh, forget what he said. You'll bounce right back."
 - b. "I'm sorry if the gift made you feel bad. I just hope you'll get to use it soon."
 - c. "Let me take that back and get you something more appropriate."
3. You and your spouse have been talking about spending more time together and improving your fitness. You're in a bad mood when your spouse mentions that he signed you both up for an exercise class. You say, "Have fun going by yourself. I don't have time for that." You see the look on your spouse's face and realize that this was a moment of excitement that you have deflated.

Why do you think your spouse might have been excited about this news? Choose two answers.

- a. You are both out of shape and need to exercise.
- b. It was supposed to be a nice surprise for you.
- c. It would have been a chance to spend time together and get in shape.

What might be a more appropriate response to your spouse's question, even if you still don't want to do it?

- a. "I'm not sure I'm ready for that. Tell me more about the program."
- b. "You know I don't like that kind of stuff. Let's just forget it."
- c. "It would have been nice if you had asked me first. I'm not going."

General Problem Solving

1

Congratulations!



Grace enters contests and sweepstakes every chance she gets. Once in a while, she wins a prize or two. Last year, she won a digital camera and cashed in over 15 lottery tickets. Last week, Grace won her biggest prize ever—a check for \$500,000 from Publisher's Treasure Chest.

Last Monday, an official from Publisher's Treasure Chest notified Grace by phone that she had won first prize in their campaign this year. At first, Grace thought it was just a prank call. But when the official explained the details about sending the check, Grace's heart skipped a few beats.

Three days later, Grace received the check in the mail. She and her husband, Phil, are overjoyed. She already has plans to use most of the money to help others. "We plan to use part of the money to help fund our grandchild's college expenses, but there are other people we'd like to help, too."

Both Grace and Phil are life-long community volunteers. They contribute their time and energies as hospital volunteers, tutors for at-risk readers, meal deliverers for Meals on Wheels, and organizers for local fund-raising events.

Questions

1. Think of some words that describe Grace. Write each word and explain why you think the word applies to her.

Word: _____

Reason: _____

Word: _____

Reason: _____

Word: _____

Reason: _____

2. Why do you think Publisher’s Treasure Chest notified Grace by phone instead of in person?

3. How could Grace have checked to be sure the caller was telling the truth?

4. The article says that Grace’s heart skipped a few beats when she heard about winning the money. Does that mean she should check with her doctor? Explain your answer.

Yes _____ No _____ Why or why not? _____

5. List some things Grace needs to think about now that she has received the check.

_____ _____
_____ _____

6. If you won \$500,000, what would you do with the money? List two choices and tell why you would make those choices.

a. _____

b. _____

7. What did Grace mean by *prank call*?
