**Each section has the tittle and the instruction for it.**

1. **Ghandi:**

After watching the video, wright about; What made Ghandi a special person?, What things did he accomplish?, and Who are the people that have followed his example?

Video link: <https://www.youtube.com/watch?v=n_gQxVOmod0>

1. **Computer Revolution:**

With computer revolution education has suffered many changes. Many students now-a-days prefer taking online classes than attending a classroom. Everything has it's pro and cons. What is your opinion about this situation? How do you feel bout taking online courses? Write 2-3 paragraphs.

1. **Failure:**

After viewing the video, In a paragraph discuss the importance of the message in the video.

Video link: <https://www.youtube.com/watch?v=Ydeyl0vXdP0>

1. **Could you live with less?**

After reading “Could you live with less?” explain if you think you could live with less of the commodities that you have today?

Story “Could you live with less?”:

Compared to the lifestyle of the average person on Earth, my days are lush with comfort and convenience: I have a warm home, enough to eat, my own car. But compared to most of my urban American contempo­raries, I live a monastically simple life. Since 1984 I've made my home outside a small city in lower Michigan, 2 where the winters are snowy but not severely cold. My snug 720-square-foot house is solar- and wood-heated. No thermostat, just a cast-iron stove. There's electric lighting, indoor plumbing, a tankless water heater, a secondhand refrigerator and range—but no microwave oven, no dish­washer, no blow-dryer, no cordless phone. My gas-sipping compact station wagon has 140,000 miles on it and spreading patches of rust. I've never owned a television set. My home entertainment center consists of a thou'sand books, a stereo system, a picture window and two cats. Part of the reason I live the way I do is that as a freelance writer, my 3 income is unpredictable and at best fairly unspectacular. Thus it behooves .me to keep in mind the difference between wants and needs. Like all human beings, I have some needs that are absolute: about 2,000 calories a day, a half a gallon of water to drink, a sanitary means of disposing of my bodily wastes, water to bathe in, something muscular to do for part of the day and a warm, dry place to sleep. To stay sane I need contact with people and with nature, meaningful work and the opportunity to love and be loved. I don't need, nor do I want, to complicate my life with gadgets. I want 4 to keep technology at the periphery rather than at the center of my life, to treat it like meat in Chinese cuisine—as a condiment rather than as a staple food. Technology should abet my life, not dominate or redefine it. A really good tool—like a sharp kitchen knife, a wheelbarrow or a baby carrier, all of which have been with us in some form for thousands of years—makes a useful difference but doesn't displace human intelligence, character or contact the way higher technologies sometimes do. Working people need the tools of their trade, and as a writer, I do have a fax, but I've resisted the pressure to buy a personal computer. A manual typewriter has worked well for me so far. Noticing that the most -computer-savvy people I know are always pining for more megabytes and better software, I've decided not to climb on the purchasing treadmill of planned obsolescence. Doing with less is easier when I remember that emotional needs often get expressed as material wants, but can never, finally, be satisfied that way. If I feel disconnected from others, a cellular phone won’t cure that. If I feel like I'm getting a little dowdy, hours on a tanning bed can't eradicate self-doubt. Why live in a snowy region when I don't use central heat? I moved here for love several years ago, and while that love was brief, my affection for this place has grown and grown. I like the roots I've put down; living like Goldilocks, moving from chair to chair, seems like not much of a life to me. Being willfully backward about technology suits my taste—I like living / this way. Wood heat feels good, better than the other kinds. (Central heating would make my home feel like it was just anywhere.) Fetching firewood gets me outdoors and breathing (sometimes gasping) fresh air in the wintertime when it's easy to go stale. It's hard, achy work to split and stack the 8 or 12 cords of stove wood I burn annually. I've been known to seek help to get it done. But the more of it I do myself, the more I can brag to my city friends. My strongest motivation for living the way I do is my knowledge, deep and abiding, that technology comes at a serious cost to the planet and most of its people. Burning fossil fuels has changed' the Earth's climate. Plastics and pesticides have left endocrine-disrupting chemicals everywhere—in us and in wildlife, affecting reproductive systems. According to Northwest Environment Watch in Seattle, the "clean" computer industry typically generates 139 pounds of waste, 49 of them toxic, in the manufacture of each 55-pound computer. I refuse to live as if that weren't so. In this, I'm not unique. There are many thousands of Americans living simply, questioning technology, fight­ing to preserve what remains of nature. We're bucking the tide, acting consciously and succeeding only a little. Yet living this way helps me feel decent within myself—and that, I find, is one luxury worth having.

1. **Music and Moods:**

After reading “How Music Affects Our Memories, Moods and Minds”, answer the following questions:

* What kind of music do you like?
* Mention 4 music effects on the human mind and body. Explain
* Do you study and listen to music at the same time? Why?
* What kind of music makes you feel happy, sad, angry and relaxed? Give examples.

How Music Affects Our Memories, Moods and Minds:

Posted by Ali Goldfield on Monday, March 19th 2012

Have you even been driving in your car, listening to the radio and a certain song comes on that takes you immediately back to a particular time and place that means something to you? Music can affect our moods, motivate you to exercise, boost your immune system, increase performances on tests, reduce the impact of stress, fight fatigue and increase productivity. Researchers have found that music is an important influence on how we create memories and that people often associate songs with emotions, events, people and places in our past. It helps to preserve events in your mind and has a far-reaching on how we react to music in the future.

The Mozart Effect: The idea that music makes you smarter has been studied time and again. While it was once thought that listening to classical music, particularly Mozart, would enhance and infant’s ability to learn and would improve school children’s performance on tests, this theory has not been proved to the satisfaction of the scientific community. However, studies have shown that music does promote a reduction in stress and an increase in positive mood that will make it more likely to retain new information learned, so it may be said that, in a way, music can enhance your ability to learn new information.

Studies have also shown that in Alzheimer’s patients, and those experiencing dementia, music therapy has increased their ability to recall memories and improve cognitive functioning. The reason postulated is that when you listen to songs you are familiar with, it stimulates the hippocampus, the area of the brain that controls long-term storage. This makes it easier to pull out relevant memories you made while listening to a particular song.

Therefore, even though the Mozart-effect has never been proven, the idea that forming a new memory with music, and then using the same music again later to recall the memory still seems to be a sound idea. If you’re having trouble remembering something, you might have better luck if you play the same music you were listening to when you first made the memory in the first place.

Always Look On The Bright Side of Life.

In addition to the effects of music on our ability to learn, recall and retain new information, music also has a powerful impact on our emotional well-being. Music can pump you up when you’re exercising, it can boost a team’s spirit before the big game and it can decrease feelings of anxiety, stress and depression. Music has the ability to change the emotional and physical status of people, whether they’re in a good mood, bad mood or sad mood. Music has an impact on every aspect of our daily lives. Imagine watching a movie with no soundtrack. Without music, there would be no suspense, horror or excitement. Music can make you cry and it can make you feel energized when you’re tired.

We all know from experience how much music can affect both our memories and our emotions. In fact, music has such a profound impact on our mind and body that there is a growing field of health care known as music therapy. Those who practice music therapy have found positive effects when working with those experiencing chronic pain, ADHD, depression, cancer and dementia. Music Therapy shouldn’t only be used in a therapeutic setting, however. Adding a positive soundtrack to your life, you can promote, restore and maintain a sense of physical, emotional and spiritual well-being.

1. **Honor Killing:**

After viewing the videos, develop a paragraph reacting to these incidents happening across the world. And answer the following question, Do you think something can be done?

Video links: <https://www.youtube.com/watch?v=bsKvrQbfyAo>

 <https://www.youtube.com/watch?v=ADXjjkhqQbw>

1. **New Massacre of Animals:**

After viewing the documentary, write a reaction essay, 3 paragraphs the least. Present your view on the issue presented and what should be done about it.

Documentary link: <https://www.youtube.com/watch?v=aGmdJs7kyRE>

1. **Credit Cards:**

After reading the information about credit cards explain, why do you think people are having problems with the use of credit cards today?

Information about credit cards: <http://fog.ccsf.edu/~lfried/stories/bankingandcredit.html>

1. **Never Again Homeless:**

After reading the selection "Never Again Homeless". Answer the following questions:

* What is the main idea presented regarding this topic?
* What do you consider are the mayor causes of homelessness today?

Never Again Homeless

By Kimberly Adair

As I sat at the bus stop, I saw an old woman picking food out of a garbage can. My heart was so heavy that I had to go into my workplace and purchase her some food. After I handed her the meal, I wondered how she got herself into this situation. Never would I have imagined that I would be in her shoes, but a year later I was. I married at seventeen and left my parents' home to venture out into newly wed life. Shortly after ray marriage, I contracted a bad case of pneumonia, but unfortunately my employer had no sympathy for me. I lost my job, and it wasn't more than a month until I lost my home and a bit later my husband. It seemed like a nightmare, but it wasn't. It was real, and it was happening to me. As the days went by, my life changed dramatically. When I was homeless, I experienced many situations, such as feeling unstable, being hungry, and experiencing the dangers of living on the street.

Being in an unstable environment, for me, was like not being given the chance to have a future. I had grown up protected from the elements of the outside world, only to find myself thrust into homelessness. I worked temporary day jobs in order to buy-food, but still I did not make enough money. I was unable to get a permanent job because no one wanted to hire someone who didn't have an address. Soon I had to sell, my car just to survive. I lived from one place to the next, in parks, behind buildings, and in trees. I never knew where I was going to be sleeping the next night. I seldom had a way to take baths or wash my clothes. Once in a while, when I had enough money I could afford, to go to the public swimming pool where I could shower and wash all my clothing in the showers. I never had enough time just to relax or go swimming. During this time of uncertainty, I was truly trapped with no hope for the future. I was unable to get a job, had no place I could call home, and was constantly moving from place to place. Life was getting worse.

The fact that I was facing hunger on a daily basis made things unbearable. Not being able to find employment meant not having any money to purchase food. I soon felt the burning in my stomach and the pain of my body craving nourishment. I had never known how badly the pain of not eating really felt. I would sit in one spot with my arms wrapped tightly around my midriff. Putting pressure on it would make the pain seem lighter. Once in a while I would collect cans for the refund money so that I could eat a sandwich. I would also frequent small restaurants and offer to help in any way possible. Every now and again I could earn food for my work. I quickly learned what time all these restaurants threw away their leftovers. I waited for them to dump their leftover food, then rushed over, and grabbed it before anyone saw me. I started visiting churches where they help the homeless. I would get a sandwich or two a day. I guess after a longtime of being hungry my body got used to it. I started not to have hunger pains anymore. If I didn't eat for a day or two, it wouldn't bother me. I did end up moving to rougher parts of town because that's where most of the places were that assisted people like me. 1 received more food, but I was putting my life on the line at the same time.

The dangers of living on the street became very real to me for the next ten months. My idea of what the world was like was shattered by reality. The hazards I faced were like none I could have imagined. The worst danger of all was not hunger or instability, believe if or not; it was people. In school I was taught about plant and animal life; I learned that, humans were considered to be animals. I really never thought of people as a kind of animal until I became a vagrant. When I lived on the streets, I had to use my animal instincts to survive the exposure. I learned quickly that people on the street could sense fear much as a dog does. If I showed fear, I would become easy prey to an unknown evil. Once I fell victim to a man who sold women to make his living, I didn't know his friendship was a ploy to catch me off guard. I was beaten and tied up in an alley for not cooperating with him. 1 can still remember that I was beaten so badly I could barely feel the pain any more. I kept drifting off and my thoughts were that I was dying. Time did escape me since I still don't remember how long I was there. An old man untied me and just ran off without saying anything. I learned humans would take my life if I were careless enough to let my guard down. I experienced more abuse and learned more about living on the streets. I was determined not to live like that any more, and 1 was determined that my street-living days would be over. I went door to door offering my skills of housecleaning and live-in baby-sitting. I was employed by an elderly couple who were winter visitors. I was finally off the streets and safe. My life changed in those eighteen months I was homeless; I had changed. I was not able to be social with people any more. I always watched my back wherever I went. I still have a sense of that world that follows me every day of my life. I will never live like that again. Being homeless has to be the worst thing that could happen to anyone. Are people really homeless because they want to be? I say no because it could happen to anyone at any time. Can homeless people find a way to get back on their feet? I say yes if the will to survive or have a better life is strong enough. Until society walks in the shoes of a homeless person, they will never understand how all the other homeless people and I lived. When I was homeless, I never knew where I was going to sleep, where my next meal would come from, or if I was going to live long enough to worry about it.

1. **Hitchhiker:**

After reading the short story," The Hitchhiker". Write a short essay (3 paragraphs) developing the topic of hitchhiking, it's dangers today versus how it was in the past.

Short story," The Hitchhiker":

In my first year away from home I was just 17. I was sent to study in a nearby city, and I was given enough money to pay for a shared apartment and school fees. Money was tight, however, and so I decided to economize by avoiding public transport. I would just hitchhike everywhere. Something about being 17, I don't know. But I thought that I was invincible.

The first times I hitchhiked I felt free and so alive out there on the streets. It was actually exciting to imagine what stranger would give me a lift. And, being a girl alone, I never had to wait long.

The first few times it was easy. I hitchhiked to the university campus in the morning, and back to my apartment in the late afternoon, rather than take two buses. The drivers were on their way to work, and chatted amiably. However, on-one occasion, a driver implied that he wanted something "extra" for the lift. I simply turned cold and I firmly asked him to stop the car. He accepted my refusal, and took me to my destination. On that occasion I felt very brave and in control of the situation. I didn't show any signs of fear, but instead let the driver know that I would not be intimidated. I truly believed that I was a strong enough woman to deal with those situations. During the spring break, I decided to go farther afield. I decided to hitchhike alone to New York. On this trip I was picked up on the outskirts of town by a young man in a pickup truck. Unlike most drivers, he didn't engage in small talk. Rather, he looked ahead at the road and then back at me, nervously, but he didn't speak.

The driver was neatly dressed, and his truck was old but very clean. The driver appeared like a normal guy, but his attitude began to scare me. I tried to engage him in conversation but he didn't speak, yet he would turn and stare at me. We were on the highway going about 120 km per hour when he removed one hand from the steering wheel and unzipped his pants. I started to panic. How would I get my backpack, which was in the back of the truck, and get out? The man then said "Touch me," and his face was sweaty and his body was trembling. I had prided myself at being strong and assertive with other men, and simply making it clear that I was no pushover. This guy was different, though. On the Other occasion when the man had propositioned me, I knew that the man was basically moral and could be reasoned with. Now, however, I sensed, as an animal would, that there was no reasoning with this truck driver. I knew that I would not be able to communicate with this man. I would not be able to talk him out of anything.

He stopped watching the road even though we were going very fast and he just kept looking at me with an empty stare. I was squished against the door, as far from him as possible. My thoughts were jumbled. What if he turns off this main road? What if he hurts me? In a moment of panic, I told him that if he didn't stop I would jump. The car was going very fast but I just had a sense, quite clear, really, that I would rather jump out than stay any longer in the truck with this crazy person.

He then pulled over, grim-faced, and let me get out. I was very, very relieved. However, now I had another problem. I was now stuck on a highway, very far from any town, and with no easy place for another driver to pick me up. Eventually someone else did stop and take me to the next city. I was shaken by the incident with the truck driver, but amazingly I was not yet deterred from hitchhiking. In fact, my successful way out of the truck just reinforced my belief that I was tough.

My destination was still New York City, in the U.S.A., where I planned to visit an old friend. I decided to continue hitchhiking there, thinking that I wouldn't have such bad luck again. Luckily, I did make it to New York in one piece. Several long-distance truckers gave me silent but safe rides.

That first night in New York, while waiting for my friend to finish work, I went to a small restaurant. I entered into a conversation with a man in his thirties. When he found out that I was Canadian and that I had just hitchhiked to New York, he asked me why I had hitchhiked. I told him about the thrill of standing on the roadside, and about how money was tight. He then said quietly, "You must not care very much about your life." He didn't lecture me, and he didn't mention it again. I wanted to be able to say that I loved my life and cared very much about it. I wanted to justify my risk taking. I wanted to insist that hitchhiking is safe. But I knew it was all a lie.

For some reason, at that moment, I was ready to really think about his words. If a parent or friend had implied that hitchhiking was dangerous, I probably would have decided that they were overprotecting me. Here was a total stranger saying it, though, and somehow the words resonated. It hit me: 1 was playing Russian Roulette with my life!

After a few days in New York, I gathered my remaining money and took the train home. I decided that I did care about my life. About three years later, a murder case hit the local newspaper: a man, with his female companion, had abducted a woman from a parking lot and abused and murdered her. I looked at the face of the man in the paper and recognized that truck driver who had scared me. In three years the man had become a murderer. I suppose all teenagers think that they are invincible. Adolescence is a time of risk taking. I am in my twenties now, and I have come to realize that this life is precious, and if I want it to last, I had better take care of it.

1. **Aliens:**

After reading the article titled, "Aliens". Developed paragraph discussing whether or NOT you believe in the existence of Aliens.

Article “Aliens”:

Do you believe there's life in outer space? A recent poll asked 900 American adults this question. Sixty percent answered yes. Over 40 percent of the college graduates believe that flying saucers have visited the Earth. Close to 50 percent thought aliens were more intelligent than people on Earth. Eighty-five percent also said they thought aliens were friendly rather than hostile.

Many people are convinced that aliens visit us regularly. They say that the American government knows this but is covering it up. In the last few years, thousands of Americans say they have been abducted by aliens. In fact, there is so much common knowledge about aliens that people can even describe what they look like: tall and slender, with huge heads and almond-shaped eyes. There are models of aliens in the UFO (unidentified flying object) Museum and Research Center in Roswell, New Mexico.

Roswell, New Mexico, is where it all started, over fifty years ago. In 1947, a farmer in the area found some strange, shiny material on the ground. He gave it to the sheriff, who turned it over to the army. The army sent out a press release about a "flying disk". The local newspaper made a slight change and wrote a story about a "flying saucer" in the Roswell region. The next day, the army changed the story and said that the material was from a weather balloon. Everyone forgot about the incident for many years.

Then in the 1980s, several stories were published about the Roswell incident. Some people said that a spaceship had crashed on the farmland and that three to five alien bodies had been found. The bodies were being kept by the government in a secret place. The government denied the story, but many people didn't believe it. Seventy-one percent of the people polled said they believed the government knew more than they were telling people. "People would panic if they knew what really happened," said an observer.

Now Roswell has become a meeting place for people who believe in aliens. On the fiftieth anniversary of the rumors of a spaceship landing, more than 100,000 people gathered in the desert town, where the temperature can reach 110 degrees. They went out in the hot sun to look for the burn mark the spaceship left when it crashed against a rock. They paid $15 each for a viewing. No one complained when they didn't see a spaceship. They were just happy to be there.

Why all the interest in aliens? People are worried about problems on Earth and are suspicious-of new technologies. Perhaps this leads them to believe there are beings who are more intelligent than we are. They hope these beings will save us and teach us better ways to live.

Of course, a lot of people are making money on these beliefs. Motel owners in Roswell say a quarter of their visitors come to see the alien landing site. Stores in Roswell sell everything from stuffed alien dolls to alien refrigerator magnets. The media play up the belief as well. Alien-based movies and television shows feature government cover-ups and alien invasions. And the fourth most popular talk show-in America is about UFOs and aliens.

Skeptics say this is all a myth. People want to believe we are not alone in the universe, but no facts prove there is life anywhere else. Others disagree. "We just don't know if aliens exist," says a researcher. "But technology changes so quickly. Years ago people would never believe some of the things we can do today.

1. **Theft:**

After reading the article on identity Theft, explain what it is and how this happens?

Link to the article: <http://fog.ccsf.edu/~lfried/stories/IdentityTheft.html>

1. **Gambling:**

Find information on Gambling addiction and answer the following questions:

* Is there something done about the gambling addiction?
* Give some examples of incidents or situations regarding this problem.

After viewing the video, write the major details presented in the video. Then explain what is the main idea or message the video is trying to communicate. Can this be a serious problem? Who are the people mainly affected?

Video link of gambling: <https://www.youtube.com/watch?v=8NpJNH3rIo4>

1. **Choosing the Correct Word:**

Choose the correct word.

1. stereotype:
	1. large type
	2. b. ready made idea
	3. c. dislike
2. analogous:
3. unequal
4. b. parallel
5. c. different
6. anecdotal:
	1. statistical
	2. in story form
	3. c. anonymous
7. assailant:
	1. watchman
	2. sailor
	3. attacker
8. predicament:
	1. announcement
	2. problem
	3. solution
9. **Vocabulary:**

Using a thesaurus, replace the underlined word or phrase with a more precise or descriptive word. You may rephrase the sentence if necessary. Present at least 3 alternatives.

1. The instructor talked about several economic theories.
2. My sisters, who had been apart for three years, were happy to be reunited at the wedding.
3. The professor announced a big test for the end of next week.
4. The student watched the elderly professor climb the stairs.
5. Although it was short, the movie was good.
6. **Formal vs Informal Discourse:**

Each sentence in the following paragraph contains an example of inappro­priate language. Rewrite the paragraph revising all language to be acceptable as formal writing. There are 4 mistakes, meaning there are four words that are not acceptable.

When my sis was hired by a major electronics company last summer, we were a little worried about her. She had flunked math in school, so we wondered if she had chosen the right kind of company. The person who had the job before her was let go because he had an attitude. Imagine our surprise when she soon announced that she had been selected chairman of an important committee at work. She said that she really didn't want to be in a leadership position, but we all knew she was nuts about it.

1. **Education System:**

When we talk about education in Puerto Rico, and we think about other countries like China, New Zealand. Somehow we need to work on improving our Educational System. After viewing the videos about the education system in other countries, Write a short essay (3-5) paragraphs in length and compare and contrast these educational systems with our own. You should include recommendations for improving our system.

Videos about the education system: <http://www.youtube.com/watch?v=NTwN-Ou9yPQ>

 <http://www.youtube.com/watch?v=_gmFbBHjApA>

1. **Superhumans:**

After watching the video, write a short essay discussing the important message it conveys.

Video: <http://www.youtube.com/watch?v=IocLkk3aYlk>

1. **Analyzing Marriages:**

After reading the essay on "Marriage" write a short essay elaborating the essay, and answer the following questions:

* What do you think are the reasons that being married today is so difficult?
* For the newer generations will it be easier?
* Do some cultures choose the husband or wife for daughters or sons? Mention the cultures.

WHY MARRIAGES FAIL

By Anne Roiphe

1 These days so many marriages end in divorce that our most sacred vows no longer ring with truth. "Happily ever after" and "Till death do us part" are expres¬sions that seem on the way to becoming obsolete. Why has it become so hard for couples to stay together? What goes wrong? What has happened to us that close to one-half of all marriages are destined for the divorce courts? How could we have created a society in which 42 percent of our children will grow up in single-parent homes? If statistics could only measure loneliness, regret, pain, loss of self-confidence and fear of the future, the numbers would be beyond quantifying.

2 Even though each broken marriage is unique, we can still find the common perils, the common causes for marital despair. Each marriage has crisis points and each marriage tests endurance, the capacity for both intimacy and change. Outside pressures such as job loss, illness, infertility, trouble with a child, care of aging parents and all the other plagues of life hit marriage the way hurricanes blast our shores. Some marriages survive these storms and others don't. Marriages fail, however, not simply because of the outside weather but because the inner climate becomes too hot or too cold, too turbulent or too stupefying.

3 When we look at how we choose our partners and what expectations exist at the tender beginnings of romance, some of the reasons for disaster become quite clear. We all select with unconscious accuracy a mate who will recreate with us the emotional patterns of our first homes. Dr. Carl A. Whitaker, a marital therapist and emeritus professor of psychiatry at the University of Wisconsin, ex¬plains, "From early childhood on, each of us carried models for marriage, femi¬ninity, masculinity, motherhood, fatherhood and all the other family roles." Each of us falls in love with a mate who has qualities of our parents, who will help us rediscover both the psychological happiness and miseries of our past lives. We may think we have found a man unlike Dad, but then he turns to drink or drugs, or loses his job over and over again or sits silently in front of the TV. just the way Dad did. A man may choose a/woman who doesn't like kids just like his mother or who gambles away the family savings just like his mother. Or he may choose a slender wife who seems unlike- his obese mother but then turns out to have other addictions that destroy their mutual happiness. A man and a woman bring to their marriage bed a blended concoction of conscious and unconscious memories of their parents' lives together. The human way is to compulsively repeat and recreate the patterns of the past. Sigmund Freud so well described the unhappy design that many of us get trapped in as the unmet needs of childhood, the angry feelings left over from frustrations of long ago, the limits of trust and the recurrence of old fears. Once an individual senses this entrapment, there may follow a yearning to escape, and the result could be a broken, splintered marriage.

5 Of course people can overcome the habits and attitudes that developed in childhood. We all have hidden strengths and amazing capacities for growth and creative change. Change, however, requires work—observing your part in a rot¬ten pattern, bringing difficulties out into the open—and work runs counter to the basic myth of marriage: "When I wed this person all my problems will be over. I will have achieved success and 1 will become the center of life for this other person and this person will be my center, and we will mean everything to each other forever." This myth, which every marriage relies on, is soon exposed. The coming of children, the pulls and tugs of their demands on affection and time, place a considerable strain on that basic myth of meaning everything to each other, of merging together and solving all of life's problems.

6 Concern and tension about money take each partner away from the other. Obligations to demanding parents or still-depended-upon parents create fur¬ther strain. Couples today must also deal with all the cultural changes brought on in recent years by the women's movement and the sexual revolution. The al¬tering of roles and the shifting of responsibilities have been extremely trying for many marriages.

7 These and other realities of life erode the visions of marital bliss the way sand¬storms eat at rock and the ocean nibbles away at the dunes. Those euphoric, grand feelings that accompany romantic love are really self-delusions, self-hyp¬notic dreams that enable us to forge a relationship. Real life, failure at work, disap¬pointments, exhaustion, bad smells, bad colds and hard times all puncture the dream and leave us stranded with our mate, with our childhood patterns pushing us this way and that, with our unfulfilled expectations.

8 The struggle to survive in marriage requires adaptability, flexibility, genuine love and kindness and an imagination strong enough to feel what the other is feeling. Many marriages fall apart because either partner cannot imagine what the other wants or cannot communicate what he or she needs or feels. Anger builds until it erupts into a volcanic burst that buries the marriage in ash.

9 If we sense from our mate a need for too much intimacy, then we tend to push him or her away, fearing that we may lose our identities in the merging of marriage. One partner may suffocate the other partner in a childlike dependency.

10 A good marriage means growing a3 a couple but also growing as individuals. This isn't easy. Richard gives up his interest in carpentry because his wife, Helen, is jealous of the time he spends away from her. Karen quits her choir group because her husband dislikes the friends she makes \*.here. Each pair clings to each other and are angry with each other as life closes in on them. This kind of marital bal¬ance is easily thrown as one or the other pulls away and divorce follows, i ^ Sometimes people pretend that a new partner will solve the old problems. Most often extramarital sex destroys a marriage because it allows an artificial split between the good and the bad—the good is projected on the new partner and the bad is dumped on the head of the old. Dishonesty, hiding and cheating create walls between men and women. Infidelity is just a symptom of trouble. It is a sym¬bolic complaint, a weapon of revenge, as well as an unraveler of closeness. Infidelity is often that proverbial last straw that sinks the camel to the ground.

12 All right—marriage has always been difficult. Why then are we seeing so many divorces at this time? Yes, our modem social fabric is thin, and yes the per¬missiveness of society has created unrealistic expectations and thrown the family into chaos. But divorce is so common because people today are unwilling to exer¬cise the self-discipline that marriage requires. They expect easy joy like the enter¬tainment on TV, the thrill of a good party.

13 Divorce is not an evil act. Sometimes it provides salvation for people who have grown hopelessly apart or were frozen in patterns of pain or mutual un-happiness. Divorce can be, despite its initial devastation, like the first cut of the surgeon's knife, a step toward new health and a good life. On the other hand, if the partners can stay past the breaking up of the romantic myths into the devel¬opment of real love and intimacy, they have achieved a work as amazing as the greatest cathedrals of the world. Marriages that do not fail but improve, that persist despite imperfections, are not only rare these days but offer a wondrous shelter in which the face of our mutual humanity can safely show itself.

(Family Weekly, February, 1983.)

1. **Love and Technology:**

After watching the video in a 3 paragraph essay discuss:

* Do you think one can find true love through the internet?
* What is your feeling and view about this?

Video link: <http://www.youtube.com/watch?v=n4x8BgYQ4W4>

1. **Opinion for an Online Course:**

Wright at least 5 recommendations for an online course, and answer the following questions:

* Did you like the course you toke online?
* Was it easy to follow?
* Were the topics interesting?
* What would you change about the online course?