Read the text below and answer the questions that follow.

Our happiest years come in retirement and in the decades after the age of 70…

1. If your carefree youth is a distant memory and you’re entering middle age with a sense of gloom, cheer up. The happiest time of your life is probably yet to come. The demands of work and family may steadily erode our youthful sense of well-being as we reach middle age, but research suggests it returns in our later years. In fact, it is after 70 that we are likely to be at our happiest – as long as we enjoy good health, have sufficient income and are not lonely.

2. The conclusions are highlighted in a new book by Lewis Wolpert, the 81-year-old emeritus professor of biology at University College London, entitled You’re Looking Very Well – a familiar greeting to those of more advanced years. “What emerges is that people in their teens and twenties tend to be averagely happy, but this declines steadily until early middle age,” he said. “But from the mid-forties, people tend to become ever more cheerful, perhaps reaching a maximum in their late seventies or eighties.”

3. A study of 341,000 people by the National Academy of Sciences in America showed that overall enjoyment of life tended to decline slowly throughout early adulthood, but rose again from around the late forties or early fifties to reach a maximum around the age of 85. Similarly, the English Longitudinal Study of Aging, which has tracked more than 10,000 people over 50 since 2002, found at least half experienced an increase in well-being. It appears that as we get older, we make the most of the time left by eliminating things we don’t enjoy in favor of those we do.

4. However, the study stressed that there were big differences between men and women and between rich and poor. “More affluent individuals have fewer depressive symptoms, greater life satisfaction, better quality of life and lower levels of loneliness,” said the study. Professor Wolpert says the quality of our relationships is also a key factor – a claim backed by other experts on aging. Andrew Steptoe, professor of psychology at University College London, said: “We think that people who are old, in their sixties and seventies now, are different from those of 30 years ago. They have more opportunities, and their health tends to be better. However, good health and a stable income are very important, along with maintaining relationships.”

5. Professor John Bond, who studies social aspects of aging at Newcastle University, added: “Even people with serious degenerative illnesses like Alzheimer’s can retain their well-being for a long time if they have good relationships with the people around them. In the end, it’s your friends and family that count most.” Longer life expectancy and the prospect of decades of healthy, active and financially secure retirement for many of today’s over-70s has enabled many to take on new challenges and learn new skills.

6. Wolpert’s book also offers hope here, for while maturity causes our physical stamina to decrease along with ability in fields such as mathematics, research suggests we gain proficiency in other areas such as language and decision-making. Scientists believe that as the brain reorganizes itself to meet new challenges, new areas of connectivity are created between cells that can more than compensate for the loss in brain volume that comes with aging. Therefore, we put an effort to spend more time doing the things we like more.

Adapted from: http://www.impactlab.net/2011/03/28/people-are-happiest-after-age-70-and-dont-become-grumpy-with-old-age/
A. What do the following refer to in the text?

1. it (para. 1) : ___________________________________
2. those we do (para. 3) : ___________________________________

B. Find the words in the text which mean the following. **DO NOT** change the form of the words, and write **ONE WORD ONLY**.

1. keep (v) (para. 5) : ______________________
2. replace and balance the effect (v) (para. 6) : ______________________

C. Mark the best choice.

1. Which of the following **CANNOT** be inferred from what Lewis Wolpert says?
   a) Young people are usually happier until early middle age.
   b) The feeling of happiness increases after the forties.
   c) When you are in your 70s, you are more likely to feel happy.
   d) From your early middle ages on, the feeling of happiness declines.

2. What conclusion can be drawn from the results of the two studies mentioned in para. 3?
   a) Both revealed that there is a steady increase in the well-being of people from all ages.
   b) Well-being of people changes depending on the age, but increases as we get older.
   c) Half of all the people over 50 in both surveys said that their well-being increased.
   d) How much enjoyment we get from life depends on how positively we approach ageing.

3. Which of the following is **NOT** mentioned as a factor contributing to well-being of elderly people?
   a) financial situation
   b) gender
   c) exercising
   d) social life

4. Which of the following **CANNOT** be inferred from the last paragraph?
   a) Physical stamina and mathematical ability lessen over time.
   b) As we age, we try to use our remaining time more effectively.
   c) We become better at taking decisions and verbal ability as we mature.
   d) It becomes hard to face difficulties as brain volume decreases in old age.

5. What is the tone of the writer?
   a) formal and bored
   b) semi-formal and hopeful
   c) informal and sarcastic
   d) formal and doubtful

D. Answer the following question.

According to the text, what are the factors that might lead to a decline in the happiness of people? Write **at least TWO or THREE** of them and explain **IN YOUR OWN WORDS** in 4-6 sentences, **giving your reasons**.

___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
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___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
___________________________________________________________________________
UPPER-INTERMEDIATE GROUP
ANSWER KEY

1. (our youthful) sense of well-being
2. (the) things we enjoy
3. retain
4. compensate

B.

1. d  
2. b  
3. c  
4. d  
5. b

C.

Factors that might be included:

- demands of work
- demands of family
- health problems
- unstable/poor income
- bad/poor social life/relations
- age