

## **Advice Columns**

### **(I) Criteria of good advice**

- (A) Think of the advice you got from others in the past. Jot down some of the good advice you have got.

- (B) Why was this advice able to persuade you to follow it. What are the criteria for good advice?

- (C) Analyze the advice-giving letters from three advice columns (P.2—P.4) and fill in the charts from P.5 to P.7.

(1)

*Dear Dish-It*

*I'm 14 years old and all I do all day is sit at home and watch TV, or I am on the computer all the time. This is also hurting my confidence with girls because I'm afraid I will seem boring to them. How do I get a life and start doing things with it?*

*confusedkid510*

Dear confusedkid510,

Watching a lot of TV or spending a lot of time on the computer doesn't mean you're a boring guy, cuz it's cool to be computer savvy and know what's going on in the entertainment world.

But you're right - you do need to start doing other things with your life cuz kids your age need fresh air! The easiest way to get out and about is to stick around after school. Your school offers lots of extracurricular activities, so don't even think about rushing home as soon as the bell strikes three tomorrow! Since you love computers, why don't you join the computer club? If you enjoy watching cartoons, check out the comic book club - you may even find that you have an undiscovered drawing talent. And if you want to play sports, try out everything from badminton to basketball. Joining an extracurricular club will help you meet kids who are into the same sorta stuff that you're into - and one of those people could possibly be a really nice girl who shares your interests!

Some other stuff you should try doing is to head to your local theater to watch a must-see movie like Rocky Balboa or Happy Feet. You can grab a milkshake and a slice of pizza at the mall afterwards, or go to the arcade to put your vidie-gamiing sikills to good use! You're bound to get to know your classmates and other kids your age at these hangouts and, before you know it, your social calendar will be so jam-packed that you may even want to stay home once in awhile to make a date with the tube.

Good Luck.

Dish-it

(2)

*Dear Slink,*

*I'm going out with a boy but he's 2 inches shorter than me and all my friends make fun of me for it what should I do??????*

*Being Teased*

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Dear Being Teased,

**So who made it a rule that boys should be taller than the girls they're dating?** It's so silly coz there are some awesome boys out there who may be on the short side, but are definitely worth our time.

I remember at my first proper school disco when a boy asked me to dance. The other girls were so green with jealousy that I was dancing with an actual boy that it went unnoticed that he was about 5 inches shorter than me!

And this is what you need to remember: **There will always be something about your guy that your friends could make fun of;** whether it's his height, his name, his haircut, or the fact he knits his own underwear... but what's probably bothering them the most is that you've managed to bag yourself a guy and they haven't.

Don't let something as superficial as his height worry you, **as long as he's treating you right and you fancy him, all is well.** Take no notice of your mates and enjoy what you've got with him.

Slink

(3)

***What is the best motivation to use to exercise when a workout buddy is unavailable?***

– Jodi

Motivation is key to maintaining a regular exercise schedule — yes, schedule. Exercise can be fun and entertaining, but if you're not keeping a schedule, chances are you aren't doing it consistently enough. A schedule is self-motivating because you'll have that appointment every day and won't want to let yourself down. So figure out a time that works well for you — if you find a time that works well for you and a workout buddy, even better.

Other than keeping that precious workout appointment, the best motivator is having fun. Think of things you enjoy — exercising doesn't have to be a drag. Instead of being a hamster on a treadmill, get out and get your heart pumping doing something you like. Turn up that hip-hop dance tape (or playlist) and do your best Napoleon Dynamite dance! If you can't figure out a way to keep motivated, sign up for a class — then you will probably feel obligated and motivated.

For more information, check out these articles:

[Motivation and the Power of Not Giving Up](#)

[Strength Training](#)

[Why Exercise Is Wise](#)

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Have a question? [Email us](#).

We regret that we can't reply to any email inquiry. Although we can't reply personally, you may see your question posted to this page in the future. If you're looking for medical advice, a diagnosis, or treatment, consult your doctor or other qualified medical professional. If this is an emergency, contact emergency services in your area.

**(1) The First Sets of letters**

***Problem:***

Advice	Reasons	Examples or facts

**(2) The Second Set of letters**

***Problem:***

Advice	Reasons	Examples or facts

**(3) The Third Set of Letters**

**Problem:**

Advice	Reasons	Examples or facts

## **(II) Language**

Read the three advice-giving letters from P.2—P.4 again.

(a) Are the three letters, formal or informal writing? Why?

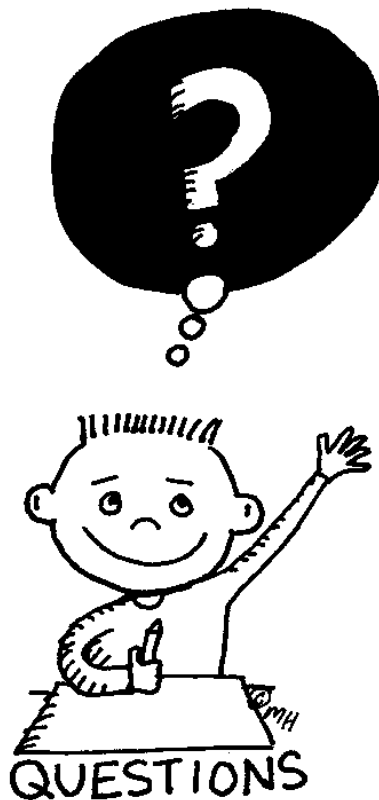
(b) List the sentence structures that are used for giving advice in the letters.



### (III) My Problem

Write one of your problems to Mr Abby, who is responsible for the advice column of 'Teen Time', a magazine for teenagers.


After you have finished writing the problem, fold this piece of paper and pass it to the front.



#### **(IV) Giving Advice**

You are Mr Abby and you are responsible for the advice column of 'Teen Time'. An advice-seeking letter will be passed to you. Write your advice with reasons and examples on the back of the paper. Then, pass it to your classmate on your left. When you receive a new letter, write a piece of advice which is different from that on the paper. After that, pass it to your classmate on your left. Keep on doing it until you are asked to stop.

#### **(V) Good Advice**

When you have got your advice-seeking letter back. Read the advice and choose 3 pieces of advice which you think are most useful for you. Form a group of 4 and tell your group mates:

- a. Your problem
- b. The three pieces of advice which you consider the best and the reasons why you think they are good.

#### **(VI) The Different Parts of an Advice Letter**

Read the following letters.

##### **(a) An advice-seeking letter**

*Dear Miss Know It All*

*I'm writing to you because recently my friend's been trying to get me to smoke with her. I don't want to, and I don't know what to do.*

*My friend's been smoking for two months now and she says that it's a good way to lose weight. She keeps asking me to join her. Unfortunately, when she started I never really told her that I thought it was stupid. In fact one time I even said that it was cool.*

*The other day she said that she thought I looked fat and that I should smoke a little just to curb my appetite. I don't want to smoke, and I don't think I am fat. I keep trying to change the subject when she asks me. What should I do?*

*Yours truly*

*Don't Want to Smoke*

*Kowloon Tong*

***(b) Advice-giving letter***

Dear Don't Want To Smoke,

So your friend wants you to do something that you don't want to do and that you know isn't good for you. On top of that, you haven't been exactly honest with her about how you really feel.

You need to get some confidence and tell your friend how you really feel. Don't wait until she asks you again. Let her know how you feel and tell her you regret you weren't honest with her from the start. Let her know that you're concerned for her health if she continues to smoke and that there're better ways to lose weight than smoking.

You might even give her some pamphlets about the ill effects of smoking. But don't lecture her as I doubt she'll react well to that. If she says you're fat, be confident and tell her you feel good about your weight.

You need to be more confident with your friend and with yourself. Good luck.

Miss Know It All

Analyse the above advice-giving letter and state what should be put in the different parts of an advice-giving letter.

***(A) Salutation:***

***(B) Introduction***

***(C) The Body***

***(D) Ending***

**(VII) Writing an advice letter for an advice column.**

‘Mr Abby’s Problem Page’ is the most popular part of ‘Teen Time’, a magazine for teenagers. You are Mr Abby and you are responsible for the problem page. You have received the following letter.

Dear Mr Abby,  I am very unhappy. Can you help me?  I am a form four student. I met a girl in the tutorial class during the summer holidays. She is a form four student too. We started going out in October. My parents know about her and they do not want me to go out with her. They said I was too immature to have a girlfriend and she would have a bad effect on my HKCEE. But she has actually given me a lot of support. I have quarrelled with my parents many times over her. I don’t know what to do?  I’m desperate for help.  Unhappy Boy
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Write a response to it.




## References

1. [http://www.bbc.co.uk/switch/slink/sexlovelife/friendship\\_expert.shtml](http://www.bbc.co.uk/switch/slink/sexlovelife/friendship_expert.shtml)
2. <http://www.kidzworld.com/me/advice-corner>
3. <http://www.teenshealth.org/teen/>
4. [http://www.readwritethink.org/lessons/lesson\\_view.asp?id=372](http://www.readwritethink.org/lessons/lesson_view.asp?id=372)
5. [http://engres.ied.edu.hk/lang\\_arts/lang\\_arts.html](http://engres.ied.edu.hk/lang_arts/lang_arts.html)