

It takes effort to be a real friend and to find a true friend. I have many people in my life and many sets of friends, but there are only few that I consider to be true. My friends are more than an “accept” button on Facebook, and over the years I’ve learned the only way to have a best friend is to actually be one.

I’ve learned over time the meaning of a good friend. I’ve learned that there are certain qualities to look out for when choosing a friend and that there are many important pillars of a friendship.

ADVERTISEMENT

Loyalty is one of the qualities in a friend that I value most. “A best friend is like a four leaf clover, hard to find and lucky to have.” A loyal friend is someone who supports me and takes my side even if they don’t agree. A loyal friend is someone who has fun with me in good times, but more importantly someone who is there for me during the bad times.

Trust is another important quality I value in a friendship. Before you can expect your friends to trust you, you must prove to them that you are trustworthy and you must learn to trust yourself. Trust to me is someone that will hold my secrets safe, always. You can never maintain a friendship if you don’t tell the truth, even if it hurts.

I also like to surround myself with friends who are **accepting**. My friends are patient when I make mistakes, they are forgiving. My friends remind me to look at my mistakes as a way of getting better and improving for the next time around. They accept me for who I am and walk beside me, never in front and never behind.

When choosing a friend I also look for honesty. I want a friend that is going to be truthful even if the truth hurts. Oscar Wilde once said, “True friends stab you in the front.” I hope that if I ask my friend for their opinion they will let me know exactly what they think.

Not only do I learn a lot from my friends, I’ve learned a lot of valuable lessons from my character Emma on *Jessie*. In the second season, Emma goes through new experiences when she enters high school, which most girls my age will face or have faced. Bullying is an important topic to me. Every girl should know they are strong and unique in their own way and should learn to lean on their friends during times of bullying. Your real friends will help you navigate through these tough times. Don’t be

afraid to express how you feel to the friends that want to listen. Come together with these friends and seek help from an adult if moments get too tough to bear.

ADVERTISEMENT

My friends are **special** and **unique**. They always remind me that there's something out there to smile about, even when I'm feeling down. My friends remind me to look at the glass half-full. They are there to remind me that a drifting or dishonest friend is an opportunity to meet someone new, a bad grade on a test is an opportunity to learn something new and a mistake is an opportunity to get to know certain situations better that will prepare you for the future.

My friends have taught me that you need to be a friend in order to find one. Say "hello" to those that don't speak much and smile at someone you don't know. My true friends laugh with me, cry with me and truly understand me no matter what! I thank my friends for helping to shape me into the person I am today, for standing by my side showing me the true value of loyalty, trust, honesty and acceptance.

Where did you meet your best friend? What brought you together?

What's the difference between a friend and an acquaintance?

In your opinion, what is the most important pillar of friendship?

How have you helped a friend during bad times?

Do you think telling the truth is important, even if it hurts?

When have you forgiven a friend for a mistake they made?

Were you ever bullied? Did anyone help you?

Is the glass of your life half-full?

Have you ever lost a friend?

How often do you hang out with your friends?

1 RELATIONSHIPS

LESSON A ► The best of friends

Eng. 8

1

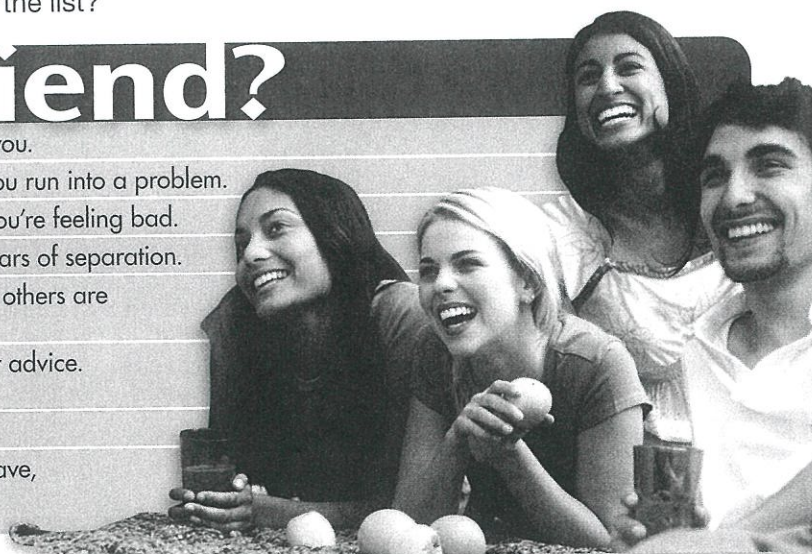
STARTING POINT

The nature of friendship

- A** Read these statements about friendship. Can you explain what they mean?
What other statements would you add to the list?

WHAT IS A Friend?

1. A friend is someone who brings out the best in you.
2. Good friends are always happy to help when you run into a problem.
3. A friend is someone who cheers you up when you're feeling bad.
4. True friends don't drift apart even after many years of separation.
5. A real friend will always stand up for you when others are putting you down.
6. Never be afraid to open up and ask a friend for advice.
A true friend will never turn you down.
7. Make new friends, but hang on to the old ones.
8. Good friends are hard to come by, harder to leave,
and impossible to do without.



"The first statement means a friend inspires you to show all your positive qualities."

- B Group work** Consider the statements in part A.
What makes a good friend? Discuss with your group.

"In my opinion, a good friend is someone who makes you a better person. It's someone who brings out the best in you."

Useful expressions

Expressing opinions

In my opinion, ...
I have to say that ...
The way I see it, ...
Personally, I (don't) think ...

2

LISTENING & SPEAKING

Friendship among women and men

- A** Listen to a professor talk about author Deborah Tannen's ideas. In Tannen's opinion, what is the main difference between friendship among men and friendship among women?

- B** Listen again. According to Tannen, which of these things do male friends often do (M) and which do female friends often do (F)? Write the correct letter.

- | | |
|-------------------------------------|---|
| ___ 1. are direct and to the point | ___ 4. prefer to share factual information |
| ___ 2. discuss daily life at length | ___ 5. value activities over talk |
| ___ 3. reveal private thoughts | ___ 6. talk as a way to better understand their lives |

- C Group work** Do you agree or disagree with Tannen's ideas about friendship?
Why or why not?

"I have to say that I think some of her ideas seem to be accurate ..."

3

GRAMMAR

Phrasal verbs

A phrasal verb is a verb plus a particle, such as *down*, *into*, *out*, or *up*.

The meaning of a phrasal verb is usually different from the meaning of its parts.

Separable phrasal verbs can take objects before or after the particle.

If the object is a pronoun, it always appears before the particle.

A friend is someone who **brings out** the best in you.

A friend is someone who **brings** the best **out** in you.

A friend is someone who **cheers** you **up** when you're feeling bad.

With inseparable phrasal verbs, the object cannot go between the verb and the particle.

Good friends are always happy to help when you **run into** a problem.

Three-word phrasal verbs have a particle and a preposition.

Make new friends, but **hang on to** the old ones.

Intransitive phrasal verbs don't take objects.

True friends don't **drift apart**.

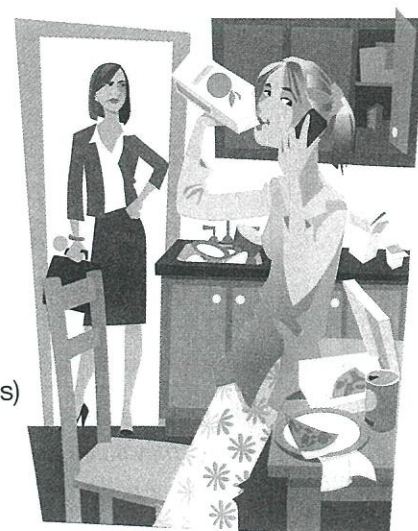
GRAMMAR PLUS see page 106

- A** Look at the Starting Point on page 2 again. Can you find the phrasal verbs? Which are separable, inseparable, and/or three-word verbs? Which are also intransitive? Write them in the chart.

Separable	Inseparable	Three-word verbs	Intransitive
-----------	-------------	------------------	--------------

- B** Complete the questions with the phrasal verbs and objects in parentheses. Sometimes more than one answer is possible.

- Have you ever had a friend who brought out the worst / brought the worst out (bring out / the worst) in you?
- Have you ever _____ (run into / a friend) that you hadn't seen in a long time?
- Do you usually _____ (stand up for / your friends) when other people criticize them?
- Can you _____ (do without / a cell phone) and still keep in touch with friends?
- When friends ask you for a favor, do you usually say yes, or do you _____ (turn down / them)?
- Do you _____ (hang on to / your old friends) or do you drift apart as time goes by?
- Some people like to _____ (put down / their friends) by insulting them. How would you feel if a friend did that to you?



- C Pair work** Discuss the questions in part B.

"Have you ever had a friend who brought out the worst in you?"

"Yeah, I once had a really messy roommate. She made me so angry."

4 VOCABULARY

Describing friendship

A Pair work Complete the chart with the correct parts of speech.

	Verb	Adjective		Verb	Adjective
1.	admire		4.	empathize	
2.		beneficial	5.	endure	
3.	clash		6.		harmonious

B Choose the word from the chart in part A that best replaces the boldfaced words. Compare answers with a partner.

- Ryan and Tina work to keep their friendship **free of conflict**. *harmonious*
- Sometimes their opinions **are very different**, but they still get along.
- They work to make their friendship **valuable and constructive**.
- Having the same background helps them **understand and identify** with each other.
- Ryan and Tina **think very highly of** each other's accomplishments.
- Their friendship will certainly **last a long time**.

VOCABULARY PLUS see page 130

5 DISCUSSION

What should friends have in common?

A Look at the statements about friendship below. Do you agree with the statements? Add a statement of your own.

PEOPLE ...	Agree	Disagree
1. who are close in age empathize with each other better.	<input type="checkbox"/>	<input type="checkbox"/>
2. with similar social backgrounds have more harmonious friendships.	<input type="checkbox"/>	<input type="checkbox"/>
3. who have similar values and beliefs have stronger connections.	<input type="checkbox"/>	<input type="checkbox"/>
4. with similar personalities have the most enduring friendships.	<input type="checkbox"/>	<input type="checkbox"/>
5. benefit from having friends with the same educational background.	<input type="checkbox"/>	<input type="checkbox"/>
6. should only mingle with friends who have the same interests.	<input type="checkbox"/>	<input type="checkbox"/>
7. from different cultures often clash with each other.	<input type="checkbox"/>	<input type="checkbox"/>
8. _____	<input type="checkbox"/>	<input type="checkbox"/>

B Group work Share your opinions and explain your reasons.

"The way I see it, people who are close in age can empathize better with each other. They share many of the same experiences and understand each other."

"I see your point, but I don't think age is that important. If people like doing similar things, they can be good friends."

C Group work How many people agreed or disagreed with each statement? Report your findings to the class.

"Three of us agreed that friends who are close in age empathize with each other better ..."

Useful expressions

Disagreeing politely

I see your point, but ...
I see what you mean, but ...
I'm not sure I agree.
Do you think so?

Developing a thesis statement

The first paragraph of a composition contains a thesis statement, which presents the main idea. The remaining paragraphs each have a single focus expressed in a topic sentence that develops the thesis statement.

A Read the composition. Underline the thesis statement in the first paragraph.

B Match each of the other paragraphs with the phrase below that best summarizes its focus.

____ why we have a
close friendship

____ what we have
in common

____ how we are
different

1

My best friend, Eva, and I are different in many ways, but we have one important thing in common – we love to travel. Whenever I have the urge to explore a new place, I can always count on Eva to go with me. Our friendship shows that people who are very different can still have similar interests.

2

The differences between Eva and me are significant. Eva is an artist who loves to take photographs and draw pictures of the interesting things she sees. I am a marketing representative for a pharmaceutical company and spend a lot of my time estimating sales figures. Eva is a very impulsive person, and I'm very organized. She's very quiet, but I'm a very talkative person who enjoys telling stories.

3

Eva and I are both adventurous and love traveling. We discovered this shortly after we met several years ago. One day we were talking about vacations, and we found we had both visited many of the same places. We immediately made a plan to go to a nearby historical city the following weekend.

4

Although we are quite different in many ways, Eva and I have become close over the years, and we now have a very special and enduring friendship. Every time we get together, we always have so much to talk about and have the best time. One reason for this is that we share a love of travel and adventure. The other reason is that our differences complement each other, so we always get along well whenever we travel together.



C Write a composition about a close friend. Then exchange your composition with a partner, and answer these questions.

1. What is the thesis statement? Underline it.
2. Does each paragraph have a single focus? Write the focus for each in the margin of the text.
3. What else would you like to know about your partner's friend? Ask at least two questions.

1 STARTING POINT

Meeting new people

A Read about how Yuan Lin, Brandon, and Jacob met new people. Which way of meeting people do you think is best?

Yuan Lin

"I decided to move to England last year. I felt really lonely at first. In fact, I regretted moving here. But I never gave up trying new things. Then, I saw an ad for a Chinese-English language exchange. It was a great way to meet cool people!"



Brandon

"I'd been planning to take a class, but was putting off enrolling. Well, last month I started taking a cooking class. I never expected to meet so many nice people! Some of us get together at each other's homes and practice what we learn. We've become really good friends!"

Jacob

"I didn't know many people at my new job, but I kept being invited by my co-workers to a lunchtime yoga class. I'm so glad I finally said yes! A couple of my colleagues play soccer, too, and they're considering starting a company team!"



"A language exchange is a great idea. You can meet people who are interested in languages and culture, so everyone already has something in common."

B Group work What other ways of meeting new people can you suggest to someone in these situations? Add another situation to the list.

Someone who . . .

- moved to a new neighborhood
- started a new job
- is over 65 years old
- has little free time
- is very shy
- _____

2 LISTENING

A chance meeting

A Pair work When was the last time you unexpectedly ran into someone you know? Tell your partner about your experience.

B Listen to Dena talk about how she met her friend Kate. Where were they when they first met? Where did they meet again?

C Listen again. Then answer the following questions.

1. Why were Dena and Kate going to Los Angeles?
2. What did Dena regret after she said good-bye to Kate?
3. How much time passed between their first and second meetings?
4. How did Samantha, the guest at the party, know Kate?

3

GRAMMAR

Gerund and infinitive constructions

These verbs are normally followed by a gerund: *appreciate, consider, enjoy, give up, keep, put off, suggest*.

They're **considering starting** a company team!

These verbs are normally followed by an infinitive: *ask, decide, expect, intend, need, refuse, seem, tend*.

I never **expected to meet** so many nice people!

These verbs are followed by either a gerund or an infinitive: *begin, bother, continue, hate, prefer, start*.

Last month I **started taking / to take** a cooking class.

Infinitives and gerunds can also occur in the passive voice. They follow the pattern **subject + verb + being / to be + past participle**.

I **kept being invited** by my co-workers to a lunchtime yoga class.

She **asked to be chosen** for the job.

GRAMMAR PLUS see page 107

A Look at the Starting Point on page 6 again. Can you find another verb followed by a gerund and another verb followed by an infinitive?

B Choose the correct form of the verbs. Sometimes both answers are possible.

Monday, March 18

I've never been a really popular guy. I'm the type of person who tends **1** *to have / having* one or two good friends rather than lots of acquaintances. Well, when I moved away from my hometown after getting a job in Denver, I really needed **2** *to make / making* some new friends. Because I'm shy, I considered **3** *to change / changing* my personality to become more outgoing. But that was very difficult for me. Just the same, I didn't give up **4** *to try / trying*. I decided **5** *to create / creating* a new image for myself. I bought myself some new shoes, new clothes, and I even got a new haircut and started **6** *to wear / wearing* contact lenses. However, it didn't seem **7** *to change / changing* anything. I was beginning to regret **8** *to leave / leaving* my hometown when, all of a sudden, I got a call from my old friend Jim. He was planning **9** *to move / moving* here pretty soon. He wanted some advice about finding an apartment in the city, and I suggested **10** *to share / sharing* an apartment with me. Well, he agreed! I really enjoy **11** *to have / having* someone to spend time with, and together we've made a lot of new friends.

Posted by DenverDan  **2 COMMENTS**

C Pair work Complete these sentences with your own information, and add details. Then compare with a partner.

- I don't like it when friends refuse . . .
to do small favors for me, like lending me a book. It's so rude.
- It can be annoying when friends expect . . .
- I couldn't say no if a friend suggested . . .
- When I'm with my good friends, I don't bother . . .

4 VOCABULARY

re- verbs

A Which word best completes these sentences? Write the correct letter.

- | | | | |
|------------|--------------|-------------|--------------|
| a. rebuild | c. reconnect | e. rehash | g. replace |
| b. recall | d. redefine | f. rekindle | h. resurface |

- You can f old friendships by sharing memories.
- Don't old arguments over and over.
- People often themselves, but they're essentially the same.
- A close friend is impossible to .
- Can you the first time you met your best friend?
- Friends you think are gone forever sometimes unexpectedly.
- Visit your hometown and with your roots.
- It takes time to a damaged friendship.

B Pair work What other re- verbs do you know? How would you define them? Compare your list with a partner.

Recapture, reconsider, . . .

VOCABULARY PLUS see page 130

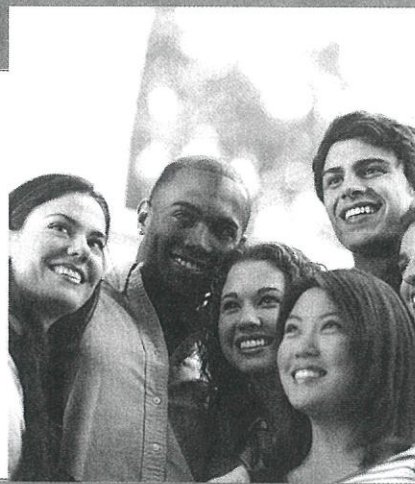
5 DISCUSSION

Friendship maintenance

A Look at these ideas for maintaining friendships. Choose three that you think are the most important.

Advice for Maintaining **FRIENDSHIPS**

- | | |
|--|---|
| <ul style="list-style-type: none"> ► Praise your friends often and keep a positive, optimistic attitude when you're around them. ► Never betray a friend's trust – it can cause real resentment. ► Try to be completely honest with your friends at all times. ► Don't hold unkind words against a friend. Consider any problems he or she has that might be the cause of the hurtful words. | <ul style="list-style-type: none"> ► Use social media to help you feel connected to friends but not to replace face time. ► Be a good listener and try to empathize with your friends. ► Respect your friends' point of view even when you disagree. Don't rehash old arguments. ► Watch out for "unhealthy" friendships. Sometimes it's better to end a friendship and move on with your life. |
|--|---|



B Group work Tell your group which three pieces of advice you chose, and explain why. Then share any other ideas you have about maintaining friendships.

"Well, I think it's important to always be completely honest with your friends. If you aren't honest with your friends, they might not be honest with you."

Useful expressions

Agreeing on importance

Well, I think it's important . . .
 Yeah, that's true, but even more important is . . .
 And let's not forget . . .
 You're right . . . is also quite important.

Technology and friendship

A Pair work Discuss these questions. Then read the article to compare your ideas with the author's.

1. What are some ways that interacting online might encourage people to connect in real life?
2. How could social media help shy students participate more in class?

HOW SOCIAL MEDIA "FRIENDS" TRANSLATE INTO REAL-LIFE FRIENDSHIPS

When social media first gained attention, I heard many people say online connections couldn't possibly be real friends. Some even feared people might trade face-to-face interaction for a virtual life online. But now the majority of the people I know consider at least some of their online friends to be like extended family. Which made me wonder – does social media actually encourage people to connect "in real life"?

One example of online life translating into real-life interaction happens on *Mashable's* Social Media Day, when thousands of people attend in-person meet-ups to celebrate the power of online connections. Another example is location-based apps that help users connect face-to-face by allowing them to see who else has checked in at the same store, restaurant, or party – or even who is living in a city they plan to visit. They might then decide to seek each other out "in real life."

A Pew Internet and American Life Project report found that people using social networking sites have more close relationships and receive more support than others. They are also more likely to reconnect with old friends and use social networking to keep up with those they are already close to.

Other research shows that social media may also deepen what could otherwise be passing relationships. A study by Dr. Rey Junco found that college students who interacted with each other and their professors on Twitter were more likely to meet outside class to study. They also developed



unexpected real-life connections and were also more likely to ask questions in class.

"What I find most fascinating is that I've consistently seen that students who start a course being more introverted and not speaking up during class discussions become more extroverted and participate more when encouraged to communicate through social media with their professors and their classmates," Junco said.

However, if social media does increase the likelihood of real-life interaction, it can also sometimes complicate it. When fans of social media meet face-to-face, their computers and mobile devices may actually make the meeting less productive. Instead of looking at each other, they may be glued to their screens!

Source: "How Social Media 'Friends' Translate Into Real-Life Friendships," by Terri Thornton, *Mediashift*

B Group work Discuss these questions. Then share your answers with the class.

1. In what ways are virtual friendships similar to and different from real-life friendships?
2. Would you be more or less willing to share ideas on social media than you would in class? Why?
3. What other issues and complications might come up when online friends meet face-to-face?