

- 2 Read the paragraph about Switzerland in exercise 1 on page 11 again. Circle the topic sentence, put one line under the supporting sentences, and put two lines under the concluding sentence.
- 3 Put a check (✓) next to the group of sentences that makes a good paragraph. Why are the other groups of sentences not good paragraphs?

a.

Many people suffer from insomnia, which is the inability to fall asleep or stay asleep. There are several causes of insomnia. One of the main causes is stress. When people feel stressed or nervous about their work, for example, they may not be able to fall asleep for many hours or they may wake up during the night and not be able to fall asleep again. When people do not have enough sleep, it can affect their mood, making them irritable or depressed. Insomnia can also have a negative effect on concentration and job performance. Therefore, finding help for insomnia is very important for people who suffer from it.

b.

Classes in literature are useful no matter what job you intend to have when you finish university. Books are about life. People who study literature learn the skill of reading carefully and understanding characters, situations, and relationships. This kind of understanding can be useful to teachers and business people alike. Literature classes also require a lot of writing, so they help students develop the skill of clear communication. Of course, a professional writer needs to have this skill, but it is an equally important skill for an engineer. Finally, reading literature helps develop an understanding of many different points of view. Reading a novel by a Russian author, for example, will help a reader learn more about Russian culture. For anyone whose job may bring them into contact with Russian colleagues, this insight can help encourage better cross-cultural understanding. Studying literature is studying life, so it is relevant to almost any job you can think of.

c.

One good way to learn another language is to live in a country where that language is used. When you live in another country, the language is around you all the time, so you can learn to listen to and speak it more easily.