

## 1 LOOKING AT LANGUAGE

Match a word in **A** to a word in **B** to make compound nouns. Then complete the sentences.

**A** age blood breathing college  
life stress support text

**B** exercises group levels messages  
network pressure saver students

- 1 My stress levels always go through the roof at exam time.
- 2 The flu can affect anyone, regardless of which \_\_\_\_\_ they're in.
- 3 The doctor has given me some medicine because my \_\_\_\_\_ is too high.
- 4 You need your \_\_\_\_\_ around you to help you through challenging times.
- 5 Which is cheaper, sending \_\_\_\_\_ or making phone calls?
- 6 Pregnant women are encouraged to do \_\_\_\_\_ to prepare for the birth of their child.
- 7 A cell phone can be a \_\_\_\_\_ if you're involved in an accident and need help.
- 8 Some \_\_\_\_\_ suffer badly from stress, particularly at exam time.

## 2 READING

Read the article. Choose the right answers.

- 1 Students at Seton Hall...
  - a are not allowed to receive visitors.
  - b can attend a special program designed to reduce stress.
  - c are allowed to bring their pets to class.
- 2 The remarkable thing about William Wynne's dog was...
  - a it survived for many years on the battlefield.
  - b it brightened the atmosphere in the hospital.
  - c it made friends with all of the hospital staff.
- 3 Therapy Dogs International...
  - a ensures that animals used for visits are properly trained.
  - b works mainly with German shepherd dogs.
  - c raises funds to purchase dogs to use in the organization.



## De-stressing with pet's house

Visitors to Seton Hall University, New Jersey, may be forgiven for thinking they have turned up at the wrong place. Instead of encountering students rushing off to lectures or studying diligently in the library, they will see large numbers of them milling around in a hall in the company of several pets. But these are no ordinary canines. They are therapy pets, brought in by the Counseling and Psychology Services Department of the university to de-stress students. And by the looks on the students' faces, the therapy seems to be working.

The first recorded instance of a pet having an impact on our mood occurred during World War II. A soldier, William Wynne, had come across a stray pet on the battlefield that he befriended and named Smoky. Later, when Wynne was admitted to the hospital suffering from a tropical disease, his friends took Smoky to visit him. Not only did the animal cheer Wynne up, but it became a big hit with all of the other wounded soldiers on the ward. Noting the positive effect that Smoky had on the men, the doctors allowed the pet to continue doing rounds and sleep on Wynne's bed. Thus Smoky became the first therapy pet, although the term had not yet been coined.

It wasn't until some 30 years later that the concept of therapy pets really took off. In the mid-1970s, nurse Elaine Smith noticed how well patients responded to a golden retriever brought into hospital by a regular visitor. She decided

that there should be more pets like this in places of healing and so in 1976, she founded Therapy Pets International, an organization that trained pets to visit institutions. The first TDI visit took place that year, when five German shepherds and a collie accompanied their handlers to a therapy session in New Jersey. The day was a complete success and since then, TDI has grown to include over 24,000 registered teams of pets and their handlers.

So how is it that these animals can lead to such a marked improvement in our moods? Research has shown that being around pets affects various chemicals released by the brain. The amount of the feel-good chemicals, oxytocin and dopamine, increases while the level of stress-inducing substances like cortisol goes down. These variations result in a lowering of the blood pressure, a relief of stress, and an improvement in the mood. The pets experience similar chemical changes as well, and so it's a win-win situation.

The lift in spirits is certainly evident among the students of Seton Hall and other universities with a similar program. The students generally reach out and touch the animals as soon as the team from TDI gets through the door. Test-weary faces begin to relax as their worries fade away, and soon everyone is smiling. Of course, the therapy dogs are not able to determine the final grades awarded to the students, but the experience is bound to make the revision process much more bearable.

- 4 The article describes dog therapy as a "win-win situation" because...
  - a it never fails to work on humans.
  - b the handlers benefit as much as the patients.
  - c both the patients and the dogs benefit from it.
- 5 In general, how do students feel about the therapy dogs?
  - a They are nervous about touching them.
  - b They are eager for them to arrive.
  - c They are confident that the dogs will help them.