



At the end of the lesson, the student will be able to:

- contemplate on their own lifestyle.
- differentiate the conveniences of the modern lifestyle



Read the Article:

I'm a member of a generation that is very concerned with saving time but often unaware of why we're doing it. Like many, I'm nervous and **jittery** without a wrist watch and a daily planner. I am one of a growing number of students who are completing college in three years instead of four. (**cramming credits** in the summer) We're living life on **fast-forward** without a **pause button**.

In my freshman year, my roommates and I survived on Chinese take-out, express pizzas and taco take-home dinners. We ate lunch while walking to class. My girlfriends and I talked about our mothers and grandmothers, models of domesticity, and pitied them. We didn't see the benefits of staying at home, ironing clothes and making spaghetti sauce when canned ones were almost as good and cleaning services were so convenient. A nearby store even sold throwaway underwear. "Save time," the package read. "No laundry".

It seems that all the kids I know are time-saving addicts. Everyone on campus prefers E-mail to **snail mail**.

The art of letter writing is long gone. More are just listening to books instead of reading them. Instead of going to the library to do research we **cruise the Internet** and log on to the Library of Congress.

Once, I went shopping with my aunt, she bought ingredients to make a birthday cake for her daughter. I pointed to a lavish-looking cake covered with pink roses. "Why don't you just buy one?" I asked. A cake is more than just a cake," she replied. It's the giving of energy, the thought behind it. You'll grow to understand. Slowly, I'm beginning to understand why the old man next door spends so much time **tending** his garden. He offered me a bag of his fresh-grown tomatoes. "They're good," he said. "Not like the ones at the supermarkets." He was right.

My generation has all the technological advances at our fingertips. We're computer-savvy, and we have more time. But what are we really saving it for? In the end, we may lose more than we've gained by forgetting the important things in life.



Let's Talk:

1. How have lifestyles changed in recent decades?
2. What are the benefits of having modern time-saving technology at our disposal?
3. What seem to be the disadvantages?
4. List at least 3 questionable time-and-energy-saving habits.



Express Yourself:

1. Do you think it's a waste of time to wash the dishes, cleaning, and do other domestic chores?
2. Do you often eat instant food when you're busy?
3. Do you think it's OK to let children eat instant food?
4. Would you hire a maid for household chores if you could afford it financially? Or would you do them by yourself?
5. When do you write letters?
6. What's the difference between writing letters, using E-mail, and making phone calls?