

STUDENT VOICES

Power To Learn

NBC NEWS – Healthy Friendships



Answer these questions about the NBC NEWS interview with Lisa Vaccariello about the healthy benefits of friendships.

1. Research has discovered that the best “predictor” of a long life are
 - a. riches and wealth
 - b. the number of friends you have.
 - c. strong, close friendships.
2. To reduce the likelihood of having depression, obesity and heart disease, a person can
 - a. exercise daily.
 - b. eat no red meat.
 - c. maintain strong friendships.
3. Childhood friendships can “center” a person because
 - a. they remind you of your early mistakes.
 - b. these people know the real you.
 - c. they feature loyalty and devotion.
4. Besides using the Internet and Facebook, another way to find “old” friends is to
 - a. join alumni organizations.
 - b. drop them a note or call them up.
 - c. go through school records and yearbooks.
5. Having new friends makes a person
 - a. be open to new things and perspectives.
 - b. stronger and more outgoing.
 - c. the center of attention.
6. Having a workout friend is healthy because
 - a. you would eat better.
 - b. you will work out longer.
 - c. you can compete and push each other.
7. People who have spiritual friends are 50% less likely to die, probably because
 - a. they have “friends” in high places.
 - b. they feel connected and resilient.
 - c. they don’t drink or smoke.
8. Having younger friends offer healthy opportunities to
 - a. nurture and feel needed.
 - b. go out more.
 - c. participate in sports and fitness activities.
9. When family and social life intertwines
 - a. there is always trouble.
 - b. there is competition between relatives and friends.
 - c. people live longer, happier lives.
10. Researchers believe that “feeling needed” is
 - a. an extra pressure that spoils happiness.
 - b. an essential element to happiness.
 - c. an important component to all friendships.