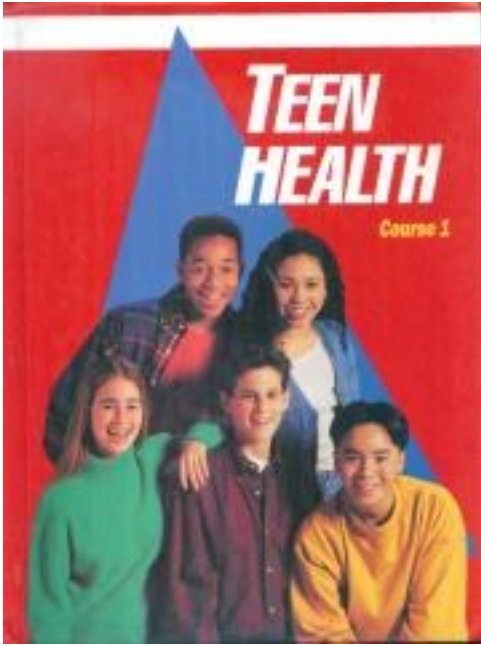


Teen Health: Course 1



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I can't decide what to do. Next month the county soccer league is having team tryouts. I've always enjoyed playing soccer, and my dad likes to come watch me play. My problem is that I want to try out for the school band too. My music teacher's been encouraging

me, and my best friend s in the band. I can t play soccer and be in the band because practices are held at the same time.

I decided to ask my older cousin William for his opinion. To me, he s always seemed to know what he wanted and how to get it. He was a star of the track team and got good grades. Last month he got a great job.

When I asked him, he said he wasn t always sure what to do when faced with a problem like mine. He suggested that I do what he s learned to do when making important choices. He thinks about what is most important to him. Once he figures that out, he makes a plan for achieving his goal. I must have had a puzzled look on my face, because he said he d be glad to help me make a plan. I feel better already.

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目录:

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