

USING RELATIVE PRONOUNS AS SUBJECTS

EXAMPLES →

1. Experts agree that people **who** feel a lot of stress need to learn to control it.
2. Physical exercise is one technique **that** helps people control stress.
3. Mental relaxation is another technique **which** helps reduce stress.

FORMS:

SUBJECT	VERB	REST OF CLAUSE
who	feel	a lot of stress
which	helps	people control stress
which	helps	reduce stress

EXPLANATIONS →

1. A relative clause has a subject and a verb. A relative pronoun can be the subject of the relative clause.
2. For some speakers, **that** is more usual than **which** when referring to things.
→ Eating a healthful diet is one step **that** controls stress.
→ Eating a healthful diet is one step **which** helps control stress.
3. For some speakers, **who** is more usual than **that** when referring to people, especially in writing.
→ I need an expert **who** can help me control stress.
→ I need an expert **that** can help me control stress.

EXERCISE 1: The Right Connection

Directions: Join each pair of sentences with **who** for people or **that** for things.

1. A hurricane is coming. The hurricane has the strongest winds of the century.

2. People are afraid. These people live in its path. _____
3. Most residents are leaving their houses. These residents live in low-lying areas. _____
4. There are special programs on TV. The programs explain where people should go for shelter. _____

5. Many school officials are allowing people to sleep in gyms. These gyms are safe from the hurricanes. _____

EXERCISE 2: Relatively Speaking

Directions: Complete each sentence. Write **who** for people or **that** for things in the blank.

1. I don't go to movies _____ are violent.
2. I am a person _____ gets to the airport very early.
3. I hate restaurants _____ are always crowded. I get nervous.
4. I prefer to buy a car _____ has a specific price than to bargain with the salesperson.
5. I have a friend _____ goes to a stress workshop every weekend.

EXERCISE 3: Personal Examples

Directions: Complete each sentence with a relative clause using **who** or **that**.

1. I can trust a person _____
2. My mother always busy me a present _____
3. I want a job _____
4. I know a woman _____
5. I don't like books _____

EXERCISE 4: Personal Examples

Directions: You're an expert on stress. Complete each sentence with some good advice.

1. People who don't exercise regularly _____

2. If someone who is overweight wants to lose weight, _____

3. A person who has a stress-related illness _____

4. People who have a hard time sleeping at night _____

5. A worker who doesn't perform well on the job because of stress _____
