

上外版 高一年级 选择性必修三 第一单元 第1课时
学案（学生版）

1. Skim and scan the text and complete the outline with information from the text.

Introduction	Thesis statement: _____ (Para. ____)
Body	<ul style="list-style-type: none"> Definition of stress: _____ (Para. ____) Causes of stress: _____, _____, _____, _____ (Para. ____) Ways to cope with stress: _____, _____ (Para. ____)
Conclusion	Closing statement: _____ (Para. ____)
Therefore, the passage is in a _____ pattern.	

2. Match the informal vocabulary on the left with the more formal options on the right.

get rid of go on show talk about good help make sure go through	confirm, determine, guarantee communicate, consult, confer undergo, experience, suffer satisfactory, positive, favorable reduce, relieve, remove demonstrate, indicate, illustrate continue, proceed, persist aid, assist, improve
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3. Compare the different versions and summarize rules for word choice in academic writing.

Rules for Word choice	Version 1	Version 2
	1. Good or normal stress might show up when you're called on in class. 2. Bring up what's been on your mind.	1. Good or normal stress might show up when you <u>are</u> called on in class. 2. Bring up what <u>has</u> been on your mind.
	Good or normal stress might <u>show up</u> when you're called on in class.	Good or normal stress might <u>happen</u> when you're called on in class.

	1. This <u>worry</u> in your mind can make you physically feel bad. 2. These can be <u>signs</u> of good stress.	1. This <u>concern</u> in your mind can make you physically feel bad. 2. These can be <u>indicators</u> of good stress.
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4. Rewrite the article using the above methods to make it more academic.

Step 1 – Rewrite the first section by filling in the blanks.

Original	<p>What is stress?</p> <p>Stress is what you feel when you are worried or uncomfortable about something. This worry in your mind can make you physically feel bad.</p> <p>When you're stressed, you may not feel like sleeping or eating, or you may sleep or eat too much. You may also have trouble paying attention at school or remembering things at home.</p>
Revised	<p>What is stress?</p> <p>Stress is what _____ feel when _____ are worried or uncomfortable about something. This _____ in _____ mind can make _____ physically feel _____.</p> <p>When people are _____, they may not _____ to sleep or eat, or sleep or eat _____. They may also have trouble with _____ and _____.</p>

Step 2 – Rewrite the other two sections by making changes directly to the original text.

Group A

What causes stress?

Plenty of things can cause stress, and there are such things as good stress and bad stress.

Good or normal stress might show up when you're called on in class or when you have to give a report — the kind of stress that can help you get things done.

But bad stress can happen if the stressful feelings last for a long time. You may not feel well if a family member is sick, if you're having problems at school, or if you're going through anything else that makes you upset every day. That kind of stress isn't going to help you. It can actually make you sick.

Group B

What to do when feeling stressed?

Once you recognize that you're feeling stressed, there are several things you can do. You can try talking about what's bothering you with an adult you trust. Bring up what's been on your mind and how it makes you feel.

To have a balanced life is the best way to avoid stress. That means making good decisions about how to spend your time. Make sure you keep your SELF in mind: Sleep, Exercise, Leisure and Food. Getting enough sleep and eating healthy food are two great ways to help handle stress. You can also turn to relaxation exercises to get rid of stress. You can do exercises like this anytime, without anyone noticing.