

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

|   |   |
|---|---|
| Introduction  | Thesis statement: <u>teenagers have lots of things going on in their lives that can cause stress</u> (Para. <u>2</u> )  |
| Body  | <ul style="list-style-type: none"> <li>Definition of stress: <u>Stress is what you feel when you are worried or uncomfortable about something.</u> (Para. <u>3</u>)</li> <li>Causes of stress: <u>being called on in class</u>, <u>being asked to give a report</u>, <u>family member falling ill</u>, <u>having problems at school</u> (Para. <u>5, 6</u>)</li> <li>Ways to cope with stress: <u>consult an adult</u>, <u>lead a balanced life</u>, <u>have enough sleep</u>, <u>eat healthy food</u>, <u>do relaxation exercise.</u> (Para. <u>7, 8</u>)</li> </ul> |
| Conclusion  | Closing statement: <u>If you take care of yourself and get enough sleep and food, and if you exercise and leave time for fun stuff, you'll probably be less stressed out!</u> (Para. <u>9</u> )   |
| Therefore, the passage is in a <u>general-specific</u> pattern. |   |

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

|            |                                   |
|------------|-----------------------------------|
| get rid of | confirm, determine, guarantee     |
| go on      | communicate, consult, confer      |
| show       | undergo, experience, suffer       |
| talk about | satisfactory, positive, favorable |
| good       | reduce, relieve, remove           |
| help       | demonstrate, indicate, illustrate |
| make sure  | continue, proceed, persist        |
| go through | aid, assist, improve              |

**3. Compare the different versions and summarize rules for word choice in academic writing.**

| Rules for Word choice | Version 1   | Version 2  |
|-----------------------|---|--|
| <b>Full forms</b>     | 1. Good or normal stress might show up when you're called on in class.<br>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.<br>2. Bring up what <u>has</u> been on your mind. |
| <b>Single verbs</b>   | 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.  |

|                       |   |  |
|-----------------------|---|--|
| <b>Academic words</b> | 1. This <u>worry</u> in your mind can make you physically feel bad.<br>2. These can be <u>signs</u> of good stress. | 1. This <u>concern</u> in your mind can make you physically feel bad.<br>2. These can be <u>indicators</u> of good stress. |
|-----------------------|---|--|

#### 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><b>What is stress?</b></p> <p>Stress is what <b>you</b> feel when <b>you</b> are worried or uncomfortable about something. This <b>worry</b> in <b>your</b> mind can make <b>you</b> physically feel <b>bad</b>.</p> <p>When you're <b>stressed</b>, you may not <b>feel like</b> sleeping or eating, or you may sleep or eat <b>too much</b>. You may also have trouble <b>paying attention at school or remembering things at home</b>.</p>                               |
| Revised  | <p><b>What is stress?</b></p> <p>Stress is what <u>people</u> feel when <u>they</u> are worried or uncomfortable about something. This <u>concern</u> in <u>people's</u> mind can make <u>them</u> physically feel <u>uncomfortable</u>.</p> <p>When people are <u>under stress</u>, they may not <u>desire</u> to sleep or eat, or sleep or eat <u>excessively</u>. They may also have trouble with <u>concentration/attention/focusing</u> and <u>memory/memorizing</u>.</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.