

Topic sentence

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in

Summary Writing

"Do you really know me?"

By Lily

# Some Stereotypes of Topic Sentence:

Q1:Where is the topic sentence?

The beginning?

Q2:How to find the topic sentence?

The beginning?

Q3: Is the topic sentence enough to summarize the whole paragraph?

Yes, Copying it is enough?

Q4: If there is no obvious topic sentence, how to write a topic sentence ?

Copy what I think is more important? Or this can't happen?



## Summary Writing

For many parents, making sure their children get the right amount of sleep can be stressful. This is especially true during high-pressure times such as exams when students tend to study all night for the next day. Unfortunately, it is often counterproductive (适得其反的) because with fewer hours to sleep, the teen brain doesn't get enough time to lay down what they've studied the night before.

In her groundbreaking book *The Teenage Brain*, scientist Dr. Frances Jensen explains that bedtime isn't simply a way for the body to relax and recover after working, studying or playing a hard day. It is the glue that allows us not only to recollect our experiences but also to remember everything we've learned that day. Basically the more we learn, the more we need to sleep, which is why a good sleep is of great importance in achieving success at school.

Then how much sleep do teenagers need? There is no magic number for exactly how much sleep teenagers need, but the Austrian Centre for Education in Sleep (ACES) suggests 8 to 10 hours per day for high school adolescents. What happens if they don't get enough sleep? According to ACES, poor sleep will have all sorts of negative effects on teenagers, including rise in blood pressure, mood swings and impatient behaviour. Without adequate sleep the focus and attention drifts making it harder to receive information. The brain can no longer function to deal with information properly and access previously learned information.

So, how can parents help? If you think your child needs more sleep, try making gradual changes to their sleeping habits. Small increases have been shown to be effective in changing sleep patterns. And remember your children are going through a period of their lives when their brains and bodies are going through a lot of changes. Not only is your job to help make changes, it's also to ride the wave with them. It may not be easy, but they will thank you for it eventually.



**Can you find the topic sentences in this passage?**

sentences in this passage;  
can you find the topic







Many parents **found it hard to make children have adequate sleep due to high-pressure study.**



**But adequate sleep is essential for children's study.**  
**(反话正说: 点出Topic)**



For many parents, making sure their children get the right amount of sleep can be stressful. This is especially true during high-pressure times such as exams when students tend to study all night for the next day. Unfortunately, it is often counterproductive (适得其反的) because with fewer hours to sleep, the teen brain doesn't get enough time to lay down what they've studied the night before.



**support/  
explain**

**Children should sleep more  
when they learn more, which  
is important for achieving  
success on study.**

In her groundbreaking book *The Teenage Brain*, scientist **An expert's words** explains that bedtime isn't simply a way for the body to relax and recover after working, studying or playing a hard day. It is the glue that allows us not only to recollect our experiences but also to remember everything we've learned that day. Basically the more we learn, the more we need to sleep, which is why a good sleep is of great importance in achieving success at school. **An Opinion**

## Questions

## Answers

Then how much sleep do teenagers need? There is no magic number for exactly how much sleep teenagers need, but the Austrian Centre for Education in Sleep (ACES) suggests 8 to 10 hours per day for high school adolescents. What happens if they don't get enough sleep? According to ACES, poor sleep will have all sorts of negative effects on teenagers, including rise in blood pressure, mood swings and impatient behaviour. Without adequate sleep the focus and attention drifts making it harder to receive information. The brain can no longer function to deal with information properly and access previously learned information.

**Q1: How much sleep do teenagers need?**

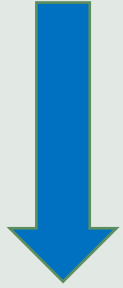
**A1: Some experts suggests that...**

**because/since**

**Q2: What happened if they don't have enough sleep?**

**A2: Poor sleep will have negative effects on ...**

So, how can parents help?



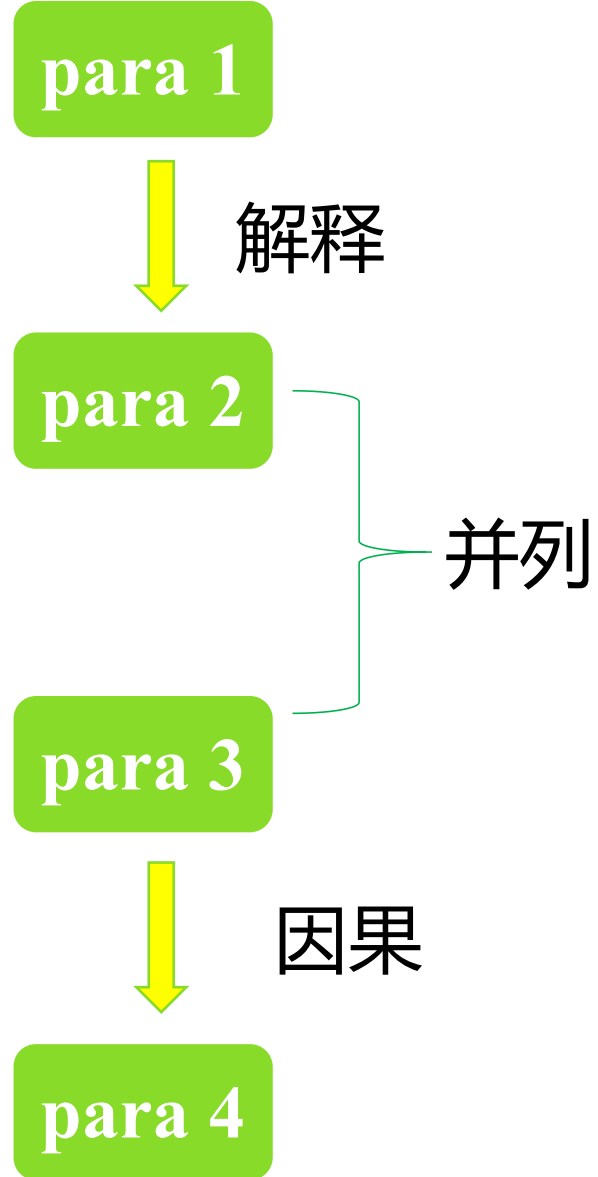
Parents should help change children's habits  
gradually/ progressively and with them/together.

So, how can **A Question** help? If you think your child needs more sleep, try making gradual changes to their sleeping habits. Small increases have been shown to be effective in changing sleep patterns. And remember your children are going through a period of their lives when their brains and bodies are going through a lot of changes. Not only is your job to help make changes, it's also to ride the wave with them. It may not be easy, but they will thank you for it eventually.

**The answer**



# Coherence



1) Many parents find it hard to make children have adequate sleep due to high-pressure study, but adequate sleep is essential for children's study.

**Basically,/Fundamentally**

2) Children should sleep more when they learn more, which is important for achieving success on study.

**And/Meanwhile,**

3) Some experts suggests that teens should sleep 8 to 10 hours per day because poor sleep will have negative effects on teenagers.

**Therefore, Hence,**

4) **So** parents should help change children's habits gradually and with them.



## One Possible Version:

Many parents find it hard to make children have adequate sleep due to high-pressure study, but adequate sleep is essential for children's study. Fundamentally, Children should sleep more when they learn more, which is important for achieving success on study. Meanwhile, Some experts suggests that teens should sleep 8 to 10 hours per day because poor sleep will have negative effects on teenagers. Therefore, parents should help change children's habits gradually and with them.



**Nice to know you again,**  
**Topic sentence!**



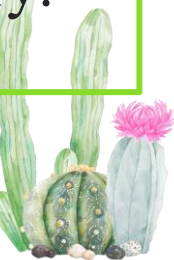
## Q1:Where is the topic sentence?

In her groundbreaking book *The Teenage Brain*, scientist Dr. Frances Jensen explains that bedtime isn't simply a way for the body to relax and recover after working, studying or playing a hard day. It is the glue that allows us not only to recollect our experiences but also to remember everything we've learned that day. Basically the more we learn, the more we need to sleep, which is why a good sleep is of great importance in achieving success at school.

**The Last sentence of a paragraph.**

So, how can parents help? If you think your child needs more sleep, try making gradual changes to their sleeping habits. Small increases have been shown to be effective in changing sleep patterns. And remember your children are going through a period of their lives when their brains and bodies are going through a lot of changes. Not only is your job to help make changes, it's also to ride the wave with them. It may not be easy, but they will thank you for it eventually.

**The middle transitional sentence.(中间过渡句)**



## Q2:How to find the topic sentence?

So,how can parents help?If you think your child needs more sleep,try making gradual changes to their sleeping habits.Small increases have been shown to be effective in changing sleep patterns.And remember your children are going through a period of their lives when their brains and bodies are going through a lot of changes.Not only is your job to help make changes,it's also to ride the wave with them.It may not be easy,but they will thank you for it eventually.

**After a question and the transitional part.**

**After an example**

In her groundbreaking book *The Teenage Brain*,scientist Dr.Frances Jensen explains that bedtime isn't simply a way for the body to relax and recover after working,studying or playing a hard day. It is the glue that allows us not only to recollect our experiences but also to remember everything we've learned that day.Basically the more we learn,the more we need to sleep,which is why a good sleep is of great importance in achieving success at school.



Q3: Is the topic sentence enough to summarize the whole paragraph?

**A topic sentence of the whole passage usually can be summarized with the introduction part.**

children get the right amount of sleep can be stressful. This is especially true during high-pressure times such as exams when students tend to study all night for the next day. Unfortunately, it is often counterproductive (适得其反的) because with fewer hours to sleep, the teen brain doesn't get enough time to lay down what they've studied the night before.

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**Some necessary details should be well explained.**

So, how can parents help? If you think your child needs more sleep, try making gradual changes to their sleeping habits. Small increases have been shown to be effective. There is a period of their lives when their brains and bodies are going through a lot of changes. Not only is your job to help make changes, it's also to ride the wave with them. It may not be easy, but they will thank you for it eventually.

# If there is no obvious topic sentence, how to write a topic sentence ?

Then how much sleep do teenagers need? There is no magic number for exactly how much sleep teenagers need, but the Austrian Centre for Education in Sleep (ACES) suggests 8 to 10 hours per day for high school adolescents. What happens if they don't get enough sleep? According to ACES, poor sleep will have all sorts of negative effects on teenagers, including rise in blood pressure, mood swings and impatient behaviour. Without adequate sleep the focus and attention drifts making it harder to receive information. The brain can no longer function to deal with information properly and access previously learned information.

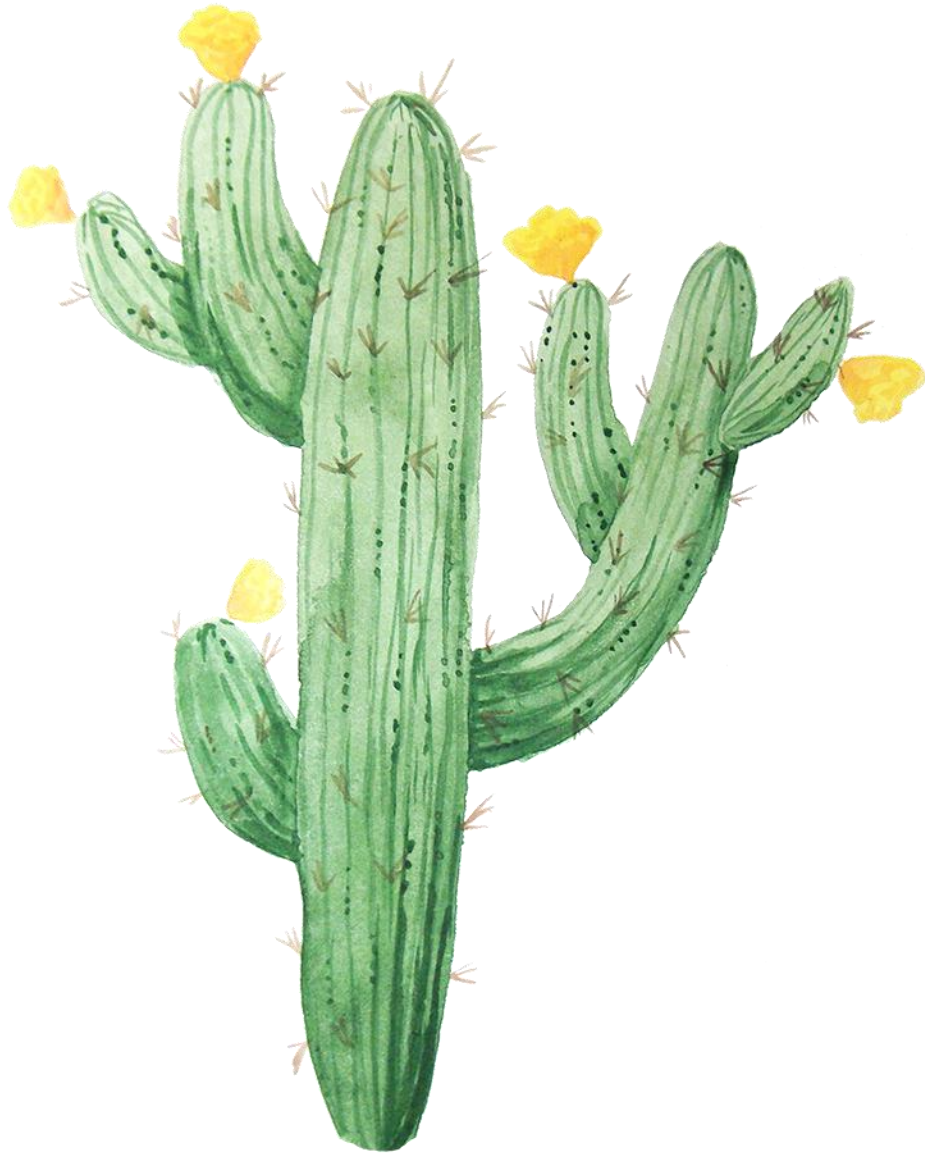
**Key concepts**  
**+Logical relationships**



## Summary

Para	Structure of the Para	The Position of Topic sentence
1	Phenomenon+Cause+Topic	导语后；话语标记词后
2	An expert' s words+ An Opinion	例子后
3	Two Questions + Two Answers	问题后
4	A Question+ An Answer	过渡句





**Thank  
You!**