

The background image shows a campus scene with a large stone wall featuring relief carvings. In front of the wall is a bronze statue of a man sitting on a chair. The foreground is filled with green bushes and yellow and red flowers. A semi-transparent red box is overlaid on the right side of the image, containing text.

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# Taking a shower

## Reading passage

Taking a shower is relaxing. You can **hum** a song, daydream or think about nothing, leaving the real world behind you. But did you know that showering can also benefit your mind? A piece of research by Scott Kaufman, a psychologist from Yale University in the US interviewed over 3,000 people around the world. It turned out that nearly two-thirds of the interviewees said they had experienced new ideas in the shower and were more likely to have ideas in the shower than at work.

So why does this happen? "It could be explained by the fact that showering increases our level of dopamine, a chemical closely related to our creativity," explained Alice Flaherty, a famous American neuroscientist. "A warm shower can make the dopamine level rise and bring the 'Aha!' moment to us."

Besides the chemical changes, showering may give you a break from what you feel you have been **stuck with**. Especially when you have thought hard all day about a problem, jumping into the shower can keep you from the outside world so that you can focus on your inner feelings and memories. In this way, according to American psychologist Shelley Carson, author of *Your Creative Brain*, "a showering hour may turn into an **'incubation period'** for your ideas".

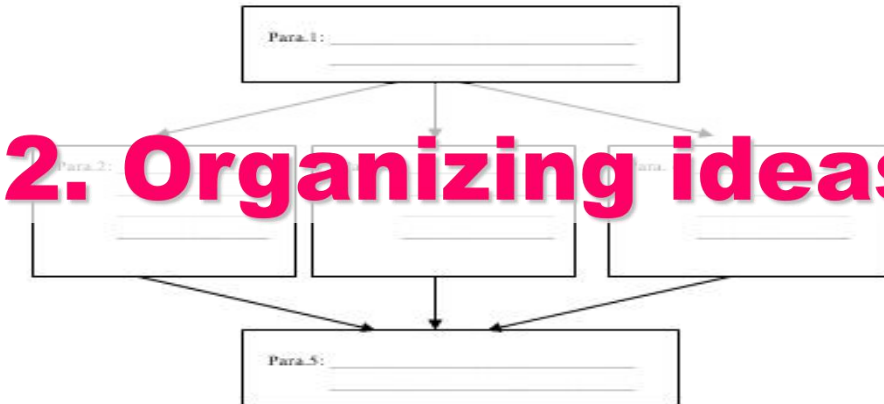
Compared with sitting in front of a computer, taking a shower is something we do less frequently in our daily lives. When showering, we get a fresh experience with the change of location, temperature and **humidity**. "Unexpected experiences can lead to positive changes in thinking," explained Kaufman. "In new surroundings, we tend to think from a new point of view".

Showering allows us to enjoy the creative **juices** of our minds, which makes the bathroom an **alternative** where you get your inspiration. So next time when you consider ways to free your mind, count it in.

## Mini-dictionary

1. **hum** [hʌm] v. to sing with lips closed and without words
2. **hormone** ['hɔː.moon] n. a natural substance produced to encourage growth and function of body
3. **in terms of** with respect to or in relation to
4. **neuroscientist** ['nɜːr.o.sai.əntɪst] n. a person who studies nerves and how nerves affect behavior
5. **be stuck with** to be puzzled and unable to answer or understand something
6. **incubation** ['ɪŋ.kju.beɪʃn] n. the process of causing or aiding the development of ideas
7. **humidity** [hju'mɪdɪti] n. the amount of water in the air
8. **juice** [dʒus] n. essence or vitality that provides brain power
9. **alternative** [ɒ'lternatɪv] n. something different but can serve as a substitute for something else

## A brief outline



## Summary

## 3. Presenting ideas

# Skim the piece

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1. What is the text type?

2. What does the author try to tell us about showering? How is it discovered?

3. How does the author recommend us to do in the end?

## Para. 1

Taking a shower is relaxing. You can hum a song, daydream or think about nothing, leaving the real world behind you. But relaxing benefit your mind that showering can also benefit your mind? A piece of research by Scott Kaufman, a psychologist from Yale University in the US interviewed over 3,000 people around the world. It turned out that nearly two-thirds of the interviewees said they had experienced new ideas in the shower and were more likely to have them in the shower than at work.

## A brief outline

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**What:** Showering can benefit our mind.

3. How does the author recommend us to do in the end?

## Para. 5

Showering allows us to enjoy the creative juices of our minds, which is an alternative bathroom an inspiration. So here you get your inspiration. So next n time when you consider ways to free your mind, count it in.

# A brief outline

**What:** Showering can benefit our mind.

Para. 2: \_\_\_\_\_?

Para. 3: \_\_\_\_\_?

Para. 4: \_\_\_\_\_?

So

**How:** Showering should be considered  
if we try to free our mind.

## Para. 2

So

why

Science

e

raise our level of

dopamine creativit

y

Why does a simple shower have such magic  
Science can explain it. A warm shower can help  
to raise our level of dopamine, a hormone closely  
related to our creativity. "People vary in terms of  
their level of creativity according to the activity of  
dopamine", explained Alice Flaherty, a renowned  
American neuroscientist. "A warm shower can  
make the dopamine level rise and bring the 'Aha!'  
moment to us."



# A brief outline

**What:** Showering can benefit our mind.

wh

y

**1<sup>st</sup> evidence :**

Para. 2:  
It can raise the  
dopamine  
level.

So

**How:** Showering should be considered  
if we try to free our mind.

## Para. 3

Besides

break

especially

keep

keep you from the outside

focus on your inner feelings and

in this way

memories

incubation

period

that you can focus on your inner feelings and memories. In this way, according to American psychologist Shelley Carson, author of *Your Creative Brain*, “a showering hour may turn into an ‘incubation period’ for your ideas”.

# A brief outline

**What:** Showering can benefit our mind.

*Besides*

wh

y

**1<sup>st</sup> evidence :**

Para. 2:  
It can raise the  
dopamine  
level

**2<sup>nd</sup> evidence :**

Para. 3:  
“incubation  
period” for  
ideas

So

**How:** Showering should be considered  
if we try to free our mind.

## Para. 4

Compared with sitting in front of a computer, taking a shower is someless frequently in our daily lives. When frequently we get a fresh the change of location, temperature and humidity new surroundings. “Unexpected experiences can lead to positive changes in thinking,” explained Kaufman. “In new surroundings, we tend to think from a new point of view”.

# A brief outline

**What:** Showering can benefit our mind.

*Besides*

wh

y

**1<sup>st</sup> evidence :**

Para. 2:  
It can raise the  
dopamine  
level

**2<sup>nd</sup> evidence :**

Para. 3:  
“incubation  
period” for  
ideas

**3<sup>rd</sup> evidence :**

Para. 4:  
“new and  
unexpected  
surroundings”

So

**How:** Showering should be considered  
if we try to free our mind.



## Reading passage

What:

Taking a shower is relaxing. You can hum a song, daydream or think about nothing, leaving the real world behind you. But did you know that showering can benefit your mind? A piece of research by Scott Kaufman, a psychologist from Yale University in the US interviewed over 3,000 people around the world. It turned out that nearly two-thirds of the interviewees said they had experienced new ideas in the shower and were more likely to have them in the shower than at work.

So why does a simple shower have such magic power? Science can explain it. Showering can help to raise our level of dopamine, a hormone closely related to our creativity. "People vary in terms of their level of creativity according to the level of dopamine", explained Alice Flaherty, a famous American neuroscientist. "A warm shower can make the dopamine level rise and bring the 'Aha!' moment to us."

Besides, besides the chemical changes, showering may give you a break from what you feel you have been thinking about. Usually when you have thought hard all day about a problem, jumping into the shower can keep you away from the outside world so that you can focus on your inner feelings and memories. In this way, according to American psychologist Shelley Carson, author of *Your Creative Brain*, "a showering hour may turn into an incubation period for your ideas".

Compared with sitting in front of a computer, taking a shower is something we do less frequently in our daily lives. When showering, we get a fresh experience with the change of location, temperature and humidity. "Unexpected experiences can lead to positive changes in thinking," explained Kaufman. "In new surroundings, we tend to think from a new point of view".

How:

Showering allows us to enjoy the surroundings of our minds, which makes the bathroom an alternative where you get your inspiration. So, the next time when you consider ways to free your mind, count it in.

# Checklist:

- ✓ Do you present the theme of the article correctly?
- ✓ Do you include only the important supporting points?
- ✓ Do you use appropriate e.g. Showering can benefit your mind. experience new ideas in the shower
- ✓ bring the 'Aha!' moment to us present it with about turn into an 'incubation period' for your ideas
- ✓ lead to positive changes in thinking ... think from a new point of view  
enjoy the creative juices of our minds ... get your inspiration ... free your mind

# Always check your

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- Spelling, grammar, and punctuation **errors**.
- **Handwriting**

One possible version:

Research has it that **showering is inspirational**. (要点1)  
To begin with, showering promotes creativity by relaxing  
the body and **raising the dopamine level**. (要点2)  
Moreover, showering provides an **escape from the  
outside world**, which **helps incubate ideas**. (要点3) Lastly,  
showering, unlike frequent routines, **changes the  
atmosphere** for us to consider things from new  
perspectives. (要点4) All things considered, **taking a  
shower should be listed as an option to free our mind**.  
(要点5)

(67 words)





Thank you!

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