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Summary Writing

screen time

——2019年11月绍兴诊断性考试



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The gist keywords

- ① If you're worried that **too much "screen time"** could badly influence your child's intelligence, new research suggests you might be right. By analyzing the data gathered from over 4500 U.S. kids aged 8 to 11 between 2016 and 2017, Jeremy Walsh, a postdoctoral fellow with the CHEO Research Institute in Ottawa, found that **too much "screen time"** could be harming your child's intelligence. Kids with the sharpest intellects spent less than two hours a day on their cellphones, tablets and computers, coupled with 9 to 11 hours of sleep and at least an hour of physical activity.
- ② **Too much screen time** could be affecting kids' ability to focus, especially if they are switching between apps on a device or between different screens at the same time, Walsh suggested. "One leading hypothesis(假设) is that much time on screens is spent multitasking, using multiple apps or devices at once," he said. "This can interfere with a child's ability to focus and keep interest on a task. It can be damaging the building blocks for good cognition(认知)."
- ③ Sleep is important for brain development, since that's when the brain reorganizes itself and grows, Walsh added. Besides, exercise has been shown to increase blood flow to the brain and oxygenation of brain tissues, and increase the connectivity of networks in the brain. **Too much screen time** could lead to a "cascade" effect where kids don't get enough sleep and then are less active during the day. "You can see how this would have an impact on brain health," Walsh said.
- ④ What should parents do? Walsh advised setting firm rules regarding the use of screens, including how long children are using the screens, the kinds of apps they are using and how many screens they are using at once. Concerned parents also should preview games or apps before letting their children play, seek out more interactive (交互的) options that engage the child's mind, and use parental controls to block or filter content and limit screen time.

The structure

Tip1: Identify the textual pattern.

①If you're worried that **too much "screen time"** could badly influence your child's intelligence, new research suggests you might be right. By analyzing the data gathered from over 4500 U.S. kids aged 8 to 11 between 2016 and 2017, Jeremy Walsh, a postdoctoral fellow with the CHEO Research Institute in Ottawa, found that **too much "screen time"** could be harming your child's intelligence. Kids **Problem** spent less than two hours a day on their cellphones, tablets and computers, coupled with 9 to 11 hours of sleep and at least an hour of physical activity.

②**Too much screen time** could be affecting kids' ability to focus, especially if they are switching between apps on a device or between different screens at the same time, Walsh said. **Disadvantage1** hypothesis(假设) is that much time on screens is spent multitasking, using multiple apps or devices at once. **Disadvantages** "This can interfere with a child's ability to focus." It can be damaging the building blocks for good cognition(认知)."

③Sleep is important. **Disadvantage2** That's when the brain reorganizes itself and grows, Walsh added. Besides, exercise has been shown to increase blood flow to the brain, which helps grow brain tissues, and increase the connectivity of networks in the brain. **Too much screen time** could lead to a "cascade" effect where kids don't get enough sleep and then are less active during the day. "You can see how this would have an impact on brain health," Walsh said.

④What should parents do? Walsh advised setting firm rules regarding the use of screens, including how long children are using the screens, the kinds of apps they are using and how many screens they are using at once. Concerned parents also should preview games or apps before letting their children play, seek out more interactive (交互的) options that engage the child's mind, and use parent **Suggestion** content and limit screen time.

Para. 1

Tip2: Figure out the relationship between sentences.

①If you're worried that too much "screen time" could badly influence your child's intelligence, new research suggests you might be right. ②By analyzing the data gathered from over 4500 U.S. kids aged 8 to 11 between 2016 and 2017, Jeremy Walsh, a postdoctoral fellow with the CHEO Research Institute in Ottawa, found that **too much "screen time" could be harming your child's intelligence**. ③ Kids with the sharpest intellects spent less than two hours a day on their cellphones, tablets and computers, coupled with 9 to 11 hours of sleep and at least an hour of physical activity.

Sentence	Function	Keywords
S1	引出要点	badly influence, child's intelligence
S2	提出要点	harm, child's intelligence
S3	对比论证	sleep, physical activity

Summary for Para. 1

Too much “screen time” could **badly influence** your child’s intelligence.

excessive

- negatively affect/impact
- have a bad/negative effect/influence/impact on
- damage/harm/impair
- do damage/harm to
- be harmful to

New research has **found/suggested/showed/revealed** that excessive “screen time” may negatively affect children’s intelligence.

① Too much screen time could be affecting kids' ability to focus, especially if they are switching between apps on a device or between different screens at the same time, Walsh suggested. ② "One leading hypothesis(假设) is that much time on screens is spent multitasking, using multiple apps or devices at once," he said. ③ "This can interfere with a child's ability to focus and keep interest on a task. ④ It can be damaging the building blocks for good cognition(认知)."

Sentence	Function	Keywords
S1	提出要点	affect, focus
S2	理论论证	much time on screens
S3	强调要点	interfere with, focus, interest
S4	引出后果	damage, cognition

Summary for Para. 2

?

too much screen time spent multitasking, using multiple apps or devices

This can interfere with a child's ability to focus and keep interest on a prevent/stop/keep

task. It can be damaging the building blocks for good cognition(认知).”

因果关系

thus, therefore, hence, as a result/consequence

It can be damaging the building blocks for good cognition(认知).”



It can prevent/stop/keep children from focusing and staying interested,
thus impairing their cognition development.

①Sleep is important for brain development, since that's when the brain reorganizes itself and grows ,Walsh added. ②Besides, exercise has been shown to increase blood flow to the brain and oxygenation of brain tissues, and increase the connectivity of networks in the brain. ③Too much screen time could lead to a “cascade” effect where kids don't get enough sleep and then are less active during the day. ④“You can see how this would have an impact on brain health,” Walsh said.

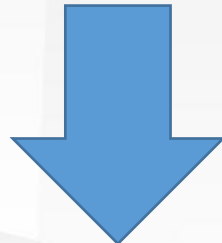
Sentence	Function	keywords
S1&S2	推理演绎	sleep, exercise, brain
S3	提出要点	not enough sleep, less active
S4	引用论证	brain health

Summary for Para. 3

Too much screen time could lead to a “cascade” effect where kids don’t get enough sleep and then are less active during the day. “You can see how this would have an impact on brain health,” Walsh said.

屏幕时间过多导致孩子缺少睡眠和运动，这会有损大脑健康。

lack of, inadequate, insufficient



**It leads to/results in their lack of sleep and exercise,
which has an extremely negative effect on their brain health.**

which does harm/damage to the brain health.

Summary for Para. 3

Tip3: What you write must be closely connected with the theme.

What's the theme of the ?

What's the relationship between "sleep and exercise" and "screen time"?

mind and intelligence. It impacts children's ability of gathering their attention, as well as their passion for a task. Besides, sleeping and exercise is of critical importance for their brain development. So parents should take measures like limiting the using time, the kind of apps and the number of screens to help them. Other effective methods are also available.

①What should parents do? ②Walsh advised setting firm rules regarding the use of screens ,including how long children are using the screens, the kinds of apps they are using and how many screens they are using at once. ③Concerned parents also should preview games or apps before letting their children play, seek out more interactive (交互的) options that engage the child's mind, and use parental controls to block or filter content and limit screen time.

Sentence	Function	keywords
S1	过渡句	
S2	提出要点	firm rules, how long, apps, how many
S3	补充要点	filter content, limit screen time

Summary for Para. 4

- ① What should parents do? ② Walsh advised setting firm rules regarding the use of screens ,including how long children are using the screens, the kinds of apps they are using and how many screens they are using at once.
- ③ Concerned parents also should preview games or apps before letting their children play , seek out more interactive (交互的) options that engage the child's mind, and use parental controls to block or filter content and limit screen time.

Parents are advised to establish strict regulations concerning the use of screens, monitor the contents and limit the screen time.

Coherence

Tip4: Use link words if necessary.

Problem

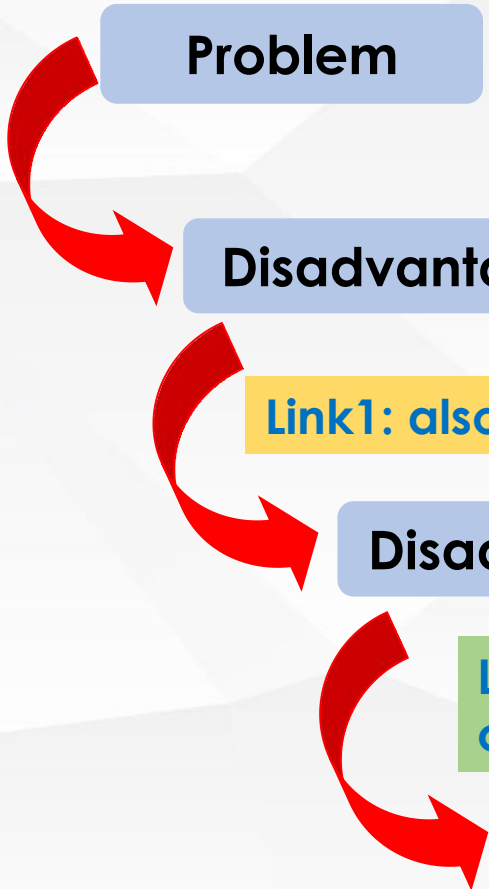
Disadvantage 1

Link1: also, likewise, besides, furthermore, in addition, etc.

Disadvantage 2

Link2: so, thus, therefore, hence, accordingly, consequently, etc.

Suggestion



One possible version

New research has found that excessive “screen time” may negatively affect children’s intelligence. (要点1) It prevents children from focusing and staying interested, thus restricting their cognitive development. (要点2) Also, it results in inadequate sleep and lack of physical activity, which do harm to the brain health. (要点3) Accordingly, parents are advised to establish strict regulations concerning the use of screens, monitor the contents and limit the screen time. (要点4)

Thanks!

