

Summary Writing

——2019年11月温州适应性测试



上虞区城南中学 陶江英

Task1 Spot the keyword

- ① For many parents, making sure their children get the right amount of **sleep** can be stressful. It's true during high-pressure times such as **exams** when students tend to **study** all night for the tests. 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.
- ② In her groundbreaking book The Teenage Brain, neuroscientist Dr. Frances Jensen explains that **sleep** isn't simply a way for the body to relax and recover after working, studying or playing a hard day 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**.
- ③ 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** has negative effects on teenagers, including rise in blood pressure, mood swings and impatient behavior. 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.
- ④ 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. If 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.

Problem

Reason

Solution1

Solution2

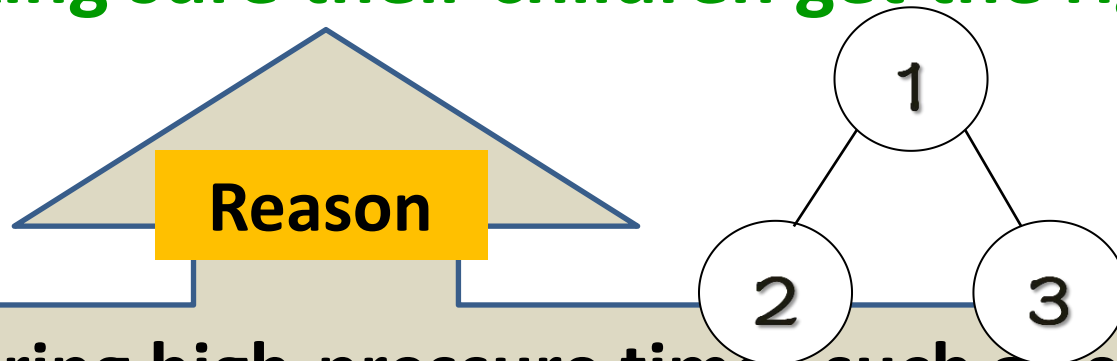
Task2 Locate the key sentence

①For many parents, making sure their children get the right amount of sleep can be stressful. ②This is especially true during high-pressure times such as exams when students tend to study all night for the next day. ③Unfortunately, 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.

Task3 Figure out the relationship

Problem /Phenomenon

① For many parents, making sure their children get the right amount of sleep can be stressful.



② This is especially true during high-pressure times such as exams when students tend to study all night for the next day. ③ 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.

Task4 Paraphrase the sentence

It is hard for parents to make sure their kids have enough sleep.

Parents find it hard to make sure their kids have enough sleep.

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.

Enough sleep is important/necessary for learning.

Summary for Para.1

It is hard for parents to **make sure** their kids have enough sleep.



ensure/guarantee

Enough sleep is important/necessary for efficient learning.

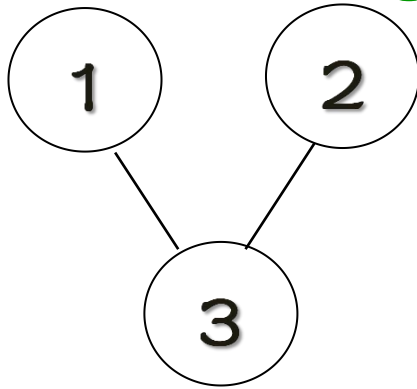


It is **hard/difficult/tough/challenging** for parents to **ensure/guarantee** their **kids** have **enough/adequate/sufficient** sleep, **which** is **necessary/essential** for efficient learning.

Tip1: Use synonyms or certain clauses to make a change.

Para.2 Locate the key sentence and figure out the relationship

①In her groundbreaking book *The Teenage Brain*, neuroscientist 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. ②It is the glue that allows us not only to recollect our experiences but also to remember everything we've learned that day. ③Basically 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.



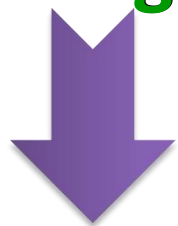
大体上，总的来说

in general, generally

Tip2: Focus on the signal words which offer a clue to the key sentence.

Summary for Para.2

In her groundbreaking book *The Teenage Brain*, neuroscientist 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.**



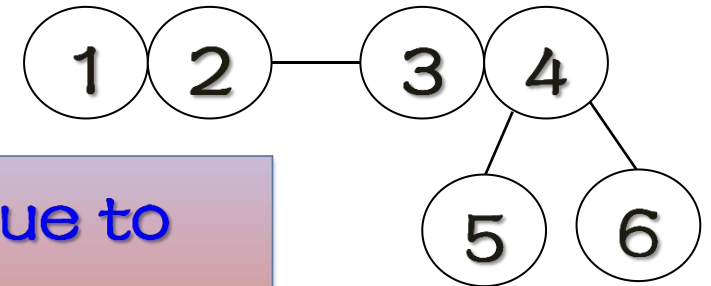
大体上，总的来说

in general, generally

Generally, more learning **requires/ needs / demands** more sleep to **guarantee/contribute to learning/ study / academic** success.

Para.3 Locate the key sentence and figure out the relationship

① Then how much sleep do teenagers need? ② 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. ③ What happens if they don't get enough sleep? ④ According to ACES, poor sleep will have all sorts of negative effects on teenagers, including rise in blood pressure, mood swings and impatient behaviors. ⑤ Without adequate sleep the focus and attention drifts making it harder to receive information. ⑥ The brain can no longer function to deal with information properly and access previously learned information.

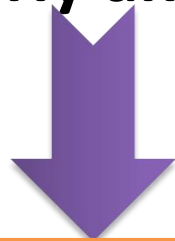


Tip2: Focus on the signal words which offer a clue to the key sentence.

Tip3: Pay attention to the transitional sentence.

Summary for Para.3

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 **body/flesh** food pressure, mood swings and impatient behaviors. **emotion** dequate 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 **mind** information.



Experts suggest that teenagers sleep 8 to 10 hours a day to avoid negative impacts on body, emotion and mind.

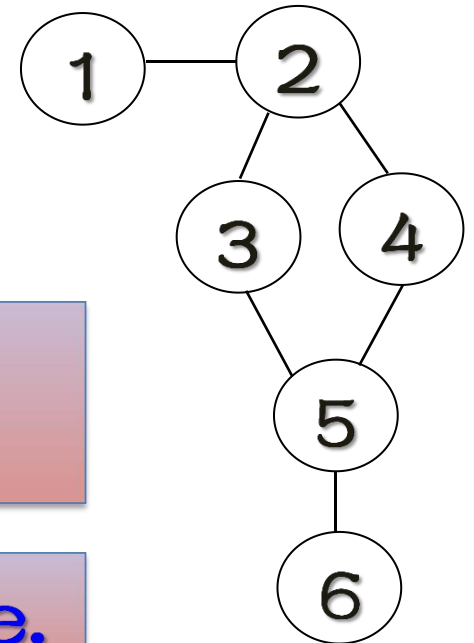
Para.4 Locate the key sentence and figure out the relationship

① So, how can parents help? ② If you think your child needs more sleep, try making gradual changes to their sleeping habits. ③ Small increases have been shown to be effective in changing sleep patterns. ④ And remember your children are going through a period of their lives when their brains and bodies are going through a lot of changes. ⑤ Not only is your job to help make changes, it's also to ride the wave with them. ⑥ It may not be easy, but they will thank you for it eventually.

go through the changes with them

Tip2: Focus on the signal words which offer a clue to the key sentence.

Tip3: Pay attention to the transitional sentence.



Summary for Para.4

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.

go through the changes with them

Parents can help children change/ adjust their sleep habits/ patterns gradually and accompany them through the difficult changes.

One possible version

It is hard for parents to ensure their kids have adequate sleep, which is essential for efficient learning. **Generally**, more learning requires more sleep to guarantee academic success. Experts suggest that teenagers sleep 8 to 10 hours a day to avoid negative impacts on body, emotion and mind. **Therefore**, Parents can help children adjust their sleep habits gradually and accompany them through the difficult changes.

Tip4: Use link words based on the textual pattern.

Thank You!

