

概要写作 第4小节 复习笔记

实例讲解一 Adolescent sleep Deficit

1. 概要写作步骤

Step 1 : Read for the main idea of the whole passage

Step 2 : Analyze the structure of the whole passage

(What's the relationship between each paragraph?)

Step 3: Locate (确定) the main idea of each paragraph

Keep important details / Leave out unimportant information

Step 4: Write the summary in your own words (language)

2. 实例原文

Adolescent sleep Deficit

Most teens need about 8 to more than 9 hours of sleep each night. The right amount of sleep is essential for anyone who wants to do well in tests or sports. And lack of sleep affects everything from a person's ability to pay attention in class to his or her mood. It also damages teens' ability to do their best in athletics. Unfortunately, research shows that many teens don't get enough sleep, and more than 20% of high school students fall asleep in class.

Until recently, teens were often blamed for staying up late, oversleeping for school, and falling asleep in class. But recent studies show that adolescent sleep patterns actually differ from those of adults or kids. These studies show that during the teen years, the body's biological clock is temporarily reset, telling a person to fall asleep later and wake up later. This change might arise from the fact that the brain hormone melatonin (褪黑素) is produced later at night for teens than it is for kids and adults. This can make it harder for teens to fall asleep early.

These changes in the body's biological clock are in line with a time when they're busier than ever. For most teens, the pressure to do well in school is more intense than when they were kids, and it's harder to get by without studying hard. And teens also have other time demands — everything from sports and other extracurricular activities to fitting in a part-time job to save money for college.

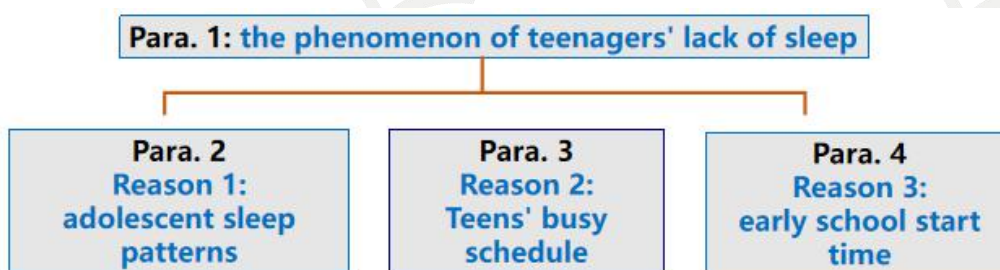
Early start time in some schools may also play a role in this sleep deficit (不足额). Teens who fall asleep after midnight may still have to get up early for school, meaning that they may only squeeze in 6 or 7 hours of sleep a night. A couple hours of missed sleep a night may not seem like a big deal, but can create a noticeable sleep deficit over time.

3. 实例解析 - 全文

Main idea of the whole passage?

Teens don't get enough sleep and its reasons.

The structure of the passage?



4. 实例解析 - Para.1

第一段原文：

Most teens need about 8 to more than 9 hours of sleep each night. The right amount of sleep is essential for anyone who wants to do well in tests or sports. And lack of sleep affects everything from a person's ability to pay attention in class to his or her mood. It also damages teens' ability to do their best in athletics. Unfortunately, research shows that many teens don't get enough sleep, and more than 20% of high school students fall asleep in class.

第一段解析：

~~Most teens need about 8 to more than 9 hours of sleep each night. The right amount of sleep is essential for anyone who wants to do well in tests or sports. And lack of sleep affects everything from a person's ability to pay attention in class to his or her mood. It also damages teens' ability to do their best in athletics.~~ **Unfortunately, research shows that many teens**

don't get enough sleep, and more than 20% of high school students fall asleep in class.

说明：Unfortunately 后的内容是本段的主题句，第二句话是本段的主要信息。绿色的部分是次要信息，删去。原因如下：第一句话与文章的主题“缺乏睡眠”关联不大所以删去；第三、四两句是对第二句话的解释说明，可以删去；最后一句话的后半部分是对前半部分的支撑证据，可以省去。

Tips:

1. 在一个段落中，通常 However, Unfortunately, But, Actually... 等表转折的词后的内容通常是为该段落的主题句。
2. 与文章主题无关或关联不大的信息是次要信息，概要中不涉及。
3. 要学会分析句间关系。段落中说明或解释的一些支撑信息一般作为次要信息，概要中不涉及。

第一段概要：

1. 睡眠缺乏的表达方式有：

sleep-deprived, lack of sleep, sleep insufficiency, sleep deprivation, sleep deficit, inadequate sleep

2. 段落大意可概括为：

Sample 1: Sleep insufficiency among teenagers is a great threat to their academic and athletic performance.

Sample 2: Although adequate sleep is very important to study efficiently and perform well in sports, researchers indicate many teens are suffering sleep deficits.

Sample 3: Research shows that many teenagers lack enough sleep, which is vital to their academics and athletics.

5. 实例解析 - Para.2

第二段原文：

Until recently, teens were often blamed for staying up late, oversleeping for school, and falling asleep in class. But recent studies show that adolescent sleep patterns actually differ from those of adults or kids. These studies show that during the teen years, the body's biological clock is temporarily reset, telling a person to fall asleep later and wake up later. This change might arise from the fact that the brain hormone melatonin (褪黑素)

is produced later at night for teens than it is for kids and adults. This can make it harder for teens to fall asleep early.

第二段解析：

~~Until recently, teens were often blamed for staying up late, oversleeping for school, and falling asleep in class.~~ **But recent studies show that adolescent sleep patterns actually differ from those of adults or kids.** These studies show that during the teen years, the body's biological clock is temporarily reset, telling a person to fall asleep later and wake up later. ~~This change might arise from the fact that the brain hormone melatonin (褪黑素) is produced later at night for teens than it is for kids and adults. This can make it harder for teens to fall asleep early.~~

说明：红色划线部分为该段的要点内容，第二句为主题句，第三句是解释主题句的重要信息。绿色的部分是次要信息，删去。原因如下：第一句话是例举缺乏睡眠的具体例子，不是该段落的重点；最后的两句话是对第三句话的具体说明，属于次要信息。

第二段概要：

段落大意可概括为：

Sample 1: Studies indicate this problem is due to the teenager's different biological clock, meaning that they are naturally late sleepers and late risers.

Sample 2: The major reason behind sleep deficits in teenagers is their biological clock which causes them to stay up late.

Sample 3: Teens' varying sleep patterns are the result of changes to the body's biological clock, making them night owls.

6. 实例解析 - Para.3

第三段原文：

These changes in the body's biological clock are in line with a time when they're busier than ever. For most teens, the pressure to do well in school is more intense than when they were kids, and it's harder to get by without studying hard. And teens also have other time demands — everything from sports and other extracurricular activities to fitting in a part-time job to save money for college.

第三段解析：

These changes in the body's biological clock are in line with a time when they're busier than ever. For most teens, the pressure to do well in school is more intense than when they were kids, and it's harder to get by without studying hard. And teens also have other time demands — everything from sports and other extracurricular activities to fitting in a part-time job to save money for college.

说明：红色划线部分为该段的要点内容，第一句为主题句，后两句是解释主题句的两点重要信息。绿色的部分是两点重要信息的具体说明，属于次要信息，概要写作时无需包含进去。第一句的句意是：这个变化（指上一段提到的睡眠模式的变化）正好发生在他们最忙碌的时候。in line with a time 意为“与某个时段保持了一致”。

第三段概要：

段落大意可概括为：

Sample 1: Meanwhile, **busy and challenging** high school lives leave them less time for sleep.

Sample 2: **Greater study pressures and tighter schedules** deprive them of their sleep time.

Sample 3: Moreover, teens have to lessen their sleep time to catch up with their **busy and challenging** school life.

7. 实例解析 - Para.4

第四段原文：

Early start time in some schools may also play a role in this sleep deficit (不足额). Teens who fall asleep after midnight may still have to get up early for school, meaning that they may only squeeze in 6 or 7 hours of sleep a night. A couple hours of missed sleep a night may not seem like a big deal, but can create a noticeable sleep deficit over time.

第四段解析：

Early start time in some schools may also play a role in this sleep deficit (不足额). **Teens who fall asleep after midnight may still have to get up early for school, meaning that they may only squeeze in 6 or 7 hours of**

sleep a night. A couple hours of missed sleep a night may not seem like a big deal, but can create a noticeable sleep deficit over time.

说明：红色划线部分为主题句。绿色的部分属于次要信息，概要写作时无需包含进去，原因如下：第二句的句意基本与主题句一致，故概要写作时无需重复；

最后一句是次要的细节信息，概要写作时可不包含。

第四段概要：

段落大意可概括为：

Sample 1: Reducing sleep time for early classes is **another reason for** their sleep deprivation.

Sample 2: **Additionally,** early morning classes **contribute to** sleep deficits.

Sample 3: **Also,** early school schedules **add fuel to** adolescent sleep insufficiency.

8. 实例解析 - 范文

写作要点：

1. 用恰当的衔接词把每段的要点连接在一起。
2. 注意词数，不超过 80 词。
3. 通读一遍，看要点之间是否独立，内容是否连贯，逻辑是否通顺。
4. 检查语言的表达是否准确，有无语法、拼写及标点的错误。

范文一：

Although adequate sleep plays an critical role to study efficiently and perform in sports, researchers indicate many teens are suffering sleep deficits. (要点 1) **The major factor lying behind** is the change of adolescent biological clock, which causes them to sleep late. (要点 2) **Meanwhile,** busy and challenging high school life leaves them less time for a good sleep. (要点 3) Early morning classes are **also to blame for** its contribution to teens' sleep loss. (要点 4)

68 words

范文二：

Sleep insufficiency, **a great threat to students' academic and athletic performance,** is quite common among teenagers. (要点 1) Studies indicate

this problem is **due to** teenagers' altered biological clock, **meaning that** they are naturally late sleepers and late risers. (要点 2) **Furthermore**, more pressure to study and tighter school schedules **deprive them of their sleep time**. (要点 3) Reducing sleep time for early classes **is another cause of** adolescent sleep deprivation. (要点 4) 64 words

范文三：

Researches show that many teenagers lack enough sleep, **which is vital to their academics and athletics**. (要点 1) The change of teens' body biological clock making teenagers night owls, **may account for** this problem. (要点 2) **Another reason** is that teens have to **lessen their sleep time** to catch up with their busy and challenging school life. (要点 3) **Additionally**, school early schedules add fuel to adolescent sleep insufficiency. (要点 4) 63 words