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Reading comprehension worksheets pdf b2

In order to get really good at reading comprehension (understand vocabulary in context, make inferences, determine the purpose of the author, etc.), you have to practice. This is where a reading comprehension spreadsheet like this is useful. If you need even more practice, check out more reading comprehension spreadsheets here. Directions: The passage below is followed by questions based on its content; answer questions based on what is stated or implied in the passage. Printable Pdf: Escaping the Worksheet on Understanding Reading in Adolescence Escaping Adolescence Reading Comprehension Worksheet Answer Key Copyright © 2009 by Joseph Allen and Claudia Worrell Allen. As 15-year-old Perry entered my office, with his parents temporarily trolling behind, he looked at me with a tense neutral expression that I had usually found masked as either great anger or distress; in Perry's case, it was both. Although anorexia is a disorder most often associated with girls, Perry was the third in a line of anorexic boys I had recently seen. When he came to see me, Perry's weight had fallen to less than 10 pounds from the threshold requiring forced hospitalization, but he denied that there was a problem. He will simply not eat, began his mother. Then, turning to Perry as if to show me the routine they had been promulgating, she asked with tears in her eyes, Perry, why can't you at least have a simple dinner with us? Perry refused to eat with his family, always saying that he was not hungry at the time and that he preferred to eat later in his room, except that this rarely happened. New menus, gentle encouragement, veiled threats, throbbing and outright bribes had all been tried, to no avail. Why would a 15-year-old otherwise healthy boy starve? The issue hung urgently in the air while we were all talking. Let's be clear from the start. Perry was a good intelligent boy: shy, modest, and generally unlikely to cause trouble. He became right A in a difficult and competitive public school honors program that spring. And he later told me that he had not had a B on his ballot since the 4th. In a way, he was the dream child of all parents. But below his academic success, Perry faced a world of problems, and while he took some time to publicize, finally the problems came pouring. The problems were not what I expected. Perry was not abused, he did not take drugs, and his family was not driven by conflict. On the contrary, at first glance, its problems would be more like complaints typical of And they were, in a way. But it wasn't until I learned to understand it that I realized that Perry's teenage problems were not just occasional irritations, as they had been for me and my cohort as a teenager, but rather, had grown to the point where they cast a great shadow over much of his world day to day. Later, I realized that Perry was not alone in this regard. A big problem was that if Perry was a great achiever, he not at all happy. I hate waking up in the morning because there's everything I have to do, he said. I keep making to-do lists and ticking them every day. Not just school work, but extracurricular activities, so I can get into a good college. Once it began, Perry's discontent spread in a frustrated monologue. There's so much to do, and I really have to work to motivate myself because I feel like none of this really matters... but it's really important that I do it anyway. At the end of it all, I stay up late, do all my homework, and I study really hard for all my tests, and what do I have to show for all this? A single sheet of paper with five or six letters on it. It's just stupid! Perry was good enough to jump through the academic hoops that had been set for him, but he felt like a little more hoop-jump, and it ate at him. But that wasn't his only problem. Perry was much loved by his parents, as were most of the young people we see. But in their efforts to feed and support him, his parents inadvertently increased his mental tension. Over time, they had taken all his household chores, in order to give him more time for schoolwork and activities. It's his top priority, they said almost in unison when I asked about it. Although removing tasks from Perry's plate gave him a little more time, he eventually left the feeling even more useless and tense. He never did anything for anyone but suck their time and money, and he knew it. What if he thought about going backwards on his schoolwork... Well, look how much his parents have been pouring in making him feel good. Caught sandwiched between fury and guilt, Perry had literally begun to dry out. 1. This passage is told from the point of view of (A) a university professor studying the effects of bulimia on young males. (B) a young man named Perry, struggling with the effects of anorexia. (C) a concerned therapist who works with young adults in difficulty. (D) a doctor who treats eating disorders, compulsive and sleepy. (E) a student working on a thesis on eating disorders in young men. Answer with explanation 2. According to the passage, Perry's two biggest problems were (A) being an unfortunate achiever and increasing his parents' mental tension. (B) his bad attitude towards school and his consumption of time and money of each. (C) his fury and guilt. (D) drug abuse and conflict within the family. (E) his inability to prioritize and anorexia. Answer with explanation 3. The main purpose of the passage is to describe the anorexia and, in doing so, provide possible reasons why a young person may resort to an eating disorder. (A) defend young men with eating disorders and the decisions they have made that have led them to this struggle. (C) compare a young person's struggle with his or her parents and the eating disorder that ruins his or her life to the life of a typical teenager. (D) (D) an emotional reaction to the shock of an eating disorder, such as that of Perry, a typical young adult. (E) explain how today's youth often develop eating disorders and other terrible problems in their hyperactive lives. Answer with explanation 4. The author uses which of the following elements in the sentence beginning paragraph 4: But under his academic success, Perry faced a world of problems, and while he took some time to publicize, finally the problems came pouring? (A) personification (B) simile (C) anecdote (D) irony (E) metaphor Answer with explanation 5. In the second sentence of the last paragraph, the word inadvertently means the most (A) regularly (B) monumentally (C) gradually (D) by mistake (E) surreptitiously Response with explanation Last updated on July 10, 2020 Life is wasted in the in-between times. The time between when your alarm first rings and when you finally decide to get out of bed. The time between when you sit at your desk and when productive work begins. The time between making a decision and doing something about it. Slowly, your day is cramped from all the unused moments in between. Finally, the weariness of time, laziness and procrastination have the best of you. The solution to recovering these lost intermediate moments is to create rituals. Every culture on earth uses rituals to transfer information and encode behaviors deemed important. Personal rituals can help you build a better model to manage everything from how you wake up to how you work. Unfortunately, when most people see rituals, they see unnecessary superstitions. Indeed, many rituals are based on a primitive understanding of the world. But by building personal rituals, you get to encode the behaviors you feel are important and cut off wasted middle moments. Program your own algorithms Another way to visualize rituals is to see them as computer algorithms. An algorithm is a set of instructions that is repeated to get a result. Some algorithms are very efficient, sorting or searching for millions of data in seconds. Other algorithms are bulky and clumsy, taking hours to do the same task. By forming rituals, you build algorithms for your behavior. Take the delayed and painful pattern of waking up, debating the opportunity to sleep for another two minutes, pressing the snooze button, repeating until almost late for work. This could be reprogrammed to get out of bed immediately, without debating your decision. How to form a ritual, I set up rituals for myself for handling emails, waking up every morning, writing articles, and reading books. Far from making me inflexible, these rituals give me a useful defect pattern that works best 99% of the time. Whenever my current ritual doesn't work, I'm always free to stop using it. Forming a ritual is not too difficult, and the same principles to change habits apply: Write your behavior sequence. I suggest starting with a simple ritual of only 3-4 steps maximum. Wait until you have to have a ritual before trying to add new steps. Commit to follow your ritual for thirty days. This step will take the idea and condition it in your nervous system as a habit. Set a clear trigger: When does your ritual begin? A wake-up ritual is easy: the sound of your alarm clock will work. As for what triggers you to go to the gym, read a book or reply to an email, you will have to decide. Change the model. Your algorithm probably won't be perfectly effective the first time. Making a few adjustments after the first 30-day test can make your ritual more useful. Ways to use a ritual Based on the above ideas, here are some ways you could implement your own rituals: 1. Waking Up Set up a morning ritual for when you wake up and the next things you do immediately after. To fight grogginess after immediately waking up, my solution is to do some push-ups right after getting out of bed. After that, I sneak in ninety minutes of reading before getting ready for morning classes. 2. Using the Web How often do you respond to emails, check Google Reader or visit Facebook every day? I found that by taking all my daily needs on the Internet and compressing them into one very effective ritual, I was able to cut 75% of my web time without losing any communication. 3. Read How long do you have to read books? If your library isn't as big as you'd like, you might want to consider the rituals you use for reading. Programming a few steps to trigger you to read instead of watching TV or during a break in your day can chew dozens of books each year. 4. Rituals of conviviality can also help with communication. Set up a ritual to start a conversation when you have the opportunity to meet people. 5. Working One of the most difficult obstacles to overcoming procrastination is building a concentrated flow. Building these steps in a ritual can allow you to quickly start work or continue working after an interruption. 6. Going to the gym If exercise is a struggle, encoding a ritual can remove much of the difficulty. Set up a quick ritual to go exercise right after work or when you wake up. 7. Exercise Even in your workouts, you can have rituals. The spacing of time between races or repetitions with a number of breaths can suppress conjecture. Forming a ritual to do certain exercises in a particular order can save time. 8. Sleep Forms a calming ritual in the last 30-60 minutes of your before going to bed. This will help you slow down and fall asleep much more easily. Especially if you plan to get up full of energy in the morning, it will help if you suppress insomnia. 8. Weekly Reviews The weekly exam is a large part of the GTD system. By making a simple ritual checklist for my weekly exam, I can make the most of this exercise in less time. Originally, I did holistic reviews where I wrote my thoughts on the week and progress as a whole. Now I focus on specific plans, ideas and measures. Final Final We all want to be productive. But the weariness of time, procrastination and laziness sometimes have the best of us. If you are faced with such difficulties, don't be afraid to use these rituals to help you conquer them. More tips to defeat the time wasters and procrastination Photofeatured Credit: RODOLFO BARRETO via unsplash.com unsplash.com

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