

Section Shrink



BUILD FLUENCY

Read the introduction and Section 1 of “Sleep Is One Thing Missing in Busy Teenage Lives” (*Issues*, pp. 9–12).



IDENTIFY KEY IDEAS & DETAILS

Take turns asking and answering questions with a partner. Then write brief notes.

Discussion Questions	Text Notes
Q: What is the key idea of this section? A: The key idea of this section is _____.	teens are often _____ on school days
Q: What are the most important details in this section? A: (One/Another) important detail is _____. A: Perhaps the most important detail is _____.	- internal clock _____ so teens fall asleep later and wake up early feeling _____ - physical consequences: _____ impaired immune system, risk of _____ and _____ - mental consequences: memory lapses, trouble _____ moodiness, _____



SUMMARIZE

“Shrink” Section 1 of the text by writing a summary in 40 or fewer words.

CLASS SUMMARY

WORD COUNT: _____

Many adolescents are _____ at school because their _____ are off, making them regularly fall asleep late and get less than _____ hours of sleep per night, resulting in a number of _____ and emotional _____

PARTNER SUMMARY

WORD COUNT: _____

Many adolescents are typically _____ during the school week because their internal clocks _____ making them feel _____ instead of _____ and this can lead to _____ with their _____ and _____



IDENTIFY PRECISE WORDS

Review Section 1 and your *Portfolio* (pp. 24–27) to identify words for your writing.

Topic Words	High-Utility Academic Words
- sleep-deprived	- consequence