

Academic Discussion

WHAT ARE THE CONSEQUENCES OF SLEEP DEPRIVATION?



BRAINSTORM IDEAS

Briefly record at least two ideas in each column using everyday English.

Physical Consequences	Mental Consequences
• getting out of shape • •	• less interest in friends • •



ANALYZE WORDS

Complete the chart with precise words to discuss and write about the issue.

Everyday	Precise
often (<i>adverb</i>)	regularly,
tired (<i>adjective</i>)	fatigued,
moody (<i>adjective</i>)	anti-social,



MAKE A CLAIM

Rewrite two ideas using the frames and precise words. Then prepare to elaborate verbally.

- 1. Frame:** One physical (consequence/impact/outcome) of sleep deprivation for adolescents is (verb + *-ing*: having, getting, gaining) _____

Response: _____

- 2. Frame:** A mental (consequence/impact/outcome) of chronic fatigue is that adolescents can become _____ (adjective: distracted, alienated, anti-social)

Response: _____

Language to ELABORATE

For example, _____.

I know this firsthand because _____.



COLLABORATE

Listen attentively, restate, and record your partner's ideas.

Classmate's Name	Ideas
	1.
	2.

Language to RESTATE

So you believe that _____.

Yes, that's correct.

No, not exactly. What I (pointed out/stated) was _____.