

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## “How Stars Beat Stress” Quiz

**Directions:** Read “How Stars Beat Stress.” Then answer the questions below.

- Which of the following expresses a central idea of the article?
  - Social media can be a source of stress for teens.
  - Physical activity releases endorphins.
  - There are strategies people can use to help keep stress under control.
  - Giant hyenas are no longer a threat to humans.
- On page 27, the authors write that the fight-or-flight response helps you react “either by fighting off that giant hyena or by hightailing it out of there.” Context clues reveal that *hightail it* most closely means
  - to depart secretly.
  - to break free from someone’s control.
  - to move at full speed.
  - to plan or scheme.
- On page 27, the authors write that “your brain is still programmed to react quickly to perceived threats.” The word *programmed* helps readers understand
  - that humans act like robots.
  - that the stress response is written into humans like computer code.
  - that humans have good long-term memories.
  - that humans experience fewer dangers today than in the past.
- How do the authors characterize stress? Choose **TWO** answers.
  - natural
  - uncommon
  - manageable
  - unimportant
- Which of the following best describes the structure of the article?
  - The authors present similarities and differences between celebrities and teens.
  - The authors explain the science of stress, then list strategies readers can use to manage it.
  - The authors give a chronological account of human survival techniques throughout history.
  - The authors list the effects of stress, then pose questions about why people are stressed today.
- Which claim could be supported by information in the article?
  - Stress is a new phenomenon caused by today’s busy lifestyles.
  - Stress affects only adults.
  - The fight-or-flight response is no longer useful to humans.
  - Too much stress can cause serious health problems.

### Constructed-Response Question

**Directions:** Write your answer to each question in a well-organized response.

- Author C.S. Lewis once said, “It’s not the load that breaks you down, it’s how you carry it.” What did he mean? How does this idea apply to the article? Use text evidence to support your answer.

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## “How Stars Beat Stress” Quiz

**Directions:** Read “How Stars Beat Stress.” Then answer the questions below.

1. Which of the following expresses a central idea of the section “What Is Stress?”
  - (A) Humans used to live in caves.
  - (B) Social media can be a source of stress.
  - (C) Stress helps people react to threats.
  - (D) Giant hyenas are no longer a threat to humans.
2. On page 27, the authors explain that the fight-or-flight response helps you react “either by fighting off that giant hyena or by hightailing it out of there.” Context clues reveal that *hightail it* most closely means
  - (A) stroll.
  - (B) hide.
  - (C) run.
  - (D) plan.
3. On page 26, the authors say, “... you can use these same strategies to beat the stress in your life before it gets the best of you.” When something “gets the best of you,” it
  - (A) improves your attitude.
  - (B) overcomes or defeats you.
  - (C) makes you stronger.
  - (D) affects your grades.
4. How do the authors characterize stress? Choose **TWO** answers.
  - (A) natural
  - (B) uncommon
  - (C) manageable
  - (D) unimportant
5. In the section “Stress Busters,” the authors
  - (A) explain the causes of stress, then pose questions about its effects on the body.
  - (B) list strategies for coping with stress and explain why they work.
  - (C) present similarities and differences between celebrities and teens.
  - (D) provide a chronological account of human survival techniques throughout history.
6. Which claim **CANNOT** be supported by information in the article?
  - (A) Stress causes physical and emotional symptoms.
  - (B) Stress affects people both young and old.
  - (C) Stress can be helpful in certain situations.
  - (D) Celebrities have perfect lives.

### Constructed-Response Question

**Directions:** Write your answer to each question in a well-organized response.

7. Author C.S. Lewis once said, “It’s not the load that breaks you down, it’s how you carry it.” He meant that it’s not the challenges we face in life that overwhelm us, it’s how we react to them. How does this idea apply to the article? Use text evidence to support your answer.

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# How to Answer a Constructed Response Question

## Step 1: State your claim.

Your claim is your answer to the question. Your claim should . . .

- **echo the question. In other words, it should turn the question into a statement.**

*Example A: Imagine you are answering the question, “According to the article, what is the best way to eat chocolate?” Your answer should start like this: “According to the article, the best way to eat chocolate is . . .”*

*Example B: Imagine you are answering the question, “Does the author think it’s ever okay to lie?” If your answer is yes, your answer could start like this: “The author thinks that sometimes it’s okay to lie . . .”*

- **include reasoning or explanation. So if you are answering a yes-or-no question, you need to do more than say yes or no—you also need to provide some explanation or reason for your answer. If you are answering an open-ended question, you need to provide a brief summary or explanation of your ideas. Your reasoning or explanation should be one to three sentences.**

*Example A: According to the article, the best way to eat chocolate is take your time and enjoy the chocolate with all five of your senses.*

*Example B: “The author thinks that sometimes it’s okay to lie, if you are lying to make someone feel good and no harm will come from your lie.”*

## Step 2: Provide text evidence with commentary.

Text evidence is details from the text that support your claim—in other words, details from the text that show why your claim is true.

Commentary is where you explain WHY the text evidence supports your claim. Your commentary should include key words from your claim. Text evidence . . .

- **can be in the form of a direct quotation or paraphrase.**
- **should be cited. In other words, you need to make it clear to the reader where the quote or paraphrase came from. Give the page number and, if it’s not obvious, the author’s name and/or the name of the article.**

Here are two examples of text evidence with commentary:

*Example A (using a direct quote): “Before you bite the chocolate, take a moment to look at it,” the author writes on page 5. “Admire its glossy shine. Then lift it to your nose and take a deep inhale. What do you notice?” (p. 5) Here, the author is telling readers to take their time before biting into the chocolate, and to use their senses of sight and smell to enjoy the chocolate.*

For more on using text evidence, see Scope’s “How to Use Text Evidence” reference sheet.

*Example B (using a paraphrase): According to the author, it's okay to tell your friend you're sure no one at the party noticed the spinach stuck between her teeth, because there is nothing to be done about it now and maybe you can relieve some of your friend's embarrassment (p. 14). Here, the author is saying that it's OK to tell a small lie that makes someone feel better and doesn't do any harm.*

### **Step 3: Write a conclusion.**

**A conclusion is 1-3 closing sentences that leave your reader with an insightful thought.** A conclusion could . . .

- **state whether you agree or disagree with the author's point of view, and why.**
- **state whether you think the author's reasoning is sound or unsound, and why.**
- **tell how the topic you've been writing about connects to your life.**

Here are two examples of text evidence with commentary:

*Example A: Perhaps eating chocolate in the slow, thoughtful way the author suggests could lead to a deeper enjoyment of it—but eating chocolate this way would also require an awful lot of patience and self-control!*

*Example B: Is the author right? I think so. Being completely honest about everything at all times is very likely to lead to some hurt feelings, and why hurt someone's feelings if it's not necessary?*

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# How to Use Text Evidence

When you write about something you have read, you need to use **text evidence**—that is, details from the text—to support the points you are making. You can use text evidence in the form of a direct quotation (the author’s exact words) or a paraphrase (a restatement of what the author wrote). You also need to explain WHY that text evidence is relevant.

## Here are some tips for using text evidence:

### 1. Quote or paraphrase.

When using a **direct quote**, copy down the exact words from a sentence. Surround a direct quotation with quotation marks.

To **paraphrase** is to put something written or spoken by someone else into your own words. You don’t change the meaning of what the other person wrote or said, just the wording. A paraphrase is not surrounded by quotation marks.

### 2. Make it clear where your evidence comes from.

Identify who wrote or said what you are quoting or paraphrasing. This is called “**citing your source**.” Include a page number.

#### Words to help you:

*according to (the author),  
(the author) claims,  
suggests, states, writes,  
reports, describes, implies,  
explains, argues, declares,  
observes, notes, reveals,  
remarks*

### 3. Explain why your text evidence is relevant.

Include a sentence that makes it clear how the text evidence supports your idea. Reread the information you quoted or paraphrased and ask yourself, “So what?”

#### Words to help you:

*(the author) says this  
because, this proves that,  
this exemplifies how, this  
confirms, demonstrates,  
describes, explains,  
illustrates, implies,  
suggests*

Now let's look at two sample paragraphs. The first uses text evidence correctly.  
The second uses text evidence incorrectly.

### SAMPLE 1

Riding the world's tallest and fastest roller coaster, Kingda Ka, is a unique experience. According to author Mario Martinez in his book Roller Coasters of the World, Kingda Ka accelerates to 128 miles per hour in less than three seconds, going straight up at a 90-degree angle (18). "I have ridden hundreds of coasters," he writes. "But none of them were as terrifying as this one" (20). This suggests that Kingda Ka stands out among roller coasters as particularly intense.

This paragraph looks great! There are quotation marks around the direct quote, the writer tells us where the paraphrase and the quote came from, and the writer explains how her text evidence supports her statement that riding Kingda Ka is a unique experience. Hooray!

### SAMPLE 2

Riding the world's tallest and fastest roller coaster, Kingda Ka, is a unique experience. According to Mario Martinez, Kingda Ka accelerates to 128 miles per hour in less than three seconds, going straight up at a 90-degree angle. "I have ridden hundreds of coasters. But none of them were as terrifying as this one."

In this paragraph, neither the quote nor the paraphrase is cited correctly. Who is Mario Martinez? Which page in what book or article did the paraphrase and quote come from? The writer also fails to explain how her text evidence supports her statement that riding Kingda Ka is unique. She just plopped her text evidence into her paragraph.

### **Step 3: Write a conclusion.**

Wrap it all up. End your paragraph with a strong sentence that will give your readers something to think about. One option is to refer to your central claim. Or come up with an idea of your own!

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Now it's time to put it all together. And guess what? You've already done the hardest part! All that's left is to take what you just wrote and put it together into one flowing paragraph. Write your final response on a separate sheet of paper.

**Remember to:**

- Use transitions between sentences.
- Read your paragraph to make sure your ideas are clear. Revise as needed.
- When you are satisfied with your paragraph, read it again to make sure there are no spelling or punctuation mistakes.

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# Constructing a Response

**Directions:** Read "How Stars Beat Stress (and how you can too)" and complete the activity on page 27. Then follow the steps below to write a response to the question on page 27.

→ See *Scope's* "How to Answer a Constructed-Response Question" for tips and information about how to complete this activity.

Question from page 27:

Choose one way to reduce stress and explain why it would be effective.

## Step 1: Write your claim.

Complete the sentences below to write your claim in response to the question.

One way to reduce stress is to \_\_\_\_\_  
\_\_\_\_\_

Doing this would be effective in reducing stress because \_\_\_\_\_  
\_\_\_\_\_.

## Step 2: Provide text evidence with commentary.

Write two details from the article that support your claim. You can write them in the form of direct quotations or paraphrases. Include a citation for each detail. Explain how each detail supports your claim.

**Detail 1:** \_\_\_\_\_  
\_\_\_\_\_

**Sentence explaining how this detail supports my claim:** \_\_\_\_\_  
\_\_\_\_\_

**Detail 2:** \_\_\_\_\_  
\_\_\_\_\_

**Sentence explaining how this detail supports my claim:** \_\_\_\_\_  
\_\_\_\_\_



### Step 3: Write a conclusion.

Wrap it all up. End your paragraph with a strong sentence that will give your readers something to think about. One option is to refer to your central claim. Or come up with an idea of your own!

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Now it's time to put it all together. And guess what? You've already done the hardest part! All that's left is to take what you just wrote and put it together into one flowing paragraph. Write your final response on a separate sheet of paper.

**Remember to:**

- Use transitions between sentences.
- Read your paragraph to make sure your ideas are clear. Revise as needed.
- When you are satisfied with your paragraph, read it again to make sure there are no spelling or punctuation mistakes.

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Go to Scope  
Online to listen  
to the words  
and definitions  
read aloud.

# Vocabulary:

## "How Stars Beat Stress"

1. **chronic (KRON-ik)** *adjective*; *Chronic* means "constant" or "occurring again and again." A chronic illness or condition is one that lasts for a long time or for a lifetime. A chronic nailbiter is someone who constantly bites his or her nails and has done so for years. *Chronic* is often used when referring to something negative.
2. **dilate (DAHY-leyt)** *verb*; *Dilate* means "to make wider or larger" and usually refers to the expanding of something that is circular. In low light, your pupils (the dark openings in the center of your eyes) dilate to let in more light, which helps you see better.
3. **fixate (FIK-seyt)** *verb*; To fixate on something is to focus all your attention on it—to look at it or think about it in a constant, intense, or obsessive way. Your cat might fixate on you if you are holding a bag of cat treats. If you are fixated on getting every step exactly right in a dance routine, you might forget to have fun. (*Fixate* is usually followed by *on* or *upon*.)
4. **imminent (IM-uh-nuhnt)** *adjective*; Something that is imminent is just about to happen.
5. **immune system (ih-MY00N SIS-tuhm)** *noun*; If you are immune to something, you cannot be affected by it. If you are immune to chicken pox, you cannot get chicken pox. If you are immune to your dog's begging, she will never convince you to give her a bite of your sandwich.  
  
The body's immune system protects against disease and infection. It destroys things that aren't supposed to be in the body, like germs. If it weren't for your immune system, you would get sick every time you encountered a germ. Your immune system also helps you get better when you do get sick.
6. **perceived (per-SEEVD)** *adjective*; As it is used in the article, *perceived* means "as seen or understood by an individual," as in, "The first rocket launch was a perceived failure—but as Eli saw it, the launch was not a failure, but a learning experience."

**Directions:** On the back of this page, list any other words from the article whose definitions you are not sure about. For each word, use context clues to try to figure out the meaning. Then look up the word in a few different dictionaries. Discuss the primary meaning of the word with your teacher or another adult. Then write a definition for the word and one example sentence using the word.

# Vocabulary Practice

## "How Stars Beat Stress"

**Directions:** Below are titles and summaries for imaginary books. Choose the best title for each book. Briefly explain your choices. (There is one title you will not use.)

### BOOK TITLES

- A. *Fixating for Good*
- B. *The Army Inside You*
- C. *A Perceived Threat*
- D. *The Girl With the Dilated Pupils*

1. Dr. Shelly Wilson explains the human immune system and how it works to fight off illness.

Title (A-D): \_\_\_\_\_ Why I chose this title: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. After Aaron and his mother move into a new house, he quickly realizes the house is haunted. Aaron is terrified—but the fact is, the ghost just wants Aaron's help.

Title (A-D): \_\_\_\_\_ Why I chose this title: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. Marie recently moved to Ben's small town. She seems nice enough, yet there is something odd about her. The black center of her eyes are always huge, as though she is peering into the dark. Ben begins to suspect that Marie *is* peering into the dark—or rather, into the dark *side*.

Title (A-D): \_\_\_\_\_ Why I chose this title: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Directions:** Answer each question below.

4. Who is fixated on the television?

- Ⓐ Mark, who can't take his eyes off the screen and doesn't hear his brother call him to the kitchen for dinner
- Ⓑ Jan, who is doing her math homework on the couch while an episode of *The Voice* plays in the background

5. Which of the following could an immune system protect against?

- Ⓐ the flu
- Ⓑ a sunburn

6. My \_\_\_\_\_ tardiness drives my friends nuts. Why is it so hard for me to be on time?

Which word best fits in the sentence above?

- Ⓐ chronic
- Ⓑ perceived

7. Which of the following is a synonym of *dilate*?

- Ⓐ contract
- Ⓑ enlarge

8. My coach says a win for our team is imminent. What does he mean?

- Ⓐ He thinks the team will win a game soon.
- Ⓑ He thinks a win for the team is unlikely.