

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

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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.