

DOES HIGH SCHOOL START TOO EARLY?

In this radio programme you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

public policy: política governamental / política gubernamental

sleep-deprived: privat de son / privado de sueño

deprivation: privació / privación

melatonin: melatonina

Ready?

Now read the questions on the following page. Read them carefully before listening to the radio programme.

Presenter: Does high school start too early? Some experts say teens are **sleep-deprived** because of early school start times that are designed for adults. I'm Guy Raz, and today I'm talking with Dr. Wendy Troxel, Adjunct Professor of Psychiatry and Psychology at the University of Pittsburgh. Dr. Troxel's research focuses on the relationship between sleep and health, as well as the implications for **public policy**.

[Now listen to the interview.]

QUESTIONS

Choose the best answer according to the recording. Only ONE answer is correct.

[3 points: 0.375 points for each correct answer. Wrong answers will be penalized by deducting 0.125 points. There is no penalty for unanswered questions.]

		Espai per al corrector/a		
		Correcta	Incorrecta	No contestada
1.	Studies have shown that teenagers who sleep more <input type="checkbox"/> do better at school. <input type="checkbox"/> have earlier start times. <input type="checkbox"/> need treatment for insomnia. <input type="checkbox"/> are less active at school.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	Approximately what percentage of American teenagers gets enough sleep? <input type="checkbox"/> 10%. <input type="checkbox"/> 20%. <input type="checkbox"/> 50%. <input type="checkbox"/> 70%.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	Which of the following contributes directly to teens' sleep deprivation? <input type="checkbox"/> Governmental policy. <input type="checkbox"/> Hormones. <input type="checkbox"/> Social lives. <input type="checkbox"/> Snapchat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4.	The text claims that for most teenagers, going to bed by 10:00 p.m. is <input type="checkbox"/> a requirement imposed by the school system. <input type="checkbox"/> not possible. <input type="checkbox"/> a decision that was made years and years ago. <input type="checkbox"/> setting them up for failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5.	Reasoning, problem solving and good judgment can be characterized as <input type="checkbox"/> impulsive and risky behaviours. <input type="checkbox"/> higher order thinking processes. <input type="checkbox"/> a consequence of sleep deprivation. <input type="checkbox"/> factors preventing cognitive development.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6.	According to Dr. Troxel, around the time of puberty <input type="checkbox"/> teenagers feel sleepy around 7:00 p.m. <input type="checkbox"/> teenagers' bodies start releasing melatonin for two hours. <input type="checkbox"/> teenagers' biological clocks undergo a change. <input type="checkbox"/> teenagers' biological clocks wake them up at 4:00 a.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7.	Which of the following sentences is TRUE? <input type="checkbox"/> School absences increase by 25 % when schools start later. <input type="checkbox"/> Teens miss the bus more often when schools start later. <input type="checkbox"/> Fewer students graduate on time when schools start later. <input type="checkbox"/> Standardized test scores improve when schools start later.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8.	According to Dr. Troxel, the sleep-wake schedule that we experience during adolescence <input type="checkbox"/> lasts for the rest of our lives. <input type="checkbox"/> is temporary and will change in adulthood. <input type="checkbox"/> improves our mental and physical health. <input type="checkbox"/> increases our chances for future success.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>