

សាលារៀនក្រុងយ៉េង

យើងសង្ឃឹមទៅរកអនាគតដ៏ឆ្លាតវៃ !

យើងកសាងកូនប្រជានិស្សិតអនាគតជាតិ :



KROU YEUNG SCHOOL

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Teacher's name: _____

Grade: _____

Student's name: _____

Time: _____

Sex: _____

Reading Quiz1

PartI.

Are you suffering from FOMO – that is, Fear Of Missing Out? Research shows that a growing number of young people are, with worrying consequences for their sleep and schoolwork. Read the blog post to find out more.



posted 2 hours ago by Mr Braddock, Sixth Form teacher

Everybody knows how important it is for students to get a good night's sleep every night. You aren't able to do your best and keep up with all of your responsibilities unless you sleep well. I'm sure you already know that you should go to bed at a reasonable hour. Most experts agree that the optimum number of hours is eight, and this has been accepted as common sense for as long as I can remember. However, I was young once and I know that most of you get much less sleep than that – and in some cases it will be affecting your schoolwork.

I read an interesting article in a teachers' magazine recently. They did a study of 848 students in Wales. Worryingly, the results showed that teenagers are facing a new problem. They may go to bed and get up at appropriate times but a growing number are waking up in the middle of the night, not to use the bathroom or have a snack but because of a new phenomenon: *FOMO – fear of missing out!*

According to the article, schoolchildren are suffering because of a growing trend to wake up during the night to check social media. Afraid of missing a comment or opportunity to take part in a chat, teenagers are waking at all times of the night, going online and getting involved. All this when they should be sound asleep.

Experts are worried about this growing trend and the report reveals some worrying statistics that I'd like to share with you:

- **23% of 12 to 15-year-olds** wake up nearly every night to use social media. Another 15% wake up at night once a week for the same reason.
- **One in three students** are constantly tired and unable to function to their full capacity.
- **Students who use social media during the night** are more likely to suffer from depression and anxiety.

So, I'd like to ask you to be responsible when it comes to social media. Be brave! Switch off your devices at night. The world won't end and your social media will be waiting to greet you in the morning! I give you my word that you won't have missed anything important.

I. Choose the correct option to complete the sentence.

Students won't be able to perform well at school ...

- if they have phones in class.
- unless they use common sense.
- if they don't sleep well.

II. Match the two parts of the sentences.

your mobile at night.	Were involved in study	a growing trend in teenagers
nearly every night	an interesting article	we need eight hours' sleep
affect your school work	to get a good night's sleep	

Students need

Experts think

Getting too little sleep can

A teachers' magazine published

848 Welsh students

FOMO is

Almost a quarter of those tested wake up

The author suggests switching off

III. Write the word to fill the gaps.

FOMO means fear of _____ out. A recent study in a teachers' _____ observed a large group of students in Wales. The _____ of the survey were worrying. Although students go to bed and get up at a reasonable time, they are not getting enough _____. Many students woke up in the middle of the night to _____ their social media. They are afraid of missing a comment or taking part in a _____. These students are more likely to suffer from depression or _____. It is a good idea to _____ off your mobile at night because, of course, the world won't end!

Part II.

Have you got the skills you need for the 21st-century workplace?

We need to develop all kinds of skills to survive in the 21st century. Some, like ICT skills and knowledge of the digital world, are taught explicitly in schools in the UK. Here are five less obvious ones for you to think about. These are the sorts of skills that employers may ask you questions about in interviews, so it's a good idea to think about how good you are in these areas. What are your strengths and weaknesses?

Imagination

In the age of technology that we are living in now, it is no longer enough to keep on making the same products. Employers need people who can imagine new approaches and new ideas.

Think: Think of an object or gadget you use every day. How could it be improved? Can you think of three improvements?

Problem solving

Employers will value workers who are able to see problems before they happen and come up with creative solutions.

Think: Imagine you are organising an end-of-term social event at school. Think of some problems that you could face. Can you think of any solutions?

Communication skills

Workers will have to be good communicators. They will have to be able to negotiate and discuss key issues and also write in a clear way without using too many words.

Think: How do people communicate with each other in the 21st century?

Critical analysis

Employers want workers who are able to recognise the difference between information that can be believed and false information.

Think: Use the internet to find out three facts about a celebrity or famous figure. Can you verify the information by checking other websites?

Decision making

Individual workers have a growing amount of responsibility. It is important to be able to evaluate a situation and be confident in making a decision.

Think: Which three things could you do to (a) be healthier (b) do better at school and (c) help others? Make a decision now to do at least one of these things. Then ... just do it!

I. Are the sentences true or false?

1. 21st-century skills are not taught in schools in the UK.

True

False

2. Employers like workers to be imaginative.

True

False

3. Employers want workers to think about possible problems.

True

False

4. Employers like workers to be original when solving problems

True

False

5. Future workers will need to be able to write concisely.

True

False

6. People communicate with each other less in the 21st century.

True

False

7. Employers believe it is useful to know a lot of information about celebrities.

True

False

8. Employers don't want workers to make decisions without asking them.

True

False

II. Fill the gaps with a word from the box

Teach	differentiate	make	solve	value	discuss	have
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1. UK schools and colleges

ICT skills.

2. Employers

people with ideas for new approaches.

3. Employers like workers who can _____ problems.
4. Workers need to be able to _____ their work with their team.
5. Workers need to _____ their writing skills.
6. It is important that workers can _____ between truth and lies.
7. Employees in the 21st century _____ more responsibility.
8. Employers like their workers to _____ decisions.

Part III

Morning programme

9.00– 9.30	Conference opening <i>Dr Jon Martinez</i>		
9.30– 10.45	Management styles <i>with Helena Clark</i> Consider the different management styles and how you can adapt yours to suit your team.	Giving feedback <i>with Amelia Novak</i> Explore the different ways to give feedback to maximise development.	Managing change <i>with Akira Yoshida</i> Help your employees deal with change and to see the positives change can bring.
10.45– 11.15	Coffee break		
11.15– 12.30	Using storytelling in leadership communication	Leading small businesses	Leading in uncertain times

	<i>with Antoine Martin</i> Sometimes, the best way to communicate with your team is by telling stories. Find out how to do this in this workshop.	<i>with Cheng Wei</i> How is leading small businesses different and how can leaders of small businesses bring success to their team?	<i>with Omar Abboud</i> Uncertainty can affect the success of your team. Learn to bring confidence to your team in a time of uncertainty.
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Afternoon programme

12.30–2.00	Lunch		
2.00–3.15	Managing international projects <i>with Alisa Petrov</i> Consider how to ensure successful intercultural communication in your international teams.	Developing creative thinking in your team <i>with Mariana Silva</i> How can you get your team to think more creatively? Explore the different ideas that can help your team see things in a new way.	Conflict management <i>with Tracy Edwards</i> Conflict can create problems in your team, but managing conflict well can bring about development. Learn how to manage conflict in this workshop.
3.15–4.15	Group discussions		

4.15– 5.00	Conference closing <i>Dr Grace Moloney</i>

I. Are the sentences true or false?

1. Helena Clark thinks that we should know our own management style and not change it.

True

False

2. Amelia Novak believes that we should give feedback to help our employees get better at what they do.

True

False

3. Akira Yoshida will focus on the problems with change

True

Fals

4. Cheng Wei believes that leading small businesses is different from leading big ones.

True

False

5. Omar Abboud thinks that when your team doesn't feel sure about the things happening around them, it can cause problems.

True

False

6. Tracy Edwards believes that conflict is bad and you should not let it happen in your team.

True

False

II. Complete the sentences with the correct word.

Think give explore tell manage deal

1. Being positive and patient will help employees with change.
2. Team leaders should consider how they feedback to motivate their team.
3. Marketing experts say your brand should a story
4. Team members should be encouraged to solve problems together and creatively.
5. Talking about plans with a colleague can help to ideas.
6. It is important that people know how to conflict at work.