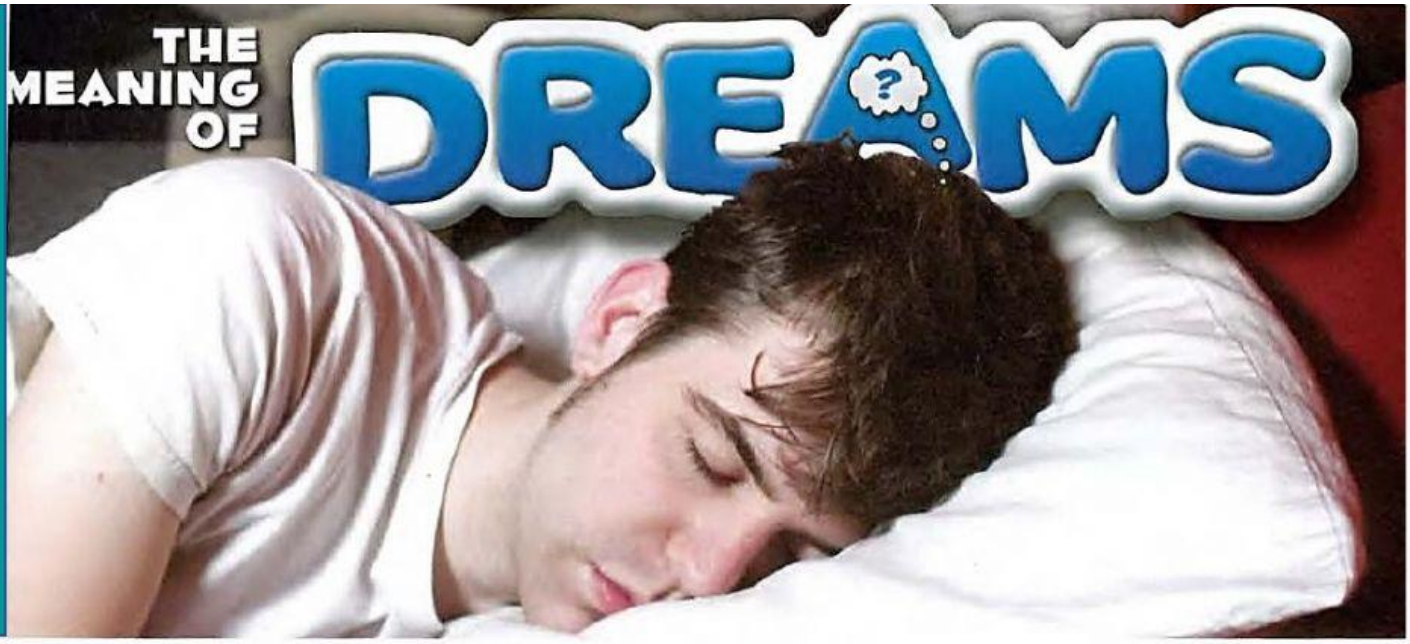
Quiz 1: Reading comprehension



Did you have any good dreams last night?

Dreams come from the part of the brain that contains memories, thoughts, and emotions. You dream during a stage of sleep called REM.[1] You can have up to six dreams a night, and each dream usually lasts from 10 to 40 minutes.

Whether or not people remember dreams depends on the individual. Some people remember many of their dreams while others do not.

But what do your dreams mean? Alan Siegel is a scientist who studies dreams. "Dreams help us get in touch with our deeper feelings," he says. "They can tell us a lot about ourselves, and may even help us figure out[2] problems."

Here are a few common dreams.



Dream 1: You Meet Someone When You Are Wearing Your Pajamas (or Nothing at All!)

This dream may be the result of an embarrassing[3] event in your life. Your brain is trying to help you deal with[4] the event.

Dream 2: You're Flying



This is a good period in your life. You may feel that other people look up to you as a leader.

Dream 3: You Didn't Study for a Test

This means you are under pressure. You are worried about a major event in the future. If you're not prepared for the event, your dream could be telling you, "It's time to get to work!"



[1] **REM** (Rapid Eye Movement) is a stage of sleep when people dream.
[2] If you **figure out** a solution to a problem, you succeed in understanding it.
[3] If something is **embarrassing**, it makes you feel shy or ashamed.
[4] If you **deal with** a problem, you try to do something about it.

LIVEWORKSHEETS

Reading Comprehension

A. Multiple Choice. Choose the best answer for each question.

Main Idea **1.** What is the main idea of the reading?
a. Everyone has dreams, but not everyone remembers them.
b. Dreams come from only one part of the brain.
c. Most people don't know what their dreams mean.
d. Dreams can help us to understand ourselves and our feelings.

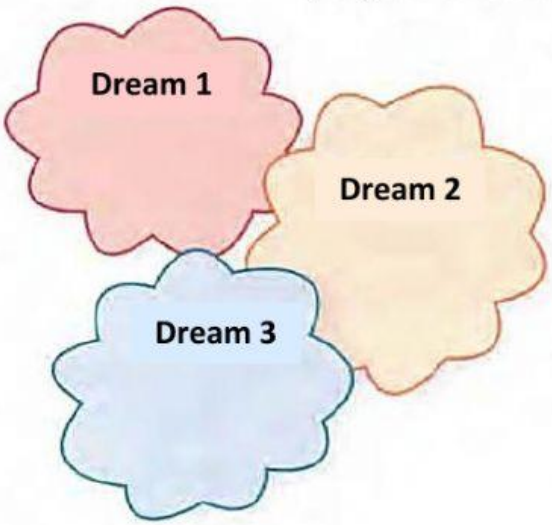
Detail **2.** Which of the following will you probably NOT have?
a. a dream that lasts 15 minutes
b. a dream that lasts 25 minutes
c. a dream that lasts 40 minutes
d. a dream that lasts 60 minutes

Paraphrase **3.** In line 8, another way to say *get in touch with* would be _____.
a. talk to
b. remember and then forget
c. stay away from
d. connect with and understand

Detail **4.** According to the passage, which of the following is true about dreams?
a. If you dream you're wearing no clothes, something embarrassing probably happened to you.
b. If you dream you are flying, this is probably a difficult time in your life.
c. If you dream you didn't study for a test, you are probably not getting enough sleep at night.
d. If you dream you didn't study for a test, then you have nothing to worry about.

Paraphrase **5.** In line 17, another way to say *look up to you* would be _____.
a. are careful when they're with you
b. think good things about you
c. like to talk to you
d. dream about you

B. Classification. Five people are describing an experience. Which dream from the passage will each person probably have? Write each answer (**a**–**e**) in the correct space (1–3).



a. "I have to finish this paper tonight! If I don't hand it in on time, I'll get a bad grade!"
b. "I felt terrible. I fell on the stairs, and everyone laughed at me!"
c. "My life is great! I don't have any problems, and I'm really happy!"
d. "Everyone else was wearing the right clothes. I just came in jeans and a T-shirt!"
e. "The concert is in two days, and I haven't had much time to practice my violin!"

LIVEWORKSHEETS