



Seven Reasons to
Keep a Diary
by Margaret Wolfinger

Language Arts Quiz.

Read the question. Write an x next to the correct response.

What is an example of how writing in a diary can provide solace? (1pt)

- Writing a diary can help improve memory.
- Writing a diary can help the future you.
- Writing a diary can provide relief from trauma.
- Writing a diary can help improve your academic writing.

Which of the following claims does the article say is supported by research? (1pt)

- Writing reduces recovery times because it increases blood flow.
- Writing improves memory.
- Teenagers who keep diaries get better grades in school.
- People who express thanks in writing feel happier than those who don't.

In what way can writing in a diary be like therapy? (1pt)

- You don't have to pay for it.
- It can help you understand yourself better.

You'll be able to communicate with others.
 Your grades will improve.

Which of the following things is NOT something the article says writing in a diary can improve? (1pt)

health
 sleep
 happiness
 income

What is healthy about writing in a diary? (2pts)

Select and join a word from the article to its definition. (2pts)

SKEPTICAL

MEDICAL PROCEDURE

BIOPSY

HELP TO GROW

SOLACE

DOUBTFUL

CULTIVATE

CONFORT