



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

BIOPSY

SOLACE

CULTIVATE

MEDICAL PROCEDURE

HELP TO GROW

DOUBTFUL

CONFORT