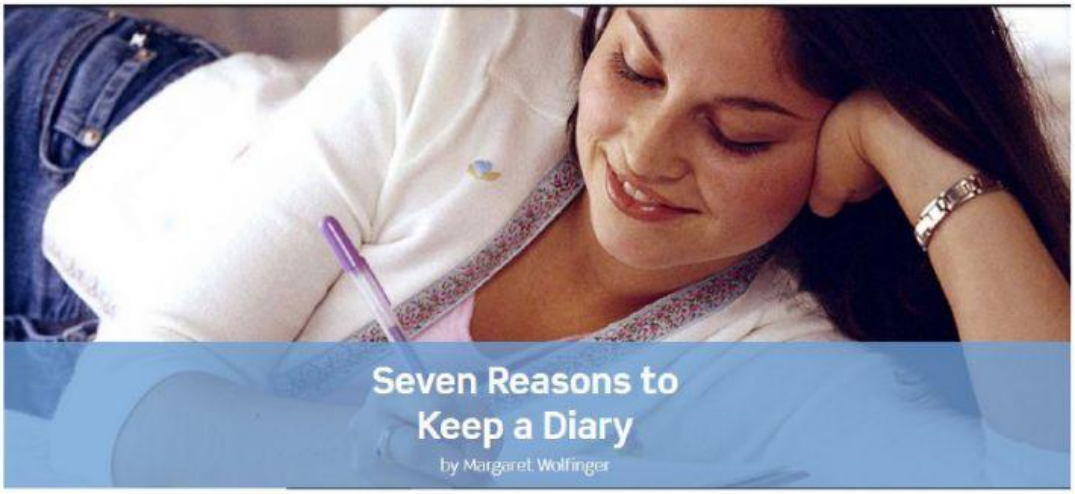


Language Arts Quiz.

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.

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_____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

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