MODULE G

PART 1: Read the article below and then answer the questions. (60 PTS)

DREAM CONTROL

I Dreams can be strange and even frightening. One moment you are flying through the sky, and the next you're being chased through tall grass by an enormous cat. A dream can seem so real that when you wake up you might quickly glance around the room to be sure nothing is lurking in a corner. But some people don't need to fear such nightmares. While they are asleep they realize they're just dreaming, and sometimes they are even able to control the content of the dream. This unusual mental state has been named "lucid dreaming."

II Although accounts of lucid dreaming have existed since ancient times, it only became the subject of extensive research in the late 1970s. Before that, scientists were doubtful that lucid dreams were in fact genuine dreams; they simply assumed that the experiences people described had occurred in short periods of wakefulness during the night. But even if they had wanted to study the phenomenon, at the time there was no way of finding out what was going on in people's minds while they were asleep.

III An ingenious solution to the problem was found in 1975 by Keith Hearne, a psychologist who had long been fascinated by reports of lucid dreaming. Hearne happened to meet Alan Worsley, a young man who claimed to have lucid dreams regularly. Knowing that dreaming involves rapid and random eye movements, Hearne devised a way for Worsley to indicate that he was having a lucid dream: he trained Worsley to move his eyes from side to side exactly eight times whenever such a dream occurred. Their sessions together produced the first detailed findings on the phenomenon.

VI Hearne's work opened the door to further research by other scientists. Among other things, they found that lucid dreams usually occur in the early morning, last about two minutes, and often follow a day of intense emotional experiences. Furthermore, experiments using brain scanning techniques have shown that the part of the brain responsible for logical thought, which is usually inactive during ordinary dreaming, "switches on" during lucid dreaming, enabling the person to take control of the dream.

V Lately, lucid dreaming has begun featuring in the popular media. Stories have been published of athletes saying they're more likely to win a race if they have a lucid dream of victory the night before. And new courses are being advertised that promise to teach you how to make sure all your dreams have a happy ending. Scientists, however, warn against taking this claim seriously, insisting there is no evidence that everyone can be trained to have lucid dreams. Even techniques developed and used in sleep laboratories, they say, have

been successful with no more than 10% of the people tested. And so, for most of us, waking up is still the best way to escape that giant monster waiting to attack.

Question 1

What do we learn from the first paragraph?

1. What makes a lucid dream frightening.

2. What helps people realize that they are just dreaming.

3. How lucid dreaming differs from ordinary dreaming.

4. Why some dreams seem more real than others.

Question 2

In paragraph II we are told why (–).

1. scientists have always wanted to study lucid dreaming

2. no research was done on lucid dreaming before the late 1970s

3. lucid dreams might occur when the person is awake

4. most people wake up several times during the night

Question 3

In paragraph III the writer explains what Hearne did in order to (-).

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Question 4

All the facts mentioned in lines 24-25 are given as an examples of

_____

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Question 5

What difference between ordinary and lucid dreaming is presented in paragraph VI?

1. A difference in the content of the dream.

2. A difference in the length of the dream.

3. A difference in the emotions experienced during the dream

4. A difference in brain activity during the dream.

Question 6

Why might people want to have lucid dreams? Give ONE answer. Base your answer on the information in lines 30-34.

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Question 7

From paragraph V we learn why scientists (–).

1. don't believe the stories in the media

2. object to the courses that are being advertised

3. doubt the value of lucid dreaming

4. claim that nobody can control their dreams

Question 8

According to paragraph V, the techniques used in sleep laboratories have not been very successful.

Successful in doing what?

In_____

_____

PART II: WRITTEN PRESENTATION (40 points)

Write 120-140 words in English on the following topic.

Do you think it is a good idea for teens to work during the summer?

Write a composition stating and explaining your opinion.