

## Exercise Lesson 2: Practice skimming & scanning for summary.

### 1. Article: Illegal Abortion and Health

Illegal abortion is still a serious problem in many countries. Without safe medical care, women may use dangerous methods. The World Health Organization says 45% of all abortions worldwide are unsafe, and most are in developing countries.

Unsafe abortions can cause infections, infertility, and even death. Doctors say better education, contraception, and safe clinics could prevent many of these problems.

In some countries, strict laws make abortion almost impossible. This forces women to find secret help from unqualified people. Many health experts believe women's safety must come first, even if the debate continues.

**(Skim) Write 1 Main idea**

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**(Scan) Find 3 Key details**

1) \_\_\_\_\_

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2) \_\_\_\_\_

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3) \_\_\_\_\_

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**Combine into summary**

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## 2. Lifestyle: Sleeping Late

Many students and workers often sleep after midnight to study, play games, or use social media. Doctors warn that sleeping late can lead to heart problems, obesity, and depression. It also makes people more likely to get sick.

A study from Tokyo University found that people who sleep after midnight are 25% more stressed than early sleepers. Students with late habits also scored lower on exams.

Experts recommend avoiding screens before bed, making a routine, and getting 7–8 hours of sleep each night. Better sleep can improve both health and daily performance.

**(Skim) Write 1 Main idea**

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**(Scan) Find 3 Key details**

1) \_\_\_\_\_

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2) \_\_\_\_\_

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3) \_\_\_\_\_

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**Combine into summary**

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