Review Unit 1

Fluency Strategy: SQ3R

SQ3R is a simple way to help you be a better, more fluent reader and to increase your reading comprehension. SQ3R stands for **Survey**, **Question**, **Read**, **Review**, **Recite**.

Survey

Survey is similar to the **A**—for *Activate prior knowledge*—in the **ACTIVE** approach to reading. When you survey a passage, you prepare yourself by skimming quickly through the passage. Read just the title, the headings, and the first sentence in each section of the passage. Look for and read words that are written in **bold** or *italics*. Look at any pictures and read any captions. Through the survey, you prepare yourself to read.

Look at these extracts from the passage on the next page, then go on to the Question section below.



The Freshman Fifteen

You may not have heard the words *freshman fifteen* before, but they are very important for students who are entering college. A *freshman* is a first-year college student.

Making the wrong choices

How to stay healthy

Question

Before you read the passage on the next page, ask yourself: *What do I want to learn as I read?* Write two or three questions that you hope to answer as you read.

1 _____

2 _____

3 _____

Read

After you have done the survey and question stages of **SQ3R**, you are ready to **read**. You should focus on comprehending the material, moving your eyes fluently through the passage.

Read *The Freshman Fifteen*. As you read, keep the 12 tips on pages 8 and 9 in mind. By combining these tips and **SQ3R**, you will improve your reading fluency.

LIVEWORKSHEETS

The Freshman Fifteen



You may not have heard the words *freshman fifteen* before, but they are very important for students who are entering college. A *freshman* is a first-year college student. And the *fifteen* refers to fifteen pounds—the fifteen pounds (about seven kilograms) of weight many American students will gain in their first year at college. There are a few reasons why first-year college students often gain weight. The most common reason is that many college students just don't eat right. However, it's encouraging to know that it's really quite easy for students to avoid gaining those fifteen pounds.

Making the wrong choices

College kitchens serve many kinds of food. New students often gain weight because they are choosing to eat a lot of unhealthy food, especially when their parents are not around to advise them on what they should eat. Some students may also buy snacks to eat while they are studying. The average college student often stays up late at night, so he or she might eat a lot of fast food and drink a lot of soda because these things are easy to get at night. Furthermore, college students often have less time for walking, running, and doing sports because they are busy with their schoolwork or other college activities.

How to stay healthy

However, if you're careful, you can avoid gaining the freshman fifteen. Here are some ideas for staying healthy at college:

- Eat only when you are hungry, not when you're bored.
- Fill half of your plate with vegetables.
- Don't eat desserts that are full of sugar; have some fruit after dinner instead.
- Try not to eat while you study, or keep healthy snacks like baby carrots nearby.
- Always eat at the dinner table and never in front of the TV or the computer.
- Choose water over sugary drinks.
- Try to get out of your room regularly for some fresh air and exercise.

Remember that the freshman fifteen can happen to anyone. Make a deal with your friends to try and eat healthy food together. Walking, running, and playing sports is always more fun with friends, too. Help each other eat right and stay fit, and you can have a happy and healthy freshman year.

LIVEWORKSHEETS

Review

After you have read the passage, you should **review** what you have read. This is the review stage of **SQ3R**. Review the questions that you asked yourself before reading.

A Did you find answers to your questions on page 41? Write the answers below.

1 _____

2 _____

3 _____

B **Choose the correct answers for the following questions.**

1 The *freshman fifteen* refers to _____.
- **a** weight that high school students gain
- **b** fifteen pounds of food that first-year students eat
- **c** weight that first-year college students gain
- **d** fifteen students who eat junk food

2 The purpose of this passage is to _____.
- **a** get students ready to gain fifteen pounds
- **b** sell healthy food to new students
- **c** help new college students to stay healthy
- **d** show the mistakes students make in their schoolwork

3 Which of these ideas about eating right is NOT mentioned in the passage?
- **a** eating vegetables
- **b** not eating unless you are hungry
- **c** choosing fruit for dessert
- **d** eating less red meat

4 What advice does the passage give about sports?
- **a** Students should do sports with their friends.
- **b** Students should study before doing sports.
- **c** Students should join a sports team.
- **d** Students should exercise less and study more.

5 Which of these ideas would the writer of the passage probably agree with?
- **a** Gaining fifteen pounds just can't be avoided.
- **b** Staying healthy is easier with friends' help.
- **c** You should eat while you study.
- **d** Some students can eat anything they want.

Recite

The final step of **SQ3R** is to **recite** what you have learned. The important thing is that you close your book and remember what you have read. You can recite what you've learned in different ways.

- If you are alone, write down the key information that you learned as you were reading.
- If you have a partner, talk to them about what you have read.

LIVEWORKSHEETS

SELF CHECK

Answer the following questions.

1 Have you ever used the **SQ3R** method before?

☐ *Yes* ☐ *No* ☐ *I'm not sure.*

2 Do you think **SQ3R** is helpful? Why, or why not?

3 Will you practice **SQ3R** in your reading outside of English class?

4 Which of the six passages in units 1–3 did you enjoy most? Why?

5 Which of the six passages in units 1–3 was easiest? Which was most difficult? Why?

6 What have you read in English outside of class recently?

7 What distractions do you have when you read? What can you do to reduce those distractions?

8 How will you try to improve your reading fluency from now on?

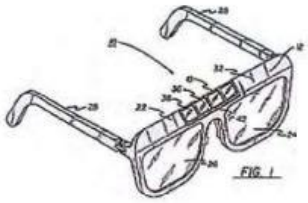
LIVEWORKSHEETS

Review Passage 1: Four Funny Inventions

Fluency Practice

Time yourself as you read through the passage. Record your time in the Reading Rate Chart on page 176. Then answer the questions on the next page.

Four Funny Inventions



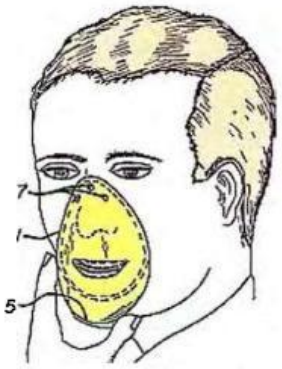
Time Temp Glasses

Have you always wanted to keep an eye on the time *and* temperature at the same time? Then you'll love the Time Temp Glasses! These special glasses show the time above your right eye and the temperature above your left eye. It is certainly easier than wearing a wristwatch, and you'll never have to guess the temperature again.

Alarm Fork



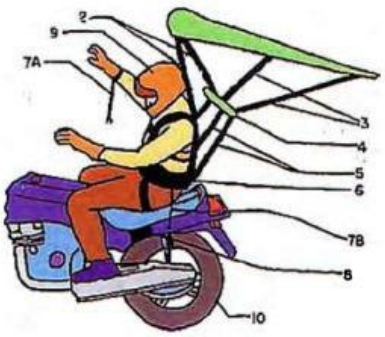
Do you eat too quickly? Do you eat too much? The Alarm Fork can help you. This special fork has two lights: one green and one red. When the green light is on, it's OK to take a bite of food. The fork *knows* when you take a bite, and the red light will go on. Then, you must wait for the green light to come on again before you take another bite. This will help you eat slowly and eat less as well!



Smell This

How do you know when you have bad breath? Your friends probably don't want to tell you, and it's hard to smell the air that comes out of your own mouth. Now you can avoid embarrassment with the Smell This machine. It covers your nose and your mouth, so you can always smell your own breath. So does it smell nice...or do you need a piece of gum?

Crash Wing



Riding a motorcycle can be an awesome experience, but it can also be a dangerous one. Make your ride safer with the Crash Wing. This safety device is worn on your back like a backpack, with part of it attached to the motorcycle. If you are thrown from your bike, the Crash Wing opens, spreading its wings. The wings lift you up into the air and help you float safely back to the ground. With Crash Wing, you can ride your motorcycle with confidence!

307 words **Time taken** _____

LIVEWORKSHEETS

Reading Comprehension

Choose the correct answers for the following questions.

1 Why did the writer choose to write about these four inventions?
- **a** They are all dangerous.
- **b** They are all very important.
- **c** They are all unusual.
- **d** They are all expensive.

2 Who would find the Time Temp Glasses most useful in their job?
- **a** a writer
- **b** a weather reporter
- **c** a doctor
- **d** a police officer

3 When using the Alarm Fork, the green light means _____.
- **a** your food is ready to eat
- **b** your food is properly cooked
- **c** you can take another bite
- **d** you should wait to take another bite

4 People should use the Crash Wing to _____.
- **a** carry birds on a motorcycle
- **b** stop their motorcycles from crashing
- **c** float through the air
- **d** keep safe when riding their motorcycles

5 Which invention should you use if you're trying to lose weight?
- **a** Time Temp Glasses
- **b** Alarm Fork
- **c** Smell This
- **d** Crash Wing

6 Which invention should you use before talking to people?
- **a** Time Temp Glasses
- **b** Alarm Fork
- **c** Smell This
- **d** Crash Wing

LIVEWORKSHEETS

Review Reading 2: My Working Holiday

Fluency Practice

Time yourself as you read through the passage. Record your time in the Reading Rate Chart on page 176. Then answer the questions on the next page.

Traveler's Corner Summer Edition

My Working Holiday

Would you like to go on a holiday, and earn money at the same time? Go on a working holiday! Here are three places to try.



A Ski Resort

For anyone who loves the snow, helping out at a ski resort is hardly what you would call work. Most workers ski as part of their job and can usually go skiing on the resort's slopes during their free time. Of course, that's why there is so much competition for these jobs. There are many things you could do, like being a ski instructor, a ski lift operator, or a groundskeeper.[1] You can also work inside the hotels. The work is fun, but the pay is usually quite low. However, for anyone who loves the outdoors and skiing, such an opportunity is not to be missed!



A Fruit Farm

If you don't mind getting a little dirty, a farm job is an excellent choice for a working holiday in spring or autumn. The job usually involves helping farmers pick fruit and plant seeds. You might also help make jams and baked goods with the fruits you pick and even get to sell your creations at local farmer's markets. While the pay isn't much, farms usually give workers food and a comfortable place to sleep for free. The best part about such work is that farms are found all over the world, from New Zealand, to India, to Ecuador.



On a Yacht or Cruise Ship

Want to get paid to see the world? Find a job on a tourist yacht or a cruise ship! You'll get to visit exotic places and even some hard-to-reach islands. There are many kinds of jobs available, from cooking and cleaning to organizing fun activities for the guests. Working on a ship can be stressful because there are so many things to do, and you have to take care of many people. You should be able to work well in a team and under pressure. During the warmer seasons, you can stay cool in places like Alaska. When it turns cold, you can stay warm by visiting the Caribbean. It's not the most highly-paid job, but it's surely the most exciting!

[1] A **groundskeeper** is the person who takes care of a park or sports ground.

384 words **Time taken** _____

LIVEWORKSHEETS

Reading Comprehension

Choose the correct answers for the following questions.

1 Where can you find work all year round?
- **a** on a ski resort
- **b** on a fruit farm
- **c** on a cruise ship
- **d** none of the above

2 In line 5, why is helping out at a ski resort *hardly work*?
- **a** You are not paid enough.
- **b** You don't have to work very hard.
- **c** You'll enjoy it too much.
- **d** You'll have a lot of free time.

3 Which of these jobs will let you travel?
- **a** a job as a ski instructor
- **b** a job picking fruit at a farm
- **c** a job selling things at farmer's markets
- **d** a job taking care of guests on a cruise ship

4 In line 29, the passage says that workers on a cruise ship must be able to work *under pressure*. This means they _____.
- **a** a can handle stressful situations
- **b** do not get seasick easily
- **c** can work for long hours
- **d** have many different skills

5 Which is NOT something these jobs have in common?
- **a** You won't earn very much.
- **b** You get a free place to stay.
- **c** You get to meet people.
- **d** You'll get a little dirty.

6 This article is meant for _____.
- **a** hotel managers
- **b** students
- **c** ski instructors
- **d** working adults

LIVEWORKSHEETS