Sleep and Academic Performance

University students often struggle to balance classes, assignments, work, and social activities. As a result, many students do not get enough sleep. According to health specialists, adults generally need between seven and nine hours of sleep each night. Several studies suggest that sleep affects concentration, memory, and learning. Students who get fewer hours of sleep may find it difficult to focus during lectures or remember information during exams. In some cases, lack of sleep can also increase stress and anxiety.

Many students believe that studying late at night improves academic performance. However, some researchers argue that sleeping adequately may be more beneficial than studying for several extra hours. As Dr. Helen Carter explains, “Rest allows the brain to process and organize information.”

Technology also plays a role in sleeping habits. Experts point out that using phones or computers before bedtime may reduce sleep quality. For this reason, some specialists recommend avoiding screens before sleeping.

Ultimately, maintaining healthy sleeping habits may contribute to better academic performance. Although students often have busy schedules, many educators emphasize that sleep should be considered an important part of learning.

1. What is the main idea of the article?

a. Students should study longer every night.
b. Sleep may influence academic performance and well-being.
c. Technology should be banned at universities.
d. Most students sleep nine hours every night.

2. Which phrase best reflects hedging?

a. Without a doubt
b. Students always perform better.
c. May contribute to better academic performance.
d. There is no question that

3. According to the article, why do some students sleep less?

a. They dislike sleeping.
b. They travel abroad.

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c. They study, work, or use electronic devices late at night.
d. Their professors require it.

4. Which reporting phrase appears in the text?

a. I strongly believe
b. Researchers suggest
c. Everybody knows
d. In my opinion

5. What is the purpose of paragraph 4?

a. To give recommendations about sleep habits.
b. To discuss transportation.
c. To criticize students.
d. To explain university policies.

6. What type of text is this?

a. A personal story
b. An academic informational article
c. A news report
d. A product advertisement

7. What is the author's purpose?

a. To entertain readers.
b. To promote a sleep product.
c. To explain how sleep may influence academic performance
d. To describe one student.

8. **What does the example about using phones before bed suggest?**

a. Technology always causes poor grades.
b. Universities should ban technology.
c. Students should never use phones.
d. Electronic devices may negatively affect sleep quality.

Artificial Intelligence in University Learning

Artificial intelligence has become increasingly common in higher education. Many students use AI tools to check grammar, summarize information, or generate ideas for assignments. According to educational experts, these technologies may support learning when used appropriately.

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Some researchers argue that AI can improve student independence. For example, language learners may receive immediate feedback on their writing, while other students can review explanations of difficult concepts at their own pace.

However, concerns about academic honesty continue to exist. Several instructors point out that students may become too dependent on technology if they rely on AI to complete assignments. In some cases, students may submit work without fully understanding the content.

Universities have responded in different ways. Some professors encourage limited use of AI tools, while others establish clear restrictions. As many educators explain, students should understand both the advantages and limitations of these technologies.

Ultimately, artificial intelligence presents both opportunities and challenges. Effective use of these tools requires responsible decision-making and careful consideration of academic integrity.

1. What is the author's main purpose?

a. To explain both advantages and disadvantages of AI in education.
b. To ban AI tools.
c. To teach programming.
d. To promote one specific application.

2. Which sentence shows attribution?

a. AI is dangerous.
b. According to educational experts, these technologies may support learning.
c. Students love technology.
d. AI is the future.

3. Which word functions as a hedge?

a. Always
b. Never
c. May
d. Certainly

4. What does the example about language learners suggest?

a. AI can support certain learning tasks.
b. All students need AI.

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c. AI replaces teachers.
d. Language learning is difficult.

5. According to the text, what concern do instructors have?

a. Students read too much.
b. Students may depend too heavily on AI.
c. AI is too expensive.
d. Universities have enough policies.

The Importance of Participation in Class

Participation is often considered an important part of university learning. Many instructors encourage students to ask questions, share ideas, and contribute to discussions. According to educational researchers, active participation may improve understanding and engagement.

Some students feel comfortable speaking during class, while others prefer to listen quietly. Researchers suggest that personality, confidence, and language ability can influence participation levels. In some cases, students may avoid speaking because they fear making mistakes.

Professors use different strategies to encourage participation. Group discussions, online forums, and small activities may help students feel more comfortable expressing their opinions. As several instructors explain, participation does not always mean speaking in front of the entire class.

Technology has also changed classroom interaction. Some students participate through online platforms or anonymous responses. These tools may increase involvement, especially among quieter students.

Ultimately, participation can support learning in different ways. Although students contribute differently, many educators believe that active engagement helps create a more effective learning environment.

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1. What is the main idea of the article?

a. Only outgoing students succeed.
b. Participation can support learning in different ways.
c. Technology should replace discussions.
d. Professors talk too much.

2. Which phrase demonstrates hedging?

a. Participation always improves learning.
b. Active participation may improve understanding.
c. Participation certainly helps everyone.
d. There is no doubt.

3. Which factor may influence participation?

a. Personality and confidence.
b. Age only.
c. Major only.
d. Transportation.

4. What is the function of paragraph 4?

a. To discuss technology and participation.
b. To explain grading policies.
c. To describe exams.
d. To discuss sleep habits.

5. Which expression is the most formal?

a. Lots of teachers think
b. Some instructors explain
c. Everybody says
d. I think

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