

## Using hypnosis to combat stress

Vocabulary

**A** Find words in the reading with these meanings.

1. People who practice hypnosis (par. 3)      hypnotists
2. People who are young (par. 3)      \_\_\_\_\_
3. A person who studies psychology (par. 4)      \_\_\_\_\_
4. People who provide entertainment (par. 4)      \_\_\_\_\_
5. People who educate students (par. 6)      \_\_\_\_\_
6. A person who represents a group (par. 10)      \_\_\_\_\_

Fact or opinion

**B** Check (✓) the correct column.

		Fact	Opinion
1.	Some schools are offering hypnosis to students in an effort to improve their test results.	✓	
2.	The plan will start in more than 200 schools in West Yorkshire.		
3.	Schools are targeting students who suffer from stress and nerves.		
4.	If carried out by trained people, hypnosis can be of great help to people who are nervous.		
5.	The strain of lessons will only increase.		
6.	Nonstop testing causes nervousness among many students.		

Restatements

**C** Compare the meaning of each pair of statements. Write same (S) or different (D).

- D 1. We want to help children who get so nervous that their studies and exam performances suffer.  
Students get very nervous because their studies and exam performances suffer, so we'd like to help them.
- \_\_\_\_\_ 2. It is not uncommon for many students to be nervous in the time leading up to tests.  
Students often feel worried before they have tests.
- \_\_\_\_\_ 3. This unusual way of trying to relieve school-time stress comes after many educators have criticized the examination system in Britain.  
Many teachers have criticized this unusual way of trying to relieve school-time stress in Britain.
- \_\_\_\_\_ 4. Although some educators agree that stress is a widespread problem among students, they have doubts about the use of hypnosis to alleviate it.  
Some teachers agree that stress is a big problem for students, but they don't think hypnosis is the answer.

## Psychic solves crimes

Scanning

**A** Check (✓) the crimes that are mentioned in the article.

- |  |   |
|--|---|
| <input type="checkbox"/> arson                     | <input type="checkbox"/> money laundering |
| <input checked="" type="checkbox"/> bank robberies | <input type="checkbox"/> murder           |
| <input type="checkbox"/> drunk driving             | <input type="checkbox"/> stalking         |
| <input type="checkbox"/> fraud                     | <input type="checkbox"/> terrorism        |
| <input type="checkbox"/> kidnapping                | <input type="checkbox"/> theft            |

Context clues

**B** Find these sentences in the reading. Then circle the meaning of the words in *italics*.

- “After that, *word got round*, and it was not long before other police officers came to call, asking if I could help out,” . . . (par. 2)
  - many people found out
  - many people bought newspapers
  - many people received visions
- “You often *pick up* the pain of the victims. . . .” (par. 3)
  - sense
  - worry about
  - read about
- In 1989, Ms. Jones almost *single-handedly* solved a murder in southeast London. (par. 3)
  - with only one hand
  - without being married
  - without any help
- “ . . . Sometimes I think *I’ve done my bit* for society.” (par. 6)
  - I have effectively helped
  - I’ve caused problems in
  - I’m not useful to

Inferencing

**C** Check (✓) the signs that you may have psychic ability.

1. You see pictures in your head of crime scenes.
2. You have an extraordinary relationship with the police.
3. You can sense where stolen money is.
4. You sometimes feel the pain of victims.
5. You receive gifts from officers investigating crimes.
6. You keep your mind open to the paranormal.
7. You think about terrible things all the time.

## What is a near-death experience (NDE)?

Details

**A** Mark each sentence true (T) or false (F).

- T   1. Most people who have been very close to death do not report having a near-death experience.
2. A near-death experience can be a life-changing experience.
3. Most people describe their near-death experiences in the same way, regardless of social or cultural background.
4. The type of near-death experience people have depends on whether they have had good or bad lives.
5. Most near-death experiences involve both extreme happiness and extreme fear.
6. Every near-death experience is different.

Details

**B** Complete the summary of a woman's near-death experience. Circle the correct words.

A woman is (1) **killed** / **injured** in an accident, and her heart stops beating. It feels like her spirit has (2) **entered** / **left** her body. She is (3) **over** / **under** her body, watching the doctors trying to make her heart beat again. The woman sees a (4) **white light** / **dark cliff** at the (5) **beginning** / **end** of a tunnel. She moves through the tunnel, (6) **toward** / **away from** the light. As she is moving, she meets some relatives who (7) **are still alive** / **have already died**. Suddenly, the woman is standing on one side of a river. She hears a voice say, "Don't cross the river. It's (8) **your** / **not your** time." She decides (9) **to cross** / **not to cross** the river. The woman feels her spirit (10) **leave** / **enter** her body, and then she wakes up.

Context clues

**C** Find the words in *italics* in the reading. Circle the meaning of each word.

- |                                    |  |
|------------------------------------|--|
| 1. <i>permanently</i> (par. 1)     | 4. <i>major</i> (par. 5, bullet 7)       |
| a. for ever                        | a. important                             |
| b. never                           | b. not important                         |
| 2. <i>varies</i> (par. 2)          | 5. <i>barrier</i> (par. 5, bullet 9)     |
| a. is different                    | a. something easy to cross               |
| b. is the same                     | b. something difficult to cross          |
| 3. <i>bliss</i> (par. 5, bullet 3) | 6. <i>previously</i> (par. 5, bullet 11) |
| a. sadness                         | a. before that time                      |
| b. happiness                       | b. after that time                       |

CHALLENGE

**D** Check (✓) the statement that you think best matches the author's opinion.

1. People who have near-death experiences are likely to become better people.
2. People who have near-death experiences have stronger psychic powers than other people.
3. Near-death experiences are similar to what people experience when they actually die.