

### Practice 9.1: Choose the best summary

1. Original: The equipment is the first major difference between American football and soccer. In American football, the players need to wear protective clothing because it can be a dangerous game to play. The players need to wear helmets to protect their head, mouth guards for their teeth, and large pads for their shoulders and back. The players use a brown ball that is pointed on the ends. On the other hand, soccer players do not need to wear helmets and lots of protective pads. The players just have pads to protect their shins, and the goalie wears gloves. The ball they use in soccer is round. The ball is usually a bright color like white. Soccer and American football definitely require different equipment to play them.

- a) American football and soccer have different clothing, which is the biggest difference between the two sports when people play them.
- b) The equipment is different in American football and soccer.
- c) American football and soccer are different due to the equipment required to play each one, namely the protective clothing (helmets and pads) and the ball that is used to play.

2. Original: Exercise is important because it improves your mental health. First, exercise is the healthiest way to deal with stress. When we have too much stress, our mental and emotional health is affected negatively. Exercise can reduce this impact. Exercise can also influence the balance of chemicals we have inside our bodies. Exercise releases endorphins into our bodies and that can help us feel better or not be depressed. These emotional benefits are very helpful. Exercise also helps us think more clearly because it brings more oxygen to the brain. If you watch how you feel when you exercise, you will notice that your mood and mental clarity improve.

- a) Exercise improves your mental health.
- b) Due to mental health benefits like reducing stress, balancing chemicals, releasing endorphins, and helping us think more clearly, exercise is essential.
- c) Exercise improves your mental health. First, exercise is the healthiest way to deal with stress. Exercise can also influence our chemical balance. Exercise also helps us think more clearly because it brings more oxygen to the brain.
- d) Exercise is important because your mental health is more important than your physical health and exercise is effective at improving your mental health.

### Practice 9.2: Write a 1-2 sentence summary

Behavioral economics is a field of economics that incorporates the studies of psychology, neuroscience and sociology to better understand the decision-making processes of individuals (The Observer, 2017). This fairly new subject aims to gain a deeper understanding of why people, at times, make choices that are irrational and the thoughts and emotions that underpin the decisions made (The Guardian, 2017). Decisions, according to Samson (2018), such as whether to pay more for a certain brand, how much to spend on a holiday and which candidate to support in a public vote all involve a decision-making process and it is this mechanism that behavioral economists attempt to understand in order to predict human behavior.

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### Practice 9.3: Paraphrase or Plagiarism?

#### ORIGINAL SOURCE:

The cause of autism has also been a matter of dispute. Its incidence is about one in a thousand, and it occurs throughout the world, its features remarkably consistent even in extremely different cultures. It is often not recognized in the first year of life, but tends to become obvious in the second or third year. Though Asperger regarded it as a biological defect of affective contact—innate, inborn, analogous to a physical or intellectual defect—Kanner tended to view it as a psychogenic disorder, a reflection of bad parenting, and most especially of a chillingly remote, often professional, "refrigerator mother." At this time, autism was often regarded as "defensive" in nature, or confused with childhood schizophrenia. A whole generation of parents—mothers, particularly—were made to feel guilty for the autism of their children.

#### PARAPHRASE A

In "An Anthropologist on Mars," Sacks lists some of the known facts about autism. We know, for example, that the condition occurs in roughly one out of every thousand children. We also know that the characteristics of autism do not vary from one culture to the next. And we know that the condition is difficult to diagnose until the child has entered the second or third year of life. As Sacks points out, often a child who goes on to develop autism will show no sign of the condition at the age of one (247).

Sacks observes, however, that researchers have had a hard time agreeing on the causes of autism. He sketches the diametrically opposed positions of Asperger and Kanner. On the one hand, Asperger saw the condition as representing a constitutional defect in the child's ability to make meaningful emotional contact with the external world. On the other hand, Kanner regarded autism as a consequence of harmful childrearing practices. For many years confusion about this condition reigned. One unfortunate consequence of this confusion, Sacks suggests, was the burden of guilt imposed on so many parents for their child's condition (247-48).

#### PARAPHRASE B

The cause of the condition autism has been disputed. It occurs in approximately one in a thousand children, and it exists in all parts of the world, its characteristics strikingly similar in vastly differing cultures. The condition is often not noticeable in the child's first year, yet it becomes more apparent as the child reaches the age of two or three. Although Asperger saw the condition as a biological defect of the emotions that was inborn and therefore similar to a physical defect, Kanner saw it as psychological in origin, as reflecting poor parenting and particularly a frigidly distant mother. During this period, autism was often seen as a defence mechanism, or it was misdiagnosed as childhood schizophrenia. An entire generation of mothers and fathers (but especially mothers) were made to feel responsible for their offspring's autism (Sacks 247-48).