

Teaching tips

You can first get Ss to understand the term “persuasive speech”, and then ask them to think of some methods that are usually helpful in persuading people. Finally you can use the methods introduced in the Student’s Book to summarize.

Reference answers

Don’t stay up late

How many hours do you sleep every day? What time do you go to bed every night? Even without waiting for your answers, I can safely say that most of you sleep no more than six hours a day. Many of you have developed the habit of not going to bed until 12 or 1 o’clock in the morning, and then naturally you don’t get up until very late.

Staying up late and getting up late is fairly common among us college students. However, this is a really bad habit. As a student who used to go to bed late, but has now overcome the problem, and is enjoying many of the benefits of going to bed early, today, I will speak about why staying up late is bad for you so that you will change this bad habit, too. I will first talk about the problems caused by staying up late, and then give you some tips on how you can make sure you go to bed early.

Let’s first look at the problems caused by staying up late.

Staying up late can cause many health problems. While it is difficult to list them all here, there are a few I’d like to highlight.

First, staying up late is bad for our immune system. When healthy people fail to go to sleep early, their body will become susceptible to infections. This is because from 10 to 12 in the night, the process of detoxification (解毒) occurs in our body. This process must happen when the body is in a calm state. If we still work during 10 to 12, it will bring harm to our health. Every hour of sleep we get before midnight is more beneficial than the hours after midnight.

Second, staying up late will have a negative impact on our performance. Without enough sleep in the night, we lose our ability to concentrate and think actively. As a recent study by a college in New York found, students that

frequently stay up late have lower grades and GPAs in general than students that get good sleep at night and during normal hours. The average GPAs of the former group was 2.95 compared to the latter who got 3.2. The study further proves that sufficient sleep at night is one of the foremost factors in our ability to sustain a high performance level.

Third, staying up late causes skin damage. Our skin is the first thing people notice about us. Beautiful skin means confidence, and confidence gives us power. According to experts in the beauty industry, the best thing we can do to protect our skin is to go to bed early and have enough sleep each day. Why? As studies show, sleep is the time during which our body fixes the day’s damages, and the best time for our skin to repair its cell damages caused during the day is between 10 p.m. and 11 p.m. So, going to bed early is regarded as essential for us to have a healthy and radiant skin, and to avoid various skin diseases.

From what I’ve talked about, you may now understand why it is important for you to go to bed and sleep early every day. However, you may hesitate to do so because as students, you wonder how you can deal with the piles of assignments given by the teachers. I once had this worry, too, but my personal experience proves that there are a few tips you can try to solve this problem.

First of all, you could make a list of the things you are going to accomplish and classify them into several types – very urgent, less urgent, or very important, less important. Then you could choose to finish them in a certain order.

Second, be focused when you are working. If possible, you could shut off your cell phone and never browse social networking websites. These things could distract your attention and reduce your efficiency.

Third, you may choose to get up early instead of staying up late. If you still have a lot of work to do when it’s already very late, you’d better go to bed immediately and get up early the next morning to continue the unfinished work. Studies show that if you are tired, your efficiency will decrease sharply.

Before I end my speech, I’d like to emphasize again that there is no doubt that staying up late will do us a lot of harm, and abandoning this bad habit is absolutely necessary. So, please try what I’ve suggested from today on and live a life full of energy and fitness.