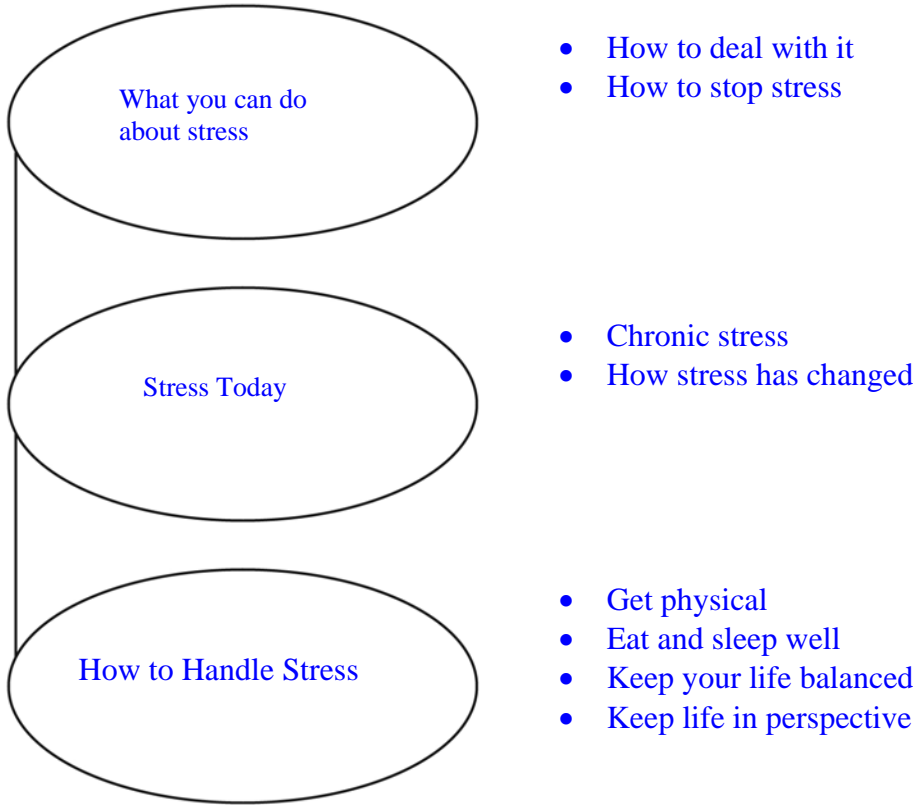


Engaging in Reading • Find important ideas • Summarize • Make notes

2. This article presents readers with more than one main idea. In your own words, categorize the main ideas and supporting details in note form. Organize your notes so that the main ideas and supporting details are clearly separated in the graphic organizer below.

LEVEL ONE



Knowledge and Understanding	Level 1	Level 2	Level 3	Level 4
<i>Demonstrating Understanding</i> Summarizes important ideas; shows how details support the main idea	Limited: largely inaccurate and/or incomplete <ul style="list-style-type: none"> • some main ideas • some relevant supporting details • illogical categories • omits key information 	Partial: somewhat accurate <ul style="list-style-type: none"> • most main ideas • some relevant supporting details • some logical categories • too much or too little information 	Considerable: generally accurate <ul style="list-style-type: none"> • most main ideas • most relevant supporting details • logical categories • appropriate amount of information 	Thorough: accurate and comprehensive <ul style="list-style-type: none"> • all main ideas • relevant supporting details • effective categories • effective amount of information (may be synthesized)

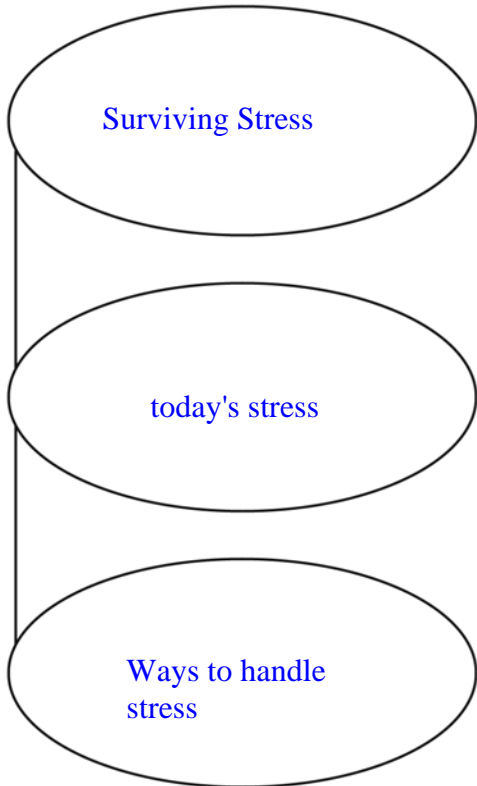
Responses require students to understand explicit information in the text.

Communication	Level 1	Level 2	Level 3	Level 4
<i>Classifying Ideas; Organizing Ideas</i> Classifies and organizes information using a graphic organizer	Limited organization and clarity; unstructured and hard to follow	Some organization and clarity; generally easy to follow	Considerable organization and clarity; structured and easy to follow	High degree of organization and clarity; highly effective

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LEVEL TWO



- adrehiline flows through body when in danger. hightens senses to help them fight or run.

- stress caused by change stress can help adrehilne and help us try to beat the problem stress bad because it may harm you.

- be more active your stress will decrease
- eat and sleep well
- stop thinking about the problem take your mind off it
- we will always have stress think of the worst your problem will seem less intense

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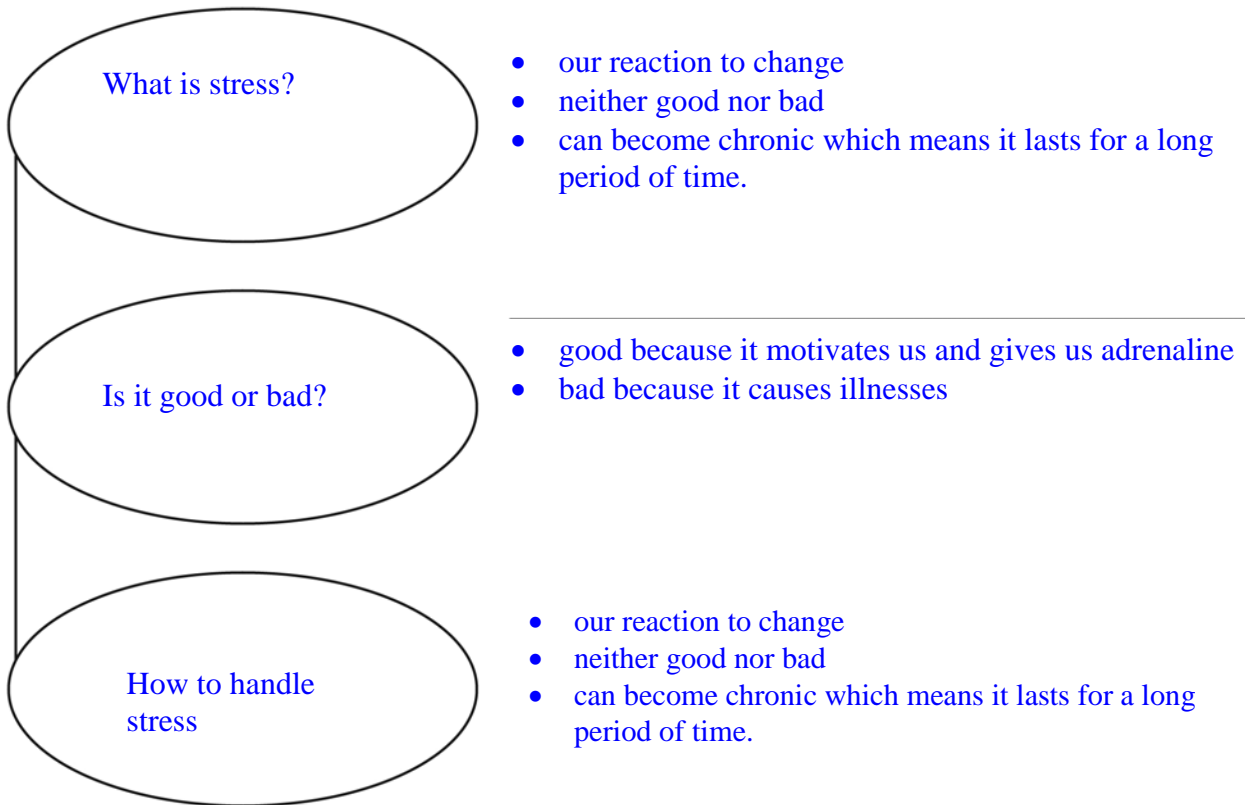
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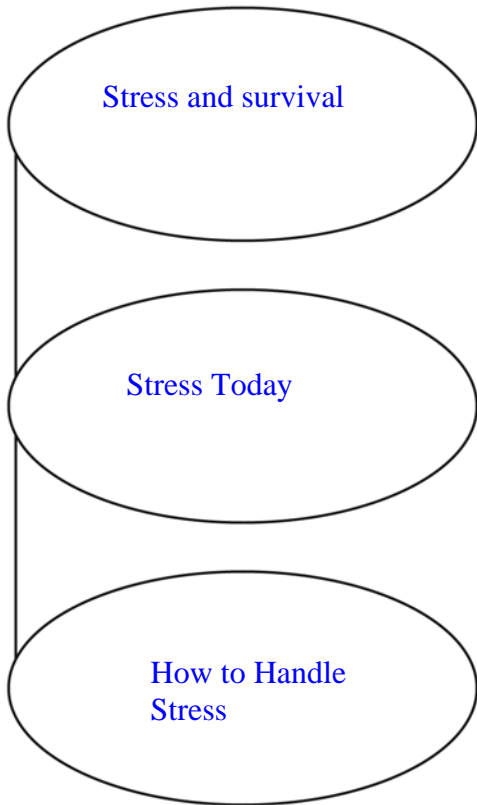
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LEVEL THREE

Example 1



Example 2



- stress goes as far back as our cave dwelling ancestors
- they dealt with stress using the "fight or flight" technique

- stress occurs when change occurs, negative or positive
- chronic stress is long time stressfulness

- Become more active
- Eat and sleep well
- Take a break
- Keep life in perspective

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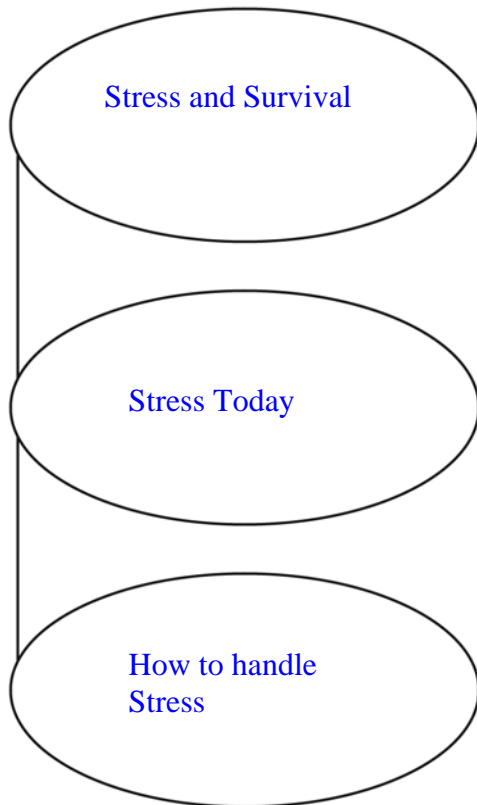
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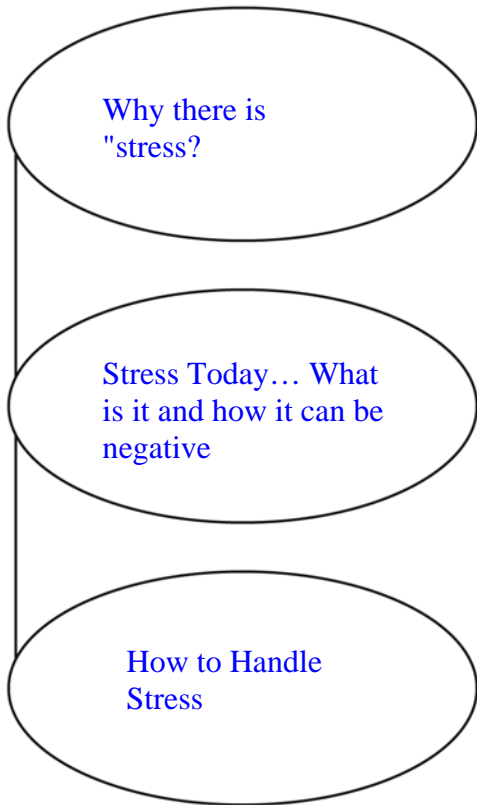
LEVEL FOUR

Example 1



- ancient times, ancestors would face a "saber-toothed tiger"
- adrenaline would increase their blood rate so they would fight or run (flight or flight)
- body's reaction to change whether it's negative or positive
- can be helpful if it motivates or allows us to rise to a challenge
- can be harmful if it wears down our immune system and causes illness or interferes with our life.
- get physical- your body releases endorphins when you exercise, and you'll feel better
- eat and sleep well- stress weakens your immune system, so you must rest and have nutritious meals.
- keep your life balanced- take a break & do something different, you'll feel more refreshed later.
- keep life in perspective think of the worst case scenario and you'll do better

Example 2



- to protect us and respond to danger
- adrenaline, increased heart rate and heightened senses prepares us for this
- the reaction is known as "fight or flight"

- stress is the body's reaction to change...reaction stressful situations good or bad.
- chronic stress is long lasting
- stress is harmful when it wears down our immune system, causes illness our interferes our lives.

- be physical and active...play a sport
- eat and sleep well
- balance things out in your life
- keep life in perspective...everything could be worse

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