

NTI Day 21:

Read Chapter 1 of "The Outsiders."

Write a brief summary of this chapter.

Complete five questions of your choosing from the options given in the question packet. (Please type both the **question and your answer.**)

benign
blasé
comprise
condescend
facade

glib
haughty
libel
pseudonym
redundant

Ten Words in Context

In the space provided, write the letter of the meaning closest to that of each **boldfaced** word. Use the context of the sentences to help you figure out each word's meaning.

1 **benign**
(bĭ-nĭn')
-adjective

— *Benign* means

- Finding a stranger on our doorstep startled me, but the **benign** expression on his face told me not to worry.
- Gorilla mothers, usually loving and **benign**, have been known to attack their babies if they are put in the same cage.

A. realistic. B. kindhearted. C. bored.

2 **blasé**
(blă-ză')
-adjective

— *Blasé* means

- The new staff members were enthusiastic at the weekly meetings, but the old-timers were pretty **blasé**.
- No matter how many games I see, I will never become **blasé** about baseball. Each game is new and exciting to me.

A. unexcited. B. obvious. C. repetitive.

3 **comprise**
(kôm-prĭz')
-verb

— *Comprise* means

- The United Kingdom **comprises** England, Scotland, Wales, and Northern Ireland.
- Saliva **comprises** about sixty ingredients, including minerals that help repair tooth enamel.

A. to cause. B. to reveal. C. to be made up of.

4 **condescend**
(kôn'dĭ-sĕnd')
-verb

— *Condescend* means

- The snobby millionaire wouldn't **condescend** to associate with anyone who wasn't also rich.
- Although everyone else in the office took turns making coffee, Bill would not **condescend** to perform "such a lowly task."

A. to lower oneself. B. to dare something frightening. C. to remember.

5 **facade**
(fă-sôd')
-noun

— *Facade* means

- The **facade** of the old department store was cleaned this summer. Now the store's brick front is an inviting bright orange-red.
- The **facade** of the hotel—facing Main Street—was marble, but the sides and back were made of steel.

A. an inside. B. a top. C. a front.

6 **glib**
(glĭb)
-adjective

— *Glib* means

- Always ready with a slick promise, the **glib** politician smoothly talked his way into being re-elected.
- Jerome thought his conversation would impress Sofia, but she found it **glib** and insincere.

A. bored. B. strict. C. smooth.

7 haughty
(hō'tē)
-adjective

— *Haughty* means

- The Smiths acted as though they were better than anybody else. Not surprisingly, their **haughty** manner made them unpopular with their neighbors.
 - After being promoted to manager, Gil was **haughty** with his old office buddies, saying he now had more important things to do than waste time with them.
- A. snobbish. B. angry. C. wordy.

8 libel
(lī'bəl)
-noun

— *Libel* means

- When Nick saw his name listed in the article as a gang member, he was furious. "That's **libel**!" he yelled. "How dare they print such a lie about me?"
 - Many magazine editors double-check the facts they publish about a person. Then, if they are accused of **libel**, they can prove that they stated the truth.
- A. a false name. B. a printed falsehood. C. a repeated expression.

9 pseudonym
(sōō'də-nīm')
-noun

— *Pseudonym* means

- When writing a personal story for a family magazine, Bev used a **pseudonym**. She didn't want everyone in town to know about her problems.
 - The author Stephen King uses a **pseudonym** on some of his books so readers won't be aware that so many of the horror novels on the market are his.
- A. a weak vocabulary. B. a personal experience. C. a false name.

10 redundant
(rī-dūn'dənt)
-adjective

— *Redundant* means

- The TV ad for a headache medicine was so **redundant** that it gave me a headache! The name of the product was repeated at least a dozen times.
 - The teacher wrote "**redundant**" in several spots in the essay where Eric had repeated a point or used extra, unneeded words.
- A. grammatical. B. proud. C. repetitious.

Matching Words with Definitions

Following are definitions of the ten words. Clearly write or print each word next to its definition. The sentences above and on the previous page will help you decide on the meaning of each word.

1. _____ A false name used by an author; a pen name
2. _____ To do something one feels is beneath oneself
3. _____ Unexcited or bored about something already experienced repeatedly
4. _____ The front of a building
5. _____ Wordy or needlessly repetitive
6. _____ Kindly; gentle
7. _____ The publishing of false information that harms a person's reputation
8. _____ Proud of one's appearance or accomplishments to the point of looking down on others; arrogant
9. _____ To consist of; include
10. _____ Characterized by a smooth, easy manner of speaking that often suggests insincerity or thoughtlessness

CAUTION: Do not go any further until you are sure the above answers are correct. Then you can use the definitions to help you in the following practices. Your goal is eventually to know the words well enough so that you don't need to check the definitions at all.

Day NTI 23

Are you overwhelmed and stressed? Angry and grieving? Is the coronavirus causing your grief? Slam it out as a journal writing, a poem, a story, or a song. **As long as you create it yourself.**

NTI Day 24:

Read Chapter 2 of "The Outsiders."

Short answer: What qualities does the main character possess? How does that help/hurt him considering the events that take place?

Complete five questions of your choosing from the options given in the questions packet.
(Please type both the **question and your answer.**)

Name: _____ Class: _____

Self-Care

By Set to Go
2019

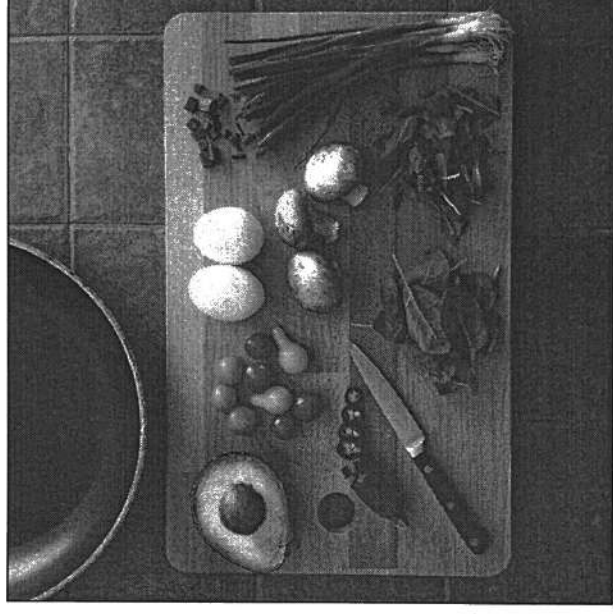
Taking care of ourselves is part of becoming independent. This informational text explores some important self-care strategies and the benefits of practicing them. As you read, take notes about strategies for taking care of yourself and the possible benefits of those strategies.

[1] How often have you heard people say “take care” or “take care of yourself”? Have you ever stopped to wonder what that means exactly? How do you “take care of yourself”? Well, keeping your mind and body healthy and safe is fundamental¹ to staying alive and thriving as a person. This would include things like making sure you get enough sleep and eat a healthy diet. It would include taking steps to get healthy if you are ill, managing the stress in your life effectively and making choices to keep yourself safe. Being safe also means not misusing dangerous substances, driving safely and not taking needless physical risks. There are a lot of things you need to do to “take care of yourself” but many of these things are not that hard to do.

Luckily, we are built with automatic alert mechanisms.² If we pay attention, our bodies let us know when we are tired, need to rest or need to sleep. We feel hungry when we need to eat and often feel sick when we eat too much food that is not healthy for us.

Even though our bodies give us plenty of information, we still need to learn how to pay attention and respond when our body tells us that it needs something. We need to learn how to make good choices about what will keep things from going wrong or from putting ourselves into unhealthy or unsafe situations.

As young children, our parents, family, and caretakers make most of our health decisions for us. They work to keep us safe. As we grow, we have to combine our experiences and what we learn about the world to keep ourselves safe. We need to learn to interpret³ the signals our bodies provide and understand how to respond. As we grow up we will manage more and more of our own self-care.



“Chopping Ingredients” by Katie Smith is licensed under CCO

1. **Fundamental** (*adjective*): necessary
2. a natural process by which something takes place
3. **Interpret** (*verb*): understand

Self-Care Strategies

[5]

Your body is an extraordinary machine. It changes over time, interacts with the world, adapts to different environments, and can usually fix itself when broken or wounded (sometimes with some help). But, like other machines, it needs proper fuel (nutrition), rest (sleep) and maintenance (exercise) to function properly. Without attention to these basic needs, the machine can become less efficient⁴ and you can get sick. A way we can stay healthy and prepare for future challenges is to maintain positive self-care strategies.

Sleep

Believe it or not, you're supposed to get between 9 – 9 ½ hours of sleep per night – when was the last time you got that much sleep? Sleep and rest are incredibly important for your well-being — it's a simple life skill (even if it is not always so simple to get the right amount of sleep) that can have a really positive impact on many parts of your life. Good sleep improves learning, concentration, memory, mood, attitude, energy, digestion, and heart health; it promotes growth, performance, and safety. No one exactly knows how sleep happens, but we know that during sleep we are taking in less information from the outside world and organizing information in our brains. And we can't go for long without sleep before our functioning suffers dramatically. Have you ever stayed up for a full 24 hours? How did you feel? People who are sleep deprived typically have trouble doing fairly simple things they can usually handle – like writing or driving. A good rule of thumb is that if you're feeling tired, moody, sick or just off, try getting a good night's sleep! Young people typically need at least 8 hours of sleep a night to feel and function well – and many actually need more than 8 hours. A bit of good news is that if you miss out on getting enough sleep one night, you can usually make up your sleep deficit⁵ by getting a good night's sleep the next.

Nutrition

Good nutrition is another life skill that can promote emotional and physical health. How long could you survive without food or water? Actually, you cannot survive more than a few days without food or water. But having the right fluids and food is not just a matter of survival. Our bodies are so complex that we need a wide variety of fluids and different types of materials to keep us healthy. We burn carbohydrates as fuel, use protein to produce new cells and tissue (a constant process) and use fat to store energy. We need fluids to move materials about in our bodies (through our bloodstream) and electrolytes to allow our nerves and muscles to fire. You should aim for a balanced diet and avoid things such as too much caffeine or sugar. Remember that when your body is healthy and in nutritional balance, you're bound to feel your best — and feeling your best can boost your emotional health.

4. **Efficient (adjective):** working in a well-organized way
5. **Deficit (noun):** the amount by which something is too small

Exercise

Another life skill that will benefit your emotional and physical health is exercise. Just as your body needs rest to repair itself, your body also needs to be used regularly to work most efficiently. The way we use our bodies is by moving. When you think about it, exercise is just moving in an organized (and sometimes repetitive) way. But working our bodies in this way helps just about every part of our bodies. Of course exercising works our muscles, but it also works our hearts and lungs when we do it over some time (this is commonly called “cardio” or aerobic conditioning). Many exercises also strengthen our bones and there is even evidence that exercise makes our brains work more efficiently too!

It’s true that exercise can boost your mood and release stress. It can be a good way to take your mind off your problems and help you cope. Exercise is good for physical strength, energy, and stamina. It helps release “feel-good” hormones called endorphins. Exercise doesn’t solve problems, but it is a life skill that can boost your ability to face them.

[10] You don’t have to belong to a gym or run a marathon to get helpful exercise. It is just fine if you get exercise in the normal course of events – walking to school, playing ball, mowing the lawn, taking a hike, doing dishes or laundry are all exercise. The goal is simply to work as many different parts of your body on a regular basis and to keep moving for 20-30 minutes several times each week.

Living a balanced life.

Besides taking care of your physical and mental health, what is self-care? It’s the skills that allow you to take care of yourself, and to take responsibility for all the things that go into managing your life. When you’re independent and no longer living with your parents or guardians, it’s going to be up to you to develop the skills to manage your “stuff” on your own.

As you grow older, you will likely come to realize that more often than not moderation – living between the extremes – is a pretty good way to have a life that can balance enjoyment and health and safety. Take food as an example; consuming too little or being too limited about what you eat can be dangerous. Overdoing it is also a dangerous idea and can lead you to be unhealthy in other ways. Or, consider studying. It is definitely good to be responsible; to take your schoolwork seriously and put the necessary time into it. At the same time, you need to be able to balance that with some enjoyment, recreation, and exercise. This will help you be more effective in your work but also make you healthier.

As we grow up we are constantly exposed to new opportunities, possibilities and “adventures.” Some of these things are exciting and enticing. But many, especially if overdone (like eating, drinking alcohol) can involve some risk or danger. So on the one hand, it is great to find ways to have some fun and explore new people, places, and activities. But remember, too much, even of things that might be exciting or enjoyable, can lead you to risk or be bad for your health.

Text-Dependent Questions

Directions: For the following questions, choose the best answer or respond in complete sentences.

1. PART A: Which statement best expresses the central idea of the text?
 - A. Not everyone has time for self-care, but it's important to try.
 - B. Self-care involves avoiding unhealthy food, stress, and risky situations.
 - C. Some people's bodies respond better than others to self-care strategies.
 - D. Responding to bodily signals and practicing self-care strategies can improve physical and mental health.

2. PART B: Which detail from the text best supports the answer to Part A?
 - A. "As young children, our parents, family, and caretakers make most of our health decisions for us." (Paragraph 4)
 - B. "But, like other machines, [the body] needs proper fuel (nutrition), rest (sleep) and maintenance (exercise) to function properly. Without attention to these basic needs, the machine can become less efficient and you can get sick." (Paragraph 5)
 - C. "People who are sleep deprived typically have trouble doing fairly simple things they can usually handle – like writing or driving." (Paragraph 6)
 - D. "So on the one hand, it is great to find ways to have some fun and explore new people, places, and activities." (Paragraph 13)

3. What is the author's main purpose in the text?
 - A. to teach readers how to set self-care goals
 - B. to teach readers some strategies for self-care
 - C. to reassure readers about the decisions they're making
 - D. to reassure readers that they don't have to think much about self-care

4. What connection does the author draw between sleep and simple tasks?
 - A. They both require focus and dedication.
 - B. They both seem very difficult because life is so busy.
 - C. Getting too little sleep can make simple tasks very difficult.
 - D. Getting enough sleep means there are fewer simple tasks to do.

5. How do the self-care strategies detailed in the text lead to improved physical and mental health? Cite evidence from the text in your response.

NTI Day 26:

Read Chapter 3 of "The Outsiders."

Complete five questions of your choosing from the options given in the question packet.
(Please type both the question and your answer.)

averse
detract
disdain
divulge
elation

endow
expulsion
mortify
nullify
ominous

Ten Words in Context

In the space provided, write the letter of the meaning closest to that of each **boldfaced** word. Use the context of the sentences to help you figure out each word's meaning.

- 1 **averse**
(ə-vûrs')
-adjective

___ Averse means

- That little boy was once so **averse** to tomatoes that the very sight of them made him gag.
- Being **averse** to screaming crowds, I'd rather just listen to my iPod than go to a rock concert.

A. opposed. B. accustomed. C. open.

- 2 **detract**
(dĭ-trăkt')
-verb

___ Detract means

- Julius thinks the scar on his cheek **detracts** from his good looks, but it's barely noticeable.
- All of the litter in the park certainly **detracts** from the beauty of the trees and flowers.

A. to result. B. to benefit. C. to take away.

- 3 **disdain**
(dĭs-dān')
-noun

___ Disdain means

- The snobby server in the French restaurant viewed Tanya with **disdain** because she couldn't pronounce anything on the menu.
- I was afraid my request to see the state senator would be treated with **disdain**. Instead, the senator's secretary politely made an appointment for me.

A. pride. B. disrespect. C. sorrow.

- 4 **divulge**
(dĭ-vŭlj')
-verb

___ Divulge means

- My father wouldn't **divulge** the type of car he had bought, saying only, "It's a surprise."
- It's against the law to ask people to **divulge** their age at a job interview.

A. to hide. B. to recall. C. to tell.

- 5 **elation**
(ĭ-lā'shən)
-noun

___ Elation means

- The principal shouted with **elation** when the football team scored the winning touchdown.
- Roy had expected to feel **elation** at his graduation. Instead, he felt sadness at the thought of not seeing his high-school friends every day.

A. anger. B. confusion. C. happiness.

- 6 **endow**
(ĕn-dou')
-verb

___ Endow means

- Nature has **endowed** hummingbirds with the ability to fly backward.
- The author Oscar Wilde was **endowed** with the ability to find humor in any situation. While dying, he said of the ugly wallpaper in his hotel room, "One of us had to go."

A. to equip. B. to curse. C. to threaten.

7 expulsion
(ěks-pŭl'shən)
-noun

— *Expulsion* means

- The manager told us we risked **expulsion** from the theater if we continued to talk on our cell phones during the movie.
 - **Expulsion** from school is supposed to be a punishment, but some students may consider not being allowed to attend classes a reward.
- A. being canceled. B. being forced out. C. being embarrassed.

8 mortify
(môr'tə-fī')
-verb

— *Mortify* means

- It would **mortify** me if my voice cracked during my choir solo.
 - I doubt anything will ever **mortify** me more than the streamer of toilet paper that clung to my shoe as I returned from the ladies' room to rejoin my date in a fancy restaurant.
- A. to shame. B. to insult. C. to delay.

9 nullify
(nŭl'ə-fī')
-verb

— *Nullify* means

- The college will **nullify** my student ID at the end of the term unless I update it with a new sticker.
 - A soft-drink company decided to **nullify** its contract with a well-known athlete because he was convicted of drunken driving.
- A. to renew. B. to reveal. C. to cancel.

10 ominous
(ŏm'ə-nəs)
-adjective

— *Ominous* means

- To many, cemeteries have an **ominous** quality, particularly at night or on Halloween, when the threat of ghosts can seem very real.
 - The sore's failure to heal was **ominous**, a possible sign of cancer.
- A. embarrassing. B. threatening. C. unworthy.

Matching Words with Definitions

Following are definitions of the ten words. Clearly write or print each word next to its definition. The sentences above and on the previous page will help you decide on the meaning of each word.

1. _____ To provide with a talent or quality
2. _____ An attitude or feeling of contempt; scorn
3. _____ The act or condition of being forced to leave
4. _____ Threatening harm or evil; menacing
5. _____ To reveal; make known
6. _____ Having a feeling of dislike or distaste for something
7. _____ To humiliate or embarrass
8. _____ To lessen what is admirable or worthwhile about something
9. _____ A feeling of great joy or pride
10. _____ To make legally ineffective; cancel

CAUTION: Do not go any further until you are sure the above answers are correct. Then you can use the definitions to help you in the following practices. Your goal is eventually to know the words well enough so that you don't need to check the definitions at all.

NTI Day 28

Choose one of the following creative writing prompts. Aim for one hundred fifty words or aim for a thousand. Just start writing and have fun with it. Your writing will be scored on creativity, punctuation, and completion – must have a beginning, middle, and end (you know, a plot). (Use complete sentences) (50 points)

1. Write a poem or story about something ugly—war, fear, hate, or cruelty—but try to find the beauty (silver lining) in it or something good that comes out of it.
2. Look Outside the Window: What's the weather outside your window doing right now? If that's not inspiring, what the weather like somewhere you wish you could be? Tell how. Explain why.

NTI Day 29:

Read Chapter 4 of "The Outsiders."

Complete five questions of your choosing from the options given in the question packet.
(Please type both the question and your answer.)

Name: _____ Class: _____

Altruism: Why We Risk Our Own Well-Being to Help Others

By Kendra Cherry
2018

In this informational text, Kendra Cherry explores the various explanations for why people act in unselfish ways.

- [1] Everyone knows at least one of those people who are willing to jeopardize¹ their own health and well-being to help others. What is it that inspires these individuals to give their time, energy, and money for the betterment of others, even when they receive nothing tangible in return?

Defining Altruism

Altruism is the unselfish concern for other people; doing things simply out of a desire to help, not because you feel obligated to out of duty, loyalty, or religious reasons.



"can u help me?" by cristian is licensed under CC BY-NC-ND 2.0

Everyday life is filled with small acts of altruism, from the guy at the grocery store who kindly holds the door open as you rush in from the parking lot to the woman who gives twenty dollars to a homeless man.

News stories often focus on grander cases of altruism, such as a man who dives into an icy river to rescue a drowning stranger or a generous donor who gives thousands of dollars to a local charity. While we may be familiar with altruism, social psychologists are interested in understanding why it occurs. What inspires these acts of kindness? What motivates people to risk their own lives to save a complete stranger?

Prosocial Behavior and Altruism

- [5] Altruism is one aspect of what social psychologists refer to as prosocial behavior. Prosocial behavior refers to any action that benefits other people, no matter what the motive or how the giver benefits from the action. Remember, however, that pure altruism involves true selflessness. While all altruistic acts are prosocial, not all prosocial behaviors are completely altruistic. For example, we might help others for a variety of reasons such as guilt, obligation, duty, or even for rewards.

Theories for Why Altruism Exists

Psychologists have suggested a number of different explanations for why altruism exists, including:

1. **Jeopardize (verb):** to put someone or something at risk

Biological reasons. Kin selection is an evolutionary theory that proposes that people are more likely to help those who are blood relatives because it will increase the odds of gene transmission to future generations. The theory suggests that altruism towards close relatives occurs in order to ensure the continuation of shared genes. The more closely the individuals are related, the more likely people are to help.

Neurological reasons. Altruism activates reward centers in the brain. Neurobiologists have found that when engaged in an altruistic act, the pleasure centers of the brain become active.

Environmental reasons. A recent study at Stanford suggests that our interactions and relationships with others have a major influence on altruistic behavior.

[10] **Social norms.** Society's rules, norms, and expectations can also influence whether or not people engage in altruistic behavior. The norm of reciprocity, for example, is a social expectation in which we feel pressured to help others if they have already done something for us. For example, if your friend loaned you money for lunch a few weeks ago, you'll probably feel compelled to reciprocate when he asks if you if he can borrow \$100. He did something for you, now you feel obligated to do something in return.

Cognitive reasons. While the definition of altruism involves doing for others without reward, there may still be cognitive incentives that aren't obvious. For example, we might help others to relieve our own distress or because being kind to others upholds our view of ourselves as kind, empathetic² people.

Other cognitive explanations include:

Empathy. Researchers suggest that people are more likely to engage in altruistic behavior when they feel empathy for the person who is in distress, a suggestion known as the empathy-altruism hypothesis. Researchers have found that children tend to become more altruistic as their sense of empathy develops.

Helping relieves negative feelings. Other experts have proposed that altruistic acts help relieve the negative feelings created by observing someone else in distress, an idea referred to as the negative-state relief model. Essentially, seeing another person in trouble causes us to feel upset, distressed, or uncomfortable, so helping the person in trouble helps reduce these negative feelings.

Comparing the Theories

[15] The underlying reasons behind altruism, as well as the question of whether there is truly such a thing as "pure" altruism, are two issues hotly contested by social psychologists. Do we ever engage in helping others for truly altruistic reasons, or are there hidden benefits to ourselves that guide our altruistic behaviors?

2. **Empathetic (adjective):** showing the ability to understand or feel for others

Some social psychologists believe that while people do often behave altruistically for selfish reasons, true altruism is possible. Others have instead suggested that empathy for others is often guided by a desire to help yourself. Whatever the reasons behind it, our world would be a much sadder place without altruism.

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Text-Dependent Questions

Directions: For the following questions, choose the best answer or respond in complete sentences.

1. PART A: Which statement identifies the central idea of the text?
 - A. Behaving in a truly altruistic manner is an important part of being human; the reasons why people do it are less important.
 - B. Psychologists are unable to agree if true altruism exists, but they believe several factors could be encouraging people to act in seemingly selfless ways.
 - C. Psychologists have determined that true altruism doesn't exist because humans are compelled to always put themselves first.
 - D. Behaviors should be discussed in terms of their prosocial nature because psychologists still don't fully understand the nature of altruism.
2. PART B: Which detail from the text best supports the answer to Part A?
 - A. "Everyone knows at least one of those people who are willing to jeopardize their own health and well-being to help others." (Paragraph 1)
 - B. "News stories often focus on grander cases of altruism, such as a man who dives into an icy river to rescue a drowning stranger or a generous donor who gives thousands of dollars to a local charity." (Paragraph 4)
 - C. "Prosocial behavior refers to any action that benefits other people, no matter what the motive or how the giver benefits from the action." (Paragraph 5)
 - D. "Do we ever engage in helping others for truly altruistic reasons, or are there hidden benefits to ourselves that guide our altruistic behaviors?" (Paragraph 15)
3. Which of the following best captures the author's point of view on altruism in the text?
 - A. The author doesn't know the true reasoning behind altruism but thinks it's an important part of life nonetheless.
 - B. The author believes that it's more likely that people are motivated by their own selfishness rather than selflessness.
 - C. The author doesn't support psychologists' pessimistic views on altruism and thinks that people are in fact capable of true altruism.
 - D. The author believes that the social explanations for altruism are the most likely, rather the biological or neurological explanations.
4. How does the list of potential explanations for altruism contribute to our understanding of psychologists' views on the subject?
 - A. The list of explanations emphasizes the variety of ways psychologists explain this behavior.
 - B. The list of explanations suggests that the cause of altruistic behavior is more likely biological than social.
 - C. The list of explanations supports the notion that the reason for altruistic behavior is unimportant as long as people are helping others.
 - D. The list of explanations proves that psychologists are getting close to discovering the one true cause for altruism.

5. What connection does the author draw between empathy and altruism?
