

Day 1 Main Idea and Supporting Detail

Some people believe that if you spill salt, you must toss a pinch of salt over your left shoulder "into the devil's face" in order to avoid bad luck. There are many such superstitions that cover everyday events. Others are the beliefs that umbrellas should not be opened indoors and that people should leave a friend's house by the same door they entered. And there are those who believe in knocking on wood when talking about good luck.

1. What is the topic?

- A. Spilling salt
- B. Umbrellas
- C. Superstitions
- D. Knocking on wood

According to one scientist who has studied aging, there are ways to remain healthy in old age. The key, he believes, is to continue to find mental and physical challenges. In addition, he recommends that people stick to a balanced low-cholesterol diet and reasonable exercise program throughout their lives. He also cautions people about the dangers of smoking.

2. What is the topic?

- A. Science
- B. Mental and physical challenges
- C. Health in old age
- D. Dangers of smoking

Spanking is a poor way to shape a child's behavior. For one thing, the spanking will result in feelings of anger and frustration. The child, then, will not learn anything positive from the punishment. In addition, the spanking may actually lead to more aggressive behavior. Having learned that hitting is okay, the child may attack smaller children. Finally, the spanking teaches children to hide certain actions from their parents. Once out of their parent's sight, children may feel they can get away with the bad behavior.

3. What is the topic?

- A. Bad behavior
- B. Spanking
- C. Anger
- D. Frustration

Though fun to watch, chimpanzees should not be kept as pets. 2. They are dangerously stronger than any NFL lineman. 3. Adult chimps weigh only 100 to 160 pounds, but have been measured pulling six to nine times their own weight-----with one hand. 4. Thus, to match the strength of an average chimp, a human being would have to be able to register a two-handed pull of about a ton it takes a very strong man to pull a quarter of that. 5. Combined with this strength is the fact that a chimp is capable of losing temper -----for reasons known only to the chimp. 6. Chimps signal their feelings with subtle cues of behavior that aren't apparent to most humans. 7. It is quite possible for a chimp to be on the verge of violence while its owner sits unaware or even unknowingly continues to provoke. 8. Furthermore, it's not wise to keep a cute young chimp and release it into the wild when it becomes dangerous. 9. Wild-raised chimps will routinely gang up on and kill those raised in captivity.

4. What is the topic of the paragraph? In other words, what is the paragraph about?

- A. raising chimps
- B. chimpanzees
- C. dangerous animals
- D. fun to watch

Human beings have always polluted their environment, but in the past it was easier for them to move on and live somewhere else. 2. They knew that given time, the environment would take care of pollution they left behind and they relied on the "out of sight, out of mind" philosophy. 3. Today, an increasing human population, which uses an increasing amount of energy sources, no longer has the luxury to ignore pollution. 4. The human population is approximately 7 billion. 5. Our overall energy consumption has gone up by a hundredfold from 2,000 per/person/day to 230,000 per/person/day in modern industrial nations like the United States. 6. This high energy consumption allows us to mass produce many useful and economically affordable organic products that pollute the atmosphere and groundwater damage forests and lakes causing global warming, and even deplete the ozone layer. (borrowed from a biology textbook)

5. What is the topic of this passage?

- A. pollution
- B. human population and pollution
- C. energy consumption
- D. global warming

Caffeine is a natural ingredient in coffee, cocoa, tea, and chocolate, and is added to some prescription and non-prescription drugs. 2. Despite being "natural," caffeine is also a powerful drug which greatly affects the body. 3. In healthy, rested people, a dose of 100 milligrams (about one cup of coffee) increases alertness, banishes drowsiness, quickens reaction time, it enhances intellectual and muscular effort, and increases heart and respiratory rates. 4. Drinking one to two cups of coffee an hour before exercise encourages the body to preserve glycogen and burn fat -----something that results in greater endurance. 5. In addition, caffeine masks fatigue. 6. In doses above 300 milligrams, caffeine can produce sleeplessness, nervousness, irritability, headaches, heart palpitations, and muscle twitches. 7. Caffeine is also habit-forming, and those who try to suddenly stop after heavy use may experience such withdrawal symptoms as headaches, lethargy, irritability, and difficulty in concentrating.

6. What is the topic?

- A. a powerful drug
- B. effects of caffeine
- C. a habit forming drug
- D. all of the answers are correct

Before clocks were made, people kept track of time by other means. In ancient Egypt, people used a water clock. Water dripped slowly from one clay pot into another. People measured time according to how long it took one pot to empty and the other one to fill. Candle clocks were common during the Middle Ages. As such, when a candle burned, marks on its side showed about how much time had passed. A final ancient way to measure time was the sundial, which used the movement of the sun across the sky. The shadows moving across the face of the sundial showed the current time.

7. What is the main idea?

- A. As such, when a candle burned, marks on its side showed about how much time had passed.
- B. Before clocks were made, people kept track by other means.
- C. In ancient Egypt, people used a water clock.
- D. All the above.

1 One common example of instinct is the spider's spinning of its intricate web. 2 No one teaches a spider how to spin: its inborn instinct allows it to accomplish the task. 3 Another example of instinctive behavior is the salmon's struggle to swim upstream to lay eggs. 4 It would be much easier for the salmon to follow the current downstream, but instinct overrides all other considerations. 5 Instinct is clearly a strong influence on animal behavior.

8. What is the main idea?

- A. Sentence 1
- B. Sentence 2
- C. Sentence 3
- D. Sentence 5

1 In response to customers' bitter complaints about long lines, banks are trying new ways to shorten the wait or at least to make it more pleasant. 2 One bank provides coffee and cookies so customers can munch while they wait. 3 Other banks show action movies on a large video screen. 4 One daring bank in California will pay a customer five dollars if he or she must wait more than five minutes for service. 5 Still other banks offer the most obvious solution of all...they simply hire more bank tellers.

9. What is the main idea?

- A. Sentence 3
- B. Sentence 4
- C. Sentence 1
- D. Sentence 2

Caffeine is a natural ingredient in coffee, cocoa, tea, and chocolate, and is added to some prescription and non-prescription drugs. 2. Despite being "natural," caffeine is also a powerful drug which greatly affects the body. 3. In healthy, rested people, a dose of 100 milligrams (about one cup of coffee) increases alertness, banishes drowsiness, quickens reaction time, it enhances intellectual and muscular effort, and increases heart and respiratory rates. 4. Drinking one to two cups of coffee an hour before exercise encourages the body to preserve glycogen and burn fat ----something that results in greater endurance. 5. In addition, caffeine masks fatigue. 6. In doses above 300 milligrams, caffeine can produce sleeplessness, nervousness, irritability, headaches, heart palpitations, and muscle twitches. 7. Caffeine is also habit-forming, and those who try to suddenly stop after heavy use may experience such withdrawal symptoms as headaches, lethargy, irritability, and difficulty in concentrating.

10. The main idea of this passage is that caffeine –

- A. is a powerful drug that affects the body in numerous ways.
- B. is to drink before working out.
- C. is linked to various health concerns.
- D. is a strong drug that only enhances the body when used.

Though fun to watch, chimpanzees should not be kept as pets. 2. They are dangerously stronger than any NFL lineman. 3. Adult chimps weigh only 100 to 160 pounds, but have been measured pulling six to nine times their own weight-----with one hand. 4. Thus, to match the strength of an average chimp, a human being would have to be able to register a two-handed pull of about a ton it takes a very strong man to pull a quarter of that. 5. Combined with this strength is the fact that a chimp is capable of losing its temper -----for reasons known only to the chimp. 6. Chimps signal their feelings with subtle cues of behavior that aren't apparent to most humans. 7. It is quite possible for a chimp to be on the verge of violence while its owner sits unaware or even unknowingly continues to provoke. 8. Furthermore, it's not wise to keep a cute young chimp and release it into the wild when it becomes dangerous. 9. Wild-raised chimps will routinely gang up on and kill those raised in captivity.

11. The main idea of this passage is that –

- A. chimpanzees are not as reliable as dogs.
- B. chimpanzees should not be kept as pets for a variety of reasons.
- C. keeping chimpanzees as pets and then releasing them into the wild is a danger to the pet chimpanzee.
- D. no man is as strong as a chimpanzee.

Human beings have always polluted their environment, but in the past it was easier for them to move on and live somewhere else. 2. They knew that given time, the environment would take care of pollution they left behind and they relied on the "out of sight, out of mind" philosophy. 3. Today, an increasing human population, which uses an increasing amount of energy sources, no longer has the luxury to ignore pollution. 4. The human population is approximately 7 billion. 5. Our overall energy consumption has gone up by a hundredfold from 2,000 per/person/day to 230,000 per/person/day in modern industrial nations like the United States. 6. This high energy consumption allows us to mass produce many useful and economically affordable organic products that pollute the atmosphere and groundwater damage forests and lakes causing global warming, and even deplete the ozone layer. (Borrowed from a biology textbook)

12. The main idea of this passage is that –

- A. pollution is difficult on the environment regardless of your location.
- B. due to growth in the human population, humans can no longer ignore pollution.
- C. pollution is destroying our environment.
- D. modern nations like the United States should find ways to reduce the rapid growth of their populations.

1 Gas stations still provide gas, but often they no longer provide service. 2 For one thing, attendants at many stations no longer pump gas. 3 Motorists pull up to a combination of convenience store and gas islands where the attendants, with clean hands, are comfortably enclosed in a glass booth with an opening for taking money. 4 Drivers must get out of their cars to pay for and pump their own gas, which has the bonus of perfuming their hands and clothes with the hint of gas. 5 In addition, even at stations with "pump jockeys," workers have completely forgotten other services that once went hand in hand with pumping gas. 6 They no longer know how to ask, "check your oil or water?" 7 Drivers must plead with attendants to wash their windshields. 8 And the last attendant who checked tire pressure must have died at least ten years ago. 9 Finally, many gas stations no longer have mechanics on the premises. 10 Limping down the highway in a backfiring car for emergency help at the friendly service station is a thing of the past.

13. What is the main idea?

- A. Sentence 2
- B. Sentence 1
- C. Sentence 4
- D. Sentence 7

Chimpanzees, skillful tool-users, use several objects found in their environment as tools. First of all, they use sticks. They have been seen inserting carefully trimmed sticks into termite mounds and then withdrawing the sticks and eating the termites that cling to them; they also are known to use sticks to steal honey from beehives. In addition, chimps use leaves in a variety of ingenious ways. For example, they have been seen rolling leaves into cones to use as drinking cups, dampening them and using them to clean their bodies, and chewing them until they can serve as sponges. Finally, chimpanzees have been observed using stones to crack open nuts.

14. How many major supports did you find?

- A. Three
- B. Four
- C. Six
- D. Five

Legal searches of premises include those authorized by search warrants, consent, and urgent circumstances. The Supreme Court has given considerable latitude to police in the areas of person and vehicle searches, but has been reluctant to relax the search of premises. One of the rules of the legal search of premises is that only the person in legal control can give consent. If the property is held in common by more than one holder, then any owner can give consent. If police deceive a person by telling him or her they have a search warrant when they do not, then the search is illegal because it was done by trickery rather than by consent. Perhaps the Supreme Court has been reluctant to give police total authority to search premises because of the traditional belief that "a person's home is his or her castle." (Bartollas & Hahn, p.149)

15. According to this passage, police may not conduct searches of premises when –

- A. given consent
- B. they have a search warrant
- C. there are urgent circumstances
- D. when they have no permission or urgency

The spleen is a fist-shaped organ located on the left side of the body just under the diaphragm. You might think that the spleen, like the appendix, was relatively useless since we tend to remove it whenever it is ruptured. While it is true that an individual can live quite well without a spleen, s/he tends to be much more susceptible to blood infections. It would appear that the spleen is a filtering site for bacteria and other invading cells. There is a high concentration of both T-cells and B-lymphocytes in the spleen that detect any non-resident cells, match them against known invaders, and produce antibodies if appropriate. The spleen also will remove dead cells and other debris from the blood. If the spleen is removed, the individual is up to 50 times more susceptible to infection, particularly diseases such as pneumonia and malaria. (Atkinson, p. 27)

16. According to the passage, the spleen –

- A. is a useful organ
- B. serves no purpose
- C. can be removed with no consequences
- D. is a part of a larger complicated system

There are millions of people who are in love and in pain because their love is not returned. Chances are, several people you know are going through the painful process of falling out of love. Falling out of love is usually a natural, although painful, process. Most people can and do fall out of love without help. Time heals, they meet other people, and their lives go on. On the other hand, for some of us the loss of a love can be almost an overwhelming obsession, or an intense, enduring, immobilizing pain.

In order to "fall out of love," first and foremost, we need to realize that "falling in love" is not a rational process. It's not planned or reasoned. It is an intense emotional and intuitive experience. A lot of it is magic and chemistry. Because falling in love is emotionally learned, it has to be emotionally unlearned if you are going to fall out of love. That is why insights, rational thinking, and exploring the reasons you fell in love are all inefficient and ineffective. The whys of your love can be intriguing, but it is unlikely that knowing them will help you stop the pain of being in love with someone who does not love you. You need to ask yourself if you want to stop the pain, and the way you stop that pain is not by talking about it or by looking for insights. It is by dealing with that pain in a direct, systematic way. (Phillips, pp.19; 24)

17. According to the passage, falling out of love –

- A. is an easy process.
- B. often takes time to deal with effectively.
- C. a process that can be aided by finding insights.
- D. a necessary part of life.