

مباراة الدخول الى كلية التربية لطلاب السنة الأولى لشهادة الإجازة التعليمية  
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مسابقة في الثقافة العامة باللغة الإنكليزية

مدة المسابقة: ساعتان

## School Problems

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When a child is depressed, his academic experience can be altered, damaged, and in some cases, even ruined. Some risk factors seem obvious, while others are so subtle that parents and teachers usually miss them. A child's depressive episode can last anywhere from six to twelve months. Its course is somewhat unpredictable in that symptoms can come and go, while at the same time increasing or decreasing in intensity. It's no wonder that depression is going to affect a child's educational experience.

### A. Teaching Speeds and Homework

Academically, if a child or teen is falling behind in his performance on a subject for any variety of reasons, he will likely respond in one of three ways: try harder, ignore it, or worry. For example, fifth grade is a year in which the teaching speed and expectations for the students accelerate. Your child may have done fine through the fourth grade and even for the first part of the fifth.

As the requirement to learn more in shorter amounts of time increases, your child may start to show signs of frustration. His grades might drop a little, but nothing noticeable, and he may begin to have more trouble grasping concepts that his peers seem to be managing without difficulty.

The first response, that your child will ask for help and work harder, sounds like the perfect answer to the problem. But remember that most kids hate to admit they can't keep up.

A more likely scenario is the second response, that he just quits trying and lets his grade drop. For some reason, the homework load of our children is larger than ever before. Because they have virtually no down time, children are becoming stressed and burned out. Once they start feeling this way, the quickest method to alleviate their anxiety is to just ignore it, hoping it will magically disappear. It doesn't, of course, and other problems are then created.

The other likely response is to worry. The problem with this is that the more a child worries, the more his mind is unable to concentrate on what the teacher is saying. A vicious cycle begins that can affect not one of his classes but all of them if the worry is not contained.

## **B. Overscheduling**

Like the issue of homework, kids have more on their plates in terms of activities. Parents seem to think that keeping their children busy is the way to keep them out of trouble. This may be true, but only to an extent. Kids who have a loaded schedule are tired, pressured, and overwhelmed. For teens, there is the extra pressure of perhaps preparing for college, entering college, having a job, wanting to spend time with friends, and dating. As they become wearier as a result of all this running around, they are at risk for depression.

## **C. School and Self-esteem**

Once kids are in school, they cannot resist comparing themselves with their peers. They begin to wonder if they are attractive. Are they liked? Will they get invited to the party? If they have negative experiences, the end result to this problem is a slap to a child's self-esteem. The child will likely begin to show a lack of interest in school and may even refuse to go. Children and teens may develop mysterious aches, pains, or illnesses as a way to avoid what they perceive awaits them. Teens may begin to skip school. Lack of interest can turn to mood and behavioral changes, and before you know it, a child can be depressed.

### **1. Find in the text words that mean the following:**

Changed, Sensitive, Impact, Be unsuccessful, Pay no attention to,  
To speed up, Losing hope, Really, Relieve, Blow

- 2. What are the main ideas of paragraph A (Teaching Speeds and Homework)?**
- 3. Paraphrase paragraph B (Overscheduling).**
- 4. You have certainly experienced stress and frustration at school. Some of the causes can be teacher/student relationships, homework load, testing, peer pressure etc.... Describe some of the frustrating situations you have experienced at school and discuss their effects on you. Write a well-organized essay (An introduction, two body paragraphs and a conclusion).**