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Level 4 – 29th August, 2022

Big rise in rates of depression among students

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<https://breakingnewsenglish.com/2208/220829-depression-4.html>

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2208/220829-depression-4.html>

Depression among college students more than doubled between 2013 and 2021. Anxiety among students rose by 110 per cent, while depression jumped by 135 per cent. In 2021, over 60 per cent of students had some kind of mental health problem. This is double the figure from eight years ago. Even though alarm bells are ringing among mental health experts, the number of students trying therapy has fallen by 18 per cent.

Depression among students has been going up for decades. A researcher said: "The age of onset for lifetime mental health problems also directly coincides with traditional college years." Living away from home, can often be very stressful and cause depression. COVID-19, lockdowns, and school closures all worsened this mental health crisis. Many students are worried about their increasingly uncertain futures.

Sources: <https://nypost.com/2022/08/18/majority-of-college-students-have-a-mental-illness-study/>
<https://www.dailymail.co.uk/health/article-11117777/Rates-depression-college-students-jumped-135-2013-2021.html>
<https://www.foxnews.com/us/majority-college-students-suffering-from-mental-illness-anxiety-depression-rise-study>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2208/220829-depression-4.html>

PARAGRAPH ONE:

- | | |
|----------------------------------|-------------------------|
| 1. Depression among | a. are ringing |
| 2. more than | b. by 110 per cent |
| 3. rose | c. therapy |
| 4. some kind of mental | d. from eight years ago |
| 5. double the figure | e. doubled |
| 6. alarm bells | f. experts |
| 7. mental health | g. college students |
| 8. the number of students trying | h. health problem |

PARAGRAPH TWO:

- | | |
|--------------------------------|----------------------|
| 1. going up for | a. worried |
| 2. lifetime mental | b. from home |
| 3. coincides with traditional | c. uncertain futures |
| 4. Living away | d. closures |
| 5. school | e. college years |
| 6. worsened this mental health | f. decades |
| 7. Many students are | g. health problems |
| 8. increasingly | h. crisis |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2208/220829-depression-4.html>

Depression among college students (1) _____ between 2013 and 2021. Anxiety among (2) _____ 110 per cent, while (3) _____ 135 per cent. In 2021, over 60 per cent of students had (4) _____ mental health problem.

This is (5) _____ from eight years ago. Even though alarm bells are ringing among mental health experts, the number of students trying (6) _____ by 18 per cent.

Depression among students has been going (7) _____.

A researcher said: "The age of (8) _____ mental health problems also (9) _____ traditional college years."

Living away from home, can often (10) _____ and cause depression. COVID-19, lockdowns, and (11) _____ worsened this mental health crisis. Many students are worried about their (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2208/220829-depression-4.html>

Depression among college students more than doubled between 2013 and 2021. Anxiety among students rose by 110 percent, while depression jumped by 135 percent. In 2021, over 60 percent of students had some kind of mental health problem. This is double the figure from eighty years ago. Even though alarm bells are ringing among mental health experts, the number of students trying therapy has fallen by 18 percent. Depression among students has been going up for decades. A researcher said: "The age of onset for lifetime mental health problems also directly coincides with traditional college years." Living away from home, can often be very stressful and caused depression. COVID-19, lockdowns, and school closures all worsened this mental health crisis. Many students are worried about their increasingly uncertain futures.

DEPRESSION SURVEY

From <https://breakingnewsenglish.com/2208/220829-depression-4.html>

Write five GOOD questions about depression in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

