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**Level 5 – 29th August, 2022**

## **Big rise in rates of depression among students**

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2208/220829-depression-5.html>

### **Contents**

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2208/220829-depression-5.html>

Depression among college students has increased in the past decade. Boston University reports that the number of students with anxiety or depression more than doubled between 2013 and 2021. Anxiety among students rose by 110 per cent, while the number of depressed students jumped by 135 per cent. In 2021, over 60 per cent of students had some form of mental illness. This is double the figure from eight years ago. Alarm bells are ringing with mental health experts, but the number of students seeking therapy has fallen by 18 per cent.

Depression among students has been on an upward trend for decades. A researcher said: "The age of onset for lifetime mental health problems also directly coincides with traditional college years." She said: "Living in a new setting, and away from home, can often create overwhelming and stressful circumstances." Around 75 per cent of lifetime mental health problems will be in people by the age of 24. The COVID-19 pandemic, the loneliness of lockdowns, and school closures all worsened this mental health crisis. Many students fear for 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-5.html>

## PARAGRAPH ONE:

- |                                   |                      |
|-----------------------------------|----------------------|
| 1. Depression among               | a. are ringing       |
| 2. increased in the past          | b. doubled           |
| 3. the number of students         | c. by 110 per cent   |
| 4. more than                      | d. college students  |
| 5. Anxiety among students rose    | e. therapy           |
| 6. some form                      | f. with anxiety      |
| 7. Alarm bells                    | g. of mental illness |
| 8. the number of students seeking | h. decade            |

## PARAGRAPH TWO:

- |                               |                   |
|-------------------------------|-------------------|
| 1. Depression                 | a. circumstances  |
| 2. an upward                  | b. futures        |
| 3. coincides with traditional | c. health crisis  |
| 4. Living in a new            | d. trend          |
| 5. overwhelming and stressful | e. setting        |
| 6. the loneliness             | f. among students |
| 7. worsened this mental       | g. college years  |
| 8. increasingly uncertain     | h. of lockdowns   |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2208/220829-depression-5.html>

Depression among college students has increased in (1) \_\_\_\_\_. Boston University reports that the number of students (2) \_\_\_\_\_ depression more than doubled between 2013 and 2021. Anxiety among students rose by 110 per cent, while the number of depressed (3) \_\_\_\_\_ 135 per cent. In 2021, over 60 per cent of students had some form of mental illness. This is (4) \_\_\_\_\_ from eight years ago. Alarm (5) \_\_\_\_\_ with mental health experts, but the number of students (6) \_\_\_\_\_ fallen by 18 per cent.

Depression among students has been on (7) \_\_\_\_\_ for decades. A researcher said: "The age of onset for lifetime mental health problems also (8) \_\_\_\_\_ traditional college years." She said: "Living in (9) \_\_\_\_\_, and away from home, can often create overwhelming and stressful circumstances." Around 75 per cent of lifetime mental health problems will be in people by (10) \_\_\_\_\_ 24. The COVID-19 pandemic, the (11) \_\_\_\_\_, and school closures all worsened this mental health crisis. Many students fear for their (12) \_\_\_\_\_.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2208/220829-depression-5.html>

Depression among college students has increased in the past decade. Boston University reports that the number of students with anxiety or depression more than doubled between 2013 and 2021. Anxiety among students rose by 110 percent, while the number of depressed students jumped by 135 percent. In 2021, over 60 percent of students had some form of mental illness. This is double the figure from eighty years ago. Alarm bells are ringing with mental health experts, but the number of students seeking therapy has fallen by 18 percent. Depression among students has been on an upward trend for decades. A researcher said: "The age of onset for lifetime mental health problems also directly coincides with traditional college years." She said: "Living in a new setting, and away from home, can often create overwhelming and stressful circumstances." Around 75 percent of lifetime mental health problems will be in people by the age of 24. The COVID-19 pandemic, the loneliness of lockdowns, and school closures all worsened this mental health crisis. Many students fear for 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) \_\_\_\_\_

