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**Level 6 – 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.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

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

Rates of depression among college students have surged in the past decade. A new study from Boston University reports that the number of students experiencing anxiety or depression more than doubled between 2013 and 2021. They found that the number of students suffering from anxiety jumped by 110 per cent. The number of students with depression skyrocketed by 135 per cent over the eight-year period of the study. In 2021, over 60 per cent of students met the criteria for having some form of mental illness. This is double the rate from eight years ago. Alarm bells are now ringing among mental health therapists. However, the number of students seeking therapy has fallen by 18 per cent.

Rates of depression among students had been on an upward trend even before 2013. Researcher Dr Sarah Lipson said: "College is a key developmental time. 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." She added that 75 per cent of lifetime mental health problems will be present in people by the age of 24. Dr Lipson cited the COVID-19 pandemic, the loneliness of lockdowns, and school closures as factors that exacerbated this mental health crisis. Many students fear for their future, which they see as being increasingly full of uncertainty.

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>

# WARM-UPS

**1. DEPRESSION:** Students walk around the class and talk to other students about depression. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

depression / decade / anxiety / skyrocketed / criteria / mental illness / alarm bells / trend / college / traditional / stressful / pandemic / lockdowns / loneliness / crisis

Have a chat about the topics you liked. Change topics and partners frequently.

**3. LESSONS:** Students A **strongly** believe children from elementary school level upwards should get lessons on how to deal with mental health issues; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

**4. STUDENT LIFE:** What was difficult for you being a student? How did you deal with these difficulties? Complete this table with your partner(s). Change partners often and share what you wrote.

	Your Difficulties	Your Solutions
Studying		
Money		
Friends		
Exams		
Teachers		
School life		

**5. ANXIETY:** Spend one minute writing down all of the different words you associate with the word "anxiety". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. WORRIES:** Rank these with your partner. Put the biggest worries at the top. Change partners often and share your rankings.

- Money
- Health
- Family
- The future
- Global warming
- Crime
- Old age
- Social media

# VOCABULARY MATCHING

## Paragraph 1

- |              |   |
|--------------|---|
| 1. surged    | a. A particular way in which a thing exists or appears.                         |
| 2. anxiety   | b. The state of undergoing pain, distress, or hardship.                         |
| 3. suffering | c. A feeling of worry or nervousness about something with an uncertain outcome. |
| 4. criteria  | d. Attempting to find something.  |
| 5. form      | e. Suddenly increased a lot.  |
| 6. therapist | f. The principles or standards by which something may be judged or decided.     |
| 7. seeking   | g. A person who treats psychological and mental health problems.                |

## Paragraph 2

- |                  |  |
|------------------|--|
| 8. trend         | h. Of great importance.  |
| 9. key           | i. Very great in amount.   |
| 10. onset        | j. A time of intense difficulty or danger.                           |
| 11. coincide     | k. The beginning of something, especially something unpleasant.      |
| 12. overwhelming | l. Make a problem, bad situation, or negative feeling worse.         |
| 13. exacerbated  | m. Happen at the same time.  |
| 14. crisis       | n. A general direction in which something is developing or changing. |

# BEFORE READING / LISTENING

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

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

1. Students at Boston University were the most depressed in the USA. **T / F**
2. The number of students with anxiety increased by 110% in eight years. **T / F**
3. Over 60% of college students have some form of mental health problem. **T / F**
4. Only 18% of college students have not seen a therapist. **T / F**
5. Rates of depression had been going down until 2013. **T / F**
6. A doctor said living away from home can reduce stress. **T / F**
7. Most people with mental health problems will have them before 24. **T / F**
8. Many students are worrying about an uncertain future. **T / F**

**2. SYNONYM MATCH:** (The words in **bold** are from the news article.)

- |                        |                     |
|------------------------|---------------------|
| 1. <b>rates</b>        | a. indicators       |
| 2. <b>jumped</b>       | b. happens together |
| 3. <b>criteria</b>     | c. searching for    |
| 4. <b>therapists</b>   | d. start            |
| 5. <b>seeking</b>      | e. leapt up         |
| 6. <b>key</b>          | f. riskiness        |
| 7. <b>onset</b>        | g. percentages      |
| 8. <b>coincides</b>    | h. worsened         |
| 9. <b>exacerbated</b>  | i. crucial          |
| 10. <b>uncertainty</b> | j. psychologists    |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |  |                              |
|--|------------------------------|
| 1. Rates of depression among college students  | a. on an upward trend        |
| 2. the number of students experiencing anxiety | b. of lockdowns              |
| 3. students met the                            | c. therapy has fallen        |
| 4. This is double the                          | d. mental health crisis      |
| 5. the number of students seeking              | e. rate from eight years ago |
| 6. Rates of depression among students had been | f. of uncertainty            |
| 7. Living in a new                             | g. have surged               |
| 8. the loneliness                              | h. setting                   |
| 9. factors that exacerbated this               | i. or depression             |
| 10. being increasingly full                    | j. criteria                  |

# GAP FILL

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

Rates of depression among college students have (1) \_\_\_\_\_ in the past decade. A new study from Boston University reports that the number of students (2) \_\_\_\_\_ anxiety or depression more than doubled between 2013 and 2021. They found that the number of students suffering from (3) \_\_\_\_\_ jumped by 110 per cent. The number of students with depression skyrocketed by 135 per cent over the eight-year (4) \_\_\_\_\_ of the study. In 2021, over 60 per cent of students met the (5) \_\_\_\_\_ for having some form of mental illness. This is (6) \_\_\_\_\_ the rate from eight years ago. Alarm bells are now (7) \_\_\_\_\_ among mental health therapists. However, the number of students seeking (8) \_\_\_\_\_ has fallen by 18 per cent.

*anxiety*  
*criteria*  
*therapy*  
*experiencing*  
*ringing*  
*period*  
*surged*  
*double*

Rates of depression among students had been on an (9) \_\_\_\_\_ trend even before 2013. Researcher Dr Sarah Lipson said: "College is a (10) \_\_\_\_\_ developmental time. The age of onset for lifetime mental health problems also directly (11) \_\_\_\_\_ with traditional college years." She said: "Living in a new (12) \_\_\_\_\_, and away from home, can often create overwhelming and (13) \_\_\_\_\_ circumstances." She added that 75 per cent of lifetime mental health problems will be present in people by the age of 24. Dr Lipson (14) \_\_\_\_\_ the COVID-19 pandemic, the loneliness of lockdowns, and school closures as factors that (15) \_\_\_\_\_ this mental health crisis. Many students fear for their future, which they see as being increasingly (16) \_\_\_\_\_ of uncertainty.

*setting*  
*key*  
*cited*  
*upward*  
*full*  
*stressful*  
*coincides*  
*exacerbated*

# LISTENING – Guess the answers. Listen to check.

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

- 1) Rates of depression among college \_\_\_\_\_
  - a. students have surged
  - b. students have purged
  - c. students have assuaged
  - d. students have searched
- 2) The number of students \_\_\_\_\_
  - a. with depressing skyrocketed
  - b. with depress shun skyrocketed
  - c. with depression sky rocket it
  - d. with depression skyrocketed
- 3) In 2021, over 60 per cent of students \_\_\_\_\_
  - a. met the criteria
  - b. let the criteria
  - c. wet the criteria
  - d. bet the criteria
- 4) Alarm bells are now ringing among \_\_\_\_\_
  - a. mental healthy therapists
  - b. mental health therapists
  - c. mentally health therapists
  - d. mentally healthy therapists
- 5) However, the number of students seeking \_\_\_\_\_
  - a. therapy has fall in
  - b. therapy has fallen
  - c. therapy has felled
  - d. therapy has fouling
- 6) Rates of depression among students had been on \_\_\_\_\_
  - a. an upward blend
  - b. an upward rend
  - c. an upward trend
  - d. an upward friend
- 7) The age of onset for lifetime mental health problems \_\_\_\_\_
  - a. also directly coincidences
  - b. also directly coin sides
  - c. also directly cow insides
  - d. also directly co win sides
- 8) away from home, can often create overwhelming \_\_\_\_\_
  - a. and stressfully circumstances
  - b. and stressfully circumstance
  - c. and stressful circumstance
  - d. and stressful circumstances
- 9) the loneliness of lockdowns, and school closures as factors \_\_\_\_\_
  - a. that exacerbated this
  - b. that exactly bated this
  - c. that eggs as a bated this
  - d. that eggs ax abated this
- 10) fear for their future, which they see as being increasingly \_\_\_\_\_
  - a. fill of uncertainty
  - b. feel of uncertainty
  - c. full of uncertainty
  - d. fuel of uncertainty

# LISTENING – Listen and fill in the gaps

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

Rates of depression among college students (1) \_\_\_\_\_ the past decade. A new study from Boston University reports that the number of students experiencing anxiety or depression (2) \_\_\_\_\_ between 2013 and 2021. They found that the number of students suffering from anxiety jumped by 110 per cent. The number of students with (3) \_\_\_\_\_ 135 per cent over the eight-year period of the study. In 2021, over 60 per cent of students (4) \_\_\_\_\_ for having some form of mental illness. This is double the rate from eight years ago. Alarm bells are now ringing among (5) \_\_\_\_\_. However, the number of students (6) \_\_\_\_\_ fallen by 18 per cent.

Rates of depression among students had been on an (7) \_\_\_\_\_ before 2013. Researcher Dr Sarah Lipson said: "College is a key developmental time. The (8) \_\_\_\_\_ for lifetime mental health problems also directly coincides with traditional college years." She said: "Living in (9) \_\_\_\_\_, and away from home, can often create overwhelming and stressful circumstances." She added that 75 per cent (10) \_\_\_\_\_ health problems will be present in people by the age of 24. Dr Lipson cited the COVID-19 pandemic, the loneliness of lockdowns, and school (11) \_\_\_\_\_ that exacerbated this mental health crisis. Many students fear for their future, which they see as being increasingly (12) \_\_\_\_\_.

# COMPREHENSION QUESTIONS

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

1. Which university conducted this study?
2. By how much did the number of students with anxiety increase?
3. Over what timespan did the study take place?
4. What does the article say is ringing with therapists?
5. What was the drop in the number of students seeking therapy?
6. Where had rates of depression been going before 2013?
7. What did a doctor say was a key developmental time?
8. What did the doctor say could be overwhelmingly stressful?
9. By what age might 75% of lifetime mental health problems be in people?
10. What do many students view their future as being?

# MULTIPLE CHOICE - QUIZ

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

- 1) Which university conducted this study?
  - a) Bolton
  - b) Boston
  - c) Botswana
  - d) Berlin
- 2) By how much did the number of students with anxiety increase?
  - a) 18%
  - b) 60%
  - c) 135%
  - d) 110%
- 3) Over what timespan did the study take place?
  - a) 8 years
  - b) 10 years
  - c) 2 years
  - d) 5 years
- 4) What does the article say is ringing with therapists?
  - a) smartphones
  - b) old telephones
  - c) alarm bells
  - d) smoke alarms
- 5) What was the drop in the number of students seeking therapy?
  - a) 15%
  - b) 18%
  - c) 16%
  - d) 17%
- 6) Where had rates of depression been going before 2013?
  - a) upwards
  - b) downwards
  - c) nowhere
  - d) everywhere
- 7) What did a doctor say was a key developmental time?
  - a) in the womb
  - b) elementary school
  - c) college
  - d) high school
- 8) What did the doctor say could be overwhelmingly stressful?
  - a) living in a new setting
  - b) researchers
  - c) homework
  - d) depression
- 9) By what age might 75% of lifetime mental health problems be in people?
  - a) 24
  - b) 23
  - c) 22
  - d) 21
- 10) What do many students view their future as being?
  - a) long
  - b) rosy
  - c) full of promise
  - d) uncertain

# ROLE PLAY

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

## **Role A – Money**

You think money is the biggest worry. Tell the others three reasons why. Tell them why their worries aren't as big. Also, tell the others which is the least worrying of these (and why): health, crime or global warming.

## **Role B – Health**

You think health is the biggest worry. Tell the others three reasons why. Tell them why their worries aren't as big. Also, tell the others which is the least worrying of these (and why): money, crime or global warming.

## **Role C – Crime**

You think crime is the biggest worry. Tell the others three reasons why. Tell them why their worries aren't as big. Also, tell the others which is the least worrying of these (and why): health, money or global warming.

## **Role D – Global Warming**

You think global warming is the biggest worry. Tell the others three reasons why. Tell them why their worries aren't as big. Also, tell the others which is the least worrying of these (and why): health, crime or money.

# AFTER READING / LISTENING

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

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'depression' and 'anxiety'.

<b>depression</b>	<b>anxiety</b>
-------------------	----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• surged</li><li>• doubled</li><li>• jumped</li><li>• skyrocketed</li><li>• criteria</li><li>• bells</li></ul>	<ul style="list-style-type: none"><li>• trend</li><li>• key</li><li>• home</li><li>• 24</li><li>• factors</li><li>• future</li></ul>
--	--

# DEPRESSION SURVEY

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

# DEPRESSION DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'depression'?
3. What do you know about depression?
4. Why might students be depressed?
5. How can we help people with depression?
6. Why is so little understood about depression?
7. How well does your country help people with mental health issues?
8. What's the difference between depression and anxiety?
9. Have you ever had anxiety or depression?
10. Would you seek help if you were depressed?

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# DEPRESSION DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'student'?
13. What do you think about what you read?
14. How stressful is going to college?
15. How difficult is it to move away from home?
16. How stressful is the COVID-19 pandemic?
17. How does loneliness affect mental health?
18. What are your biggest worries?
19. How certain or uncertain is your future?
20. What questions would you like to ask a mental health therapist?

## **DISCUSSION (Write your own questions)**

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

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

Rates of depression (1) \_\_\_\_\_ college students have surged in the past decade. A new study from Boston University reports that the number of students (2) \_\_\_\_\_ anxiety or depression more than doubled between 2013 and 2021. They found that the number of students suffering from anxiety jumped (3) \_\_\_\_\_ 110 per cent. The number of students with depression (4) \_\_\_\_\_ by 135 per cent over the eight-year period of the study. In 2021, over 60 per cent of students (5) \_\_\_\_\_ the criteria for having some form of mental illness. This is double the rate from eight years ago. Alarm bells are now ringing among mental health therapists. However, the number of students (6) \_\_\_\_\_ therapy has fallen by 18 per cent.

Rates of depression among students had been on an upward (7) \_\_\_\_\_ even before 2013. Researcher Dr Sarah Lipson said: "College is a key developmental time. The age of (8) \_\_\_\_\_ for lifetime mental health problems also directly coincides with traditional college years." She said: "Living in a new (9) \_\_\_\_\_, and away from home, can often create (10) \_\_\_\_\_ and stressful circumstances." She added that 75 per cent of lifetime mental health problems will be present in people by the age of 24. Dr Lipson (11) \_\_\_\_\_ the COVID-19 pandemic, the loneliness of lockdowns, and school closures as factors that exacerbated this mental health crisis. Many students fear for their future, which they see as (12) \_\_\_\_\_ increasingly full of uncertainty.

## Put the correct words from the table below in the above article.

- |     |                 |                 |                  |                  |
|-----|-----------------|-----------------|------------------|------------------|
| 1.  | (a) among       | (b) becoming    | (c) availing     | (d) with         |
| 2.  | (a) experiences | (b) experienced | (c) experiencing | (d) experience   |
| 3.  | (a) at          | (b) on          | (c) by           | (d) from         |
| 4.  | (a) launched    | (b) orbited     | (c) planed       | (d) skyrocketed  |
| 5.  | (a) met         | (b) set         | (c) bet          | (d) let          |
| 6.  | (a) peeking     | (b) seeking     | (c) reeking      | (d) eking        |
| 7.  | (a) fender      | (b) render      | (c) frond        | (d) trend        |
| 8.  | (a) upset       | (b) onset       | (c) inset        | (d) outset       |
| 9.  | (a) settee      | (b) settle      | (c) setting      | (d) setter       |
| 10. | (a) incoming    | (b) wellbeing   | (c) heartwarming | (d) overwhelming |
| 11. | (a) sated       | (b) sited       | (c) sighted      | (d) cited        |
| 12. | (a) bee         | (b) being       | (c) be           | (d) been         |

# SPELLING

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

## Paragraph 1

1. ugrdse in the past decade
2. the number of students experiencing xyeatni
3. more than dledubo between 2013 and 2021
4. ktrdcokesye by 135 per cent
5. over 60 per cent of students met the rirtaice
6. the number of students seeking yaprteh

## Paragraph 2

7. gvrnmlohweie and stressful circumstances
8. directly nciecsido with traditional college years
9. Dr Lipson cetdi the COVID-19 pandemic
10. the slensoniel of lockdowns
11. school escrosu
12. drbteexeaac this mental health crisis

# PUT THE TEXT BACK TOGETHER

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

**Number these lines in the correct order.**

- ( **1** ) Rates of depression among college students have surged in the past decade. A new study
- ( ) said: "College is a key developmental time. The age of onset for lifetime mental health problems also directly coincides
- ( ) period of the study. In 2021, over 60 per cent of students met the criteria for having some
- ( ) of lockdowns, and school closures as factors that exacerbated this mental health crisis. Many students fear
- ( ) now ringing among mental health therapists. However, the number of students seeking therapy has fallen by 18 per cent.
- ( ) depression more than doubled between 2013 and 2021. They found that the number of students suffering from anxiety jumped
- ( ) and stressful circumstances." She added that 75 per cent of lifetime mental health problems will be
- ( ) by 110 per cent. The number of students with depression skyrocketed by 135 per cent over the eight-year
- ( ) for their future, which they see as being increasingly full of uncertainty.
- ( ) from Boston University reports that the number of students experiencing anxiety or
- ( ) Rates of depression among students had been on an upward trend even before 2013. Researcher Dr Sarah Lipson
- ( ) present in people by the age of 24. Dr Lipson cited the COVID-19 pandemic, the loneliness
- ( ) with traditional college years." She said: "Living in a new setting, and away from home, can often create overwhelming
- ( ) form of mental illness. This is double the rate from eight years ago. Alarm bells are

# PUT THE WORDS IN THE RIGHT ORDER

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

1. students college surged. of depression have among Rates
2. some of having form illness. Criteria for mental
3. the eight This double years is from ago. rate
4. therapists. bells are ringing mental Alarm health among
5. therapy has of students seeking fallen. number The
6. is students upward Depression an among on trend.
7. age health mental for of onset The problems.
8. often can and create overwhelming It stressful circumstances.
9. school closures and as She cited COVID-19 factors.
10. this that exacerbated crisis. mental have health Factors

# CIRCLE THE CORRECT WORD (20 PAIRS)

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

Rates of depression *with / among* college students have *purged / surged* in the past decade. A new study from Boston University reports that the number of students experiencing *anxiety / anxious* or depression more than doubled between 2013 and 2021. They found that the number of students *suffer / suffering* from anxiety jumped by 110 per cent. The number of students with *depression / depressed* skyrocketed by 135 per cent over the eight-year *periodical / period* of the study. In 2021, over 60 per cent of students *met / bet* the criteria for having some *form / frame* of mental illness. This is double the rate from eight years ago. Alarm bells are now *banging / ringing* among mental health therapists. However, the number of students *seeking / peeking* therapy has fallen by 18 per cent.

Rates of depression among students had been on an upward *trendy / trend* even before 2013. Researcher Dr Sarah Lipson said: "College is a *lock / key* developmental time. The age of *inset / onset* for lifetime mental health problems also directly *coincidence / coincides* with traditional college years." She said: "Living *in / on* a new setting, and away from home, can often create overwhelming and stressful *circumstantial / circumstances*." She added that 75 per cent of lifetime mental health problems will *be / been* present in people *until / by* the age of 24. Dr Lipson cited the COVID-19 pandemic, the loneliness of lockdowns, and school closures *has / as* factors that exacerbated this mental health crisis. Many students fear for their future, which they see *has / as* being increasingly full of uncertainty.

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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

R\_t\_s \_f d\_pr\_ss\_\_n \_m\_ng c\_ll\_g\_ st\_d\_nts h\_v\_ s\_rg\_d \_n th\_ p\_st d\_c\_d\_. \_ n\_w st\_dy fr\_m B\_st\_n \_n\_v\_rs\_ty r\_p\_rts th\_t th\_ n\_mb\_r \_f st\_d\_nts \_xp\_r\_\_nc\_ng \_nx\_\_ty \_r d\_pr\_ss\_\_n m\_r\_ th\_n d\_\_bl\_d b\_tw\_\_n 2013 \_nd 2021. Th\_y f\_\_nd th\_t th\_ n\_mb\_r \_f st\_d\_nts s\_ff\_r\_ng fr\_m \_nx\_\_ty j\_mp\_d by 110 p\_r c\_nt. Th\_ n\_mb\_r \_f st\_d\_nts w\_th d\_pr\_ss\_\_n skyr\_ck\_t\_d by 135 p\_r c\_nt \_v\_r th\_ \_\_ght-y\_\_r p\_r\_\_d \_f th\_ st\_dy. \_n 2021, \_v\_r 60 p\_r c\_nt \_f st\_d\_nts m\_t th\_ cr\_t\_r\_\_ f\_r h\_v\_ng s\_m\_ f\_rm \_f m\_nt\_l \_lln\_ss. Th\_s \_s d\_\_bl\_ th\_ r\_t\_ fr\_m \_\_ght y\_\_rs \_g\_. \_l\_rm b\_lls \_r\_ n\_w r\_ng\_ng \_m\_ng m\_nt\_l h\_\_lth th\_r\_p\_sts. H\_w\_v\_r, th\_ n\_mb\_r \_f st\_d\_nts s\_\_k\_ng th\_r\_p\_y h\_s f\_ll\_n by 18 p\_r c\_nt.

R\_t\_s \_f d\_pr\_ss\_\_n \_m\_ng st\_d\_nts h\_d b\_\_n \_n \_n \_pw\_rd tr\_nd \_v\_n b\_f\_r\_ 2013. R\_s\_\_rch\_r Dr S\_r\_h L\_ps\_n s\_\_d: "C\_ll\_g\_ \_s \_ k\_y d\_v\_l\_pm\_nt\_l t\_m\_. Th\_ \_g\_ \_f \_ns\_t f\_r l\_f\_t\_m\_ m\_nt\_l h\_\_lth pr\_bl\_ms \_ls\_ d\_r\_ctly c\_\_nc\_d\_s w\_th tr\_d\_t\_\_n\_l c\_ll\_g\_ y\_\_rs." Sh\_ s\_\_d: "L\_v\_ng \_n \_ n\_w s\_tt\_ng, \_nd \_w\_y fr\_m h\_m\_, c\_n \_ft\_n cr\_\_t\_ \_v\_rwh\_lm\_ng \_nd str\_ss\_f\_l c\_rc\_mst\_nc\_s." Sh\_ \_dd\_d th\_t 75 p\_r c\_nt \_f l\_f\_t\_m\_ m\_nt\_l h\_\_lth pr\_bl\_ms w\_ll b\_ pr\_s\_nt \_n p\_\_pl\_ by th\_ \_g\_ \_f 24. Dr L\_ps\_n c\_t\_d th\_ C\_V\_D-19 p\_nd\_m\_c, th\_ l\_n\_l\_n\_ss \_f l\_ckd\_wns, \_nd sch\_\_l cl\_s\_r\_s \_s f\_ct\_rs th\_t \_x\_c\_r\_b\_t\_d th\_s m\_nt\_l h\_\_lth cr\_s\_s. M\_ny st\_d\_nts f\_\_r f\_r th\_\_r f\_t\_r\_, wh\_ch th\_y s\_\_ \_s b\_\_ng \_ncr\_\_s\_ngly f\_ll \_f \_nc\_rt\_\_nty.

# PUNCTUATE THE TEXT AND ADD CAPITALS

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

rates of depression among college students have surged in the past decade a new study from boston university reports that the number of students experiencing anxiety or depression more than doubled between 2013 and 2021 they found that the number of students suffering from anxiety jumped by 110 per cent the number of students with depression skyrocketed by 135 per cent over the eightyear period of the study in 2021 over 60 per cent of students met the criteria for having some form of mental illness this is double the rate from eight years ago alarm bells are now ringing among mental health therapists however the number of students seeking therapy has fallen by 18 per cent

rates of depression among students had been on an upward trend even before 2013 researcher dr sarah lipson said college is a key developmental time 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 she added that 75 per cent of lifetime mental health problems will be present in people by the age of 24 dr lipson cited the covid19 pandemic the loneliness of lockdowns and school closures as factors that exacerbated this mental health crisis many students fear for their future which they see as being increasingly full of uncertainty.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Rates of depression among college students have surged in the past decade. A new study from Boston University reports that the number of students experiencing anxiety or depression more than doubled between 2013 and 2021. They found that the number of students suffering from anxiety jumped by 110 percent. The number of students with depression skyrocketed by 135 percent over the eight-year period of the study. In 2021, over 60 percent of students met the criteria for having some form of mental illness. This is double the rate from eighty years ago. Alarm bells are now ringing among mental health therapists. However, the number of students seeking therapy has fallen by 18 percent. Rates of depression among students had been on an upward trend even before 2013. Researcher Dr Sarah Lipson said: "College is a key developmental time. 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." She added that 75 percent of lifetime mental health problems will be present in people by the age of 24. Dr Lipson cited the COVID-19 pandemic, the loneliness of lockdowns, and school closures as factors that exacerbated this mental health crisis. Many students fear for their future, which they see as being increasingly full of uncertainty.





# HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. DEPRESSION:** Make a poster about depression. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. MENTAL HEALTH LESSONS:** Write a magazine article about students having regular lessons from elementary school onwards on how to deal with mental health issues. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on depression. Ask him/her three questions about it. Give him/her three of your ideas on how to combat depression. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. e    2. c    3. b    4. f    5. a    6. g    7. d  
8. n    9. h    10. k    11. m    12. i    13. l    14. j

## TRUE / FALSE (p.5)

- 1 F    2 T    3 T    4 F    5 F    6 F    7 T    8 T

## SYNONYM MATCH (p.5)

1. g	2. e	3. a	4. j	5. c
6. i	7. d	8. b	9. h	10. f

## COMPREHENSION QUESTIONS (p.9)

1. Boston
2. 110%
3. Eight years
4. Alarm bells
5. 18%
6. Upwards
7. College
8. Living in a new setting
9. 24
10. Uncertain

## WORDS IN THE RIGHT ORDER (p.19)

1. Rates of depression among college students have surged.
2. Criteria for having some form of mental illness.
3. This is double the rate from eight years ago.
4. Alarm bells are ringing among mental health therapists.
5. The number of students seeking therapy has fallen.
6. Depression among students is on an upward trend.
7. The age of onset for mental health problems.
8. It can often create overwhelming and stressful circumstances.
9. She cited COVID-19 and school closures as factors.
10. Factors that have exacerbated this mental health crisis.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. d    3. a    4. c    5. b    6. a    7. c    8. a    9. a    10. d

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)