

Answer Key

Here are the answers for the quizzes, close-reading questions, critical-thinking questions, and vocabulary questions that appear in the print and online editions of *Choices*.

COMPREHENSION QUIZZES

“Should Napping be Allowed At School?”

Pages 2–5

1. b
2. c
3. d
4. b
5. The brain clears out a chemical that makes you sleepy and makes space for new information when you wake up.
6. Sneha thinks schools should implement some kind of incentive for turning assignments in early.
7. Sleep hygiene involves the daily routines that help you get a good night’s sleep. Examples: Power off electronics before bed, listen to soothing music.

“Meet Chelsea!”

Pages 6–11

1. b
2. c
3. a
4. b
5. Chelsea wrote to the team at *Choices* about the lack of coverage of people with Down syndrome in recent years.
6. As is common to many people with Down syndrome, she has a smaller stature and is 4 feet, 6 inches tall and wears size 2 sneakers.

7. She doesn’t mind because she prefers having help nearby.

“Make Your Own Luck”

Pages 12–15

1. d
2. b
3. d
4. a
5. Look up free events related to your interests, bring a friend, and chat with at least three new people.
6. She moved from San Francisco to New York City and performed up to nine stand-up shows a night.
7. Write down your dream and then make a list of smaller goals that will help you get there.

“The Last Bonfire”

Pages 16–21

1. b
2. c
3. d
4. b
5. You become less inhibited and less able to think about the consequences, it impairs your ability to think through decisions, and you are guided by emotions rather than logic.
6. Possible answers: Call your parents, and set up an agreement with them beforehand, call a taxi or car service, take public

transportation.

7. Your license will be suspended, and the charges will go on your permanent record. You may also get fines, time in jail or detention, and your car may be impounded.

“Striking To Save The Planet”

Pages 22–24

1. b
2. c
3. c
4. b
5. Greta is a teenager from Sweden who got attention when she struck outside the Swedish Parliament to protest climate change.
6. Alexandria organized a nationwide School Strike 4 Climate by using social media and getting two other American students to help.
7. Alexandria says teens need to force the adults to act before it’s too late.

CLOSE-READING QUESTIONS

“Should Napping Be Allowed At School?”

Pages 2–5

Why does Karli have a difficult time getting enough sleep?

Karli has to rehearse for a

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musical after school and doesn't get home until 11 p.m., then she wakes up early to finish her homework.

How much sleep do average teens need, and how much do they actually get? The average teen needs 8-10 hours of sleep but gets only about 7 hours.

How does Sneha manage to get eight hours of sleep each night? Sneha manages her time with a calendar on her phone that lists what she has to do for the day.

Why does Sneha think allowing naps in school might cause teens to sleep even less? She says that if napping in school is allowed, students might be more likely to pull all-nighters and less motivated to get enough sleep at home.

"Meet Chelsea!"
Pages 6-11

What is Down syndrome? Down syndrome is a genetic condition that is caused by an extra chromosome. People with Down syndrome may have physical and intellectual differences.

How is Chelsea involved with her school's swim team? Chelsea practices with the team six days a week and swims in exhibition rounds before the meets. Her times aren't factored into the team score.

How does having Down syndrome affect Chelsea's diet? Chelsea has celiac disease, which is common for people with Down syndrome, so she needs to eat foods that are gluten-free.

Why does Chelsea say it's hard to make new friends? Chelsea says that she is shy and people don't realize she's just like everyone else.

"Make Your Own Luck"
Pages 12-15

How does visualization work? Visualization is your brain's dress rehearsal for something you're about to accomplish. It helps you practice behaviors that bring you closer to your goal.

How does the article suggest using your phone to help you achieve goals? You can set an image of your goal as your lock screen. It will serve as a daily reminder to make behavioral changes that get you closer to achieving your goal.

How can taking risks get you closer to your goal? By taking risks, you open yourself up to more possibilities to achieve your goal.

Why is it important to expose yourself to new people and experiences when you have a goal? New people could connect you to unexpected opportunities.

"The Last Bonfire"
Pages 16-21

According to the CDC, how many teens die in car accidents each day? How many of those accidents involve alcohol? Six teens die in car accidents each day, and more than a third of those accidents involve alcohol.

What is B.A.C., and what is the legal limit for adults to have in their system before driving? What about for teens? B.A.C. stands for blood alcohol concentration, and it refers to the amount of alcohol in the bloodstream. The legal limit for adults is .08. There is no legal B.A.C. for teens.

What happened to the driver of the car in the crash that killed Malek? The driver pleaded guilty to charges of homicide and assault and was sentenced to six years in jail.

"Striking To Save The Planet"
Pages 22-24

Why did Alexandria's mother want her to leave Davis once the Camp Fire broke out? She saw videos of people collapsing on the street and felt it was too dangerous for Alexandria because of her asthma.
How did climate change help

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the Camp Fire spread? As a result of climate change, warmer temperatures caused trees to die and become kindling for the Camp Fire.

What has Alexandria been doing to bring attention to climate change? Alexandria began skipping school on Fridays to sit on a bench outside of the United Nations and used social media to lead the nationwide School Strike 4 Climate. She also launched a nonprofit and spoke at the UN.

CRITICAL-THINKING QUESTIONS

“Should Napping Be Allowed at School?”

Pages 2–5

How much sleep do you get on an average school day? Do you feel like it’s enough? Explain your answer. Answers will vary.
Younger teens tend to brag about staying up late but as they get older, that changes. Why do you think that is? Possible answer: Younger teens are trying to rebel against their parents, so they want to break the rules by staying up late. As they get older, they know how much better they feel after getting a full night’s sleep.
The nap pods that the schools

in New Mexico use cost \$13,000 apiece. What do you think a low-cost option for schools might be? Get creative!

Possible answer: Schools could provide sleeping bags that students can use in the library instead.

“Meet Chelsea!”

Pages 6–11

In what ways do you think having a student like Chelsea at school benefits the rest of the school community? Possible answer: Schools with diverse student populations can combat ignorance and help everyone grow.

Chelsea gets frustrated that people don’t take the time to get to know her. What do you think is stopping them? Answers will vary.

What does Chelsea want to do when she’s older, and how do you think her experience growing up has influenced her goals? Possible answer: Chelsea wants to be a counselor to help other kids. She may want to use her experience growing up with an intellectual disability to make a difference for others.

“Make Your Own Luck”

Pages 12–15

When is the last time you took a risk that paid off? Describe

the situation and what you learned in the process.

Answers will vary.

Think of someone you admire.

How did they use luck-enhancing skills to reach their goals? Answers will vary.

What’s your dream job? How can you help yourself get closer to it today? Think of at least three things you can do. Possible answers: I can reach out to a local business or organization for internship opportunities; I can reach out to family friends who work in the industry that I want to join; I can attend free events and try to network with people to make new connections.

“The Last Bonfire”

Pages 16–21

Kids who start drinking at a young age are seven times more likely to be in an alcohol-related crash than those who wait until they’re 21 to drink. Why do you think that is?

Answers will vary.

What could Tristan, Malek, and Bryson have done differently to avoid what happened? Possible answers: gone to the movies instead, designated a sober driver, called a parent for a ride.

Out of all the creative answers the article suggests for refusing a drink, which one do you think you’d be most likely

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to use? Why is that? Answers will vary.

“Striking To Save The Planet”

Pages 22-24

Do you think skipping school is an effective way to bring attention to social issues?

Explain your answer. Possible answer: It would get the attention of administrators and adults.

How mindful are you of climate change? Is it something you think about often and learn about in school? If so, how? If not, why do you think that is?

Answers will vary.

Protest movements often get attention through social media. In what ways could you use social media to bring attention to environmental issues? Come up with at least two ideas.

Answers will vary.

VOCABULARY

“Should Napping Be Allowed At School?”

Pages 2–5

1. emphasize
2. deprivation
3. countering
4. procrastinating

5. implement

5. efficiently

“Meet Chelsea!”

Pages 6–11

1. coverage
2. chromosome
3. interpret
4. misconception
5. discrimination

“Make Your Own Luck”

Pages 12–15

1. envisioning
2. visualization
3. repetition
4. informational

“The Last Bonfire”

Pages 16–21

1. caravanned
2. distinctive
3. impaired
4. overcorrected
5. lacerated

6. hazy

7. mitigate

“Striking To Save The Planet”

Pages 22-24

1. inhalation
2. emissions
3. catastrophe
4. carbon dioxide
5. climate change

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