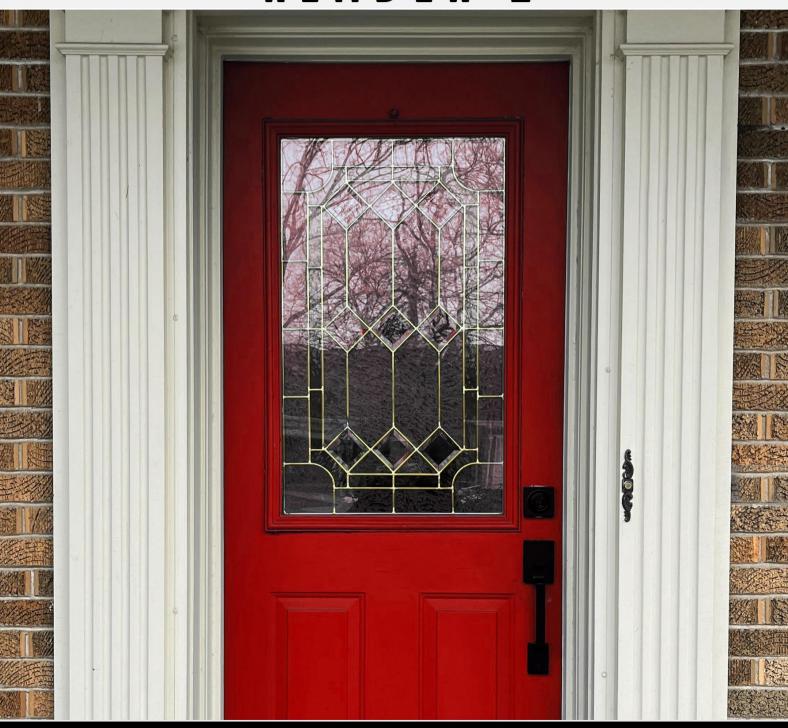# CONESTOGA
ENGLISH LANGUAGE
READER 2

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CONESTOGA ENGLISH LANGUAGE READER 2

BY SARAH DARLING AND CHERYL KNAPP

Conestoga Open Learning

Kitchener

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INTRODUCTION

About the Resource

The Conestoga English Language Reader (CELR) is a collection of readings designed for the Conestoga English Language Program. CELR2 draws upon the works of Jacob Lasby. CELR2 is tailored to low intermediate English language learners, aiming to enhance their reading skills and expand their academic vocabulary. Each article within this collection addresses a distinct general-interest topic, providing readers with content that is both engaging and relevant for everyday life.

The vocabulary for each chapter was carefully selected from the Academic Word List, with the goal of increasing students' academic vocabulary and reading fluency. Students are encouraged to actively participate in chapter discussions, practice the newly acquired vocabulary, and engage with the accompanying chapter activities.

This collection aspires to inspire, engage, and support English language learners in their academic journey.

Readers are invited to provide feedback on this Open Educational Resource and share any concerns, suggestions, errata notes, or ideas for enhancements with the [Open Learning Team at Conestoga College](#).

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Word List Attribution

The word lists used in this reader were developed from the Academic Word Lists identified by EAP Foundation's Academic Word List and Lextutor.ca.

Word List References

Cobb, T. (n.d.). *Web VP classic*. Compleat Lexical Tutor v 8.5.
Smith, S. (2024). *The academic word list (AWL)*. EAPFoundation.com.

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CHAPTER 1: FOSSILS AND THEIR OWNERS

Warm-Up Questions

1. **How can we learn about our ancient past?**
2. **How do scientists help us understand history?**
3. **Have you ever read about dinosaurs? What do you know about them?**

Read

When you picture a dinosaur, what do you see? A giant monster covered in scales and roaring? A creature ready to chomp down and consume whatever poor person may be standing in their way? The images placed in your head by pop culture and movies may be far from the truth.

To those unfamiliar, dinosaurs ruled Earth during the Mesozoic era, which was a time period from 245 million years ago to 66 million years ago. They were animals that dominated the ecosystem of the entire globe. Though you may think of them as gigantic, they came in all different shapes and sizes; some were only the size of house cats.

As scientists uncover more and more dinosaur fossils, our understanding of dinosaurs grows. Fossils are the remains of animals that lived many years ago. They are formed when bones are covered in sediment, such as sand or mud. As the sediment weighs down on the bones, it creates external pressure and compacts the bones into rock. Water then begins to dissolve the bone and occupy the space until minerals in the water replace the bone entirely, leaving a fossil. There are many things we can learn from fossils, including how old a dinosaur was when it died, how long ago it died, and even what its skin looked like.

Popular culture was right in the assumption that dinosaurs had scaly skin. But as more evidence is unearthed, we learn surprising things. For example, dinosaurs were colourful. By looking at traces of

bacteria, reds, greys, and even patterns have been discovered on dinosaur skin. By analyzing fossils, scientists have even determined that some dinosaurs were covered in feathers. This discovery is very important because it implies that dinosaurs are the ancestors of birds.

For a long time, dinosaurs were thought to be the ancestors of lizards, partly because of their name, which comes from the Greek words for terrible and lizard. Scientists now believe that even the most famous dinosaur species, the Tyrannosaurus Rex (T. Rex), had feathers covering a portion of its body. While no fossil evidence of T. Rex feathers has been uncovered, smaller Tyrannosaurs closely related to the T. Rex have been found to have fossilized feathers. The theory is that T. Rex had feathers at birth to conserve warmth but lost the majority of them as it grew older. The ones it kept were thought to be used for mating and display purposes. At birth, T. Rexes were the size of skinny turkeys, but over the course of 20 years, they grew to a height of 3.6-3.9 metres and a weight of 5500-8000 kilograms.

There is still a lot of information we do not know about dinosaurs. For example, scientists still debate about what caused the dinosaurs to go extinct. There is evidence of a large meteor[1] impacting the Earth 66 million years ago, but we do not know about the other factors that occurred during this time period that led to the extinction of so many dinosaurs. There is, however, no shortage of scientists. Every day more and more children are exposed to dinosaurs through movies or video games and are filled with a burning desire to dig through the dirt to see what mysteries they can solve.

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[1] a piece of rock or metal that travels through space, and makes a bright line in the night sky when it falls down towards the Earth

📝 Comprehension Questions

Answer the following questions in complete sentences.

1. According to the article, are the dinosaurs we see in movies realistic? Why or why not?
2. In your own words, what exactly is a fossil?
3. Which animals do scientists now consider dinosaurs to be the ancestor of? Why do they believe this?
4. How can studying fossils help us understand more about dinosaurs?
5. The article talks about fossils from dinosaurs. What are some other fossils that might be found by scientists?
6. Fossils can tell us a lot of information about different plants, animals, and people. Other than the ideas mentioned in the article, what else could fossils tell us?

[Answer Key](#)

📖 Vocabulary

Analyze	Assumption	Consume
Debate	Dominate	Evidence
External	Factor	Imply
Majority	Occupy	Occurred
Portion	Theory	Trace

[View the interactive version of Chapter 1: Fossils and their Owners](#)

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Artificial Intelligence Disclosure

- Microsoft Copilot was used as a brainstorming tool for the activities in this chapter.
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CHAPTER 2: GREEN SPACES IN CONCRETE JUNGLES

Warm-Up Questions

1. **Do you prefer to relax indoors or outdoors?**
2. **How do you feel when you are outside in nature?**
3. **Think about the city you currently live in. What kinds of parks and green spaces does it have?**

Read

Living in large cities can be a thrilling experience. There is always something to do. Whether it be a street festival, a delicious restaurant, or an exciting concert, cities provide many opportunities to engage with your community. There is one thing, however, that can be hard to find in a city – a park. Parks and green spaces can provide people who live in cities with large outdoor **areas** to escape the **confines** of apartments. They also help our **environment** and well-being by combating climate change and improving our mental health.

One main way that green spaces can help cities is by reducing the urban heat island effect. This effect happens when the higher number of **vehicles**, people, and buildings traps heat in the city, causing the temperature to rise by 3-4 degrees Celsius. Introducing green spaces, such as adding plants to roofs and the sides of buildings, can help reduce the heat that is made. These plants can also provide natural insulation for buildings and filter out harmful toxins from rainwater. Reducing the urban heat island effect is important in our fight against climate change.

Increasing the number of parks and green spaces in our cities is also extremely beneficial for cities because it helps reduce pollution. Many parks have trees, and trees are excellent air filters that work to make the air clean and healthy. Urban trees clean the air by filtering out pollutants from vehicles, factories, and businesses. An added **benefit** to trees is that they help to reduce noise pollution. Tree-lined

streets are much quieter than those without because trees act as a barrier to many unwanted sounds, such as cars or loud music. Pollution is a growing problem in urban areas, and it can be greatly reduced by encouraging the growth of a biodiverse[1] tree population.

Spending time in parks and green spaces can also benefit our **mental** health. Taking a 5- or 10-minute break to visit a park or green space can lower **stress** levels. Whether it's a leisurely walk through a park or simply sitting on a bench surrounded by nature, the calming effect of greenery helps reduce anxiety[2]. A simple walk in nature not only lowers our stress levels, but also improves our memory. Our brains benefit from fresh air and natural surroundings[3], leading to better mental **clarity** and **focus**.

Parks and green spaces are invaluable to our cities. They help to keep our temperatures low and our city air clean, and they help to **promote** the mental health of those who visit and live there. **Researchers recommend** that green spaces should be widely **available** in cities, and people who have the chance should get out and enjoy the green spaces in their neighbourhoods. It is a great opportunity to connect with friends or **encounter** a new kind of sport. Whatever the reason for visiting, green spaces provide excellent opportunities to engage with diverse people in the **community**. A green space is a sanctuary[4] from the stress of city life.

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[1] having a variety of plants and animals
[2] a condition of distress, worry, or unease
[3] the area around you
[4] a safe place

📝 Comprehension Questions

Answer the following questions in complete sentences.

1. What is a *green space*? What are some examples of *green spaces* that the article mentions?
2. The article mentions some of the benefits that trees bring to urban areas. What are two of these benefits?
3. Why do cities sometimes have higher temperatures?
4. What does the article mean by *noise pollution*?
5. What are two ways that green spaces can help our mental health?
6. In your opinion, what is the most important advantage of having parks and green spaces in cities? Use specific examples to support your answer.
7. The article describes several ways that parks and green spaces are beneficial in urban areas. Can you think of any other advantages of having green spaces in cities?

[Answer Key](#)

📖 Vocabulary

Areas	Confines	Promote
Available	Encounter	Stress
Benefit	Mental	Focus
Clarity	Researchers	Recommend
Community	Environment	Vehicles

[View the interactive version of Chapter 2: Green Spaces in Concrete Jungles](#)

References

Arizona State University. (2024). [EdPlus Voiceover Generator](#) [Voiceover audio generator].

Henshaw, B. (2024, June 13). [Urban heat island effect](#). In *The Canadian Encyclopedia*. Microsoft. (2023). [Copilot](#) [Large language model].

Artificial Intelligence Disclosure

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CHAPTER 3: ARTIFICIAL INTELLIGENCE: FRIEND OR FOE?

Warm-Up Questions

1. **Have you heard of ChatGPT or Microsoft Copilot?**
2. **In what ways can artificial intelligence, or AI, be helpful?**
3. **When do you think we should be careful about using AI?**

Read

Artificial intelligence (AI) can be a scary phrase to hear. For an active imagination, AI may represent killer robots and science fiction horrors; however, artificial intelligence is not something to be afraid of. In fact, it can be a very useful tool you already use in a variety of ways without even realizing it.

Almost every time you use your phone or type on a **computer**, artificial intelligence is **involved** in some way. Spell check is a form of artificial intelligence that has been around since the late 1970s. It wasn't until the 1980s, however, that spell check was included on personal computers and allowed users to stop worrying about if they spelled something correctly. It instantly checks spelling and can even correct punctuation.

Another way AI **impacts** your life is with your email. Have you ever wondered how email can determine what is junk mail, spam, or important? The answer is simple; it's with AI. If an email has been sent from somewhere that has received complaints,[1] it is more likely for your email service to mark it as spam. Email services can even track which emails users don't open, which allows AI to **label** those as spam in the future.

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[1] expressing displeasure or dissatisfaction with something

Social media also heavily **relies** on AI to deliver the content that users want to see straight to them. Based on the posts that users **interact** with by liking and sharing, social media platforms like Instagram and TikTok will **adjust** the feeds of those users to **display** more of the kinds of posts they interact with. AI helps manage social media activities, making interactions more efficient and personalized for users. Most people use social media almost every day, and without knowing it, they interact with artificial intelligence.

Recently, AI systems such as ChatGPT and Microsoft Copilot have allowed users to enter prompts and receive detailed **responses** on almost any subject. They have **created** a quick and easy way for users to come up with responses on everything from pickles to plastic surgery. What many users don't realize, however, is that ChatGPT and Copilot are not replacements for Google. Where Google will show you many different pages and results when you search for pickles, ChatGPT or Copilot will only deliver one **perspective**. This limits the amount of information that is presented to users. It also prevents those using the AI from coming up with their own opinions on the subjects. That being said, using ChatGPT or Copilot can encourage creativity for a **topic** and help users find inspiration for starting a **project**. Artificial intelligence is rapidly growing every day, and it is not limited to the uses mentioned in this article. It is something that almost every person will interact with in their day-to-day lives, helping to relieve some of the burdens we face. Still, it is not a replacement for humans. AI will never be able to match the art that we can create or the stories that we can tell. Thus, while it is something to be **aware** of, you don't need to fear the robot apocalypses[2] you've seen in movies.

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[2] the end of time

📝 Comprehension Questions

Answer the following questions in complete sentences.

1. According to the article, is artificial intelligence something we need to be worried about?

2. What is an early form of AI mentioned in the article? When was it first used?

3. In paragraph 5, it says that users **enter prompts** in ChatGPT. Explain the meaning of **entering prompts** in your own words.

4. Name two ways that artificial intelligence is used in our everyday lives today, with examples from the article.

5. How does email use AI to determine whether an email is spam or important?

6. What is a disadvantage of using ChatGPT or Copilot, according to the article?

7. In your opinion, is artificial intelligence a benefit to society? Why or why not? Use specific examples from your life and experience to support your answer.

8. Why is artificial intelligence not a replacement for humans, despite its growth?

9. In what ways do you think AI could be used in the future? Use your imagination!

[Answer Key](#)

📖 Vocabulary

Adjust	Aware	Computer
Create	Display	Impact
Intelligence	Interact	Involve
Label	Perspective	Project
Rely on	Response	Topic

[View the interactive version of Chapter 3: Artificial Intelligence: Friend or Foe?](#)

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CHAPTER 4: THE PURPOSE OF SLANG

Warm-Up Questions

1. **In your experience, do teenagers and adults speak in the same way?**
2. **What differences do you notice?**
3. **Sometimes, the words that people say have different meanings. For example, you can say "FAM" to mean family, or it can mean your best friends. Do you know any terms with different meanings like this?**

Read

Have you ever had the feeling that someone is saying something, but they actually mean something completely different? For example, if a party is "lit," does this mean that the person is enjoying it, or that there are many lights? If something is "cool," do they like it, or is it too cold? Both "lit" and "cool" are slang terms used to describe something positive. Slang, in general, is more than just words. Slang is a secret – or not-so-secret – code that connects generations and **cultures**. In the case of "lit" and "cool," these are popular ways of indicating that something is great.

Slang is very common in verbal conversation, but less so in writing. It is often used by groups and **individuals** to **establish** and **reinforce** group identities or to **exclude** others. Typically, slang is popular with teenagers and adolescents. It can be used as a way of **defining** their own individuality by avoiding the way their parents speak. It is thought that the word originates from the word 'sling,' which means to throw, and that the vocabulary used in slang is quick and to the point.

Making slang words is often a very creative process, and it displays a large amount of playfulness and **manipulation**. Slang is often very short-lived; words are adopted and dropped very quickly. It is an essential part of establishing group identities and can be used to **unify** workplaces and protests. An

excellent example of slang is seen in the word 'groovy.' It was originally used by musicians to describe the groove of a song and to **indicate adequate** playing. Then, in the mid-1960s, it was adopted by the 'hippie' movement, becoming a staple word in youth culture until it died out in the 1980s.

One of the main reasons that words are dropped and picked up so quickly is to maintain a specific group **identity**. Because slang is used to draw lines between others, if unwanted individuals begin to use the word, it will no longer be **unique** to the original group who adopted it. There are a variety of words that are used to describe the police, and they are often **derived** from different groups of people to describe law enforcement. A well-known word that is used to describe the national police in Canada is 'Mounties.' It is an abbreviation of the longer name, Royal Canadian Mounted Police. Even the word 'cop,' which is commonly used to describe a police officer, is slang. It is actually an acronym that stands for 'constable on patrol.' This word has another meaning in slang, however, as it can also be a verb that means 'get' or 'acquire.' It is common for slang words to evolve and take on different meanings than their original intentions.

Slang is an essential factor of all cultures and an important **aspect** of learning a new language. It allows individuals to become included in informal conversations and helps to **achieve** a sense of belonging. The next time you travel or pick up a new language, try to find out what kind of slang is popular in that area. It may lead to the discovery of a new song or movie or, better still, a new friend. If you're curious about slang words and wish to look them up, the site Urbandictionary.com provides helpful definitions for all kinds of slang.

📝 Comprehension Questions

Answer the following questions in complete sentences.

1. What do the slang terms "cool" and "lit" mean?

2. According to the article, what group of people use slang?

3. What does the phrasal verb **pick up** mean in this sentence? "Next time you travel or **pick up** a new language, try to find out what kind of slang is popular in that area."

4. Do slang words change over time? Support your answer with an example from the article.

5. How does email use A.I. to determine whether an email is spam or important?

6. Why do people use slang? Support your answer with an example from the article.

7. What are some slang words from your home language? Is there a good way to translate them into English?

8. Is learning English slang important to you? Support your answer with two details or examples.

[Answer Key](#)

📖 Vocabulary

Achieve	Adequate	Aspect
Culture	Define	Derive
Establish	Exclude	Identity
Indicate	Individual	Manipulation
Reinforce	Unify	Unique

[View the interactive version of Chapter 4: The Purpose of Slang](#)

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Arizona State University. (2024). [EdPlus Voiceover Generator](#) [Voiceover audio generator].

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CHAPTER 5: ENERGIZE YOUR LIFE

Warm-Up Questions

1. **What are some ways people try to stay healthy?**
2. **What are some things that prevent people from exercising regularly?**
3. **In your opinion, do people exercise enough? Do you exercise enough?**

Read

Nowadays, many people value entertainment more than anything else. Consider the ways people spend their free time: watching television, listening to music, and playing video games. The **issue** with these activities is that they **require minimal** physical exertion. Recent research shows that over 80% of Canadian **adults** lead mostly sedentary lifestyles and fail to meet current physical activity **guidelines**. There are numerous compelling reasons why people should **maintain** a more active lifestyle. Let us look at some of the barriers to physical activity and explore ways to overcome them.

A popular belief is that exercising requires a lot of **energy**. Because of this, many people avoid exercising, as they already feel fatigued from their daily routines. In reality, when we **incorporate** exercise into a regular routine, it increases our **overall** energy levels. In other words, exercise provides us with energy rather than depletes it.

Another barrier to exercise is cost. Joining a gym may require a long-term membership or it may be expensive to pay month-to-month. What many fail to recognize is that there are numerous low-cost or free **alternatives**. While strength training is most effective with weights, we can still build muscle effectively with only our body weight. Are you new to exercising? Fortunately, there are hundreds of high-quality exercise programs available online for free. Are treadmills

too expensive? Running outdoors is also free! Additionally, you might discover more places in your neighborhood when you explore it on foot.

Beyond money, what is something everyone wants more of? It is time. The phrase "I don't have time to exercise" is heard around the world. The problem is more likely one of motivation rather than actual time **constraints**. A productive workout can be accomplished in as little as 20-30 minutes. Consider the amount of time people spend on their phones or other screens each day. Could we dedicate those 30 minutes to exercise instead? You can even choose the time of day that suits you best for working out. Whether it is morning, daytime, or evening, the optimal time to exercise is whenever we are able to do it.

Many people are aware of the benefits of exercise and understand how to overcome the barriers, yet they still struggle to begin. They simply lack motivation. We can think about the motivation to exercise like the momentum of a rock at the top of a hill. The rock at the top of the hill is heavy and unmoving, making it **challenging** to get momentum. Once the rock starts to roll downhill, it becomes much easier to keep it moving. The same **principle** applies to exercise. It is difficult to start, but once you start moving, it becomes easier over time. You might even begin to crave it and look forward to it!

Exercise is one of the most beneficial activities you can do for your body, both **physically** and mentally. Weight loss, increased lifespan, reduced health complications, and a stronger immune system are some of the main benefits of regular exercise. Additionally, people who exercise regularly experience increased energy levels, improved sleep quality, and **enhanced** mental focus. Do not let any excuses prevent you from exercising. All it requires is a bit of momentum and effort.

Comprehension Questions

Answer the following questions in complete sentences.

1. What percentage of Canadian adults lead mostly sedentary lifestyles?
2. Why do many people avoid exercising, according to the text?
3. How does regular exercise affect our energy levels?
4. What analogy is used to describe the motivation to exercise? In your opinion, is this an accurate analogy?
5. List some of the physical and mental benefits of regular exercise, as mentioned in the text.
6. In your opinion, what is the best type of exercise? Why?
7. Can you think of any other benefits of regular exercise?

[Answer Key](#)

Vocabulary

Adults	Enhanced	Minimal
Alternatives	Guidelines	Overall
Challenging	Incorporate	Physical
Constraints	Issue	Principle
Energy	Maintain	

[View the interactive version of Chapter 5: Energize Your Life](#)

References

Arizona State University. (2024). [EdPlus Voiceover Generator](#) [Voiceover audio generator].

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CHAPTER 6: INTROVERTS VS EXTROVERTS

Warm-Up Questions

1. **How would you describe your personality?**
2. **How do you feel after a party?**
3. **Do you prefer studying in a group or by yourself? Why?**

Read

Do you feel energized when you're around others? Or do you prefer to be independent and stick to completing tasks on your own? The theory of extroverts and introverts was created by Carl Jung in the 1920s to describe the distinct social needs of individuals. Extroverts prefer to be sociable, assertive and cheerful. They often like to be the centre of attention and enjoy the feeling of working in a group. Introverts, on the other hand, are most comfortable in small groups and one-on-one relationships. They can still enjoy the act of being social but often need alone time to recharge themselves.

Neither of these personality types is better than the other, but they do both come with their strengths and weaknesses. For example, introverts are very good at **committing** to a task and working on their own. Though they may often be stereotyped as being shy or socially awkward, this is not necessarily the case. Introverts prefer to deliberate over their words and think inwardly about how they are feeling. They are often very literal with their words and may find verbal communication challenging. They seem to come across as reserved and quiet.

Extroverts, on the other hand, work very well in teams. They love being talkative and are often very confident people. Along with being socially oriented, they also love to have new experiences. They have a tendency to be impulsive and will jump at the opportunity to have an adventure. **Traditionally,**

extroverts are also very optimistic. They have animated, bright personalities and **seek** to find the best parts of whatever situation they may be in. Others around them describe extroverts as warm-hearted and enthusiastic.

In the workspace, introverts are very detail-**oriented** and hard-working. Their tendency to think inward and reflect allows them to work out problems with relevant, **rational** solutions. They work well in jobs where they are given the space to be independent, which allows them to complete **complex** tasks and produce quality work.

Extroverts also have the potential to be very **successful** in their workspaces. They are very good at connecting with their co-workers, and their positive **attitudes** can help to strengthen team morale. In the workplace, extroverts are more likely to **attain** public-facing jobs and take on leadership roles. Extroverts do well in positions that have a lot of social interactions, such as jobs in sales or in the education **sector**.

There have been many studies that have compared the happiness of each personality type with differing results. There have also been studies that have compared the intelligence of extroverts and introverts and **concluded** that while introverts may do better academically, extroverts have greater emotional intelligence. Despite these differences, the one thing that is seen across both personality types is the scale or **range** of personalities. No one is fully introverted or extroverted, and the associated traits of each personality differ from person to person.

📝 Comprehension Questions

Answer the following questions in complete sentences.

1. What does the verb **recharge** mean in this sentence? "[Introverts] can still enjoy the act of being social but often need alone time to **recharge** themselves."
2. According to the article, why do introverts seem shy and quiet?
3. Why is it important to identify if people are introverts or extroverts?
4. Why do extroverts work well in teams? Give two reasons from the article in your own words.
5. Why are introverts good at solving problems? Give two reasons from the article in your own words.
6. Does the author of the article believe that extroverts are more successful at work than introverts? Support your answer with information from the text.
7. Are you more introverted or more extroverted? Why? Use information from the article to support your answer.

[Answer Key](#)

📖 Vocabulary

Academically	Conclude	Rational
Attain	Distinct	Sector
Attitude	Insightful	Seek
Commit	Oriented	Successful
Complex	Range	Traditionally

[View the interactive version of Chapter 6: Introverts vs Extroverts](#)

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CHAPTER 7: MASLOW AND HIS NEEDS

Warm-Up Questions

1. **What sorts of things helped you feel happy and safe when you were a child?**
2. **What do you need these days to feel happy and safe?**
3. **How do you say the word** *psychology* **in your first language? What have you studied or read about human psychology?**

Read

There is a theory in **psychology** called Maslow's **Hierarchy** of Needs. It deals with five levels of needs that influence and **motivate** human behaviour. In Maslow's theory, individuals must meet the needs at the bottom of the hierarchy before meeting the needs at the top. From bottom to top, the needs are Physiological, Safety, Belonging and Love, Esteem, and Self-actualization. Once a need is met, it will go away, and our actions will focus on the next step of the ladder.

Physiological needs, the first step on the ladder, refers to a person's biological or bodily needs (Mcleod, 2018, p. 4). Food, sleep, shelter, warmth, air and anything the body needs to **function** properly fits into this **category**. It is the first step because without meeting these needs, nothing else would be possible.

Safety needs, the second step, refers to our need for **security** (Mcleod, 2018, p. 4). This step includes order, law, housing, and freedom from fear. These needs must be met so that we feel free to be ourselves and exist safely in our environment.

Third on the list is Belonging and Love (Mcleod, 2018, p. 4). This deals with our need to be social and have interpersonal relationships. This can be anything from romance to work relationships as long as it **involves** being part of a group. In this step, it is essential to trust others and form close relationships.

Esteem needs are the fourth step, and they pair with safety to form the basis for a person's psychological needs (Mcleod, 2018, p. 1). Maslow classified this step as having confidence in yourself and the desire for respect from others. A person's confidence level may come from different **sources**, including independence and achievements.

Finally, Self-actualization deals with realizing personal **potential** and growth; it often involves creativity (Mcleod, 2018, p. 4). It is based on the idea of becoming everything that you can become. To Maslow, personal growth and challenging yourself was the final step to becoming a fully realized individual. He **specified** that the need for personal growth and discovery is always present in a person's life. It reaches its peak, however, when a person finds a meaning in their life that is important to them (Maslow 1962).

Maslow first created his hierarchy in 1943, although he adjusted it many times throughout his life. As he grew older, he realized the order of steps was **flexible**. He explained that the order of the steps was not **rigid** because one need must not be 100% met before we move on to the next need (Maslow, 1987, p. 69). For example, he noted that some people may need self-esteem more than love. For others, creativity may be more important than basic needs. In recent years, people have criticized Maslow's hierarchy. He did not base his theory on **sufficient** scientific research or **data**; instead, it was based mostly on his assumptions. In any case, Maslow made important contributions to the field of psychology. His hierarchy of needs gave us an important theory to help us understand people's needs and motivations.

✏️ Comprehension Questions

Answer the following questions in complete sentences.

1. What is the main idea of the article? Please say it in your own words.
2. What are physiological needs? Give some examples.
3. What sorts of things are psychological needs?
4. Maslow's theory has a hierarchy of needs. What other hierarchies do you know, for example, at a business, at school, or in a family?
5. How did Maslow create his hierarchy of needs? What did he base it on?
6. Did Maslow's theory change over time? Explain your answer.
7. When do you change your mind? Give an example of a time that your perspective changed.

[Answer Key](#)

📖 Vocabulary

Category	Hierarchy	Rigid
Data	Involve	Security
Finally	Motivate	Source
Flexible	Potential	Specify
Function	Psychology	Sufficient

[View the interactive version of Chapter 7: Maslow and His Needs](#)

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CHAPTER 8: NORSE AMERICA: UNVEILING THE VIKING LEGACY IN NORTH AMERICA

Warm-Up Questions

1. **Think about where you live now, or your hometown. How was it settled? Do you know the history of your area?**
2. **What can scientists and historians use to learn about our ancient cultures?**
3. **Why is it important to learn about historical cultures?**

Read

Long before Christopher Columbus landed on the shores of North America, the continent had already hosted European visitors. At the end of the 10th century, Vikings, or Norsemen, set out to explore the Atlantic Ocean. This exploration led them to colonize Greenland and occupy a small Norse settlement in Newfoundland. The settlement was excavated in the 1960s, and it was named *L'Anse aux Meadows*, French for *Meadow's Cove*.

In the year 982, Erik the Red was forced to leave his homeland of Iceland. During his three-year banishment, he settled on the southwest coast of Greenland. He named the area Greenland to interest others in following him and entice settlement. **Eventually**, there were three settlements during the Norse colonization of Greenland, with a population **ranging** from 2000-3000. They would trade goods such as fur, rope, sheep, whale blubber, and even polar bears with the people of Iceland. Greenland was mostly politically independent from the main Norse settlements and prospered for a **period** of 500 years. In the 14th century, however, the settlements began to **decline**, and the last marriage was recorded in 1408.

Archaeologists questioned for many years if the Norse had visited North America. There were Norse **texts** that described a **location** named *Vinland*, or *Wineland*, but these descriptions were mixed in with

descriptions of fictional locations from Norse legends. There were also Norse accounts of Inuit captives and kayaks being taken back to Scandinavia. What archaeologists lacked was **physical** proof that Vikings had actually gone to North America. It was not until the 1960s that these theories were **confirmed** with the uncovering of L'Anse aux Meadows.

Anthropologists suggest that L'Anse aux Meadows was never meant to be a permanent settlement. Instead, it is thought that the Newfoundland settlement was **temporary** and dedicated to boat repair. There were eight buildings in the settlement: three halls, four huts, and a final hut dedicated to smelting. The **capacity** of these buildings suggests that up to 160 people could have lived at L'Anse aux Meadows. Originally, anthropologists thought that the area was occupied on and off for 20 years. According to a 2019 study, however, there could have been Norse activity in L'Anse aux Meadows for up to a century.

There were many common everyday **items** that were also left at the **site**. For example, there were knitting needles, spindles, and a bronze fastening pin. These items were important to the history of the Norse in North America, as it implies that women also **resided** at the settlement. Additionally, there were food remains found at the site that indicate the Vikings travelled south to **obtain** butternuts (also known as white walnuts), which do not grow in L'Anse aux Meadows.

This settlement, in present-day Newfoundland, was the only confirmed Viking habitation in North America outside of Greenland. Historians originally believed that the Norse word *Vinland* meant *a land of grapes or vines*, as it was often substituted with *Wineland*. What they now believe is that *Vinland* means *Land of Meadows*, a name given to the rolling hills and grassland that the Vikings called home long before other European settlers.

Comprehension Questions

Answer the following questions in complete sentences.

1. What was the purpose of naming the area Greenland, according to Erik the Red?

2. How do you feel about the way Erik the Red named Greenland to attract settlers? Do you think it was an effective strategy?

3. What evidence did archaeologists find in the 1960s that confirmed Norse presence in North America?

4. What was the suggested purpose of the L'Anse aux Meadows settlement according to anthropologists?

5. What are your thoughts on the temporary nature of the L'Anse aux Meadows settlement? Why do you think it wasn't intended to be permanent?

6. What items found at L'Anse aux Meadows indicate that women resided at the settlement? Use information in the article to support your answer.

7. What impact do you think the Norse presence in North America had on the indigenous populations they encountered? Use ideas from the article to support your ideas.

8. What does the settlement at L'Anse aux Meadows suggest about Norse culture?

9. What lessons do you think modern explorers and historians can learn from the Norse exploration and settlement patterns?

[Answer Key](#)

📖✏️ Vocabulary

Category	Hierarchy	Rigid
Data	Involve	Security
Finally	Motivate	Source
Flexible	Potential	Specify
Function	Psychology	Sufficient

[View the interactive version of Chapter 8: Norse America: Unveiling the Viking Legacy in North America](#)

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ANSWER KEY

Chapter 1

Comprehension Questions

1. **According to the article, are the dinosaurs we see in movies realistic? Why or why not?**

   Answer: No, the dinosaurs we see in movies are not realistic. Some dinosaurs were small, some were colourful, and some even had feathers.

2. **In your own words, what exactly is a fossil?**

   Answer: Fossils are old bones that have been buried under the dirt or sand. They have been buried for so long under such pressure that they have turned to rock.

3. **Which animals do scientists now consider dinosaurs to be the ancestor of? Why do they believe this?**

   Answer: Scientists now believe that dinosaurs are the ancestor of birds. They think this because they have now discovered many fossils of dinosaurs with feathers.

4. **How can studying fossils help us understand more about dinosaurs?**

   Answer: Studying fossils of dinosaurs can help us learn about how old they were, how long ago they died, and what they looked like. This also can help us understand their genetic link to modern day animals.

5. **The article talks about fossils from dinosaurs. What are some other fossils that might be found by scientists?**

   Answer: Scientists have found fossils from many animal species throughout history. They have also found fossils of human civilizations, including from burials and natural disasters.

6. **Fossils can tell us a lot of information about different plants, animals, and people. Other than the ideas mentioned in the article, what else could fossils tell us?**

   Answer: (Answers may vary)

   Fossils can tell us many things, including how an animal died, how they acted during its lifetime, what they hunted or ate, or how big they were. Fossils from humans can tell us about their culture or beliefs, how they died, and so on.

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Chapter 2

Comprehension Questions

1. **What is a *green space*? What are some examples of *green spaces* that the article mentions?**

   Answer: A green space is a park or other natural area in a city. Some examples of green spaces that the article mentions include parks and rooftop gardens.

2. **The article mentions some of the benefits that trees bring to urban areas. What are two of these benefits?**

   Answer: Two benefits that trees bring to urban areas are that they help clean the air by filtering out toxins, and they help reduce noise pollution on busy streets.

3. **Why do cities sometimes have higher temperatures?**

   Answer: Cities sometimes have higher temperatures due to heat getting trapped in because of too many people, cars, and buildings in the city. This is called the urban island heat effect.

4. **What does the article mean by *noise pollution*?**

   Answer: Noise pollution refers to unwanted noise caused by high amounts of traffic, machines, people, and so on that we often hear in a busy city.

5. **What are two ways that green spaces can help our mental health?**

   Answer: Green spaces can help reduce our stress and anxiety, and they can help increase our memory, mental clarity, and focus.

6. **In your opinion, what is the most important advantage of having parks and green spaces in cities? Use specific examples to support your answer.**

   Answer: Answers may vary.

   ◦ reduce stress for people after work

   ◦ improve the air quality in cities

   ◦ keep the cities cool and more comfortable to live in

7. **The article describes several ways that parks and green spaces are beneficial in urban areas. Can you think of any other advantages of having green spaces in cities?**

   Answer: Answers may vary.

   ◦ provide a free place to exercise

   ◦ they are a great place to meet people and socialize

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Chapter 3

Comprehension Questions

1. **According to the article, is artificial intelligence something we need to be worried about?**

   Answer: No, according to the article, it is not something we need to be worried about. It is a tool we use every day without realizing it.

2. **What is an early form of AI mentioned in the article? When was it first used?**

   Answer: An early form of AI mentioned in the article is spell check. It was first used in the 1970s and became common in the 1980s on personal computers.

3. **In paragraph 5, it says that users *enter prompts* in ChatGPT. Explain the meaning of *entering prompts* in your own words.**

   Answer: "Entering prompts" means telling AI what you want it to do or asking it a question. For example, I could enter the prompt, "Please make a photo of a student interacting with a computer."

4. **Name two ways that artificial intelligence is used in our everyday lives today, with examples from the article.**

   Answer: Answers may vary.

   ◦ Checking spelling with spell check on a computer or other device

   ◦ Labeling emails as spam or junk mail

   ◦ Delivering content in social media

   ◦ Entering prompts in generative AI like ChatGPT or Copilot

5. **How does email use AI to determine whether an email is spam or important?**

   Answer: If an email has been sent from somewhere that has received complaints, it is more likely for your email service to mark it as spam. Email services can even track which emails users don't open, which allows AI to label those as spam in the future.

6. **What is a disadvantage of using ChatGPT or Copilot, according to the article?**

   Answer: According to the article, a disadvantage of using ChatGPT or Copilot is that it stops users from creating their own opinions. Also, it gives us only one perspective, unlike a Google Search.

7. **In your opinion, is artificial intelligence a benefit to society or not? Why? Use specific examples from your life and experience to support your answer.**

   Answer: Answers may vary.

   ◦ Grammarly to check wording, spelling, grammar, and tone

◦ Spotify to select music we enjoy

◦ Health apps encourage healthy behaviours and give us our health statistics

◦ Ads are targeted to us so we are more likely to buy something

◦ Using generative AI to write something for school hinders learning

8. **Why is artificial intelligence not a replacement for humans, despite its growth?**

   Answer: AI will never be able to match the art that we can create or the stories that we can tell.

9. **In what ways do you think AI could be used in the future? Use your imagination!**

   Answer: Answers may vary.

   ◦ It will help us choose our clothes and make-up according to our tastes, mood, weather, and the environment.

   ◦ It will help us find patterns in new medicines

   ◦ AI will create websites, videos, music, and more

   ◦ It will find solutions for climate change

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Chapter 4

Comprehension Questions

1. **What do the slang terms, "cool" and "lit" mean?**

   Answer: The slang terms "cool" and "lit" mean that something is great.

2. **According to the article, what group of people use slang?**

   Answer: According to the article, teenagers often use slang.

3. **What does the phrasal verb "pick up" mean in this sentence? "Next time you travel or pick up a new language, try to find out what kind of slang is popular in that area."**

   Answer: In this sentence, "pick up" means "learn."

4. **Do slang words change over time? Support your answer with an example from the article.**

   Answer: Yes, slang words change over time. An example of a change in meaning for a slang word is "groovy." It originally meant that a song's rhythm, or *groove*, was okay, and with time it took on the meaning of "cool." Today, it is rarely used. A second example is the word, cop. It was originally a word for police, and it was used as a noun. Now it can also be a verb meaning *to get*.

5. **Why do people use slang? Support your answer with an example from the article.**

   Answer: People use slang for group identity, especially among younger generations. For example, the word *lit* means *cool* among younger people.

6. **What are some slang words from your home language? Is there a good way to translate them into English?**

   Answer: Answers may vary.

7. **Is learning English slang important to you? Support your answer with two details or examples.**

   Answer: Answers may vary.

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Chapter 5

Comprehension Questions

1. **What percentage of Canadian adults lead mostly sedentary lifestyles?**

   Answer: Over 80% of Canadian adults lead mostly sedentary lifestyles.

2. **Why do many people avoid exercising, according to the text?**

   Answer: According to the text, many people avoid exercising because they believe it takes a lot of energy, it costs money, it takes up a lot of time, and they lack motivation.

3. **How does regular exercise affect our energy levels?**

   Answer: Regular exercise helps to increase our energy levels, rather than decrease it.

4. **What analogy is used to describe the motivation to exercise? In your opinion, is this an accurate analogy?**

   Answer: The motivation to exercise is compared to pushing a rock down a hill. When the rock is at the top and not moving, it is heavy and difficult to push. Once it begins rolling down, it becomes much easier to move. Exercising is similar in that it is difficult to begin, but once you begin exercising regularly, it becomes much easier.

5. **List some of the physical and mental benefits of regular exercise, as mentioned in the text.**

   Answer: Weight loss, increased lifespan, reduced health complications, and a stronger immune system are some of the primary benefits of regular exercise. Additionally, people who exercise regularly experience increased energy levels, improved sleep quality, and enhanced mental focus.

6. **In your opinion, what is the best type of exercise? Why?**

   Answer: Answers will vary.

7. **Can you think of any other benefits of regular exercise?**

   Answer: Answers will vary.

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Chapter 6

Comprehension Questions

1. **What does the verb "recharge" mean in this sentence? "[Introverts] can still enjoy the act of being social but often need alone time to recharge themselves."**

   Answer: In this sentence, the verb "recharge" means to get energy again.

2. **According to the article, why do introverts seem shy and quiet?**

   Answer: According to the article, introverts seem shy and quiet because they prefer to practise selfreflection and work through problems by themselves.

3. **Why is it important to identify if people are introverts or extroverts?**

   Answer: According to the article, it's important to identify if people are introverts or extroverts because they have different strengths and weaknesses, and understanding these differences will help you achieve better relationships with people.

4. **Why do extroverts work well in teams? Give two reasons from the article in your own words.**

   Answer: Answers should include two of these reasons: extroverts are sociable; they enjoy the feeling of group work; they work well in teams; they are warm-hearted and optimistic; they are good at connecting with co-workers; and they do well in positions that have a lot of social interactions.

5. **Why are introverts good at solving problems? Give two reasons from the article in your own words.**

   Answer: Answers should include two of these reasons: Introverts are good at solving problems because they can commit to tasks; they are good at working independently; they work hard; they pay attention to details; they can find relevant and rational solutions; they can complete complex tasks and produce quality work.

6. **Does the author of the article believe that extroverts are more successful at work than introverts? Support your answer with information from the text.**

   Answer: No, the author does not believe that extroverts are more successful at work than introverts. The author indicates that introverts do well in jobs that allow them to be independent, while extroverts succeed in positions with social connections.

7. **Are you more introverted or more extroverted? Why? Use information from the article to support your answer.**

   Answer: Answers will vary. For example, I believe I am more extroverted because I get energy around other people. Also, I work well in teams both at work and at school. In addition, people tell me that I am very adventurous; I love travelling and experiencing new cultures.

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Chapter 7

Comprehension Questions

1. **What is the main idea of the article? Please say it in your own words.**

   Answer: Answers may vary. For example, Maslow's theory places human needs in a hierarchy, and we need to meet each need in a step before we can focus on needs in the step above.

2. **What are physiological needs? Give some examples.**

   Answer: Physiological needs are needs of the human body. Some examples of bodily needs are food, water, and sleep.

3. **What sorts of things are psychological needs?**

   Answer: Psychological needs are anything we need for our mental health. All the needs in the five steps of Maslow's hierarchy are psychological needs.

4. **Maslow's theory has a <u>hierarchy</u> of needs. What other hierarchies do you know, for example, at a business, at school, or in a family?**

   Answer: Answers will vary. Here are two examples of hierarchies:

   1. A military hierarchy has Privates on the bottom step, Lieutenants and Captains in the middle, and Generals at the top.

   2. A second example of a hierarchy is in a business. The customer service representatives and specialists are at the bottom step, the managers and directors are in the middle, and the CEO or President is at the top.

5. **How did Maslow create his hierarchy of needs? What did he base it on?**

   Answer: Answers may vary. Abraham Maslow created his hierarchy of needs by observing people's behaviour. He did not use sufficient data or scientific research. Instead, he created his hierarchy of needs by making assumptions.

6. **Did Maslow's theory change over time? Explain your answer.**

   Answer: As Maslow aged, he adjusted his theory. The steps became less rigid, and he concluded that people might focus on higher steps in the hierarchy even before lower needs are met.

7. **When do you change your mind? Give an example of a time that your perspective changed.**

   Answer: Answers will vary. For example, after I had children, my perspective changed on how I viewed other people. I began to see others not so much as individuals but as a part of a family and as somebody's child.

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Chapter 8

Comprehension Questions

1. **What was the purpose of naming the area Greenland, according to Erik the Red?**

   Answer: Erik the Red decided to name the area Greenland to make the new land sound attractive and habitable for new settlements.

2. **How do you feel about the way Erik the Red named Greenland to attract settlers? Do you think it was an effective strategy?**

   Answer: Answers may vary.

3. **What evidence did archaeologists find in the 1960s that confirmed Norse presence in North America?**

   Answer: In the 1960s, archaeologists discovered a small Norse settlement in Newfoundland called L'Anse aux Meadows. The settlement consisted of eight buildings.

4. **What was the suggested purpose of the L'Anse aux Meadows settlement according to anthropologists?**

   Answer: Anthropologists believed that the L'Anse aux Meadows settlement was intended as a place to repair boats rather than as a permanent settlement.

5. **What are your thoughts on the temporary nature of the L'Anse aux Meadows settlement? Why do you think it wasn't intended to be permanent?**

    Answer: Answers may vary.

6. **What items found at L'Anse aux Meadows indicate that women resided at the settlement? Use information in the article to support your answer.**

    Answer: Some of the items found that indicate that women resided at the settlement include knitting needles, spindles, and a bronze fastening pin.

7. **What impact do you think the Norse presence in North America had on the indigenous populations they encountered? Use ideas from the article to support your ideas.**

    Answer: Answers may vary but should include the idea that the Norse presence negatively affected indigenous populations due to writings that mentioned Inuit captives and stolen kayaks.

8. **What does the settlement at L'Anse aux Meadows suggest about Norse culture?**

    Answer: Answers may vary.

9. **What lessons do you think modern explorers and historians can learn from the Norse exploration and settlement patterns?**

    Answer: Answers may vary.

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