

Read the article "Daydreams Save the Day" before answering Numbers 16 through 28.

# Daydreams Save the Day

by Ricardo Sanchez

Many students have gotten in trouble for daydreaming in class. It's not a good idea to be thinking about your new skateboard or your weekend plans when you should be learning algebra! It's rude to the instructor, and you might not learn what you need to know. However, many scientists agree that daydreaming itself isn't a bad thing at all. In fact, daydreams can make your life happier and healthier in numerous ways.

Some psychologists (scientists who study the mind) believe that the average person daydreams for many hours each day. Critics of daydreaming say that this is a dreadful waste of time. Daydreaming usually does not result in any obvious progress; it is usually seen as something that keeps people from making progress. This is not really the case, however. Sometimes daydreaming can help people sort out their minds and get their ideas in order so they can think and behave a lot more effectively. Their daydreams can make them more productive workers or students, and make future progress easier.

There are many negative stereotypes about daydreamers, such as they are lazy and shirk responsibilities. While this description can be true, it is definitely not always true. Sometimes daydreams actually give people a goal to work toward. For instance, writers might daydream about seeing their books in print, and this image builds determination to keep on writing. In this way, daydreams can be a method of visualizing



success in the future. Some athletes use “positive thinking” visualizations while practicing. By thinking about their challenges and imagining success in the end, they tend to perform much better than athletes who have not prepared their minds.

A third criticism of daydreams is that too much daydreaming can make people unhappy. Of course, people who daydream *all day* probably would lose track of the events of real life! They might start to “live in the past” or in some unrealistic dream world. But for people who do a regular amount of daydreaming, the practice can make them happier. This can happen in many ways.

For one, daydreaming allows the mind to relax. Especially in stressful times, giving your mind a break is a great idea. Taking a “mini-vacation” by daydreaming can make a person’s brain feel energized and refreshed. These vacations are also great for overcoming boredom. Excessive boredom can have negative effects on people and cause them to feel gloomy and tired. A little daydreaming here and there can relieve the nasty effects of boredom.

Many psychologists think that daydreams can also help remove fear and conflict from our lives. Just as athletes use daydreams to prepare for events, many people have found that daydreams help them learn to deal with themselves and others. If two people are not getting along, they might be able to daydream, or visualize, ways in which they could reconcile. They might even be able to use daydreams to imagine the other’s point of view and find similarities or shared interests between themselves and the other person. Daydreaming can help us expand our minds, and that helps us find new ways to get along with others.

In much the same way, people can use daydreams to ease, and even conquer, their fears. For example, if a person has a powerful fear, or phobia, of heights, he or she might imagine safely climbing higher and higher on a hill. This can prepare the person to remain calm while climbing the hill. Positive-thinking daydreams can strengthen a person’s courage considerably. Many people have used this simple technique to conquer their phobias.

There are many good kinds of daydreaming that help people improve their lives. However, bad types of daydreaming exist as well. Negative daydreaming occurs most frequently in the behavior we know as worrying. Some people get caught up in worries and spend their days nervously picturing all sorts of frightening and embarrassing events. Worries can have terrible effects on people’s lives. Sometimes worries can keep people awake all night; other times, worries and stress can weaken the body, causing people to get sick more easily.

One of the best ways to combat negative daydreaming is to counter it with positive daydreaming. For instance, instead of worrying, you can take a more relaxed look at your problems. Reflect on the past and imagine some possibilities of the future, and then try to decide how to handle these thoughts. By using positive daydreams and visualizations, you may well be able to overcome many kinds of negative thoughts and feelings.

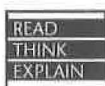
Daydreams play an important role in our daily lives, a role that not many people stop to consider. Good daydreams can make us healthy and happy, and bad daydreams can do just the opposite. But remember—no daydreams are good daydreams in algebra class!



Answer Numbers 16 through 28. Base your answers on the article "Daydreams Save the Day."

- 16 Which organizational pattern does the author use at the beginning of this article?
- F. He poses questions about daydreaming to the reader and provides answers to them.
  - G. He presents arguments against daydreaming and then offers opposing arguments.
  - H. He lists different types of daydreaming and describes the positive effects of each one.
  - I. He compares and contrasts positive and negative types of daydreaming.
- 17 Which is an example of negative daydreaming?
- A. visualizing the completion of a project before it is finished
  - B. allowing your mind to wander for a few minutes
  - C. thinking about conquering a fear
  - D. losing track of real life while thinking about the past
- 18 What is the author's purpose for writing this article?
- F. to entertain readers with stories of people who daydream often
  - G. to convince readers that daydreaming is more than a waste of time
  - H. to teach readers how to analyze their own daydreams
  - I. to explain the difference between positive and negative daydreaming
- 19 Which sentence best describes the main idea of the passage?
- A. Excessive daydreaming can make people unhappy.
  - B. Daydreaming should never happen in algebra class.
  - C. Though daydreaming seems bad, it has some good effects.
  - D. Daydreaming can help people avoid boredom.
- 20 Which is an example of destructive daydreaming?
- F. visualizing succeeding at a difficult task
  - G. worrying about an embarrassing situation
  - H. imagining how others view our actions
  - I. letting our minds wander when bored

- 21 With which statement would the author of this article most likely agree?
- A. Daydreaming usually leads to becoming famous.
  - B. It's okay to daydream, but don't get carried away.
  - C. When you do not feel like working, you should daydream.
  - D. Daydreaming usually leads to worrying about things.
- 22 Daydreams about conflicts with others are helpful because
- F. they help stop us from feeling gloomy and tired.
  - G. athletes use daydreaming to prepare for events.
  - H. they can help us understand other people's feelings.
  - I. they have been shown to help people get over their fears.
- 23 What does the author use to support the points he makes about daydreaming?
- A. fictionalized anecdotes about daydreaming
  - B. personal conclusions based on research
  - C. common knowledge about daydreaming
  - D. documented research from psychologists



- 24 Explain the organizational pattern the author uses at the end of the article. Use details and information from the article to support your answer.
- 25 Which sentence from the article provides the best evidence that daydreaming can make a person successful?
- F. "Daydreaming usually does not result in any obvious progress; it is usually seen as something that keeps people from making progress."
  - G. "A little daydreaming here and there can relieve the nasty effects of boredom."
  - H. "Positive-thinking daydreams can strengthen a person's courage considerably."
  - I. "There are many negative stereotypes about daydreamers, such as they are lazy and shirk responsibilities."

26 What is a similarity between a vacation and a daydream?

- A. They both make people tired.
- B. They both encourage people to be bored.
- C. They both take time away from working hard.
- D. They both leave people refreshed.

27 Read this sentence from the passage.

**If two people are not getting along, they might be able to daydream, or visualize, ways in which they could reconcile.**

What does *reconcile* mean as it is used here?

- F. restore to harmony
- G. make consistent
- H. submit to something unpleasant
- I. double-check for accuracy

28 Which statement best reflects the conclusion the author draws from his research?

- A. Daydreaming is the best way to sort out problems, achieve success, and relax your mind.
- B. All forms of daydreaming allow your mind to take a break from the stresses of everyday life.
- C. Daydreaming is acceptable as long as it does not interfere with important events in your life.
- D. All forms of daydreaming are a waste of time and inhibit progress.