

สนุกกับภาษา

Reading for Understanding (1)

Vocabulary Strategies

- **Guessing Meaning from Context**
 - **Guessing Meaning from Word Structure**
 - **Using Dictionaries**
-

Vocabulary Strategies

- **Prefix + Root + Suffix**
 - **reaction**
 - **circle circular**
 - **sustainable sustainability**
-

Reading for Understanding (1)

Iowa School's "No Phones, New Friends Fridays" Make Teens Less Lonely

Students in this high school have to put away their phones and sit with new people once a week.

Dec 5, 2019

296
VIEWS



Tags: Education, Turning Off Smartphones, Iowa Valley Junior-Senior High School



- **Smartphones** are perhaps one of the most **paradoxical** items we own.
 - While **they** create a shared and communicative digital experience, **their use also significantly limits the amount of face-to-face interactions we have on a daily basis**. Therefore, while we feel more connected than ever, **research shows that we're actually lonelier than ever**.
-

- To address this issue, she instituted a “**No Phone, New Friends Friday**” policy at lunchtime. When students enter the lunchroom on Fridays, they receive a card with a color on it indicating which table they will sit at. **This encourages the teens to mingle outside their circle.** Each table comes stocked with conversation prompts to help them interact with one another.

- Sahara, a Freshman reported that – like many others – at first, she was not into the idea, but eventually she began loving it. “I think it’s fun, I like doing it... People are nicer to each other now because they got to know each other at lunch.”
- <https://www.goodnet.org/articles/iowa-schools-no-phones-new-friends-fridays-make-teens-less-lonely>

Reading for Understanding (1)

- Professor Nathan Hodges of Coe College said, **“Conversation is one of the most human, and humanizing things that we can do.”**
 - He explained that when people **connect face-to-face**, they begin to listen and empathize with one another.
-

Reading for Understanding (1)

- **As research has shown the social and educational benefits of limiting cell phone use among youth, schools and jurisdictions have been finding creative ways to integrate no-phone policies.**
- <https://www.goodnet.org/articles/iowa-schools-no-phones-new-friends-fridays-make-teens-less-lonely>

Reading for Understanding (1)

- **If one hour a week at Iowa Valley Junior-Senior High School can foster a kinder, less lonely, and more engaged student body, the potential for other initiatives is momentous.**
- <https://www.goodnet.org/articles/iowa-schools-no-phones-new-friends-fridays-make-teens-less-lonely>

Reading for Understanding (1)

School in Spain Teaches Boys Home Ec to Promote Gender Equality

Sewing, ironing, and cooking are part of the curriculum.

Dec 22, 2019

595
VIEWS



Tags: Education, Gender Equality, Montecastelo School, Spain



Reading for Understanding (1)

- **Most children have to help with chores when they are growing up. Traditionally girls help with the cooking and cleaning and boys are assigned things like lawn care.**
- **<https://www.goodnet.org/articles/school-in-spain-teaches-boys-home-ec-to-promote-gender-equality>**

Reading for Understanding (1)

- These choices can affect the way kids grow up viewing **gender** and the **stigmas** that are attached to men taking on traditionally female tasks and vice versa. That's why a school in Spain developed **a novel way to promote gender equality.**
- <https://www.goodnet.org/articles/school-in-spain-teaches-boys-home-ec-to-promote-gender-equality>



SUSTAINABLE DEVELOPMENT GOALS



4 QUALITY EDUCATION



Help children in your community to read.

Goal 4: Quality Education



SUSTAINABLE DEVELOPMENT GOALS



5 GENDER EQUALITY



Call out sexist language and behaviour.

Goal 5: Gender Equality



SUSTAINABLE DEVELOPMENT GOALS



6 CLEAN WATER AND SANITATION

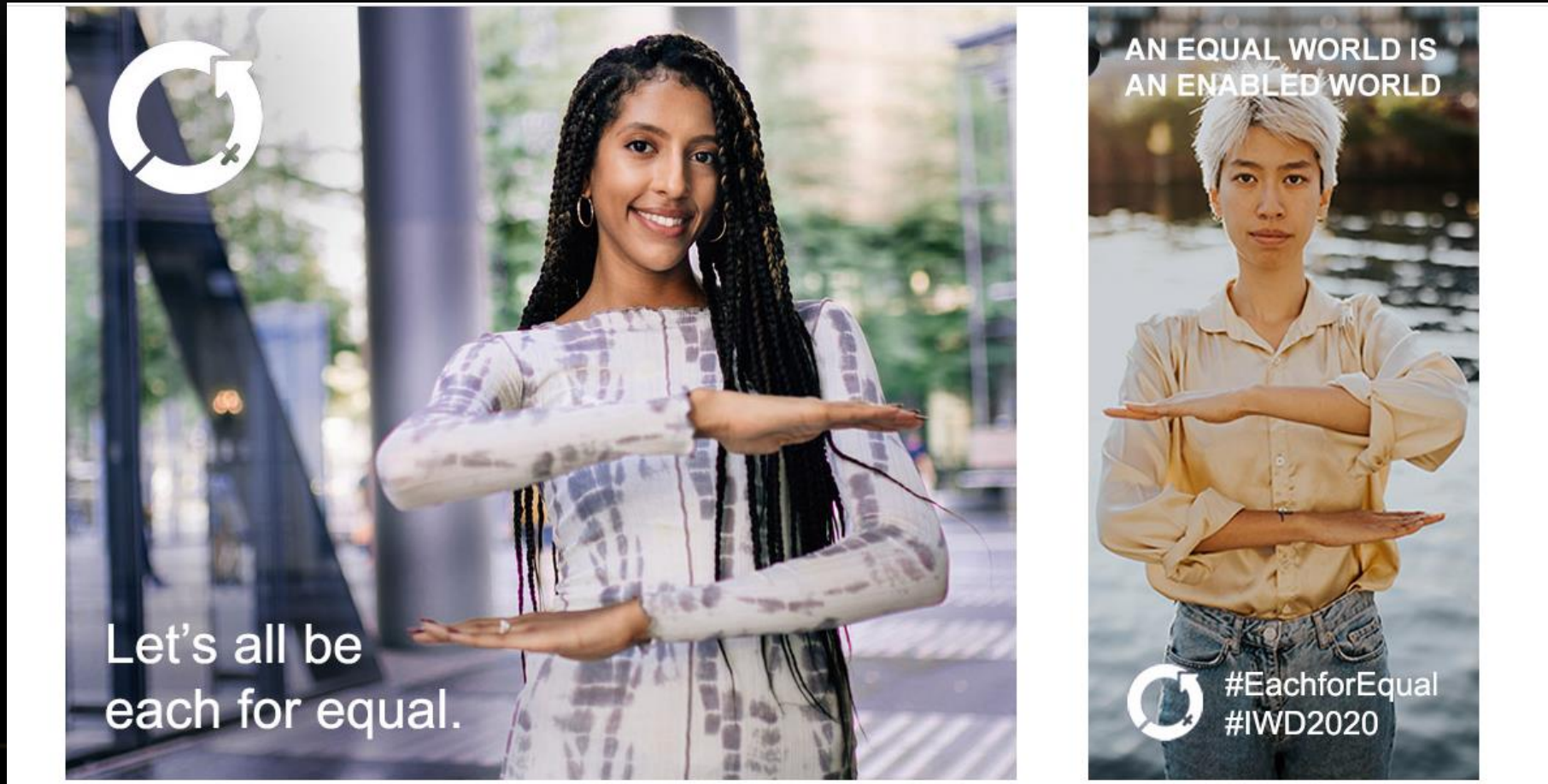


Avoid wasting water.

Water scarcity affects more than 40% of the world's population.

Goal 6: Clean Water and Sanitation


International Women's Day 2020 campaign theme is #EachforEqual



Reading for Understanding (1)



Bangkok Post



BUSINESS

PM2.5 clogs Bangkok marathon

BUSINESS

PM2.5 clogs
Bangkok
marathon

- **Air pollution in Bangkok **has stymied** Thailand's dream of becoming the marathon capital of Asia, with the Tourism Authority of Thailand (TAT) determining this weekend if the Amazing Thailand Marathon Bangkok 2020 (ATMBKK) has to be cancelled.**

- **The 3rd edition of the marathon, sponsored by the government, is set for Feb 2.**
- *“If the **air pollution** is at an **unhealthy** level and **harmful** to runners, we don’t have a choice -- we must cancel this event. Hopefully, we can still keep going like last time,”* said Mr Phiphat, referring to the 2019 edition of the race, also **haunted by poor air quality.**
- https://www.bangkokpost.com/business/1842349#cxrecs_s

Reading for Understanding (1)

Doing Good May Be a Natural Analgesic, Really!

New research supports the idea that our biology as well as our psychology can reward our prosocial, altruistic behaviors.

Jan 20, 2020

176

VIEWS



Tags: Doing Good, Altruism, Research

Reading for Understanding (1)

- It's common knowledge that **good deeds** make the giver feel better as well as people on the receiving end of their help. This 'helper's high' has been supported by previous research, showing that when people extend kindness to others without expecting anything in return, **it can trigger positive processes.**

Reading for Understanding (1)

- These include the release of **neurochemicals** such as **oxytocin** linked to a **‘warm glow’ feeling that make do-gooders feel wonderful.** Volunteering has been shown to reduce stress and improve depression, for example. But it gets better!
- <https://www.goodnet.org/articles/doing-good-may-be-natural-analgesic-really>

Reading for Understanding (1)

- Now a new study from China, “**Altruistic Behaviors Relieve Physical Pain**”, published in **Proceedings of the National Academy of Sciences**, suggests that people putting others first may even experience a type of instant buffer to physical pain.
- <https://www.goodnet.org/articles/doing-good-may-be-natural-analgesic-really>

Reading for Understanding (1)

Bangkok Post



GENERAL

Nation on alert

Thailand has taken high-level measures to monitor and prevent the spread of a new coronavirus.

04:01



GENERAL

Law to end smog

Deputy Prime Minister Prawit Wongsuwon said law enforcement is the key to controlling fine-dust pollution.

06:01

Reading for Understanding (1)

- Thailand has taken high-level measures to **monitor** and **prevent** the spread of a new coronavirus after China's public health authority confirmed the virus can spread from human to human...

Reading for Understanding (1)

- **The ministry said China's decision to lock down Wuhan -- the **epicentre** of the new coronavirus **outbreak** -- and Huanggang will benefit Thailand.**
- https://www.bangkokpost.com/thailand/general/1842144#cxrecs_s

WORLD

WHO calls coronavirus 'an emergency in China'

China confirms 18 deaths, 634 virus cases by Thursday

PUBLISHED : 24 JAN 2020 AT 07:08

4 hours ago · ▶ 04:30



WUHAN VIRUS OUTBREAK

TOP stories

LATEST news



Asia

Malaysia confirms 3 more Wuhan virus cases, bringing total

Sport

Wales sweating on injured Dee ah Nations opener

9 minutes ago

World

Asia

Number infected by Wuhan virus rises to nearly 6,000 in China; death toll at 132

2 hours ago



Asia

China vows to slay 'devil' virus, as countries scramble to evacuate citizens

5 hours ago



Use law to end smog: Prawit

- Deputy Prime Minister Prawit Wongsuwon said **law enforcement is the key to controlling fine-dust pollution** which has **shrouded** the country over the past few weeks.
- **smog crisis**
- <https://www.bangkokpost.com/thailand/general/1842174/use-law-to-end-smog-prawit>

Reading for Understanding (1)

Bangkok Post



OPINION

Haze crisis a symptom of state of failures



WASANT TECHAWONGTHAM
COLUMNIST

PUBLISHED : 25 JAN 2020 AT 04:01
NEWSPAPER SECTION: [NEWS](#)



WASANT TECHAWONGTHAM
COLUMNIST

PUBLISHED : 25 JAN 2020 AT 04:01
NEWSPAPER SECTION: [NEWS](#)

Reading for Understanding (1)



Activists from various organisations including Greenpeace, BioThai and the Foundation for Consumers, gather at the government's centre to accept petitions to call for more efficient measures to combat haze which hits the country at this time of the year. Chananat Katanyu

- The current **air pollution crisis** is just one of many symptoms of a system going **haywire**. The pollution crisis has been **an annual occurrence** for the past several years. Every dry season, we brace ourselves for the **onslaught of toxic smog** caused by **exhaust fumes, construction dust, forest fires, and fires deliberately set on pre- or post-harvest fields.**

Reading for Understanding (1)

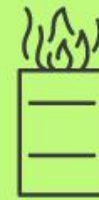
- For example, take the police checkpoints to measure tailpipe exhaust levels. They do little to reduce air pollution except give the officers on duty respiratory problems. **Wouldn't it be better to make sure these vehicles strictly pass yearly inspections before being allowed on the roads?**
- <https://www.bangkokpost.com/opinion/opinion/1843114/haze-crisis-a-symptom-of-state-of-failures>



อากาศดี สร้างได้ด้วยตัวเอง



ลดการเผาในภาคเกษตร ส่งผลดีต่อ
คุณภาพอากาศในระยะยาว



ลดการเผาขยะมูลฝอย ทิ้งขยะให้ลงถัง
ป้องกันขยะตกค้างที่ก่อมลพิษ



ลดการจุดพลุ ดอกไม้ไฟ และประทัด



ใช้เตาอย่างและเตาหุงต้มอาหาร (พาณิชย
และครัวเรือน) ที่มีมาตรฐานประหยัดเชื้อ
เพลิงและระบายนมลพิษต่ำ



ลดใช้รถยนต์ส่วนตัว ใช้ระบบขนส่ง
มวลชนให้มากขึ้น รวมถึงเช็คสภาพ
รถยนต์อยู่เสมอ



ปลูกต้นไม้ช่วยกรองอากาศ จัดสวน
ภายในและนอกอาคาร

Reading for Understanding (1)



**The best and most beautiful things in
the world cannot be seen or even
touched - they must be felt with the
heart.**

Helen Keller

แนะนำติชมรายการได้ที่

มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร คณะศิลปศาสตร์

เลขที่ 86 ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

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