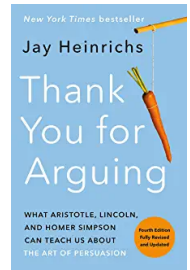


Junior AP Language Summer Reading Assignment

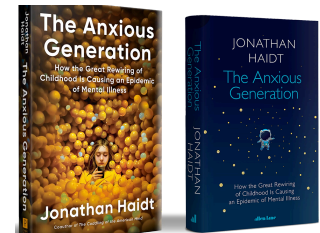
1. Read *EXCERPTS* from: *Thank You For Arguing*

- Please read the excerpts, electronically [via this link](#).
- For each chapter, (there are four) type a double spaced, ½ page response to the ideas and points the author makes.
 - Four total journal entries of ½ page each, double spaced
- Consider questions such as:
 - What stands out as important or thought provoking? Why?
 - What is the purpose of the information/ideas in this chapter?
 - How do the ideas in this chapter connect with current events, history, society, or culture as a whole?
 - What did this chapter help you to understand about argument/rhetoric?



2. Read *The Anxious Generation* by Jonathan Haidt

NOTE: This book deals with teen mental health and presents data associated with topics such as anxiety, eating disorders, and depression. There is no explicit or inappropriate content, but please reach out to sangelini@norwood.k12.ma.us if you have concerns.



Description/Summary:

After more than a decade of stability or improvement, the mental health of adolescents plunged in the early 2010s. Rates of depression, anxiety, self-harm, and suicide rose sharply, more than doubling on many measures. Why?

In *The Anxious Generation*, social psychologist Jonathan Haidt lays out the facts about the epidemic of teen mental illness that hit many countries at the same time. He then investigates the nature of childhood, including why children need play and independent exploration to mature into competent, thriving adults. Haidt shows how the “play-based childhood” began to decline in the 1980s, and how it was finally wiped out by the arrival of the “phone-based childhood” in the early 2010s. He presents more than a dozen mechanisms by which this “great rewiring of childhood” has interfered with children’s social and neurological development, covering everything from sleep deprivation to attention fragmentation, addiction, loneliness, social contagion, social comparison, and perfectionism. He explains why social media damages girls more than boys and why boys have been withdrawing from the real world into the virtual world, with disastrous consequences for themselves, their families, and their societies.

The author, Jonathan Haidt, has appeared on many shows to promote his ideas. Here are some that you may choose to watch:

<https://www.youtube.com/watch?v=q-wloG9uTdQ>
<https://www.youtube.com/watch?v=w6NfPHrVilc>
https://www.youtube.com/watch?v=w8MjG_aVwRI&t=13s

PLEASE GO TO NEXT PAGE FOR WRITING RESPONSES

Writing Prompts *The Anxious Generation*

- Please type 1 page, double spaced about EACH of the following prompts. Your answers should reflect a careful reading of the text.
1. Select 2-3 quotes from different parts of the text that you agree with. The quotes can be 1 sentence or more. Explain why you agree with the ideas in them. This should be 1 page, double spaced.
 2. Select 2-3 quotes from different parts of the text that you disagree with or that you wish to question. The quotes can be 1 sentence or more. Explain why you disagree with or question the ideas in them. This should be 1 page, double spaced.
 3. Reflect on your own relationship with technology and social media. How has it changed over your growth from elementary, middle, and high school? Do you feel like you have a healthy or unhealthy relationship with technology and social media? What have adults told you about technology use? Please be specific and write 1 page, double spaced.
 4. Imagine that you are coming up with a plan for rules or boundaries around technology for a sibling or family member. In the form of a letter, write a 1 page, double spaced set of rules, guidelines, and tips for a young person who just received their first smartphone at the beginning of middle school. You can base your reasoning and ideas from your reading of *The Anxious Generation* and your own experiences.

You will submit your typed responses to Google Classroom **on the first day of class.**

Please see the [rubric](#) that will be used to grade your journal. You should refer back to this document as you compose your journal entries to be sure you are fulfilling the requirements of the assignment.

If you have any questions about any part of this summer reading assignment, please see or email Mr. Angelini (room 355) before the end of the school year.