

Daydreaming reading passage

Daydreaming

A. At times everyone daydreams about something . When we close our eyes while relaxing , we usually think about something that we wish must happen or something we might have changed in the past.Mostly daydreaming is enjoyable.We would like the daydream to come true, and we would be overjoyed if it did. We could daydream that we are living someone else's life, or accomplishing something we would always intended to do, or that others love or admire us which might be unusual for us.

B. Daydreams are not dreams, due to the reason that we can only daydream if we are awake. Moreover, unlike dreams , we can pick what our daydreams will be. Although , we know most of our daydreams might not even come true.At the very least, if it occurs, it is unlikely to occur in the manner we would want. In spite of that, some daydreams are about something that will surely happen. With the help of this, our daydreams usually help us to figure out what we want to do or how to execute it in the greatest way possible. Therefore , daydreams are useful as we can utilize our imagination to gain a better understanding of the world and other people.

C. Creativeness can be increased with the help of daydreams. People who work in creative or artistic fields, such as musicians, authors, and filmmakers, generate ideas with the help of daydreaming; this is equally true for scholars, researchers and mathematicians. Albert Einstein, stated that imagination is more essential than knowledge since knowledge is finite, but imagination is infinite.

D. In the 1980s, scientists elaborated that most daydreams are about ordinary, everyday occurrences. According to an experiment, it was revealed that more than 75% of workers in so-called "monotonous jobs" such as truck drivers and security guards, spend a significant amount of time daydreaming in order to make their time at work engaging. In a recent survey, daydreaming has indeed been demonstrated to have a beneficial effect on the brain.MRI brain scan experiments show that the areas of the brain linked with intricate solving problems are more active during daydreaming.According to the researchers, daydreaming is an activity in which the brain consolidates learning. Daydreaming is analogous to sleeping dreams in this regard.

E. Albeit there seems to be numerous perks to daydreaming, it is frowned upon in many societies; the main reason behind this is that you are not being productive while you are daydreaming.Individuals who daydreamed a lot, for instance, were considered lethargic in the nineteenth century.This was especially true when individuals began working on production lines in factories.If someone operate on a production line, all you are doing is the same small task repetitively.It's quite monotonous, and you clearly can't be unique. So many individuals believed that daydreaming was worthless.

F. Some have said that daydreaming tends to 'escapism,' which would also be unhealthy.

Escapists waste a lot of money living in a dream world in which they are successful and famous, rather than coping with the challenges they encounter in reality. Such people frequently appear depressed and unprepared or unwilling to alter their daily life. Indeed, recent research reveals that those who daydream frequently have less close connections than others. In fact, they frequently have no close pals at all.

Daydreaming Reading Questions

Questions (1 - 8)

Do the following assertions verify the data in the text?

For questions 1-8, write

TRUE if the statement agrees with the information

FALSE if the statement contradicts the information

NOT GIVEN If there is no information on this

1. Escapist people are generally very happy.
2. People usually daydream when they are walking around.
3. Some daydreams help us to be more successful in our lives.
4. People who daydream are much more creative.
5. Old people daydream more than young people.
6. Most lorry drivers daydream in their jobs to make them more interesting.
7. Truck drivers daydream more than factory employees.
8. Some people can daydream when they are asleep.

Questions 9-10

Choose NO MORE THAN THREE WORDS from the text for each answer.

Writers, artists and other creative people use daydreaming to

9.....

The areas of the brain used in daydreaming are also used for complicated 10.....

Questions 11-13

Choose the correct letter, A, B, C or D.

11. Daydreams are
- A. dreams that we have when we fall asleep in the daytime.
 - B. about things that happened that make us sad.
 - C. often about things that we would like to happen.
 - D. activities that only a few people are able to do.

12. People who daydream a lot

- A. usually have creative jobs.
- B. are much happier than other people.
- C. are less intelligent than other people.
- D. do not have as many friends as other people.

13. In the nineteenth century, many people believed that daydreaming was

- A. helpful in factory work.
- B. A way of avoiding work.
- C. something that few people did.
- D. a healthy activity.