

Summit TV Activity Worksheet (Unit 3)

On-the-Street Interviews: *I could have died . . .*

A. Complete each statement about Catherine's dangerous experience.



1. Catherine's dangerous experience happened in _____.
2. Catherine believes she could have _____ during her experience.
3. Catherine and her husband went to an area where a _____ had destroyed a neighborhood.
4. They hiked to the edge of a cliff and watched the _____ coming out.
5. Catherine and her husband felt _____.
6. Catherine realizes that she could have died, but she says the experience was _____.

B. Number the statements to put Christine's story in order.



- _____ They started crashing to the ground again at a rapid speed.
- _____ Christine and her instructor jumped out of the plane.
- _____ They went crashing into a cornfield, miles from where they were supposed to land.
- _____ Stricken with shock, Christine found her way out of the cornfield and a Jeep found her.
- _____ They started to spin uncontrollably for twenty-eight seconds.
- _____ The instructor released the parachute and they jerked up into the air.
- _____ Christine strapped herself into her instructor.
- _____ The instructor was nowhere to be found.
- _____ They had to use the reserve parachute.

C. Summarize Angelique's dangerous experience. What lesson did she learn from it?

D. Describe a dangerous experience that you or someone you know has had.

Summit TV Activity Worksheet (Unit 4)

TV Documentary: "Why We Explode"

A. Check each statement True or False.

True False

- | | | |
|--|--------------------------|--------------------------|
| 1. Everybody has their breaking point. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. In "normal" people, stress is unlikely to lead to an explosive outburst. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Losing one's temper can be related to socio-cultural factors. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Studies show people are losing their tempers more now than they have in the past. | <input type="checkbox"/> | <input type="checkbox"/> |

B. Complete the video transcript.



First, oftentimes in the context of real

_____ 1. _____ disorders people have emotional
volatility and irritability; it's the signature symptom of

_____ 2. _____. It occurs in _____ 3. _____

or bipolar disorder. There's even a disorder that has a name
for losing your temper _____ 4. _____, excessively,

too frequently: it's called intermittent _____ 5. _____

disorder, very strict criteria. But what we're talking about here

is when ostensibly _____ 6. _____ people in everyday life just lose it. They

overreact. They do something that they are either embarrassed for or they can actually

incur _____ 7. _____ consequences about.

C. Rebecca Jarvis mentions a few ideas for controlling emotions and manage anger. List three.

1. _____
2. _____
3. _____

D. Dr. Lieberman uses the expressions "the straw that breaks the camel's back" and "the drop that overfills the cup." What do these expressions mean and how are they related to people losing their temper?
