

Larbi Ben M'hidi University- Oum El Bouaghi
Department of English
Course Title: READING
Level: First Year-LMD
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SCANNING

Objective: The students will be able to scan the text and extract specific information without reading the whole text.

In academic contexts, you will have much to read, and you will need to use various reading skills to help you read quickly and effectively.

Scanning is another example of such a skill. This lecture explains what scanning is and how to scan a text.

1. What is Scanning?

Scanning is a skill that allows for students to search for key words/concepts/ideas. More often than not, the student knows exactly what he/she is looking for. So the assigned task is finding out specific information, such as finding the name of an individual in a telephone directory or looking for a word in a dictionary.

2. Scanning to Answer Questions

If you are scanning for facts to answer a specific question, one step is already done for you: the question itself supplies the keywords.

Follow these steps:

- Read each question completely before starting to scan. Choose your keywords from the question itself.
- Look for answers to only one question at a time. Scan separately for each question.
- When you locate a keyword, read the surrounding text to see if it is relevant.
- Re-read the question to determine if the answer you found answers this question.
- Once you have found the information, read it carefully. Do not read further.

Scanning is a technique that requires concentration and can be surprisingly tiring. You may have to practice at not allowing your attention to wander. Choose a time and place that you know works for you and dive in.

Practice: *Scan the following essay, written by Sulaiman Al-Mazeedi, a student of the Health Sciences Centre at Kuwait University, dealing with a neurological sleep disorder. As you scan, find the following information:*

1. What is hypocretin?
2. What is hypersomnia?
3. What is another name for hypnagogic hallucinations?
4. What is the full name for an ECG?
5. What is the full name for an EEG?
6. What is an MSLT?
7. What type of drug is Ritalin?

8. What type of drug is Prozac?

Uncontrollable Sleep

“The next thing I knew, my legs started giving out. I leaned onto the counter, my body out of control, moving up and down like a sprung spring, and slowly slipped towards the floor. I could not talk. It took a few seconds for my sister to realize I was not up to my usual antics. She called for our husbands to bring a chair, and they maneuvered me into it. I recovered shortly, only to realize that something serious must be wrong with me.” These words, giving a real-life example of a narcoleptic impulse, display the horrific image of what people with narcolepsy might experience at any point in their lives. Narcolepsy is a neurological disorder associated with uncontrollable sleep. Although the exact cause of this genetic disorder is not yet known, many studies have shown its relationship with the absence of hypocretin, a chemical in the brain that aids in normalizing sleep. This disorder attacks men and women equally, affecting one in every two thousand people globally. Narcolepsy, also known as daytime sleep disorder, can be defined in terms of its symptoms, diagnosis, and treatment.

The symptoms of narcolepsy can be divided into those that affect sleeping patterns and those that affect the muscles. Falling under those that affect sleep, the most prominent and widely experienced symptom is constant drowsiness. This feeling, also called hypersomnia, may occur at any time during the day, but most commonly arises after

eating large meals. Other sleep-affecting symptoms include those that take place during actual sleep, such as vivid nightmares known as hypnagogic hallucinations. As for the symptoms affecting the muscles, people with narcolepsy may experience what is called sleep paralysis, or being unable to use one's muscles when going to sleep or when waking up. Moreover, seizure-like tremors caused by an abrupt loss of muscle control, also known as cataplexy, commonly accompany narcolepsy. In the presence of such symptoms, certain tests need to be performed to precisely diagnose the patient.

The diagnosis of this disorder involves a series of physical and sleep-related examinations. An electrocardiogram (ECG) is performed to check the status of the patient's heart, while an electroencephalogram (EEG) examines the condition of the brain. A few tests involving breathing patterns are also carried out. Polysomnograms such as Multiple Sleep Latency Tests (MSLT) and other sleep lab studies may also need to be used. If a person who has undergone such tests is diagnosed as being narcoleptic, s/he has several treatment options.

Treatment methods provided for narcoleptic patients involve drugs and lifestyle changes. When drugs are selected as a method of treatment, one of two possible types is prescribed. In certain cases, stimulants such as Dexedrine or Ritalin are given to enhance the brain's activity and, in turn, reduce the sleep-affecting symptoms. On

the other hand, antidepressants from both the multicyclic and selective serotonin re-uptake inhibitor classes are administered to reduce the muscle-affecting symptoms of narcolepsy; examples of these types of drugs include Nopramin and Prozac. Drugs, though, are only one aspect of narcolepsy treatment. Lifestyle changes are also often necessary. Scheduling daily naps, for instance, along with getting eight hours of nighttime sleep can aid in controlling the seemingly perpetual feeling of drowsiness. In addition, dietary improvements, such as avoiding heavy meals, alcohol, nicotine, and caffeine can help reduce the urge to sleep during the day. Even though doctors cannot guarantee full recovery through the use of these treatment methods, a reduction in many of the symptoms of narcolepsy is noticeable when such techniques are followed.

In conclusion, understanding the symptoms, methods of diagnosis, and forms of treatment helps to fully understand this daytime sleep disorder known as narcolepsy. The many symptoms of this disorder involve an alteration in either the patterns of sleep or the productivity of muscles. When such symptoms are apparent, various diagnostic tests are performed to find out whether the person does indeed suffer from narcolepsy. Once this is confirmed, medical treatment methods and lifestyle changes are used to reduce the effects of the condition.

References:

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- Mikulecky, B. S., & Jeffries, L. (1996). *More reading power*. New York: Addison-Wesley Longman.
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