

# Computer virus and active reading strategies

[Business](#)



Progress Check #1 ACTIVE READING STRATEGIES (50 Points) PART A: List the five active reading strategies.

Explain each strategy in one or two sentences. (5 pts. each for a total of 25 pts). 1, 2. 3.

4. 5. PART B: Identify the strategies being modeled in the following passage.

(10 pts. ) Computer VirusesA computer virus is programmed to raid and attack existing computer programs. The virus is sent by an e-mail or activated through a download.

The virus program then infects the whole computer system. The virus attaches itself to other programs in the computer and copies itself. Some computer viruses are terrible; they erase files or lock up systems. Viruses must not go untreated. [From Henry, The Skilled Reader, 2004, p.

8]| 1. I think it will be about computer viruses.

----- 2. How is a virus activated through a download? ----- 3. I once had a virus in my computer and it erased all of my files.

----- 4. This reminds me of what happens when someone has cancer. ----- 5. This passage explains how a computer virus develops and how it affects a computer.

-----| PART C: As you read the following short passage, apply three of the five reading strategies that you identified in Part A.

As you apply each strategy, indicate how it helps you to understand the part of the passage you're reading. Write your answers in the space to the right

of the passage. Refer back to Part B for an example. ) (15 pts. ) A Walking Workout Walking is not often thought of as a serious workout. But walking is an excellent exercise.

To get the most out of your walks, follow a few simple steps. First, as a serious walker, get the right shoes. Comfortable shoes with good support result in a strong pace and fewer injuries. Second, stretch before you walk. As you walk fast, up and down hills, or for a long time, your muscles are working in ways they usually do not. Stretching warms up the muscles and makes them able to do the extra work.

Third, vary your pace by speeding up for short distances during your walk. Also, swing your arms to force the muscles in your upper body to move too, and add five minutes each time you walk until you are able to walk longer distances. Finally, after you walk, stretch again and drink a glass of water.

[Adapted from Henry, *The Skilled Reader*, 2004, p. 319.

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