Vocabulary Unit 8 Social media

**8.Social media :The vital time you shouldn’t be on social media**

academic:related to education/ακαδημαϊκός,σχολικός

adolescence: puberty,teenage years/εφηβεία

adversely: in a negative and unpleasant way/δυσμενώς,αρνητικά

alluring: attractive and exciting in a mysterious way/δελεαστικός,θελκτικός

anxiety: feeling of worry, nervousness, or unease/αγωνία

aspect: part or feature of something/άποψη, στοιχείο

bleed into: to spread from one area of something to another/διαχέομαι

buffer: thing that reduces shock/προφυλακτήρας

build up: to become greater/αυξάνομαι

causal:connected with the cause-effect relationship between two things/αιτιώδης

caution: care taken to avoid danger or mistakes/προσοχή

combat: to stop something unpleasant from getting worse/αντιμάχομαι

crucial (to): extremely important, critical/κρίσιμος

depression: medical condition in which a person feels very sad/κατάθλιψη

distance (oneself from); to become detached,less involved/αποστασιοποιούμαι

deprivation: not having something you need/στέρηση

downside: disadvantage/μειονέκτημα

drab: dull and boring/μουντός,βαρετός

emit: to send out/εκπέμπω

exacerbate: to make a problem worse/ επιδεινώνω

expose:to reveal/εκθέτω

figure: number/αριθμός

fluid; likely to change/ρευστός

fundamental: basic, essential/βασικός

hot on the heels of :following closely/ ακολουθώ, έχω κάτι από κοντά

impact: powerful effect/αντίκτυπος,επίπτωση

indicator: sign/δείκτης

inhibit: prevent something from happening/παρεμποδίζω

interaction: communication/διάδραση

interrelated: closel connected and affecting each other/αλληλοσχετιζόμενος

keep somebody up: prevent somebody from going to bed/κρατάω κάποιον ξύπνιο

keep up: συναγωνίζομαι, ακολουθώ

likelihood: being probable/πιθανότητα

merry –go-round:carousel/καρουζέλ

meteoric rise: achieving success very quickly/ραγδαία άνοδος

moderation: quality of doing something in reasonable limits/μετριοπάθεια

nod off: to fall asleep/αποκοιμιέμαι

obesity: being extremely fat/παχυσαρκία

post: message sent to a discussion group online/ανάρτηση, μήνυμα

potential: possibility/δυνατότητα

restful: calm, relaxed/ξεκούραστος

ring-fence: to protect something by putting restrictions to it/περιχαρακώνω

side-effect: unexpected result of a situation/παρενέργεια

slumber: sleep/ύπνος

substance: drug/ναρκωτική ουσία

switch off: to stop thinking about something/σταματάω να προσέχω

tech-free: free of technology/ χωρίς τεχνολογία

unprecedented: never having happened in the past/χωρίς προηγούμενο,ανεπανάληπτος

vicious- circle: φαύλος κύκλος

well-told: skillfully told/ειπωμένος με ικανότητα, σωστός

work both ways: to have equal advantages and disadvantages for everyone it involves/λειτουργώ αμφίδρομα

**7.Teenagers and social networking- it might actually be good for them!**

adjust:to change something slightly in order to make it better/προσαρμόζω

augment: to increase something/αυξάνω

avid: enthusiastic/ένθερμος

beneficial: advantageous/ ωφέλιμος,ευεργετικός

erode: to gradually destroy/διαβρώνω, καταστρέφω

ease up: to become less strong, unpleasant/μειώνομαι, εκτονώνομαι

generational: connected with a particular generation/της γενιάς

hold: power or control over somebody or something/έλεγχος

immersive: seeming you so that you feel completely involved on it/καθηλωτικός

inventive: showing creativity/εφευρετικός,επινοητικός

invincible:unbeatable/ακατανίκητος

judgement: the ability to make good decisions/κρίση

messiness: untidiness/ακαταστασία

minimize: to reduce to the smallest amount/ελαχιστοποιώ

misguided: showing faulty judgement/άστοχος

occurrence: event/περιστατικό

overly: excessively/υπερβολικά

provoke: to cause a particular reaction/προκαλώ

text-speak: kind of language used in messages/τρόπος ομιλίας γραπτών μηνυμάτων

texter: person who sends text messages/ άτομο που στέλνει γραπτά μηνύματα

trace: sign that shows that somebody or something existed/ίχνος

tweak: to make slight changes to a system to improve it/τροποποιώ

wrestle: to struggle to deal with something difficult/αγωνίζομαι,παιδεύομαι