

Hooked on our smartphones - The New York Times

A. Search the article for the words in bold and match them to their meanings

	to avoid doing or stop yourself from doing something
	a young person who is developing into an adult
	using computers and the internet; nervous or excited, for example because of a future event, or because you have drunk coffee or taken drugs
	a feeling of extreme worry, sadness, or pain
	to accept or allow behaviour that is wrong
	a typical characteristic or feature of a person or thing
	to control or limit something that is not wanted
	the larger number or part of something
	to provide people or living things with food in order to make them grow and keep them healthy
	a set of small bells, or objects that make ringing sounds
	to notice that a particular thing or person exists or is present
	having to do something, because you are forced to or feel it is necessary
	involving little exercise or physical activity
	the act of moving around within a website or between websites
	to have a conversation with someone
	time when you relax and do not do very much
	used to describe the reaction that people have to a dangerous situation, that makes them either stay and deal with it, or run away

(definitions from <https://dictionary.cambridge.org/dictionary>)

B. Complete the sentences with the words from activity A.

1. We spent a few minutes about the weather.
2. The shop door opened with a
3. The college cannot any behaviour that involves illicit drugs.
4. I find that eating something can help if I'm too on caffeine.
5. You really need to your spending.
6. The sign on the wall said "Please from smoking".
7. The response is a biological response of humans and other animals to acute stressors.
8. My doctor says I should start playing sports because my lifestyle is too
9. This cream is supposed to help your skin.
10. We had a busy weekend so I'm planning to have some tomorrow.
11. It was terrible for her to see her child in such
12. In today's global economy, the physical location of a company is less important.
13. People have become much more of the need to exercise regularly.
14. Simplicity is a of this design.
15. We have streamlined our website for easier
16. She doesn't understand the emotional problems of
17. A couple of people objected to the proposal, but the vast approved of it.
18. She looked at him so intensely that Harry felt to answer her questions .

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C. Find in the article

People check their smartphones..... times a day.

Young adults send an average texts a day.

.....% of smartphone users say they can't live without their devices.

D. What is mentioned about the use of digital devices by adolescents and children?

E. According to Ms. Colier it is important to limit our digital lives. What two reasons does she mention?

F. Note some negative effects of digital technology that are mentioned in the article.

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G. In the full article the writer also talks about positive aspects of digital technology.

"Don't get me wrong. I love technology. I love the convenience and assistance afforded by the myriad apps on my cell phone, a pocket-size information bank. [...] computers save tons of time and effort and avert countless embarrassing errors because I can look up facts, figures, spelling, definitions and scholarly publications without leaving my ergonomic chair."

Can you think of more ways digital technology has enhanced our lives?

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H. In an article in *Psychology Today*, J. Hyman concludes:

“Staying constantly in touch with your entire circle of friends may be the new norm in tech-land. Although I find it odd to interrupt a live conversation to respond to a text message, I didn’t grow up in tech-land. I’m not a native. The natives of tech-land, these wonderful young adults, are developing their own rules for social interaction. To an outsider, they may appear addicted to their cell phones. But I see an emerging form of social interaction in tech-land. These young adults are defining what forms of cell phone use are normal. And if being constantly in touch through your cell phone is normal, then it probably isn’t an addiction.”

<https://www.psychologytoday.com/intl/blog/mental-mishaps/201303/are-you-addicted-your-cell-phone>

Do you agree? Are the concerns of the New York Times article exaggerated? What is your opinion on smartphone use? Write a short paragraph. (no more than 100 words)

[illegible]