

LESSON 4

READ ABOUT A PROBLEM WITH TECHNOLOGY



EMMA DAVIS

@EmmaD

Check out this article. I think I need to spend less time on my phone ...

1 BEFORE YOU READ

- A PAIRS** How many minutes do you spend on your phone every day? How about in front of your TV or computer?



- B VOCABULARY** ▶03-22 Listen. Then listen and repeat.

device: a technology item such as a phone or tablet

screen: the flat glass front of a TV or computer

task: something you have to do

positive: good

active: doing a lot of things, having a lot of energy

explore: think about or do things that are new to you

creative: good at thinking of new ideas

power: strength

a little while: a short period of time

2 READ

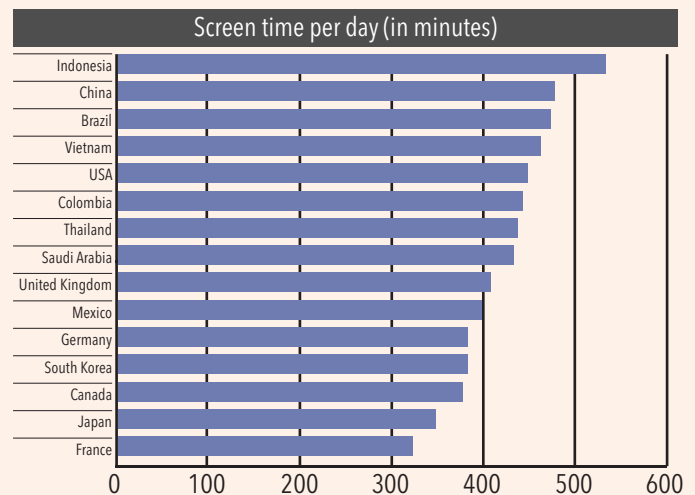
- A PREVIEW** Read the title and first two sentences of the article. Then look at the photo and the chart. Is the article about a problem or a solution? How do you know?
- B** ▶03-23 Listen. Read an article about technology. What do you think “tied to our devices” means?

TIED TO OUR DEVICES

You hear it all the time, “My kids are always looking at their phones!” Or, “People are always texting. They don’t have real conversations!” Look around you—at the office, at home, on the street. Almost everyone is using at least one device. Very few people are just sitting, doing nothing at all. We are always using a device or looking at a screen. A recent study of 30 countries showed that people spend a lot of their free time in front of a screen—an average of more than seven hours a day. What’s wrong with that? Maybe a lot.

When people are using their devices, they often don’t pay close attention to what is happening around them. They don’t really listen, so they don’t remember details. They often don’t sleep well, and so they have less energy. Some people believe that their devices help them do more than one task at the same time. But studies show that when people do many tasks at the same time, they usually don’t do any of them very well.

Turning off your devices—even for a short time—can be very positive. Maybe you are thinking—no phone, no computer? So boring! That’s true; you may get bored. But that’s not always bad. When you’re not doing anything, your brain is still active. It’s free to explore and be creative. Why do think your best ideas come when you’re taking a shower? You can’t take your devices with you! The author J.K. Rowling understands the power of doing nothing. Many years ago, she was on a long train ride with no book and no devices. She wasn’t doing anything, but her mind was working hard. During that journey, she got the idea for *Harry Potter*. So, turn off your devices for a little while and do nothing. It could be the beginning of a great idea.



Source: Millward Brown, 2014



3 CHECK YOUR UNDERSTANDING

READING SKILL Find the main idea

The main idea is what the writer wants you to know about the topic. To find the main idea, first find the topic. Then ask yourself: What does the writer want to tell me about this topic?

A READING SKILL Read the Reading Skill.

Answer the questions.

- The topic of the article is using electronic _____.
- What is the main thing the writer wants to tell you about the topic?
 - Our devices are not good for our health.
 - The time that people spend on their devices is increasing.
 - It is a good idea to spend some free time without devices.

B DETAILS Check all the correct answers.

- According to the article, what can happen when people are "tied to their devices"?

a. <input type="checkbox"/> They don't have enough time.	d. <input type="checkbox"/> They don't make a lot of friends.
b. <input type="checkbox"/> They don't listen carefully.	e. <input type="checkbox"/> They often don't sleep well.
c. <input type="checkbox"/> They don't remember things.	f. <input type="checkbox"/> They don't do well in school.
- In which countries do people spend more than 450 minutes a day in front of a screen?

a. <input type="checkbox"/> United Kingdom	d. <input type="checkbox"/> Mexico
b. <input type="checkbox"/> Brazil	e. <input type="checkbox"/> Vietnam
c. <input type="checkbox"/> China	f. <input type="checkbox"/> South Korea
- According to the article, what are some positive things about doing nothing?

a. <input type="checkbox"/> You can be creative.	d. <input type="checkbox"/> You can remember better.
b. <input type="checkbox"/> You can think about other people.	e. <input type="checkbox"/> You can rest your brain.
c. <input type="checkbox"/> You can get some great ideas.	f. <input type="checkbox"/> You can meet new people.

C FOCUS ON LANGUAGE Read. What do the underlined words mean?

- Almost everyone is using at least one device.
 - Almost everyone is using one device.
 - Almost everyone is using one or more devices.
- When people use their devices, they often don't pay close attention to what is happening around them.
 - People don't watch or listen carefully to what is happening around them.
 - People are far away from things that are happening around them.

D PAIRS What was the article about? Retell the most important ideas. Use your own words.

When we use our devices ...

Find out how much time people spend in front of different screens: TVs, computers, phones, tablets.



4 MAKE IT PERSONAL

A What problems do you have with screens? Complete the chart and add your own ideas.

Problems	Yes / No
I don't remember well.	
I don't have much energy.	

Problems	Yes / No

B PAIRS How much do you use your devices? Do you have any problems?

■ I CAN READ ABOUT A PROBLEM WITH TECHNOLOGY.