

READING

Binge-watching



A. Match the vocabulary to the definitions.

(You can look at the words in the text to help you with context)

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| 1. sitting | a. to make available to the public |
| 2. to release | b. for example |
| 3. cliffhanger | c. a limited period of time during which you sit and do a particular activity |
| 4. to gain | d. to get, to acquire |
| 5. although | e. a coagulated mass of a portion of liquid |
| 6. to indulge | f. a situation where the result is in suspense and uncertain until the very last moment |
| 7. to argue | g. in spite of the fact that, even though |
| 8. besides | h. to permit yourself or another person to have something satisfying, especially more than is good for you |
| 9. storyline | i. the plot of a story or drama |
| 10. to lead | j. to guide, to direct |
| 11. for instance | k. to give reasons for or against something |
| 12. in addition | l. also, moreover, in addition |
| 13. blood clot | m. also, moreover, besides |



JANE-CLARK.TUMBLR

B. Read the article.

Is binge-watching bad for you?

Tom Wilkinson, January 21, 2021

¹ Binge-watching is when you watch multiple episodes of a show in one **sitting**. Traditionally, TV shows would **release** their episodes gradually and the audience would need to wait days or weeks between each episode! It usually ended on a **cliffhanger**, this way the audience would want to come back for the next one. The internet and streaming services have completely changed the way we watch TV and movies!

² Binge-watching shows **gained** popularity around the year 2012, and especially after Netflix's 2013 decision to release all 13-episodes in the first season of House of Cards at one time, instead of posting an episode per week. **Although** binge-watching is a relatively new concept, the verb 'to binge' has been around for much longer. 'To binge' means to **indulge** in an activity to excess, like eating or drinking. Binge-eating and binge-drinking are also common terms.

³ Some people **argue** that binge-watching can help you make beneficial social connections. Bingeing can create a community around shows. **Besides**, shows that have multiple different **storylines** and complex relationships are much easier to understand if you binge-watch the episodes, some say. If you have to wait a week until the next episode you may forget some of the smaller details.

⁴ On the other hand, it has been suggested that binge-watching could **lead** to mental health issues. **For instance**, A University of Texas study found that binge watchers were more likely to be depressed, lonely, and have less self-control. **In addition**, binge-watching can cause serious physical health problems. Sitting down for long periods of time can lead to a number of health conditions including heart disease and **blood clots**!

⁵ After reading some of the pros and cons for binge-watching what is your opinion on binge-watching? Which side do you find more convincing?

Adapted from the podcast Thinking in English, episode 44, by Tom Wilkinson, January 21, 2021

C. Answer the questions.

1. How did the releasing of TV shows work in the past?

2. What did Netflix do differently?

3. In your opinion, how can binge-watching create a community around a show?

4. Do you tend to forget details of a show between seasons?

5. Why are people who work in offices advised to get up and walk around every hour or two?

6. Do you prefer watching several episodes of a new show at one time or one episode per week?

7. What was the maximum number of episodes that you binge-watched in one sitting?

8. What series would you recommend for a viewing marathon?

9. Have you ever sacrificed sleep to continue watching your favourite TV series?

10. Have you ever called in sick or cancelled social plans in order to watch a show?
