

LISTENING

- 2** Listen to reviews of apps. Number the apps in the order you hear about them.


☐ Tisket

☐ Bed

☐ CamTrans

- 3** Listen again. Choose (✓) the app that fits the description. More than one app may be possible.

	Bed	CamTrans	Tisket	
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	is convenient for international travel.
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	is good for finding an unusual hotel.
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	helps people who read and write in different languages.
4.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	offers cheap tickets for shows and concerts.
5.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	is free.
6.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	costs ten dollars.

READING

1 BEFORE YOU READ How many times a day do you look at your phone?



Is it Time for a Digital Detox?

by Liz Morgan

Have you ever gone to your phone to check a text and then lost an hour of your time to social media? That is meant to happen. Tech companies have employed a great many **psychologists** because they want to attract you to your handheld **device**... and keep you there.

Here's how it works. When you hear the ping of a **notification** on your phone or computer, your brain **releases** a special **chemical** called dopamine. It causes you to feel **pleasure**—someone is contacting you! You check, and once you are on your phone, it's hard to get off. You might start checking for other messages to keep the dopamine coming.

The result is that spending a lot of time on screens may bring a little happiness, but it also makes you want more: the average person touches their phone more than 2000 times a day. Habits and **impulses** can become **addictions**. This happens when work, school, or relationships suffer because a person cannot stop the behavior. For example, a college student might fail a course because they spend too much time playing video games.



Experts say that if you recognize that your device is taking up too much time, it might be time for a digital detox. This means going offline for a few days or even a week. If this seems impossible, you might need some help.

In one study, a group of adults were invited to a device-free vacation. Scientists who were secretly **observing** them noted big changes in their behavior over four days. The people became more social, they sat up straighter, and paid more attention to each other in conversation. These people slept better. They also made long-term plans to improve their lives.

Studies, such as this one, suggest that there are benefits to being offline for a period of time, and that it can have positive effects on your mental health.



2 Read the article. Choose (✓) True, False, or Not given.

True False Not given

- The technology industry works hard to get people to spend time on their devices.
- A typical person might message 200 people in a day.
- It is impossible to be addicted to technology.
- Taking a break from technology is called a digital detox.

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3 Read the article again. Choose the answer with the correct order according to the article.

- You get a message. You feel pleasure. Your brain releases dopamine.
 - You get a message. Your brain releases dopamine. You feel pleasure.
- A person spends a lot of time online. He stops sleeping. He gets in trouble at work.
 - A person gets in trouble at work. He stops sleeping. He spends a lot of time online.
- People get to know each other. They go on vacation. They turn off their phones.
 - People turn off their phones. They go on vacation. They get to know each other better.