Progress Check C11 U7 | EVOLVE 3 harmon hall

3 GRAMMAR AND VOCABULARY

A **Complete each sentence with the correct form of *used to*, the verb in parentheses ( ), and a word or phrase in the box.**

~~classical~~ EDM heavy metal jazz pop hip-hop reggae

1 Susan *used to listen to classical* music a lot because she played piano and violin. (listen to)
2 Jack _____, but now he thinks it's too loud and the singers sound like they're screaming. (enjoy)
3 Eric _____ music because it was so fast and he couldn't understand the words. (not like)
4 Sam _____, but after his vacation to Jamaica, he started to listen to it all the time. His favorite singer is Bob Marley. (not listen to)
5 Linda's grandfather _____ in the 1930s. He was the saxophone player in a band. (play)
6 I _____ music, but I don't like it anymore. I deleted all the Katy Perry and Britney Spears songs from my music app. (like)
7 My friends _____, but then I took them to some dance clubs, and now they love it! (not care about)

1 READING

A READ FOR DETAIL **Read the article and complete the sentences with information from the text.**

Why Do We Binge-Watch TV Shows?

How do you watch shows? Do you watch one episode a week? One a day? Or do you sometimes watch entire seasons in a weekend? If you like watching episode after episode of a series, you're not alone. Binge-watching has become more and more popular in the past few years. But why?

STRESS RELIEF When we binge-watch, we escape from our real lives for a few hours. While we're watching, we don't think about our problems or responsibilities. That can help us relieve stress.

HAPPINESS According to experts, when we binge-watch, our brains produce *dopamine* – a chemical that makes us feel happy. As soon as one episode is over, we start the next one because we want to keep feeling good.

CARING Psychologists say that our brains can experience things we watch on TV almost the same way that they experience real events. So we often become attached to stories and characters and really care about what happens to them. Because our brains aren't always good at separating episodes on TV from real life events, we have a strong desire to keep watching to find out what happens next.



Based on this information, it seems like binge-watching is a good thing – at least in the short term. However, over time, experts say that it can cause depression. When we finish binge-watching a series, we can feel a sense of loss. We can also feel sad because our brains stop producing dopamine.

1 When we binge-watch, we can forget about our _____ and _____.
2 Binge-watching helps us get rid of _____.
3 Binge-watching makes us feel _____.
4 When we see something happen in a TV show, our brains think we're experiencing it _____.
5 We can get really attached to the _____ and _____ in a show.

LIVEWORKSHEETS