

# Scientists explain video-conferencing fatigue



## VOCABULARY MATCHING

### Paragraph 1

- |               |                                                                                                   |
|---------------|---------------------------------------------------------------------------------------------------|
| 1. extended   | a. A person who has a comprehensive and authoritative knowledge of or skill in a particular area. |
| 2. spell      | b. Limited in extent, number, scope, or action.                                                   |
| 3. expert     | c. Lasting longer than is usual or expected.                                                      |
| 4. dubbed     | d. A short period of time.                                                                        |
| 5. phenomenon | e. Gave an unofficial name or nickname to someone or something.                                   |
| 6. restricted | f. A remarkable person, thing, or event.                                                          |
| 7. array      | g. A range of a particular type of thing.                                                         |

### Paragraph 2

- |                 |                                                                                       |
|-----------------|---------------------------------------------------------------------------------------|
| 8. fatigue      | h. Physical or mental collapse caused by overwork or stress.                          |
| 9. cognitive    | i. Extreme tiredness resulting from mental or physical exertion or illness.           |
| 10. overload    | j. In a way that never ends or changes; constantly.                                   |
| 11. perpetually | k. Average in amount, intensity, quality, or degree.                                  |
| 12. burnout     | l. Relating to the mental action or process of acquiring knowledge and understanding. |
| 13. moderate    | m. In a way that prevents success or development; harmfully or unfavorably.           |
| 14. adversely   | n. Giving too much of something, typically something undesirable, to someone          |

## COMPREHENSION QUESTIONS

1. At what university does the researcher who did the research work?
2. What did the researcher dub a phenomenon?
3. Where did the researcher say we have spent extended periods of time?
4. Who does the article say we have chatted to using online tools?
5. Who has relied heavily on video-conferencing?
6. How many factors did the researcher outline?
7. What brings about fatigue besides tiredness and eye-strain?
8. What does the article say we are under perpetual pressure to do?
9. What does burnout and stress heighten the chances of developing?
10. What did the researcher liken video-conferencing to?



## Listen:

### GAP FILL

A new study from Stanford University has investigated the (1) \_\_\_\_\_ on our health of extended spells of video-conferencing. Researcher \_\_\_\_\_ and \_\_\_\_\_ communications (2) \_\_\_\_\_ Jeremy Bailenson dubbed the phenomenon "Zoom (3) \_\_\_\_\_," but acknowledged the condition is not restricted to just that (4) \_\_\_\_\_. In the past year, most of us have spent (5) \_\_\_\_\_ periods of time online using an array of video-conferencing (6) \_\_\_\_\_. The coronavirus pandemic has meant tools like Zoom, FaceTime, Skype and Google Hangouts have been the only (7) \_\_\_\_\_ we have been able to see and chat to loved ones. Many companies have relied (8) \_\_\_\_\_ on video-conferencing for meetings, and educators have used them to teach their lessons online.

Mr Bailenson (9) \_\_\_\_\_ several factors that make video-conferencing so fatigue-inducing. He said it is not just tiredness and eye-strain from (10) \_\_\_\_\_ at a computer screen for hours and hours. It is also brought about by "(11) \_\_\_\_\_ overload" and feeling pressure to be perpetually switched on. We (12) \_\_\_\_\_ feel we need to be in touch with friends or available for bosses, customers or students. Bailenson cautioned this leads to (13) \_\_\_\_\_ and stress and can (14) \_\_\_\_\_ your chance of developing moderate to severe depression. He said this (15) \_\_\_\_\_ can adversely affect your self-confidence. This is because of the large number of faces (16) \_\_\_\_\_ at you in meetings. Bailenson likens this to the stresses of public speaking.

**expert**

**extended**

**way**

**effects**

**platform**

**heavily**

**fatigue**

**platforms**

**burnout**

**staring**

**outlined**

**anxiety**

**constantly**

**heighten**

**staring**

**cognitive**





## CHOOSE THE CORRECT WORD AND PUT THE RIGHT PREPOSITION

A *new / newly* study \_\_\_\_ Stanford University has investigated the effects \_\_\_\_ our health of extended spells \_\_\_\_ video-conferencing. Researcher and communications *expert / expat* Jeremy Bailenson *dubbed / daubed* the phenomenon "Zoom fatigue," but acknowledged the *conditional / condition* is not restricted to just that platform. In the past year, most of *them / us* have spent extended periods \_\_\_\_ time online using an *alloy / array* of video-conferencing platforms. The coronavirus pandemic has *meaning / meant* tools like Zoom, FaceTime, Skype and Google Hangouts have been the only way we have been able to see and chat \_\_\_\_ *loves / loved* ones. Many companies have relied *heavily / heavy* \_\_\_\_ video-conferencing \_\_\_\_ meetings, and educators have used them to teach their lessons online.

Mr Bailenson outlined several *factories / factors* that make video-conferencing so fatigue-inducing. He said it is not just *tiredness / tiring* and eye-strain \_\_\_\_ *staring / starring* \_\_\_\_ a computer screen \_\_\_\_ hours and hours. It is also brought about \_\_\_\_ "cognitive overload" and *feels / feeling* pressure to be perpetually switched *off / on*. We constantly feel we need to be \_\_\_\_ *touch / feel* with friends or available \_\_\_\_ bosses, customers or students. Bailenson cautioned this leads to burnout and stress and can *higher / heighten* your chance \_\_\_\_ developing moderate to severe depression. He said this anxiety can *adverse / adversely* affect your self-confidence. This is because \_\_\_\_ the *large / largely* number of faces staring \_\_\_\_ you in meetings. Bailenson likens this \_\_\_\_ the stresses of *private / public* speaking.



CHECK YOUR ANSWERS! :)