PROGRESS: WEEK 4 – READING

EXERCISE 1: Which of these aspects tells more about a person? Rate them from 1 to 5. Write an extra one.

clothes and fashion | family | hobbies and interests | photos | talents

1. _____
2. _____
3. _____
4. _____
5. _____
6. I think _____ is another important aspect.

Exercise 2: Check that you know the meanings of the words and classify them into the categories of Technology or Psychology.

genes | selfie | personality | emotional reactions | experience | behaviour | link | social media | post | online

Technology	Psychology

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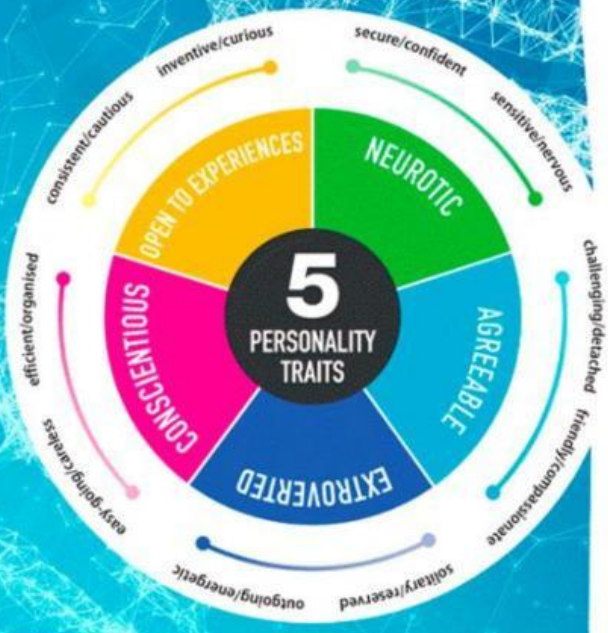
Exercise 3: Read the text and answer the questions.

What makes you who you are?

We live in an age of social media. We post selfies and links to things we like. We look at other people's social media pages to see what they look like, who they're with, where they go and what they like. Many people have hundreds of online 'friends'. But how well do we know them, and how well do they know us? And where does the digital age leave our sense of identity?



Firstly, it's very public. You put something online and everyone can see it. This means it's important to be very careful with what we post. Secondly, the digital identities we create can be superficial. You are much more than the sum of your selfies, your posts and your hobbies.

So, what makes us who we are? There's no simple answer to that question. We are a complex mix of genes, influences and experiences. These things affect our emotional reactions, our behaviour and our view of the world we live in. On top of that, we often project a different public image to how we really are. We also choose to show different parts of our personalities to different people. And our personalities are unique because we combine the main traits in different ways: agreeable, extroverted, conscientious, open to experiences, neurotic. We change over time and the way we see ourselves can be quite different from how other people see us.

There is an important lesson in all of this. Your identity doesn't just exist on its own; it exists in the context of everyone you have contact with. They compare you with others and sometimes they even judge you by what you do, especially what you do for them. How do you think about the people in your life?

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1. **Why do people look at each other's social media pages?**

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2. **Why does the writer put the word 'friends' in inverted commas?**

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3. **Why is it important to be careful with what you post?**

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4. **What three things does the writer say affect our emotions?**

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5. **What does the writer say about the different parts of our personalities?**

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6. **Write a short sentence to summarise the important lesson in the last paragraph in your own words.**

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