

1B Smart living?

1 What do you use your smartphone for? What do you think of people who constantly check their phones?



Skill skimming a text

Before you read a text in detail, get a general idea of the topic of the text and of each paragraph.

- Read the title of the text and look at any images. Can you predict what the text is about?
- Quickly read the first paragraph. This will confirm the topic and can give you an idea of the text content and organization.
- Read the first sentence of each paragraph. This can give you information about the main idea of each paragraph.



2 Read the Skill box. Then look at the title of the text, the picture, and the first paragraph on page 7. Do you think the writer had a positive or negative experience without his smartphone?

3 Read the first sentences of paragraphs 2–6. What is the main idea of each paragraph? Match the paragraphs with ideas a–e.

a With no smartphone, he felt less tired.	d There were more advantages than disadvantages.
b He worked better.	e He found things to do to entertain himself.
c He communicated more often face-to-face.	

4 Read the complete text. Are the sentences true (T) or false (F)? Correct the false sentences.

- 1 The writer stopped using his smartphone because of an article he read. _____
- 2 Normally his smartphone distracts him when he's working. _____
- 3 He has become a better listener when he's with friends. _____
- 4 He doesn't enjoy reading books and newspapers any more. _____
- 5 The light from smartphone screens helps us sleep. _____
- 6 The writer now uses his smartphone differently than before. _____

5 Read this sentence from the text. Which word is used to express surprise that something unexpected happened?

"I actually talked to people more and felt more connected to them, although we weren't in constant contact online."



Text builder *actually, in fact*

To say that something is surprising or unexpected, we can use **actually** or **in fact**:

*I was worried that I would be bored without my phone as entertainment, but, **actually**, I enjoyed it. I thought living without a smartphone would be hard, but, **in fact**, it was pretty easy.*

Look! We can use **actually** at the start of a phrase, before a main verb, or after **be**.

We usually use **in fact** at the start of a phrase.

6 Read the Text builder. Match 1–4 with a–d.

1 My friends say I'm addicted to my new smartphone.	a but it was actually on yesterday, not today.
2 My teacher's surprised because	b Actually, I don't use it as much as my old one.
3 Tim thought the movie was on at 8:30 this evening.	c but, in fact, I'm staying at home.
4 I thought I was going away this weekend.	d I actually passed the exam!

7 Could you live without your smartphone for a week? In pairs, discuss what you think the experience would be like.