

Is technology really ruining your life?

1 What is the main concern about technology ruining our life today?

- a The microwave oven
- b Video games
- c Social media and smartphones
- d The telephone

2 Why do people feel uncomfortable with technology?

- a Because it changes the way we do things
- b Because it makes us feel left out
- c Because it disrupts our lives
- d All of the above

3 What was the first thing people said about the telephone when it was invented?

- a It was viewed as a toy
- b It was viewed as a gimmick
- c It might make people mentally ill or caused them to go deaf
- d All of the above

4 What is the UK government currently conducting an inquiry about?

- a The effects of screen time and social media on young people
- b The effects of video games on young people
- c The effects of microwave ovens on young people
- d The effects of telephones on young people

5 What is the biggest concern about social media and smartphones?

- a They cause cancer
- b They cause violence
- c They ruin our lives
- d They are addictive

6 What is the relationship between social media use and mood?

- a The more you use social media, the happier you are
- b The less you use social media, the happier you are
- c There is no relationship between social media use and mood
- d It depends on the person

7 What is problematic about asking people about their social media use?

- a Correlation does not equal causation
- b It removes the whole context
- c People might not be aware of what they're doing
- d All of the above

8 What did research find when asking people how many times they check their smartphone a day?

- a People check their phone about 40 times a day
- b People check their phone about 100 times a day
- c People don't remember how many times they check their phone
- d None of the above

9 What is the difficulty in accessing information about screen time usage?

- a People might not remember how much they use their devices
- b People might not be aware of what they're doing
- c Correlation does not equal causation
- d All of the above

10 What has the lab done to understand the effects of screen time?

- a Conducted a public inquiry
- b Asked people how much time they spend on Facebook
- c Started research to understand the effects of screen time
- d None of the above

Is the sentence true (T) or false (F)

- 1** Technology has always been viewed as a toy or gimmick when first invented.
- 2** The telephone was invented in the 1900s.
- 3** People were worried that the telephone would make them go deaf.
- 4** Microwave ovens can give you cancer.
- 5** There is evidence to suggest that video games cause violence.
- 6** The UK government is currently conducting a public inquiry about the effects of screen time and social media on young people.
- 7** Studies have found a positive relationship between social media use and happiness.
- 8** Correlation always equals causation.
- 9** It's easy for people to accurately remember how much time they spend on their smartphones.
- 10** Research has found that people check their smartphones about 40 times a day.