The Psychology of Online Identity and Self-Perception on Social Media

1. How do you think social media affects how people view themselves?
2. What is the difference between your "online" self and "real-life" self?

"The Effects of Online Identity on Self-Perception"

Social media encourages people to create idealized versions of themselves. This "online identity" is carefully crafted, highlighting positive aspects while often hiding flaws. For some, maintaining this image becomes exhausting and even harmful, leading to issues like anxiety, insecurity, or impostor syndrome. However, online spaces also allow people to find like-minded communities and gain confidence through shared interests.

Comprehension Questions

1. What is "online identity," and how is it created?
2. What are some potential negative effects of managing an online identity?
3. How can social media positively influence a person's self-confidence?

Grammar Focus: Relative Clauses

Explanation: Relative clauses provide extra information about a noun or a phrase and are introduced by words like:

Examples:

1. Social media, which many people use daily, can affect mental health.
2. The person who constantly checks notifications may feel distracted.
3. She created a profile where she shares her personal stories.

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Types of Relative Clauses:

1. Defining Relative Clauses: provide essential information (e.g., The app that I use the most is Twitter).
2. Non-defining Relative Clauses: give extra, non-essential details, separated by commas (e.g., Twitter, which is popular worldwide, has millions of users).

Grammar Practice Exercise

Complete the sentences with the correct relative pronoun (who, which, that, where, whose, or when):

1. Twitter, _____ was founded in 2006, allows people to post short messages.
2. The person _____ likes to post every day may feel pressured.
3. This is the app _____ I find the most interesting.
4. Instagram, _____ user base is very large, focuses on visuals.
5. I know someone _____ posts inspire thousands of people daily.
6. She has joined a forum _____ people talk about digital minimalism.
7. 2019 was a year _____ influencers became even more popular.
8. I read an article _____ explained the effects of social media addiction.

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Vocabulary

Match the vocabulary word with its correct definition:

1. Insecurity
2. Impostor Syndrome
3. Idealized
4. Community

A. A feeling of being part of a group with shared interests.
B. Anxiety that one's success isn't deserved.
C. Lack of confidence in oneself.
D. Perfected to appear more positive than it is.

1. _____

2. _____

3. _____

4. _____

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