UP English Center

Name: _____

Class: _____

1. Read the text and fill in the blanks. Write 1, 2, or 3 words directly from the text.

The Battle of the Bedroom: FOMO vs. JOMO





It is 11:30 PM on a Tuesday. Fourteen-year-old Toby is exhausted, but his eyes are wide open, staring at the bright screen of his smartphone. On his screen, he sees photos of his classmates eating pizza and laughing at a bowling alley. Toby was not invited. Suddenly, a heavy feeling hits his stomach. He feels incredibly anxious, lonely, and left out. Why are his friends having so much fun without him?

Toby is experiencing FOMO—the Fear Of Missing Out. In our modern world, social media lets us see what everyone is doing at any second of the day. For teenagers, this causes a lot of psychological stress. Many young people sleep poorly because they stay awake all night checking notifications. They are terrified that if they log off, they will miss an important joke, a piece of gossip, or a trend.

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However, a growing number of teenagers are fighting back with a completely opposite feeling: JOMO—the Joy Of Missing Out.

Take Sarah, for example. Last Friday, she received an invitation to a big school party. Instead of going, she chose to stay home, turn off her phone, and paint a picture in her bedroom. She spent the evening laughing with her sister and went to bed early. "At first, I felt a little worried," Sarah admits. "But once my phone was off, I felt completely relieved and relaxed. I didn't care what people were posting online. I was happy in my own world."

Psychologists say that practicing JOMO is excellent for mental health. It teaches teenagers to value real-world connections over digital "likes." By stepping away from the screen, people find more time for their real hobbies, sleep much better, and stop comparing their normal lives to other people's perfect online profiles.

1. Toby feels extremely **(1)** _____ because nobody invited him to go bowling with the rest of the class.
2. Constantly looking at phone notifications before bed causes a large amount of **(2)** _____ for teenagers.
3. Because young people are terrified of missing online gossip, many of them **(3)** _____ during the night.
4. _____ agree that turning off smartphones can significantly improve a teenager's daily well-being.

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5. Instead of attending the big school party, Sarah **(5)** _____ to stay at home and focus on her artwork.

6. JOMO helps teenagers feel happier because they finally stop comparing themselves to other people's **(6)**_____.

2. Complete the second sentence so that it means the same as the first one. Use a modal verb from the box. Use only 1 or 2 words in each blank.

1. It is a good idea to practice the guitar every day if you want to join the band.
   You _____ practice the guitar every day if you want to join the band.
2. Swimming in this lake is strictly forbidden because it is deep and dangerous.
   You _____ swim in this lake because it is deep and dangerous.
3. Entrance to the museum is free for students, so paying is not necessary.
   Students _____ pay to enter the museum.
4. Is it necessary for us to bring passports on this domestic flight?
   Do we _____ bring passports on this domestic flight?
5. I am too short to reach the basketball hoop.
   I _____ reach the basketball hoop because I am too short.

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3. Join the two short sentences into one long sentence. Use so... that or such... that.

Example: The cake was delicious. We ate the whole thing.

→ The cake was so delicious that we ate the whole thing. OR It was such a delicious cake that we ate the whole thing.

1. The water was very cold. The children couldn't swim in it.

   → _____

2. It was a wonderful party. Nobody wanted to go home.

   → _____

3. The puzzle was very complicated. It took me three hours to solve it.

   → _____

4. They were cheap tickets. We bought five of them.

   → _____

4. Are you more of a FOMO person or a JOMO person? Why?

In your writing, you should write:

- whether you are a FOMO person or a JOMO person
- what activities you enjoy doing
- how you feel when your friends do something without you
- why you think FOMO or JOMO is better for you

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