

LESSON 3 (8th Grade) EDUCATION

Task 1. Reading. Read and listen to the text and choose A, B, C or D to answer the questions below.



Generation M

It's 7:30 pm at Lisa's house and she's in her room doing her homework. However, homework is just one of the things she's doing while her eyes are **fixed** on the computer screen. As well as studying for her Biology exam, Lisa is also listening to music, **chatting** with her best friend online, downloading songs and **occasionally texting** people on her mobile phone. "My parents keep **telling** me **off** for multi-tasking while studying, but they don't understand that it helps me **concentrate**," she says.

Young people today spend a lot of time using electronic media; on average, 7 hours and 38 minutes every day. That adds up to 53 hours a week, more time than most adults spend at work. But that's not all. Because young people spend so much time 'media multi-tasking', that is, using more than one type of media at the same time, they actually consume a total of 10 hours and 45 minutes of media content every day. This is the reason why they are called "the multi-tasking generation" or "Generation M".

But how do our brains **deal with** multi-tasking? Automatic things like walking and chatting on the phone can be done at the same time, but when it comes to learning new information, multi-tasking has an **impact**. "Multi-tasking affects how you learn in a negative way," says Russell Poldrack, Associate Professor of Psychology at UCLA[1]. Dividing our attention between too many activities makes the knowledge we gain harder to use later on. This doesn't mean we should never multi-task, but it does mean it is not a good idea to do it while learning something new.

According to specialists, it is also essential to take time away from electronic media. "At the sound of the bell, all my students reach into their bags and grab their mobile phones to text message their friends. It is as if they're afraid of silence," says Casey Roberts, a secondary school teacher. "Their MP3 players, laptops and games consoles have become **extensions** of themselves. I really think that Generation M should take time to relax and reflect. There's life beyond the screen, and the pleasure of face-to-face communication can be neither denied nor replaced.

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|---|--|
| 1 What is Lisa not doing in her room?
A chatting online
B texting friends
C writing an email
D preparing for an exam | 3 Learning is made easier when ...
A you group many small things together.
B you concentrate on one thing at a time.
C you use technology to help you.
D you use different forms of media. |
| 2 The phrase 'Generation M' means teenagers are good at ...
A using technology frequently.
B learning things simultaneously.
C doing many tasks at the same time.
D completing many ordinary tasks. | 4 Casey Roberts believes students need to ...
A pay attention to individual tasks.
B practise concentrating more efficiently.
C learn to communicate better.
D spend less time using electronic media. |

Task 2. Drag the words from the second column to get collocations. Consult the text

extensions

are fixed

electronic

the multi-tasking

divide

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specialists

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generation

our attention

Task 3. Answer the questions. Write answers below.

1. Why today's teenagers are called “the multi-tasking generation” or “Generation M”?
2. Why is multi-tasking bad for your learning?
3. Why you should take time to relax from your electronic gadgets?

Task 4. Reading technique. Listen and read two first paragraphs, record yourself and send the result to your teacher.