

5.2 *Smartphone smarts*

Aim: Develop reading skills such as understanding vocabulary in context and making inferences

Preparation: Make one copy of Worksheet 5.2 for every S.

Comment: Use after or in place of the reading on page 43.

A Pair work

- Give each S a copy of the reading. Explain the task.
- Ss work in pairs to discuss the sentences and choose those they agree with. Ask pairs to share their opinions with the class. Then ask Ss to read the article.

B

- Explain the task. Tell Ss to look back at the article to find the answers.
- Ss work individually to find the best places in the article for each sentence.
- Go over the answers as a class.

Answers			
1. A	2. D	3. B	4. C

C Group work

- Explain the task. Read the question aloud.
- Ss work in small groups to think of two more smartphone rules or suggestions.
- Have groups share their rules with the class.

A Pair work Choose the sentences you agree with. Then read the article and compare your ideas to the author's.

- ☐ Increasingly, peoples' lives are being controlled by their smartphones.
- ☐ Checking your smartphone during a dinner with friends is bad manners.
- ☐ It's not a good idea to take your phone to bed with you.
- ☐ Constantly keeping up with social media updates is essential.
- ☐ It's important to reply to any text, email, or phone call immediately.
- ☐ It makes sense to leave your smartphone at home in order to really relax.

Unplug from Your Smartphone

On average, people check their smartphones more than 100 times a day in order to see what's going on in the world, play games, text friends and family, or post on social media sites. That's a huge time drain. It can also be a source of stress and a cause of withdrawal from the world. It's no surprise that increasingly some are questioning how important it is to be constantly connected. Perhaps it's time to step back and take a look at ways to unplug from our in-pocket tech. Here's a list of ways to unplug that you might consider to make sure you don't let your smartphone rule your world.

1. Make a phone stack when socializing:
Before sitting down to dinner or attending a social gathering, have everyone take their phones out of their pockets and place them in a designated safe location. Although it's bad form to check your phone during dinner, some people just can't help themselves. When at a restaurant, make a rule: Anyone who answers a call or a text during dinner has to pick up the tab. **A**

2. Set a designated cutoff time:
Don't take your phone to bed. Set a "get offline" time at a point before you usually sleep and stick to it. If possible, set your phone to the "do not disturb" setting so that you won't notice incoming calls and texts. **B**

3. Get an app to send out an auto-response:
Social rules seem to dictate a need to reply to any call or message within a short time period, so it might seem rude or even offensive to just let something go unanswered. Solve this dilemma by installing an app that lets your contacts know that you're just temporarily offline. **C**

4. Disconnect from social media:
Are you constantly checking on your friends' latest social media updates? If so, consider deleting social media apps from your smartphone. All those updates and latest shares will still be there when you check later.

5. Give yourself a break:
Unless you're using an app to track runs or workouts, leave your phone at home or in a locker when you're exercising. This will help you create some calm space for yourself in order to live in the moment. You deserve it. **D**

While smartphones are no doubt an important part of our daily experience, it might be a good idea to unplug for a bit sometimes and regain control of our lives.

B The four letters (A–D) in the article indicate that a sentence is missing. Find where each of the following sentences should be added to the article. Write the letter next to the sentence.

1. That's the price they have to pay for disengaging from the group. ____
2. Besides, how often do you get to just focus on yourself? ____
3. Most calls and incoming texts can wait until the next morning. ____
4. That's like saying, "I'm not being rude. I just need a little space right now." ____

C Group work What additional rules would you like to make for smartphone users? Think of two more rules and share them with the class.