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Level 3

Internet addiction sign of mental health problems

21st September, 2016

<http://www.breakingnewsenglish.com/1609/160921-internet-addiction.html>

Contents

The Article	2	Discussion (Student-Created Qs)	14
Warm-Ups	3	Language Work (Cloze)	15
Before Reading / Listening	4	Spelling	16
Gap Fill	5	Put The Text Back Together	17
Match The Sentences And Listen	6	Put The Words In The Right Order	18
Listening Gap Fill	7	Circle The Correct Word	19
Comprehension Questions	8	Insert The Vowels (a, e, i, o, u)	20
Multiple Choice - Quiz	9	Punctuate The Text And Add Capitals	21
Role Play	10	Put A Slash (/) Where The Spaces Are	22
After Reading / Listening	11	Free Writing	23
Student Survey	12	Academic Writing	24
Discussion (20 Questions)	13	Homework	25
		Answers	26

Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

A new survey suggests that people who use the Internet too much may have mental health problems. The survey said that people who are addicted to the Internet have problems in life if they cannot get online regularly. The survey is from McMaster University in Canada. Researchers looked at the Internet habits of 254 students and then looked at the students' general mental health. Thirty-three of the students were addicted to the Internet. The researchers said another 107 students had problems because of their Internet use. These included depression, anxiety, impulsiveness and inattention. A professor said we still know little about the dangers of Internet addiction and need to do more research into it.

The lead researcher in the study, professor Michael Van Ameringen, explained what kind of problems he found with students. He said: "We found that [students addicted to the Internet] had significantly more trouble dealing with their day-to-day activities, including life at home, at work or school and in social settings." Professor Van Ameringen added: "[People] with Internet addiction also had significantly higher amounts of depression and anxiety symptoms, problems with planning and [problems with] time management." The professor said we needed to find out just how big the problem of Internet addiction is. He also said we needed to find out if mental health problems caused Internet addiction.

Sources: <http://medicalxpress.com/news/2016-09-internet-addiction-mental-health-problems.html>
<http://www.scienceworldreport.com/articles/47821/20160919/internet-addiction-lead-cognitive-impairment-mental-health-issues-study.htm>
<http://health.usnews.com/health-care/articles/2016-09-18/internet-addiction-may-be-red-flag-for-other-mental-health-issues-study>

WARM-UPS

1. INTERNET ADDICTION: Students walk around the class and talk to other students about Internet addiction. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

survey / Internet / mental health / problems / regularly / habits / depression / professor / addicted / activities / trouble / planning / time management / find out

Have a chat about the topics you liked. Change topics and partners frequently.

3. INTERNET: Students A **strongly** believe the Internet is more bad than good; Students B **strongly** believe the Internet is more good than bad. Change partners again and talk about your conversations.

4. ADDICTED: Rate these things for Internet addiction. 1 = not addicted; 10 = highly addicted. Share your ratings with your partner(s). Change partners often.

Using Internet while...	1 - 10	Why?	Do you do this?
sitting on the toilet			
having lunch with someone			
walking			
studying			
driving			
watching a movie in the cinema			

5. MENTAL HEALTH: Spend one minute writing down all of the different words you associate with the term "mental health". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. PROBLEMS: Rank these with your partner. Put the biggest problems with the Internet at the top. Change partners often and share your rankings.

- phishing
- lack of exercise
- traffic accidents
- no conversation
- cyber-bullying
- identity theft
- sleeping difficulties
- online gambling

BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. A survey says people should not use the Internet. **T / F**
- b. The survey said Internet addicts needed to get online regularly. **T / F**
- c. Researchers questioned over 2,540 people in their study. **T / F**
- d. A professor said we know a lot about Internet addiction. **T / F**
- e. The professor said addicts had no problem with day-to-day activities. **T / F**
- f. Internet addicts suffer from depression more than non-addicts. **T / F**
- g. Internet addicts find it more difficult to manage their time. **T / F**
- h. We need to know if mental health problems create Internet addiction. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-------------------------|-----------------|
| 1. survey | a. considerably |
| 2. problems | b. described |
| 3. regularly | c. hazards |
| 4. general | d. difficulties |
| 5. dangers | e. signs |
| 6. explained | f. study |
| 7. significantly | g. discover |
| 8. symptoms | h. frequently |
| 9. find out | i. led to |
| 10. caused | j. usual |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|--|-----------------------|
| 1. people who use the Internet | a. online regularly |
| 2. have problems in life if they cannot get | b. and inattention |
| 3. looked at the students' general | c. day activities |
| 4. These included depression, anxiety, impulsiveness | d. Internet addiction |
| 5. need to do more research | e. too much |
| 6. explained what kind of problems | f. mental health |
| 7. trouble dealing with their day-to- | g. he found |
| 8. significantly higher amounts | h. into it |
| 9. find out just how big the problem of Internet addiction | i. of depression |
| 10. find out if mental health problems caused | j. is |

GAP FILL

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

A new survey (1) _____ that people who use the Internet too much may have mental health problems. The survey said that people who are (2) _____ to the Internet have problems in life if they cannot get online (3) _____. The survey is from McMaster University in Canada. Researchers looked at the Internet (4) _____ of 254 students and then looked at the students' general (5) _____ health. Thirty-three of the students were addicted to the Internet. The researchers said (6) _____ 107 students had problems because of their Internet use. These included depression, (7) _____, impulsiveness and inattention. A professor said we still know little about the (8) _____ of Internet addiction and need to do more research into it.

habits
addicted
anxiety
suggests
mental
dangers
regularly
another

The (9) _____ researcher in the study, professor Michael Van Ameringen, explained what kind of (10) _____ he found with students. He said: "We found that [students addicted to the Internet] had significantly more trouble (11) _____ with their day-to-day (12) _____, including life at home, at work or school and in social settings." Professor Van Ameringen added: "[People] with Internet addiction also had significantly (13) _____ amounts of depression and (14) _____ symptoms, problems with planning and [problems with] time management." The professor said we needed to find out just how (15) _____ the problem of Internet addiction is. He also said we needed to find (16) _____ if mental health problems caused Internet addiction.

problems
higher
lead
out
activities
big
dealing
anxiety

LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

- 1) people who use the Internet too much may have mental _____
 - a. healthy problems
 - b. health problem
 - c. healthy problem
 - d. health problems
- 2) people who are addicted to the Internet have problems in life if they cannot _____
 - a. get online regular
 - b. get online regularly
 - c. get offline regularly
 - d. got online regularly
- 3) the Internet habits of 254 students and then looked at the students' _____
 - a. generally mental health
 - b. general mental health
 - c. general mentally health
 - d. general mental healthy
- 4) The researchers said another 107 students had problems because of _____
 - a. their Internet use
 - b. there Internet use
 - c. their Internet used
 - d. their Internet user
- 5) A professor said we still know little about the dangers _____ addiction
 - a. off Internet
 - b. for Internet
 - c. of Internet
 - d. over Internet
- 6) Michael Van Ameringen explained what kind of problems _____ students
 - a. he fond with
 - b. he fund with
 - c. he fondue with
 - d. he found with
- 7) students addicted to the Internet had significantly more trouble dealing with _____
 - a. their day-two day activities
 - b. their date today activities
 - c. their day today activities
 - d. their day-to-day activities
- 8) People with Internet addiction also had significantly higher _____
 - a. amount of depression
 - b. amounts off depression
 - c. amounts of depression
 - d. amounts of depressing
- 9) The professor said we needed to find out just how big the problem of _____
 - a. Internet addiction was
 - b. Internet addicted is
 - c. Internet addiction has
 - d. Internet addiction is
- 10) He also said we needed to find out if mental health problems _____
 - a. causes Internet addiction
 - b. cast Internet addictions
 - c. caused Internet addiction
 - d. cost Internet addiction

LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

A new survey suggests that people (1) _____ Internet too much may have mental health problems. The survey said that people who are addicted to the Internet have problems in life (2) _____ get online regularly. The survey is from McMaster University in Canada. Researchers looked at the Internet (3) _____ students and then looked at the students' general mental health. Thirty-three of the students (4) _____ the Internet. The researchers said another 107 students had problems because of their Internet use. These included (5) _____, impulsiveness and inattention. A professor said we still know little about the dangers of Internet addiction and need to do (6) _____.

The lead researcher in the study, professor Michael Van Ameringen, explained what (7) _____ he found with students. He said: "We found that [students addicted to the Internet] (8) _____ trouble dealing with their day-to-day activities, including life at home, at work or school (9) _____." Professor Van Ameringen added: "[People] with Internet addiction also had significantly higher amounts of depression and (10) _____, problems with planning and [problems with] time management." The professor said we needed to find (11) _____ the problem of Internet addiction is. He also said we needed (12) _____ mental health problems caused Internet addiction.

COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

1. What suggests Internet addicts may have mental health problems?
2. What do Internet addicts need regularly to not have problems in life?
3. How many students did researchers look at?
4. How many students had problems?
5. What did a professor say we needed to research more?
6. Who is Michael Van Ameringen?
7. What did the Internet addicts have trouble dealing with?
8. What did the Internet addicts have higher amounts of?
9. What did the Internet addicts have problems with managing?
10. What did a professor think might cause Internet addiction?

MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

- 1) What suggests Internet addicts may have mental health problems?
 - a) software
 - b) a website
 - c) a study
 - d) a virus
- 2) What do Internet addicts need regularly to not have problems in life?
 - a) to get online
 - b) mental health
 - c) a study
 - d) addiction
- 3) How many students did researchers look at?
 - a) 254
 - b) 107
 - c) 117
 - d) 452
- 4) How many students had problems?
 - a) 254
 - b) 107
 - c) 117
 - d) 452
- 5) What did a professor say we needed to research more?
 - a) inattention
 - b) surveys
 - c) mental health
 - d) the dangers of Internet addiction
- 6) Who is Michael Van Ameringen?
 - a) a student
 - b) a professor
 - c) a software developer
 - d) an addict
- 7) What did the Internet addicts have trouble dealing with?
 - a) day-to-day activities
 - b) software
 - c) viruses
 - d) homework
- 8) What did the Internet addicts have higher amounts of?
 - a) wealth
 - b) stress
 - c) depression
 - d) significance
- 9) What did the Internet addicts have problems with managing?
 - a) retirement
 - b) parties
 - c) money
 - d) time
- 10) What did a professor think might cause Internet addiction?
 - a) mental health problems
 - b) computers
 - c) time management
 - d) social media

ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

Role A – Phishing

You think phishing is the biggest problem regarding the Internet. Tell the others three reasons why. Tell them why their problems aren't as big. Also, tell the others which is the least dangerous of these (and why): lack of exercise, traffic accidents or no conversation.

Role B – Lack of exercise

You think lack of exercise is the biggest problem regarding the Internet. Tell the others three reasons why. Tell them why their problems aren't as big. Also, tell the others which is the least dangerous of these (and why): phishing, traffic accidents or no conversation.

Role C – Traffic accidents

You think accidents on the road is the biggest problem regarding the Internet. Tell the others three reasons why. Tell them why their problems aren't as big. Also, tell the others which is the least dangerous of these (and why): lack of exercise, phishing or no conversation.

Role D – No conversation

You think no conversation is the biggest problem regarding the Internet. Tell the others three reasons why. Tell them why their problems aren't as big. Also, tell the others which is the least dangerous of these (and why): lack of exercise, traffic accidents or phishing.

AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'Internet' and 'addiction'.

Internet	addiction

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• new• regularly• 254• 107• anxiety• little	<ul style="list-style-type: none">• kind• trouble• higher• time• big• caused
--	---

INTERNET ADDICTION SURVEY

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

Write five GOOD questions about Internet addiction in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

INTERNET ADDICTION DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What springs to mind when you hear the word 'Internet'?
3. How important is the Internet to you?
4. What do you think about what you read?
5. What would life be like without the Internet?
6. Are you addicted to the Internet?
7. How can we help people with an Internet addiction?
8. Are you addicted if you check social media while on the toilet?
9. Are people who browse the Internet while walking addicted?
10. Who is the most Internet-crazy person you know?

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INTERNET ADDICTION DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. Will everyone be addicted to the Internet in the future?
13. What is wrong with spending a long time online?
14. Is being online better than being with people?
15. How might Internet addicts have problems with day-to-day life?
16. What are the signs of being addicted to the Internet?
17. How long will people spend online in the future?
18. How dangerous is Internet addiction for children?
19. How might the Internet help people with depression?
20. What questions would you like to ask an Internet addict?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

A new survey (1) _____ that people who use the Internet too much may have mental health problems. The survey said that people who are addicted (2) _____ the Internet have problems in life if they cannot get online (3) _____. The survey is from McMaster University in Canada. Researchers looked at the Internet habits of 254 students and then looked at the students' (4) _____ mental health. Thirty-three of the students were addicted to the Internet. The researchers said (5) _____ 107 students had problems because of their Internet use. These included depression, anxiety, impulsiveness and inattention. A professor said we still know (6) _____ about the dangers of Internet addiction and need to do more research into it.

The (7) _____ researcher in the study, professor Michael Van Ameringen, explained what kind of problems he found with students. He said: "We found that [students addicted to the Internet] had significantly (8) _____ trouble dealing with their day-to-day activities, including life at home, at work or school and (9) _____ social settings." Professor Van Ameringen added: "[People] with Internet addiction also had significantly (10) _____ amounts of depression and anxiety symptoms, problems with planning and [problems with] time (11) _____." The professor said we needed to find out (12) _____ how big the problem of Internet addiction is. He also said we needed to find out if mental health problems caused Internet addiction.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|----------------|----------------|--------------|----------------|
| 1. | (a) suggestion | (b) suggestive | (c) suggest | (d) suggest |
| 2. | (a) to | (b) at | (c) of | (d) on |
| 3. | (a) regularly | (b) regular | (c) regulate | (d) regulatory |
| 4. | (a) general | (b) generally | (c) generals | (d) generalise |
| 5. | (a) other | (b) the other | (c) others | (d) another |
| 6. | (a) few | (b) tiny | (c) small | (d) little |
| 7. | (a) lead | (b) steel | (c) iron | (d) gold |
| 8. | (a) mostly | (b) much | (c) many | (d) more |
| 9. | (a) in | (b) to | (c) by | (d) on |
| 10. | (a) height | (b) higher | (c) highs | (d) highest |
| 11. | (a) manage | (b) management | (c) manages | (d) manager |
| 12. | (a) just | (b) justly | (c) adjust | (d) gest |

SPELLING

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

Paragraph 1

1. A new survey tugessgs that...
2. they cannot get online layrglrue
3. the Internet abitsh of 254 students
4. the students' agnleer mental health
5. These included reossidnep, anxiety, impulsiveness...
6. do more cshrerae into it

Paragraph 2

7. laxenpedi what kind of problems
8. nyiiifncisagtl more trouble
9. day-to-day ctiveitsai
10. ingnicdlu life at home
11. anxyeit symptoms
12. problems with] time mengnmeata

PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

Number these lines in the correct order.

- (**1**) A new survey suggests that people who use the Internet too much may have mental health problems. The survey
- () management." The professor said we needed to find out just how big the problem of Internet addiction
- () is. He also said we needed to find out if mental health problems caused Internet addiction.
- () The lead researcher in the study, professor Michael Van Ameringen, explained what kind of
- () trouble dealing with their day-to-day activities, including life at home, at work or school and in social
- () amounts of depression and anxiety symptoms, problems with planning and [problems with] time
- () of 254 students and then looked at the students' general mental health. Thirty-three of the students were addicted
- () use. These included depression, anxiety, impulsiveness and inattention. A professor said we still know
- () little about the dangers of Internet addiction and need to do more research into it.
- () regularly. The survey is from McMaster University in Canada. Researchers looked at the Internet habits
- () said that people who are addicted to the Internet have problems in life if they cannot get online
- () problems he found with students. He said: "We found that [students addicted to the Internet] had significantly more
- () to the Internet. The researchers said another 107 students had problems because of their Internet
- () settings." Professor Van Ameringen added: "[People] with Internet addiction also had significantly higher

PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

1. much the People Internet who too use .
2. the Internet have problems in life People who are addicted to .
3. at 254 the students Internet Researchers habits looked of .
4. of use students because Internet 107 problems their Another had .
5. about of We little dangers addiction know the Internet still .
6. he what found kind with of students problems Explained .
7. day-to-day activities More trouble dealing with their .
8. and Significantly amounts depression anxiety higher of .
9. just how big the problem of Internet addiction is Find out .
10. mental addiction health Find problems out caused if Internet .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

A *new / newly* survey suggests that people who use the Internet too *many / much* may have mental health *problems / problematic*. The survey said that people who are addicted to the Internet have problems *on / in* life if they cannot get online *regular / regularly*. The survey is from McMaster University in Canada. Researchers looked at the Internet *habits / habitat* of 254 students and then looked at the students' *generally / general* mental health. Thirty-three of the students were *addiction / addicted* to the Internet. The researchers said another 107 students had problems because *of / for* their Internet use. These included depression, anxiety, impulsiveness and inattention. A professor said we still *know / known* little about the dangers of Internet addiction and need to do more research into it.

The lead researcher in the study, professor Michael Van Ameringen, *explained / explanation* what kind of problems he found with students. He said: "We found that [students addicted to the Internet] *had / did* significantly more trouble *deals / dealing* with their day-to-day *active / activities*, including life at home, at work or school and in *socially / social* settings." Professor Van Ameringen added: "[People] with Internet addiction also had *significance / significantly* higher amounts of depression and *anxiety / anxious* symptoms, problems with planning and [problems with] *times / time* management." The professor said we needed to find out *just / justice* how big the problem of Internet addiction is. He also said we needed to find out if mental health problems *causes / caused* Internet addiction.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

_ n_w s_rv_y s_gg_sts th_t p__pl_ wh_ _s_ th_
_nt_rn_t t__ m_ch m_y h_v_ m_nt_l h__lth pr_bl_ms.
Th_ s_rv_y s__d th_t p__pl_ wh_ _r_ _dd_ct_d t_ th_
_nt_rn_t h_v_ pr_bl_ms _n l_f_ _f th_y c_nn_t g_t
_nl_n_ r_g_l_rly. Th_ s_rv_y _s fr_m McM_st_r
_n_v_rs_ty _n C_n_d_. R_s__rch_rs l__k_d _t th_
_nt_rn_t h_b_ts _f 254 st_d_nts _nd th_n l__k_d _t th_
st_d_nts' g_n_r_l m_nt_l h__lth. Th_rty-thr__ _f th_
st_d_nts w_r_ _dd_ct_d t_ th_ _nt_rn_t. Th_
r_s__rch_rs s__d _n_th_r 107 st_d_nts h_d pr_bl_ms
b_c__s_ _f th__r _nt_rn_t _s_. Th_s_ _ncl_d_d
d_pr_ss__n, _nx__ty, _mp_ls_v_n_ss _nd _n_tt_nt__n.
_ pr_f_ss_r s__d w_ st_ll kn_w lttl_ _b__t th_
d_ng_rs _f _nt_rn_t _dd_ct__n _nd n__d_t_d_m_r_
r_s__rch_nt__t.

Th_ l__d_r_s__rch_r _n th_ st_dy, pr_f_ss_r M_ch__l
V_n _m_r_ng_n, _xpl__n_d wh_t k_nd _f pr_bl_ms h_
f__nd w_th st_d_nts. H_ s__d: "W_ f__nd th_t
[st_d_nts _dd_ct_d t_ th_ _nt_rn_t] h_d s_gn_f_c_ntly
m_r_ tr__bl_ d__l_ng w_th th__r d_y-t_-d_y
_ct_v_t__s, _ncl_d_ng l_f__t h_m_, _t_wrk_rsch__l
_nd _n_s_c__l_s_tt_ngs." Pr_f_ss_r V_n _m_r_ng_n
_dd_d: "[P__pl_] w_th _nt_rn_t _dd_ct__n _ls_ h_d
s_gn_f_c_ntly h_gh_r _m__nts _f d_pr_ss__n _nd
_nx__ty sympt_ms, pr_bl_ms w_th pl_nn_ng _nd
[pr_bl_ms w_th] t_m_ m_n_g_m_nt." Th_ pr_f_ss_r
s__d w_ n__d_d_t_f_nd __t_j_st h_w b_g th_ pr_bl_m
_f _nt_rn_t _dd_ct__n_s. H_ _ls_ s__d w_ n__d_d_t_
f_nd __t _f m_nt_l h__lth pr_bl_ms c__s_d _nt_rn_t
_dd_ct__n.

PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

a new survey suggests that people who use the internet too much may have mental health problems the survey said that people who are addicted to the internet have problems in life if they cannot get online regularly the survey is from mcmaster university in canada researchers looked at the internet habits of 254 students and then looked at the students' general mental health thirty-three of the students were addicted to the internet the researchers said another 107 students had problems because of their internet use these included depression anxiety impulsiveness and inattention a professor said we still know little about the dangers of internet addiction and need to do more research into it

the lead researcher in the study professor michael van ameringen explained what kind of problems he found with students he said "we found that [students addicted to the internet] had significantly more trouble dealing with their day-to-day activities including life at home at work or school and in social settings" professor van ameringen added "[people] with internet addiction also had significantly higher amounts of depression and anxiety symptoms problems with planning and [problems with] time management" the professor said we needed to find out just how big the problem of internet addiction is he also said we needed to find out if mental health problems caused internet addiction

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1609/160921-internet-addiction.html>

A news survey suggests that people who use the Internet too much may have mental health problems. The survey said that people who are addicted to the Internet have problems in life if they cannot get online regularly. The survey is from McMaster University in Canada. Researchers looked at the Internet habits of 254 students and then looked at the students' general mental health. Thirty-three of the students were addicted to the Internet. The researchers said another 107 students had problems because of their Internet use. These included depression, anxiety, impulsiveness and inattention. A professor said we still know little about the dangers of Internet addiction and need to do more research into it. The lead researcher in the study, professor Michael Van Ameringen, explained what kind of problems he found with students. He said: "We found that [students addicted to the Internet] had significantly more trouble dealing with their day-to-day activities, including life at home, at work or school and in social settings." Professor Van Ameringen added: "[People] with Internet addiction also had significantly higher amounts of depression and anxiety symptoms, problems with planning and [problems with] time management." The professor said we needed to find out just how big the problem of Internet addiction is. He also said we needed to find out if mental health problems caused Internet addiction.

HOMEWORK

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about Internet addiction. Share what you discover with your partner(s) in the next lesson.

3. INTERNET ADDICTION: Make a poster about Internet addiction. Show your work to your classmates in the next lesson. Did you all have similar things?

4. SICK DAYS: Write a magazine article about Internet addiction and giving workers sick days because of it. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on Internet addiction. Ask him/her three questions about it. Give him/her three of your ideas on how to help people with Internet addiction. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

TRUE / FALSE (p.4)

a F b T c F d F e F f T g T h T

SYNONYM MATCH (p.4)

- | | |
|------------------|-----------------|
| 1. survey | a. study |
| 2. problems | b. difficulties |
| 3. regularly | c. frequently |
| 4. general | d. usual |
| 5. dangers | e. hazards |
| 6. explained | f. described |
| 7. significantly | g. considerably |
| 8. symptoms | h. signs |
| 9. find out | i. discover |
| 10. caused | j. led to |

COMPREHENSION QUESTIONS (p.8)

1. A new survey
2. To get online
3. 254
4. 107
5. The dangers of Internet addiction
6. The lead researcher (and a professor)
7. Day-to-day activities
8. Depression
9. Time
10. Mental health problems

MULTIPLE CHOICE - QUIZ (p.9)

1. c 2. a 3. a 4. b 5. d 6. b 7. a 8. c 9. d 10. a

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)