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**Level 4 – 27th February, 2021**

## Scientists explain video-conferencing fatigue

**FREE online quizzes, mp3 listening and more for this lesson here:**

<https://breakingnewsenglish.com/2102/210227-video-conferencing-4.html>

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**Please try Levels 5 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-4.html>

A new study looked at how long spells of video-conferencing affect our health. A communications expert wrote about what he called "Zoom fatigue". He said it is not restricted to just Zoom. In the past year, most of us have spent lots of time video-conferencing. The coronavirus pandemic has meant tools like Zoom have been the only way we have seen loved ones. Many companies have relied heavily on Zoom for meetings, and teachers have used it for online classes.

There are many reasons why video-conferencing creates fatigue. It is not just tiredness and strained eyes. It also comes from "cognitive overload" and feeling pressure to always be online and available for family, friends, bosses or students. This can lead to burnout, stress and even severe depression. This anxiety can negatively affect self-confidence. Many faces staring at you in online meetings is like the stress of public speaking.

Sources: <https://lifehacker.com/how-to-overcome-zoom-fatigue-1846347171>  
<https://newatlas.com/telecommunications/zoom-fatigue-video-exhaustion-tips-help-stanford/>  
<https://www.techradar.com/news/academics-have-identified-exactly-why-video-conferencing-has-you-feeling-exhausted>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-4.html>

## PARAGRAPH ONE:

- |                          |                          |
|--------------------------|--------------------------|
| 1. long spells           | a. Zoom fatigue          |
| 2. affect our            | b. heavily on Zoom       |
| 3. what he called        | c. video-conferencing    |
| 4. it is not restricted  | d. for online classes    |
| 5. spent lots of time    | e. health                |
| 6. the only way we have  | f. of video-conferencing |
| 7. companies have relied | g. to just Zoom          |
| 8. teachers have used it | h. seen loved ones       |

## PARAGRAPH TWO:

- |                                  |                           |
|----------------------------------|---------------------------|
| 1. There are many                | a. self-confidence        |
| 2. tiredness and strained        | b. be online              |
| 3. It also comes from cognitive  | c. of public speaking     |
| 4. feeling pressure to always    | d. reasons why            |
| 5. burnout, stress and           | e. overload               |
| 6. anxiety can negatively affect | f. at you                 |
| 7. Many faces staring            | g. even severe depression |
| 8. the stress                    | h. eyes                   |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-4.html>

A new study looked at (1) \_\_\_\_\_ of video-conferencing affect our health. A communications expert wrote about what he (2) \_\_\_\_\_. He said it is not restricted to just Zoom. In the past year, most of us have (3) \_\_\_\_\_ time video-conferencing. The coronavirus pandemic has (4) \_\_\_\_\_ Zoom have been the only way we have (5) \_\_\_\_\_. Many companies (6) \_\_\_\_\_ on Zoom for meetings, and teachers have used it for online classes.

There are (7) \_\_\_\_\_ video-conferencing creates fatigue. It is not (8) \_\_\_\_\_ strained eyes. It also comes from "cognitive overload" and (9) \_\_\_\_\_ always be online and available for family, friends, bosses or students. This can (10) \_\_\_\_\_, stress and even severe depression. This (11) \_\_\_\_\_ affect self-confidence. Many faces staring at you in online meetings is like the (12) \_\_\_\_\_ speaking.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-4.html>

A new study looked at how long spells of video-conferencing affect our health. A communication expert wrote about what he called "Zoom fatigue". He said it is not restricted to just Zoom. In the past year, most of us have spent a lot of time video-conferencing. The coronavirus pandemic has meant tools like Zoom have been the only way we have seen loved ones. Many companies have relied heavily on Zoom for meetings, and teachers have used it for online classes. There are many reasons why video-conferencing creates fatigue. It is not just tiredness and strained eyes. It also comes from "cognitive overload" and feeling pressure to always be online and available for family, friends, bosses or students. This can lead to burnout, stress and even severe depression. This anxiety can negatively affect self-confidence. Many faces staring at you in online meetings is like the stress of public speaking.

# VIDEO-CONFERENCING SURVEY

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-4.html>

Write five GOOD questions about video-conferencing 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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Scientists explain video-conferencing fatigue – 27th February, 2021*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

