



Pre-reading stage

Teacher pretends she has left her mobile phone on; it rings at the beginning of the lesson. Teacher asks students to tell her how they feel when somebody’s phone goes off in the middle of a conversation. (3 minutes)

Task A) Pre-reading stage (writing)

Students are invited to watch the following video, keep notes and fill in the following table: (4 minutes)

<https://www.youtube.com/watch?v=QugooaNRnsk>

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Cellphoneaddiction signs	Littlechild’sreactions

Alternatively, the teacher could do the following pre-reading tasks:

Pre-reading:

Task A) Read the title and try to think what the excerpt is about (2 minutes)

Task B) Judging from the meaning of the words “Stress” and “sleeplessness” what do you think the word “fomo” could be related to? (2 minutes).

Fomo, stress and sleeplessness: are smartphones bad for students?

As with all technology, mobile phones can have their pros and cons, depending on how they are used. At their best, they can be useful tools for staying in touch, finding out new information and co-ordinating social activities. At worst, they can negatively affect concentration, communication and sleep, or increase fear of missing out, procrastination and stress.

These potential negative consequences are especially important to consider for teenagers. Their brains work differently to those of adults: they are more susceptible to peer pressure and have less self-control.

Reduced face-to face, quality communication

In a fascinating [study](#), researchers asked strangers to talk to each other for 10 minutes. Half the participants had the conversation with their mobile phones on the table; the other half had a notebook instead. The results? Those who chatted in sight of their mobile phone said they were less likely to be friends with their partner and reported feeling less close to them.





What was particularly interesting was that the participants were not aware of the effect that having their mobile phone out had on them. Mobile phones can affect the quality of face-to-face communication even if you don't consciously know it.

Increased Fomo

The fear of missing out (Fomo) is very common in teenagers. It is characterised by the need to know what everyone is doing and worrying that they are having more fun than you. Mobile phones can be a dangerous vehicle for those with high Fomo. These students are more likely to experience lower overall quality in their mood, have increased anxiety, and are more likely to check their phones and social media during lessons or study time.

Disrupted sleep

Using your mobile phone too much in the evening can lead to going to bed later, getting less overall sleep, and lower quality sleep. Why does being on your mobile phone affect your sleep? The sleep hormone, melatonin, typically gets released at around 9pm at night. However, the bright backlight on a mobile phone can trick your brain into thinking it's still day, suppressing the release of melatonin. This means being on your phone late at night still keeps your brain awake and alert at the exact time you want to be feeling relaxed and sleepy.

(Source: The Guardian, <https://tinyurl.com/zp2fd5p>)

Task C) While reading

Reading Comprehension questions: (8 minutes)

- 1) Where would you be expected to read this excerpt?
 - 1) How is **fomo** connected to peer pressure?
- 2) Mobile phones have been reported to affect negatively face to face communication. What are the dangers mentioned in the article? Can you think of some more?
- 3) **Fomo** means "Fear of Missing out". Who would be more likely to be affected by "**Fomo**"? Explain in your own words.
- 4) Think of some ways you can avoid being distracted by the bright light emitted by your smart phone when you sleep.

Task D) Vocabulary (10 minutes)

Find a word or phrase in the text with a similar meaning to the ones given in Column A below:

Column A	Column B
1. helping other peoplework like cogs inside a clock	a.
2. deliberately	b.
3. generally	c.
4. fool	d.





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5. have an impact on	e.
6. result in	f.
7. . prone to	g
8.talk in a friendly way	h.
9. have knowledge of something	i.
10. the action of delaying something	j.

Task E)

Post reading stage (speaking, 10 minutes)

You have been worried that your cousin has the “Fomo” symptoms. Stage a dialogue between you and him and give him some alternatives to using his mobile phone.

Post reading activity: Writing in class (15 minutes) or set for Homework.

Your cousin’s birthday is coming up. You know he has been facing a mobile phone addiction problem but you know he is deeply interested in history and architecture. Your parents and you arrange to take him on a trip to Kaisariani, Greece. Read the following excerpt and write an email in order to convince him to travel with you (150 words).

Having a hard time deciding what to do while visiting Kaisariani? Are you genuinely interested in history and architecture? Want to impress your fellow students with your array of interests and depth of knowledge?

Well, here is an idea: Visit Kaisariani monastery! When you reach the place, you will notice a high wall surrounding the buildings. The refectory is the place where the monks will lay their table for the visitor. You will even get to see the exterior of the monks’ cells. The whole monastery is still quite well protected.

Once you have wandered around the churchyard, raise your eyes to the top of the Katholikon; the church is a typical Byzantine cross-in-square type, with half-hexagonal arches. The narthex and frescoes of the Katholikon, however, date back to Ottoman times, as do all the buildings with the exception of the olive press, which was used to squeeze olives to make olive oil.

In the past it housed a collection of books.

(Adapted from https://en.wikipedia.org/wiki/Kaisariani_Monastery)

The Kaisariani Monastery
"to Geniko Lykeio Kaisarianis
to Γενικό Λύκειο Καισαριανής" Athens Greece



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