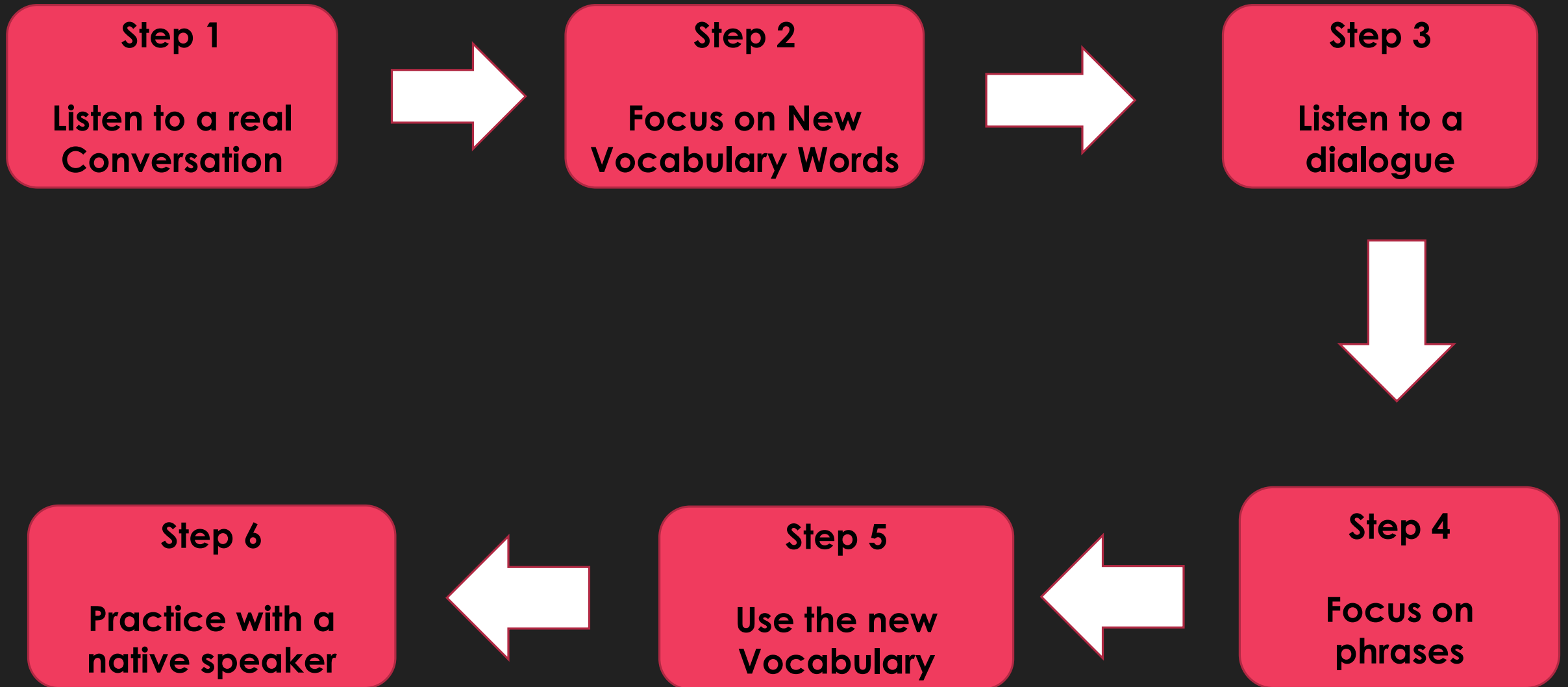




How is the Internet Changing Our Brains?

A Vocabulary Lesson

Our Method



Step 1: What is Happening to My Brain???



Please open
audio step 1-
“What Is
Happening to
My Brain?”



Is your attention span getting short because of the long hours that you spend on the Internet? In this conversation, Vin and Lindsay talk about how the internet is changing the way we think.

Please open Transcript Step 1- “What Is Happening to My Brain?”

Step 2: Focus on New Vocabulary Words

Scattered

Superficial

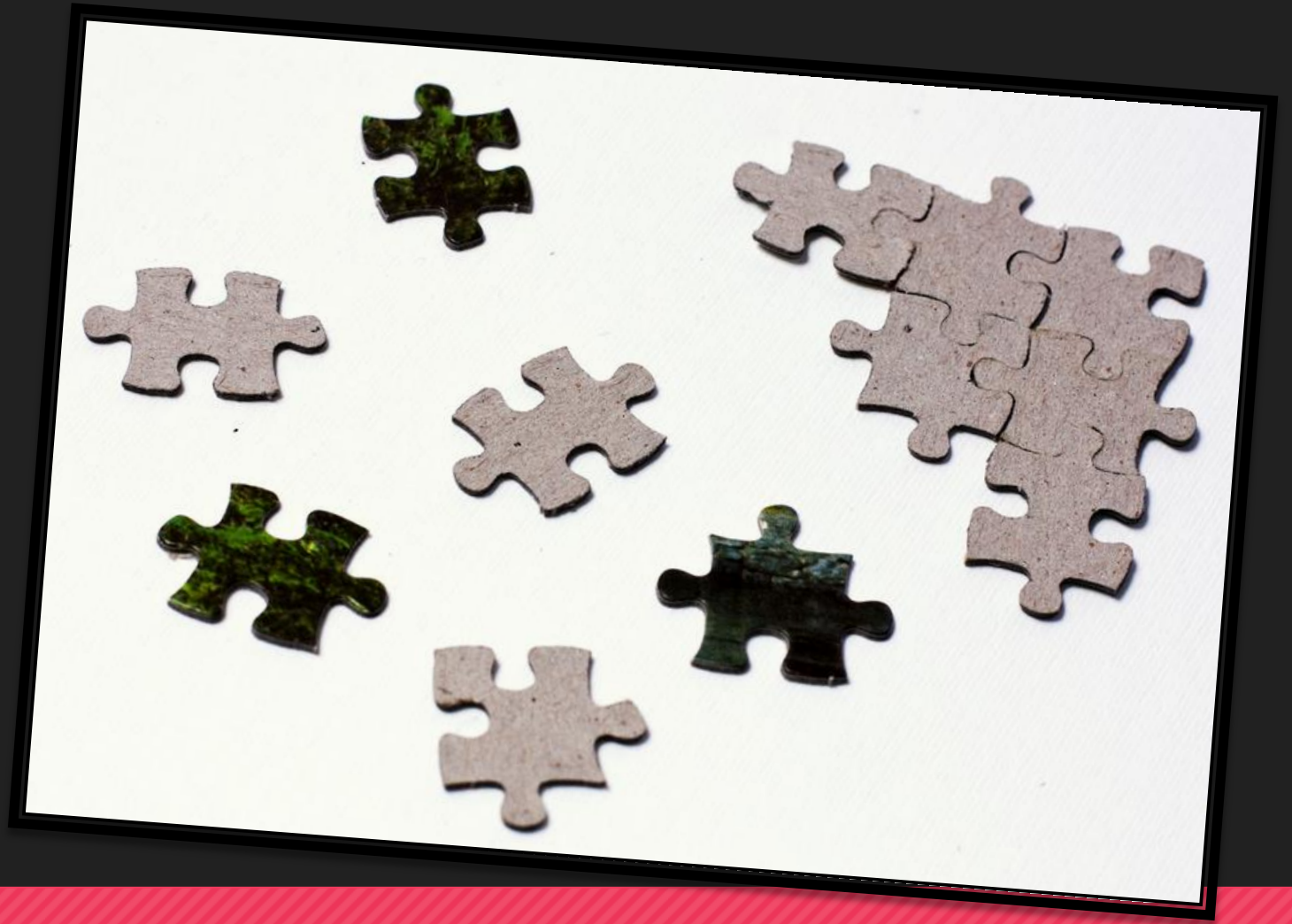
Unplug

Bounce

Nuances

Detox

Scattered
(adjective)



Meaning: Dispersed and disorganized, occurring irregularly

“When I open my email in the morning my mind becomes scattered.”

To Bounce

(verb)



Meaning: To strike the ground or another surface and rebound

“I cannot concentrate on a single task. I bounce from one webpage to another.”

To Unplug

(Verb)



Meaning: To disconnect an electrical cord or to disconnect oneself from activities (especially regarding electronics and technology)

“I am going to unplug this weekend. I plan to leave my computer and my mobile phone at home.”

Nuances

(noun)



Meaning: Slight and subtle differences in expression, color, tone, meaning, response

“There are many nuances involved when it comes to interpersonal communication and cultural differences.”

Superficial

(adjective)

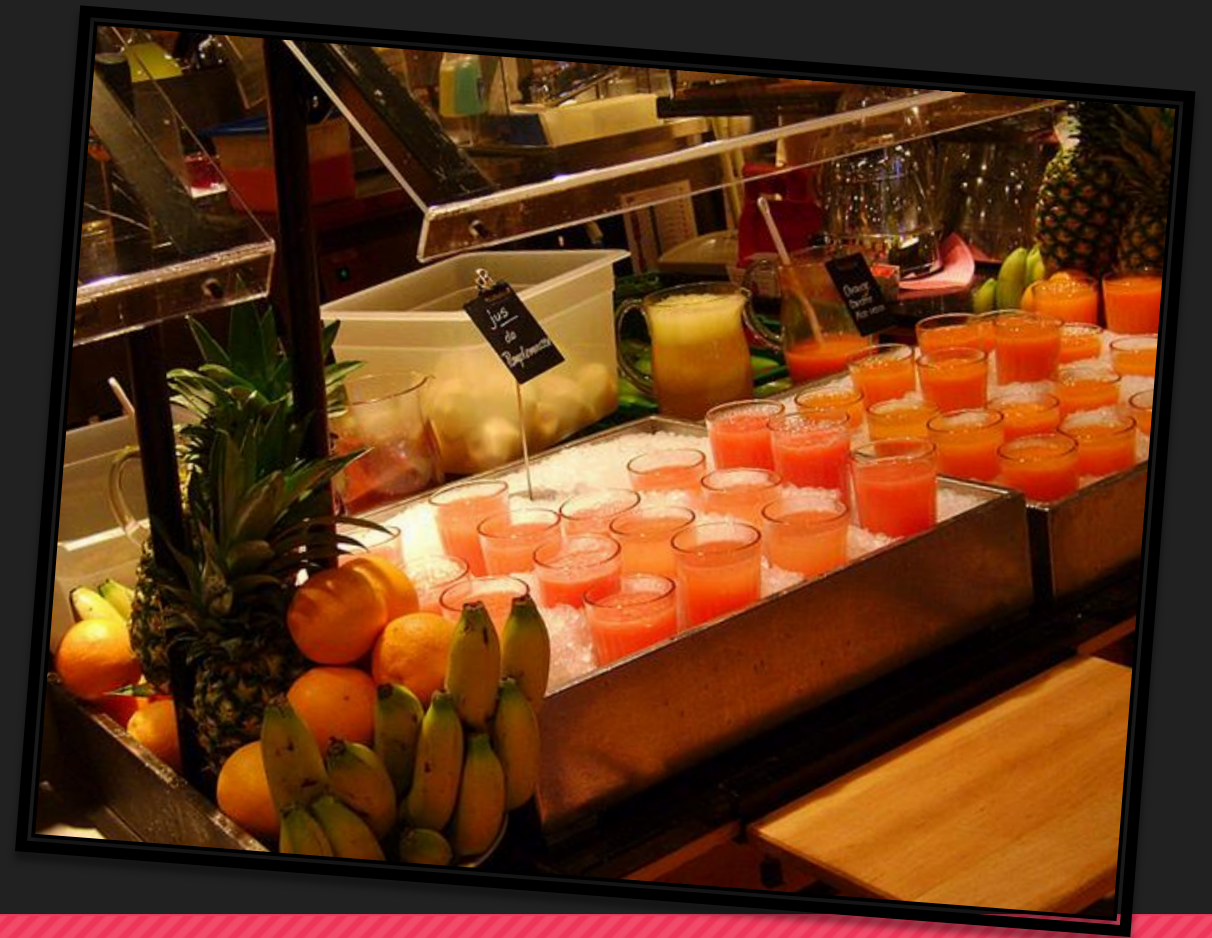


Meaning: Shallow and not profound, being at or near the surface

“Interactions online can be very superficial. It’s hard to make real connections with people”

Detox (Detoxification)

(noun)



Literal Meaning: A period during which someone is offered medical help to overcome addiction to substances. Figurative Meaning (as used in this conversation): A period during which the person does not engage in an addictive activity such as internet surfing

"I am on an internet detox so please don't email me until next month."

Step 3: Why You Shouldn't Go Online When You're Sick



Have you ever gone online to diagnose your own symptoms? If you have then you know that it's not a good idea!

Listen to what happened to Georgia when she went online to find out about her knee pain.

**Please listen to audio steps 3 and 4-
"Why You Shouldn't Go Online When
You're Sick"**

Step 4: Focus on vocabulary phrases

Now let's learn the new vocabulary words in context!

Please open Transcript Steps 3 and 4- "Why You shouldn't Go Online When You're Sick"

Please study the vocabulary phrases



Bonus!

Say It Another Way

Would you like to know other ways to say the vocabulary phrases that you have learned?

Please open “Say It Another Way” Document

Step 5: Use the New Vocabulary

Detox

To
unplug

nuances

To
bounce

superficial

scattered

1. Every six months I disable my Facebook account and I _____.
2. There are so many _____ in human interaction that are lost on the Internet.
3. When I open my email in the morning I _____ from one task to the next.
4. Connections feel _____ when they are made through social media.
5. This winter I am going to go on an information _____ and disconnect my computer.
6. I have so much on my mind that I feel _____.

** Please find answers on credits page*

Prepare Your Vocabulary Cards



Scattered

Bounce



Unplug



Nuance



Superficial

Detox



Step 6: Practice with a Native Speaker

- In your opinion, what are the major things that are lost and gained with increased use of the internet? How many hours per day do you spend online?
- Do you ever feel **scattered** when you use the internet? Why do you think that happens? When does it happen? At work? At home? Do you start to get stressed out when you feel **scattered**?
- Do you have any methods that you use to **unplug** and get away from the internet? What tends to work for you and what doesn't? Have you ever tried using software that disables your internet connection while you work on other things? If so, how did it work?

More questions continued....

- Some people think that **bouncing** from site to site causes us to think about things in a **superficial** manner. Do agree with this? Have you noticed a change in the way that you think about issues that you read about online? Do you now take less time to consider them deeply than you used to? What are the repercussions of this?
- What is your opinion about online dating? Is it popular in your country? Is it a good way to meet someone or does it make it too easy to miss the **nuances** of a person's character by reading a basic profile and then deciding whether or not to send them a message?
- Have you ever undergone any type of **detox** (not just an internet or technology detox) but perhaps a diet detox? If so, did you experience any withdrawal symptoms? How did you feel when you completed your **detox**?

More questions continued...

- Now that kids are using the internet on a daily basis, how should educators leverage the internet in their classrooms to keep kids engaged? What do they need to do differently?
- Do you think that people will become less skilled at interpersonal, face- to-face communication in the future due to the prevalence of the Internet? What kinds of problems will this create?
- Think about the last 10 years of your life. What have you done that would not have been possible without the Internet? Career changes? Personal connections? How would your life be different now without the Internet?

More questions continued...

- Do you think that it's a good idea for families to establish house rules regarding Internet use during certain hours of the day? Should they establish a day that everyone must **unplug**? How could this change the dynamic within a family?
- Do you find yourself becoming impatient when a page takes a long time to load? Have you noticed that your patience has lessened as Internet connections have gotten faster?
- Do you ever feel that life moves incredibly fast? What role has the Internet played in this?
- Do you think that governments should censor what is shown on the Internet and which websites their citizens can access? Why or why not?

Credits

Answers to step 5 Quiz:

- 1) Unplug
- 2) Nuances
- 3) Bounce
- 4) Superficial
- 5) Detox
- 6) Scattered

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1) Keyboard:

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4) Superficial:

<http://www.flickr.com/photos/digitaljourney/5573763377/in/faves-95934042@N00/>

5) Nuances: <http://www.flickr.com/photos/slgc/8501190010/>

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7) Detox: <http://www.flickr.com/photos/danimarques/7850815706/>

8) Sick: <http://www.flickr.com/photos/mamchenkov/409745641/>

9) Sick with medicine:

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