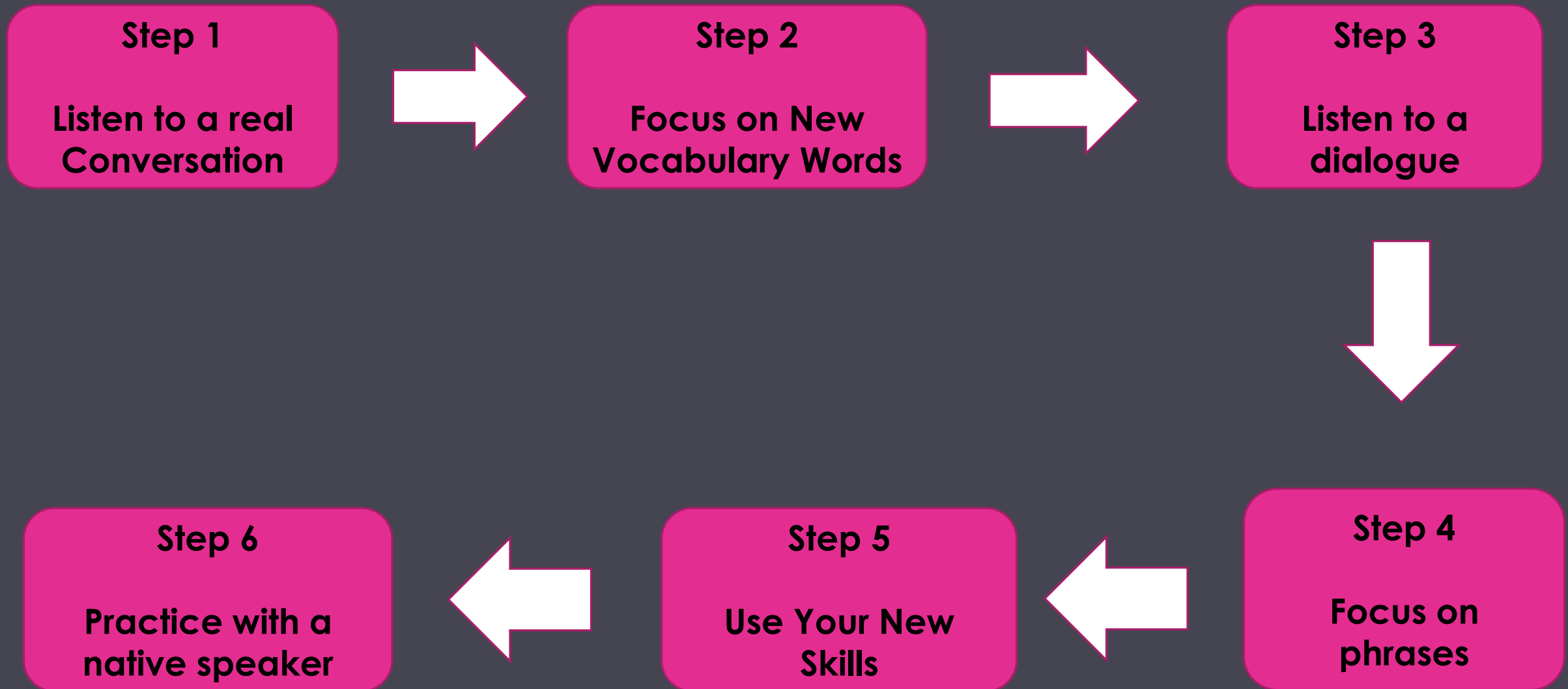




Are You Addicted to Your Smartphone?

A Vocabulary Lesson

Our Method



Step 1: Are You Addicted to Your Smartphone?



**Please listen to Audio Step
1: Are You Addicted to
Your Smartphone?**

Are you addicted to your smartphone? Do you check your email twenty times per day? Listen to this conversation about smartphone addiction.

Please view transcript step 1- Are You Addicted to Your Smartphone?

Step 2: Focus on New Vocabulary Words

**To drive
someone
crazy**

To get rid of

**To have
something
on you**

**To drive
someone
nuts**

**To find
yourself
doing
something**

**To be
stuck up**

**To be left
out**

To drive
someone
crazy

idiom



Meaning: To annoy or irritate someone

These flies drive me crazy.

**To drive
someone nuts**

idiom



Meaning: To annoy or irritate someone (same as previous term)

It drives me nuts when someone answers their phone at dinner.

To find
yourself doing
something

expression



Meaning: To realize that you are doing something when you
didn't intend to do it, semi-consciously

I find myself checking my phone every 5 minutes.

To get rid of
verb



Meaning: To remove, discard, throw away

If I could get rid of the electronics in my house for a weekend, I would be happy.

To be stuck-up

Adjective (informal)



Meaning: To be snobbish or conceited

Some people are so stuck-up that they have to have the latest, trendy phones.

To be left out

Phrasal verb



Meaning: To be sad because everyone else is doing something without you

I feel left out now that everyone else has an iPhone and I have a Blackberry.

To have
something on
you

expression



Meaning: To possess something, to be holding something (an object)

Do you have any money on you? I want to buy a soda.

Step 3: This Is Driving Me Crazy!

Do you have any friends or family members who constantly check their phone during dinner or at important family events? How does this make you feel? Does it drive you crazy?

**Listen to Audio Steps 3 and 4-
This Is Driving Me Crazy!**



Step 4: Focus on the Vocabulary Phrases

Learn the new vocabulary in context!

Please open Transcript Steps 3 and 4- This is Driving Me Crazy!

1. "This is driving me crazy."
2. "Well it drives me nuts."
3. "You found yourself checking your email."
4. "I don't want to be left out."
5. "You couldn't get rid of that phone."
6. "You have it on you all of the time."
7. "Why are you so stuck-up about having the latest technology?"

Bonus! Say It Another Way!

Learn how to say the phrases in a different way!

Click on the file “Say It Another Way- Are You Addicted to Your Smartphone?”



Step 5: Use Your New Skills

**To drive
someone
crazy**

**To drive
someone nuts**

**To find yourself
doing something**

To get rid of

To be stuck-up

To be left out

**To have
something on you**

1. Technology is advancing so it's time for me to _____ (throw away) my old flip phone.
2. Your phone's ringtone is _____ (annoying me). Please put it on vibrate.
3. When was the last time you _____ (realized that you were checking) your phone in the middle of a conversation?
4. If all of my friends have iPhones and I get an Android, I will be _____ (excluded from the group).
5. Excuse me, I need a phone charger. Do you _____ (to possess something, to be carrying something)
6. My kids are so _____ (snobby) about technology.
7. It _____ (makes me annoyed) when someone's phone rings in a movie theatre.

Prepare Your Vocabulary Cards



**To drive
someone
crazy**



**To drive
someone
nuts**

**To find yourself
doing
something**



**To be stuck-
up**

**To get rid of
something**



**To have
something
on you**



To be left out



Step 6: Practice with a Native

- Describe some smartphone habits of your friends or family members that **drive you nuts** or **drive you crazy**. What is good smartphone etiquette in your country? How have you noticed that smartphone use or smartphone etiquette is different abroad compared with your country?

Bonus! Please use the phrases from Say It Another Way

A: (student) Would you stop checking your phone and put it in your bag, please?

B: Why? I only checked it a few times.

A: No, you have checked it every 5 minutes for the last hour and it's _____ (driving me crazy, driving me nuts)

B: No I haven't. It's just that all of my work emails are piling up and I'm trying to stay on top of them.

A: Well, it _____ (drives me crazy, drives me nuts) and I want you to stop.

Practice with a native continued...

- Do you ever **find yourself checking** your phone without even realizing it? Do you **find yourself looking** at your phone as soon as you wake up in the morning? Do you think it could be harmful to check your phone first thing in the morning? If so, in what way?

Bonus- Please use the phrases from Say It Another Way

A: *(student) You'll never believe what happened to me yesterday.*

B: What happened?

A: *I was at the zoo with my kid and it was the perfect moment for a picture – and then I heard my phone beep - and all of a sudden I _____ (found myself) checking my phone and I completely missed the moment. I am so ashamed.*

B: Well, don't be too hard on yourself. This is happening to everyone now. We're all so addicted to our phones.

A: *Yeah, but I only got my phone a year ago. I used to be so much more present. Now I am always in the digital world, even when I'm with my kids.*

Practice with a native continued...

- What would happen if you **got rid of** your phone for a week? How do you think that your mind would change? How would the quality of your interactions change? Would you be nervous? Would you be more relaxed? If someone offered you \$10,000 to go for a year without a phone would you do it? Why or why not?

Bonus- Please use the phrases from Say It Another Way

A: (student) Hey, why are you throwing all of your stuff in the dumpster?

B: I have had it! I have all of these electronic gadgets and the more gadgets that I have, the less peace of mind I have.

A: Well how are you going to check your email if you completely _____ (get rid of) your laptop and your phone?

B: I need a break from it all. Forget about email. I am moving to the Caribbean next week anyways.

A: You are??

Practice with a native continued...

- Do you know anyone who is really **stuck-up** about technology? Do they insist on having the latest, most advanced devices? Why do you think they are so **stuck-up** about it? What kind of image are they trying to project? Do you think that it's important to keep up with technology?

Bonus! Please use the phrases from Say It Another Way:

A: *(student)* So what did your husband get you for your birthday?

B: Oh he got me the iPhone 4s.

A: *Oh that's nice! You are lucky!*

B: What do you mean? I am going to take it back next week. I was hoping for the iPhone 5. I can't be seen with the old 4S. It came out a year ago!

A: You are so _____ *(stuck-up)* when it comes to technology. Why can't you just appreciate the gift?

Practice with a native continued...

- Do you think that kids should have cell phones or smartphones? At what age should they have them? Do you think that most kids would **feel left out** these days if they didn't have a cell phone?

Bonus! Please use the phrases from Say It Another Way

A: (student) Mom, can I have a smartphone?

B: Why do you want a smartphone? You don't need that!

A: But all of my friends have them and I don't want to _____ (to be left out)

B: Well, maybe we can look into it, but I'll have to discuss it with your father.

A: Thanks, mom. I just don't want to _____ (to be left out).

Practice with a native continued....

- Do you usually **have a phone charger on you** when you're out all day with your phone? What happens if you forget to bring your cell phone to work or out to a party? Do you feel awkward when don't **have it on you**?

Bonus! Please use the phrases from Say It Another Way

A: (student) Hey, my phone battery is down to 3%. This always happens with my iPhone.

B: I know, me too. I hate that. It never happened before with my old flip-phone, but now I can rarely make it through a full day without running out of battery.

A: Well, I need a phone charger. Do you _____(have one on you)?

B: Sorry, I don't. Why don't you ask the owner of the café. They probably have one.

A: Ok, I'll do that.

Practice with a native speaker continued...

- If you have a smartphone, how does it make your life better or worse? How does it make your life less stressful or more stressful?
- If you don't have a smartphone, do you think that you are missing out on anything? Do you think that you will eventually get one? Are there times that you feel that having one would be really useful?
- How can people get over their addiction of checking email on their smartphones or Facebook?
- Do you have any specific house rules regarding use of phones during family gatherings like dinner?

Practice with a native speaker continued...

- If you have a smartphone, what is your preferred brand and why?
- Do you think that the PC will eventually disappear due to increased use of smartphones? Why or why not?
- What do you think that smartphones will be able to do in 2020? 2040?
- Which company do you think will lead the smartphone market in the future (Apple, Samsung, Blackberry). Why?
- Do you use smartphone apps? If so, which ones do you use and why? How do they help you?

Practice with a native speaker continued...

- Does your country have any laws regarding using a smartphone to text or send emails while driving? If your country doesn't have laws against this, do you think they should? Why or why not?

Credits

- 1) flies on face: <http://www.flickr.com/photos/dfinnecy/>
- 2) angry man: <http://www.flickr.com/photos/breatheindigital/>, <http://creativecommons.org/licenses/by-sa/2.0/>
- 3) Checking Smartphone: <http://www.flickr.com/photos/esthervargasc/>
- 4) get rid of- throwing in dumpster: <http://www.flickr.com/photos/ckelby/>, <http://creativecommons.org/licenses/by/2.0/>
- 5) Nice phone, black background: <http://www.flickr.com/photos/zillaphoto/>, <http://creativecommons.org/licenses/by/2.0/deed.en>
- 6) kid left out: <http://www.flickr.com/photos/intelfreepress/>, <http://creativecommons.org/licenses/by-sa/2.0/>
- 7) money clip: <http://www.flickr.com/photos/mil8/>, <http://creativecommons.org/licenses/by/2.0/>
- 8) girl checking phone: <http://www.flickr.com/photos/bensutherland/>, <http://creativecommons.org/licenses/by/2.0/>

Step 5 Quiz Answers

- 1) get rid of
- 2) driving me crazy or driving me nuts
- 3) found yourself checking
- 4) left out
- 5) have one (a charger) on you?
- 6) stuck-up
- 7) drives me nuts or drives me crazy