TEAM A — A2

My Digital Day

Technology is an important part of everyday life. Most students use a smartphone every day. They use it to talk to friends, study, listen to music, watch videos and take photos.

Anna is a university student. She usually checks her phone when she wakes up. She reads her messages and looks at her notifications. Then she gets ready for university.

During the day, Anna uses her phone to check her timetable and talk to her classmates. She sometimes uses her laptop to study. When she has a break, she often watches short videos or checks social media.

In the evening, Anna usually watches videos or listens to music. Sometimes she wants to stop using her phone, but she sees a new message or notification and starts using it again.

Anna knows that she spends a lot of time online. She sometimes feels tired after using her phone for several hours. Now she is trying to change her habits. She turns off some notifications and puts her phone away when she studies.

Anna does not want to stop using technology. She thinks technology is very useful. But she wants to control how she uses it.

Task 1. Choose the best title.

A. Anna's Favourite Apps
B. Anna's Digital Day
C. Anna's University
D. Anna's New Laptop

Task 2. True or False?

1. Anna never uses her smartphone at university.
2. She uses technology for studying.
3. She never watches videos.
4. Notifications sometimes make her use her phone again.
5. Anna wants to stop using technology completely.

Task 3. Find words in the text that mean:

1. messages that appear on your phone → _____
2. programmes or platforms you use online → _____
3. to use something less → _____
4. useful → _____
5. everyday activities or ways of doing things → _____

Task 4. Complete the sentences.

1. Anna checks her phone when _____.
2. She uses her laptop _____.
3. Sometimes she feels _____ after using her phone.
4. She turns off some _____.
5. Anna wants to _____ how she uses technology.

Task 5. Discuss

1. How often do you check your phone?
2. What do you usually use your phone for?
3. What notifications do you receive?
4. Is it easy for you to put your phone away?
5. What digital habit would you like to change?
