TEAM B — B1

Always Connected

For many young people, the smartphone is one of the first things they check in the morning and one of the last things they look at before going to sleep. Smartphones make everyday life easier, but they can also change the way people spend their time.

Students use their phones for many different purposes. They communicate with friends, check university information, use maps, listen to music, watch videos and follow the news. A smartphone can also be an important study tool. Students can look up information, use educational apps and communicate with classmates about assignments.

However, being constantly connected has some disadvantages. Notifications can interrupt studying, conversations and even sleep. A student may start checking one message and then spend twenty minutes scrolling through social media.

Another problem is that people sometimes use their phones automatically. They may pick up their phone when they are bored, waiting for someone or even when there is no real reason to check it. This can become a habit.

Some students are trying to create a better balance. They turn off unnecessary notifications, keep their phones away while studying or use apps that show how much time they spend online. Others take short digital breaks during the day.

The goal is not to stop using technology. Smartphones are useful and sometimes necessary. The important question is whether people are choosing when and how to use technology, or simply reacting to every message and notification.

Task 1. Choose the best summary.

A. Smartphones are mainly useful for entertainment.

B. Smartphones are useful, but people need to control their digital habits.

C. Students should stop using smartphones at university.

D. Social media is the main problem for young people.

Task 2. Answer the questions.

1. Give three examples of how students use smartphones.
2. How can notifications affect students?
3. Why do people sometimes check their phones automatically?
4. What are two ways of creating better digital habits?
5. What is the main question at the end of the text?

Task 3. Match the words with their meanings.

1. constantly
2. interrupt
3. automatically
4. unnecessary
5. balance

a. without thinking about it
b. not needed
c. a situation in which different things are kept at a healthy level
d. very often or all the time
e. to stop something for a short time

Task 4. Find evidence in the text.

Find one example of:

1. technology helping students;
2. technology distracting students;
3. an unhealthy digital habit;
4. a possible solution.

Task 5. Discuss

Work in pairs.

Technology is helpful when…

Technology becomes a problem when…

Complete each sentence with at least three ideas.