**Unit 8 – Social Media**

**Reading, pp. 94-96 – The vital role you shouldn’t be on social media**

**Glossary**

academic performance (phr): ακαδημαϊκή/σχολική απόδοση

adolescence (n): εφηβεία (teenage years)

adversely (adv): αρνητικά (negatively)

affect (v): επηρεάζω

alluring (adj): δελεαστικός, ελκυστικός (attractive, charming, tempting) / allure (n): γοητεία (attraction, charm)

anxiety (n): άγχος, στρες

aspect (n): πλευρά,άποψη (a part of sth)

associate (with) (v): συσχετίζω

at play (phr): present, active

buffer zone (n): ουδέτερη ζώνη

causal (adj): αιτιoλογικός (causing sth)

caution (n): προειδοποίηση (warning)

combat (v): μάχομαι, καταπολεμώ (fight)

critical (adj): κρίσιμος (crucial)

crucial (adj): κρίσιμος, καίριος ( very important, essential)

currently (adv): at the present time, at the moment

depression (n): κατάθλιψη

deprivation (n): στέρηση / deprive( sb of sth) (v): στερώ

development (n): ανάπτυξη

direction (n): κατεύθυνση

downside (n): μειονέκτημα (disadvantage)

drab (adj): βαρετός, μουντός (boring, not colourful)

emit (v): εκπέμπω

engagement (n): ενασχόληση / engage (in sth) (v): ασχολούμαι με κτ (participate, be involved in sth)

exacerbate (v): επιδεινώνω (worsen)

expose (v): εκθέτω, αποκαλύπτω (reveal)

factor (n): παράγοντας

fundamental (adj): βασικός, θεμελιώδης (basic, fundamental)

**i**mpact (to have an impact on sth/sb) (n): αντίκτυπος,επίδραση (effect) / imp**a**ct (v): επιδρώ, επηρεάζω (have an influence on sth, affect)

impressive (adj): εντυπωσιακός

increase (n): αύξηση / (v) αυξάνω

indicator (n): δείκτης (sign) / indicate (v): δείχνω (point out / point to sth)

inhibit (v): εμποδίζω

interaction (n): διάδραση, αλληλεπίδραση / interact (with) (v): αλληλεπιδρώ

interrelated (adj): αλληλένδετος (interconnected)

isolation (n): απομόνωση / isolate: απομονώνω

issue (n): θέμα, ζήτημα (problem)

likelihood (n): πιθανότητα

melatonin (n): μελατονίνη

mental health (phr): ψυχική υγεία

merry-go-round (n): καρουζέλ

meteoric rise (phr): ραγδαία αύξηση (sudden success)

moderation: μετριοπάθεια, μέτρο (avoiding excess or extremes)

nod off: αποκοιμιέμαι (fall asleep)

obesity (n): παχυσαρκία

potential (n): δυνατότητα, προοπτική (possibility)

restful (adj): ξεκούραστος (calm, relaxed)

ring-fence (v): περιφρουρώ, περιχαρακώνω

side-effect (n): παρενέργεια

slumber (n): ύπνος (sleep)

(stay) hot on the heels (idiom): ακολουθώ από κοντά (follow closely behind sb)

tween (n): young people, in their 20s

unprecedented (adj): χωρίς προηγούμενο

vicious circle (phr): φαύλος κύκλος

worsen (v): χειροτερεύω (make sth worse)

**Reading exercises / Glossary**

**Ex. 3, p.96**

absence (n): απουσία (lack of)

allocate (v): διαθέτω, αφιερώνω

growth (n): ανάπτυξη (development)

**Ex. 4, p. 97**

allot (v): διαθέτω, αφιερώνω (allocate)

puberty (n): εφηβεία (adolescence)

self-esteem (n): αυτοεκτίμηση

**Reading ex. 3, p.96**

**Read the text again and match the titles to each paragraph.**

1. You and the others
2. Too many hours in front of a screen
3. Social media affects our health
4. Time of day is important
5. The negative effects of sleep deprivation
6. The impact of social media on our mental health
7. Teenagers and lack of sleep
8. A vicious circle of interconnected factors
9. Advice on social media use
10. How does social media affect our sleep?

**Vocabulary Practice**

1. **Complete the sentences with words formed from the words in brackets.**
2. She was [wearing](https://dictionary.cambridge.org/dictionary/english/wearing) a most \_\_\_\_\_\_\_\_\_\_\_\_ [dress](https://dictionary.cambridge.org/dictionary/english/dress) at Sam's [dinner](https://dictionary.cambridge.org/dictionary/english/dinner) party.(allure)
3. The prisoner had been kept in \_\_\_\_\_\_\_\_\_\_\_ for three days. (isolate)
4. Sleep \_\_\_\_\_\_\_\_\_\_\_\_\_ can lead to serious health problems. (deprive)
5. Certain parts of the island were badly \_\_\_\_\_\_\_\_\_\_ by the recent storm. (affect)
6. A balanced diet during child \_\_\_\_\_\_\_\_\_\_\_\_\_ is very important. (develop)
7. If symptoms \_\_\_\_\_\_\_\_\_\_\_\_\_, you must see a doctor. (worse)
8. He is \_\_\_\_\_\_\_\_\_\_\_\_\_ working for a computer software company. (current)
9. **Complete the sentences with the correct prepositions.**
10. It’s a complicated matter with several important issues \_\_\_\_\_ play.
11. Of course your decision has an impact \_\_\_\_ me – I’m your wife!
12. It is said that drinking wine \_\_\_\_\_\_\_ moderation is good for your health.
13. John gave me the book and I, \_\_\_\_\_ turn, gave it to Sandy.
14. There was a 5% increase \_\_\_\_\_\_\_ visitors last summer.
15. For many people, Christmas is associated \_\_\_\_\_\_\_\_\_\_ gifts and shopping.
16. Lack \_\_\_\_\_\_ sleep may lead to serious health problems.
17. When it comes \_\_\_\_\_\_\_ playing chess, he’s the best I know.
18. **Replace the underlined words with a suitable synonyms from the ones below.**

*disadvantage vicious circle worsen interconnected charming lack of sleep problems relaxing crucial*

1. He couldn’t resist her alluring smile.
2. The downside of success was unwanted publicity.
3. Sleep deprivation can have a number of side-effects.
4. There is a merry-go-round of interrelated issues at play.
5. Social media use can exacerbate anxiety and depression.
6. Language plays a fundamental role in understanding the world
7. I love the restful sound of wind in the trees.
8. I fell into a gentle slumber.

**Reading, p.99**

**Glossary**

adjust (v): προσαρμόζω

argument (n): επιχείρημα

augment (v): αυξάνω

avid (adj): ένθερμος

beneficial (adj): ωφέλιμος

ease up on (phr): είμαι πιο χαλαρός με κτ

engage in (v): εμπλέκομαι, συμμετέχω

erode (v): διαβρώνω, καταστρέφω

immersive (adj): αυτός που εμβαθύνει

inventive (adj): εφευρετικός

invincible (adj): άτρωτος, ακατανίκητος

judgement (n): κρίση

messiness (n): ακαταστασία

minimize (v): ελαχιστοποιώ

misguided (adj): άστοχος, εσφαλμένος

occurrence (n): περιστατικό

overly (adv): υπερβολικά

privacy (n): ιδιωτικότητα, ιδιωτική ζωή

provoke (v): προκαλώ

trace (n): ίχνος

tweak (ω): τροποποιώ

unwilling (adj): απρόθυμος

1. **Match the words in column A with their synonyms in column B.**

provoke increase

overly destroy

tweak unbeatable

inventive keen

augment adjust

misguided cause

erode mistaken

invincible creative

avid excessively

1. **Complete the table.**

|  |  |  |
| --- | --- | --- |
| **Verb** | **Noun** | **Adjective** |
| adjust |  |  |
|  | judgement |  |
| provoke |  |  |
|  | reaction |  |
|  |  | inventive |
|  |  | pleasant |
| engage (in) |  |  |
|  |  | willing |
| behave |  |  |
|  | occurence | --- |