



"Can't log off?" How Social Media Affects Your Brain - AsapSCIENCE

Source:
https://youtu.be/HffWFd_6bJ0

LISTENING COMPREHENSION

Come up with 5 ways social media affects people and then watch the video. Did they mention your ideas?

Watch the video again and answer the questions.

1. What do these numbers refer to? $\frac{1}{3}$; 5-10%
2. Name at least one way social media affects the brain.
3. What is the effect of social media on productiveness?
4. Explain in your own words the "Phantom Vibration Syndrome."
5. What is a major difference between how we communicate in real life versus on the internet?
6. How does the brain reward us when we use social media?
7. How does online communication influence romantic relationships?

VOCABULARY

- addiction = a persistent and intense urge to engage in certain behaviors
- degradation = the process of something getting worse
- rewire = to change the functioning of a system
- trigger = to cause something to happen
- reward = to give something to someone for doing something good

SPEAKING ACTIVITY

What are your reactions to these statements from the video?
Discuss with a partner.

- a. Smartphone addiction and drug addiction show a similar impact on the brain.
- b. 80% of social media communication is people talking about themselves.
- c. Partners tend to like each other more if they meet for the first time online.
- d. Social media provides immediate reward with very little effort required.
- e. In a study, 89% of test subjects said they experienced the Phantom Vibration Syndrome at least once every two weeks.
- f. It is hard to focus on one task when you have access to social media.
- g. Social media has changed the way we communicate with each other.

WRITING ACTIVITY

Write 100-150 words on one of the subjects below

1. Create the most addictive social media platform. Share it with the class.
2. Try spending one whole afternoon without going on the internet. Then, write a report about how you felt and what you did. Did it change anything?
3. Imagine the internet crashes tomorrow. Forever. What would happen?



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LISTENING COMPREHENSION

Watch the video twice and answer the questions below

1. What do these numbers refer to? 1/3; 5-10%

One third of the entire world uses social media. 5-10% of internet users are unable to control how much time they spend online.

2. Name at least one way social media affects the brain

For those who are unable to control how much time they spend on the internet, brain scans show a similar impairment of regions than those with drug dependence have. There is a clear degradation of white matter in the regions that control emotional processing, attention and decision making. Your brain is rewired to want to use social media.

3. What is the effect of social media on productivity?

Studies show that heavy social media users perform less well in task switching tests. Increased multi-tasking online reduces your brain's ability to filter out interferences, and can even make it harder for your brain to commit information to memory.

4. Explain in your own words the "Phantom Vibration Syndrome".

It is a relatively new phenomenon where you think you felt your phone go off, but it didn't. Our brains interpret an itch as an actual vibration from our phone.

5. What is one major difference between how we communicate in real life versus on the internet?

We talk about ourselves much more often when communicating via social media compared to face-to-face interactions.

6. How does the brain reward us when we use social media?

The same parts of our brain responsible for love and pleasure are stimulated when we use social media by giving us doses of dopamine.

7. How does online communication influence romantic relationships?

Couples who meet the first time online tend to like each other more. There is a statistical increase in successful partnerships.