

NAME: _____

DATE: _____

READING: Selfies May Be Good For You

Vocabulary Practice



- Match the words on the left with the meanings on the right.

- | | | |
|-----------------------|----------|--|
| 1. smart phone | <u>E</u> | A. to say something may be true or good |
| 2. in a time | _____ | B. a person who studies something |
| 3. people of all ages | _____ | C. a feeling of trust in your own ability |
| 4. recently | _____ | D. not a long time ago |
| 5. researcher | _____ | E. a cell phone that can take pictures, and go on-line |
| 6. suggest (v.) | _____ | F. many years ago |
| 7. improve (v.) | _____ | G. people of many different ages |
| 8. self-confidence | _____ | H. to make something become better |

- Use the above words to complete the sentences. Use plural forms and past tense when necessary.

1. I want to improve my English grammar. I want to make it better.
2. My grandfather lived _____ before the Internet.
3. John _____ travelled to Mexico. He just returned last week.
4. Last week, my teacher _____ that I should study harder.
5. I don't think I can find a new job. I don't have any _____.
6. A family TV show is good for _____.
7. I need more money to buy a new _____.
8. When I finish college, I want to get a job as a _____.

- Choose any two of the above words and write your own sentences.

1. _____
2. _____

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READING

Selfies May Be Good For You



I never take selfies (pictures of myself). I don't know why. Maybe it's because I grew up in a time before there were smart phones. Many people, however, love to take selfies. Last week, for example, my seven-year-old son asked to use my phone to take his first selfie. Of course, many people of all ages like to take selfies, not just kids, and maybe this is a good thing. Recently, researchers from the University of California suggested that selfies may be a good way to make yourself feel good. They say that selfies can improve your happiness and your self-confidence. There is a problem with the study, however: it was a study of only 41 college students. Researchers should study many more people (maybe hundreds more) so they can really be sure that selfies are good for you.

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READING and GRAMMAR

Selfies May Be Good For You



- **Complete the paragraph by circling the correct words.**

I never take selfies (pictures of myself). I **(2)**_____ know why. Maybe it's because I **(3)**_____ up in a time before there were smart phones. Many people, however, **(4)**_____ take selfies. Last week, for example, my seven-year-old son asked to use my phone to take his first selfie. Of course, **(5)**_____ people of all ages like to take selfies, not just kids, and maybe **(6)**_____ is a good thing. Recently, researchers from the University of California suggested that selfies may be a good way to make **(7)**_____ feel good. **(8)**_____ say that selfies can improve your happiness **(9)**_____ your self-confidence. There **(10)**_____ a problem with the study, however: it **(11)**_____ study of only 41 college students. Researchers should study many more people (maybe hundreds more) so they can **(12)**_____ be sure that selfies are good for you.

1.

- (A) take
- (B) takes
- (C) taking

2.

- (A) not
- (B) don't
- (C) am not

3.

- (A) grew
- (B) grow
- (C) growing

4.

- (A) are loving
- (B) love
- (C) love to

5.

- (A) must
- (B) much
- (C) many

6.

- (A) this
- (B) there
- (C) them

7.

- (A) yours
- (B) yourself
- (C) your

8.

- (A) Their
- (B) They
- (C) There

9.

- (A) and
- (B) so
- (C) but

10.

- (A) are
- (B) be
- (C) is

11.

- (A) were a
- (B) was a
- (C) a

12.

- (A) unreal
- (B) real
- (C) really

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READING: Selfies May Be Good For You



How Much Do You Understand?

● *According to the article, write 'T' (True) or 'F' (False) next to each statement.*

1. _____ The writer of the article says she doesn't know how to take a selfie.
2. _____ The writer grew up in a time when there were no telephones.
3. _____ Her son took a selfie last week.
4. _____ Selfies may help people to become happier.
5. _____ Researchers studied students.
6. _____ Researchers studied hundreds of people.

Discuss

● *Discuss the following questions with your classmates.*

1. Do you believe that selfies can make you happier and more self-confident?
Why? / Why not?
2. Why do so many people like to take selfies?
3. What are some bad things about taking selfies?

Write

● *Choose one of the above discussion questions. Write a short paragraph to answer it.*

Headline 'Selfies May Be Good For You'**Grammar Focus** Mixed (includes Past Simple)**Level** Elementary – CEFR A2)**ANSWER KEY** Page 1*My Notes*● **Vocabulary**

- | | |
|------|-----------------------|
| 1. E | 1. improve |
| 2. F | 2. in a time |
| 3. G | 3. recently |
| 4. D | 4. suggest ed |
| 5. B | 5. self-confidence |
| 6. A | 6. people of all ages |
| 7. H | 7. smart phone |
| 8. C | 8. researcher |

ANSWER KEY Page 2**ANSWER KEY** Page 3● **Grammar (Article)**

- | | |
|------|-------|
| 1. A | 7. B |
| 2. B | 8. B |
| 3. A | 9. A |
| 4. C | 10. C |
| 5. C | 11. B |
| 6. A | 12. C |

● **How Much Do You Understand?**

1. F (*She doesn't say this.*)
2. F (*She grew up in a time when there were no smart phones.*)
3. T
4. T
5. T
6. F (*Researchers studied only 41 people.*)

News Sources:

- http://www.huffingtonpost.com/entry/selfies-make-you-happier_us_57bb46ffe4b0b51733a4fce0?section=§ion=us_healthy-living
- <http://psywb.springeropen.com/articles/10.1186/s13612-016-0044-4>
- http://www.huffingtonpost.com/2014/12/05/health-effects-of-technol_n_6263120.html