Facebook generation suffers from information withdrawal* syndrome

In an experiment, called “Unplugged”, volunteers at 12 universities around the world spent 24 hours without access to computers, mobile phones, iPods, television, radio and even newspapers. They were allowed to use landline telephones or read books. Participants were asked to keep diaries about their experience. Entries in the diaries showed that many recorded feeling impatient, anxious or isolated.

Participants described feeling restless and reaching for their mobile phones even when they weren't there. There were also some good effects though, as people developed survival skills and went out for walks and visited friends rather than sitting in front of a computer.

“What was amazing for us was how dependent people now are on their technology. People often don't own watches or alarm clocks because they rely upon their mobile phones to wake themselves up,” researchers commented. Most participants in the study struggled without their mobile phones and felt they were missing out by not using Facebook. However, it was abstinence from music that caused them the most difficulty.

"A lot of them said they found the silence quite uncomfortable and awkward," he said. "But as they got used to it, they began to notice more things around them like birds singing or hearing what their neighbours were doing. In their reflections on what they had been through, people freely admitted that they were experiencing symptoms of withdrawal. The students compared the experience to going on a diet or giving up smoking radically. The word addiction kept recurring.”

*withdrawal = abstinencia

QUESTIONS

1. Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE.
   a) The experiment described in the text was carried out by twelve universities in Great Britain.
   b) For most of the participants, not being able to use Facebook was the hardest part of the experiment.
   (Puntuación máxima: 2 puntos)

2. In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text.
   a) What did the volunteers in the experiment have to do?
   b) What positive effects did the experiment have on participants? Mention two.
   (Puntuación máxima: 2 puntos)

3. Find the words in the text that mean:
   a) lonely (paragraph 1)
   b) uneasy (paragraph 2)
   c) depend on (paragraph 3)
   d) when (paragraph 4)
   (Puntuación máxima: 1 punto)

4. Complete the following sentences. Use the appropriate form of the word in brackets when given.
   a) 1% of Norwegians are addicted to the internet. An additional 5% are at risk of _____ (develop) internet addiction. The _____ (high) rate of addiction is in the 16-29 year old group.
   b) Internet users in Greece have _____ internet addiction rate of 8.2%. Most internet addicts are males _____ play online games.
   c) It wasn’t _____ the 1940s, with the development of electronic data machines, that manual calculation _____ (become) obsolete.
   d) Technology addiction amongst teenagers is having a negative effect _____ learning. The report revealed that, last year, students _____ (spend) 1-2 hours a day on social network sites.
   (Puntuación máxima: 2 puntos)

5. Write about 100 to 150 words on the following topic.
   Does technology help you save time or make you waste it? Explain your views.
   (Puntuación máxima: 3 puntos)
INSTRUCCIONES GENERALES Y VALORACIÓN

1. El alumno dispone de dos opciones para contestar (A y B). Debe escoger sólo una de ellas.
2. Lea todo el texto cuidadosamente.
3. Lea atentamente todas las preguntas en el papel de examen.
4. Proceda a responder en lengua inglesa a las preguntas en el papel de examen.

TIEMPO: 1 hora y 30 minutos.

CALIFICACIÓN: La puntuación máxima de la prueba es de 10 puntos.

1. Are the following statements TRUE or FALSE? Copy the evidence from the text. No marks are given for only TRUE or FALSE.
   a) Mr. Adams’s expedition will begin at the point where Ernest Shackleton gave up.
   b) Amelia doesn’t like chocolate.
   (Puntuación máxima: 2 puntos)

2. In your own words and based on the ideas in the text, answer the following questions. Do not copy from the text
   a) What is unusual about Amelia’s Antarctic expedition?
   b) Explain two of the challenges Amelia will have to face on the Antarctic.
   (Puntuación máxima: 2 puntos)

3. Find the words in the text that mean:
   a) walk (paragraph 2)
   b) place (paragraph 3)
   c) worried (paragraph 3)
   d) take in (paragraph 4)
   (Puntuación máxima: 1 punto)

4. Complete the following sentences. Use the appropriate form of the word in brackets when given.
   a) The explorers (train) the past few months.
   b) The expedition, (lead) by David Adams.
   c) If Alicia (not go) to the North Pole, Amelia (be) the first teenager on an expedition of this kind.
   d) Rewrite the sentence beginning with the words given:
      Amelia said “I am not sure if I’ll be able to sleep.”
      Amelia said (that)
      (Puntuación máxima: 2 puntos)

5. Write about 100 to 150 words on the following topic.
   What kind of expedition would you like to go on? Describe it and explain your choice.
   (Puntuación máxima: 3 puntos)