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Auszug aus:

One Week without Mobile Phone and Social Networks - A Self-test for Students

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**Titel:**

Arbeitsblatt aus der Reihe „Englisch – aktuell“

One Week without Mobile Phone and Social Networks – A Self-test for Students**Bestellnummer:**

55191

Kurzvorstellung:

- Diese englischsprachigen Arbeitsblätter für den Englischunterricht der Mittel- und Oberstufe fordern Ihre Schülerinnen und Schüler auf, sich bewusst mit dem Einfluss von Handy und social media auseinanderzusetzen. Über humorvolle aber gezielte Fremd- und Selbstreflexion wird die eigene Position herausgearbeitet. Zudem wird ein Schulversuch präsentiert, in dem eine Woche lang freiwillig auf das Mobiltelefonen verzichtet werden soll. Das abschließende Arbeitsblatt bietet die Möglichkeit zu einem Selbstversuch (ggf. im Klassenverbund).
- Schüler wachsen heute ganz selbstverständlich mit dem Handy bzw. Smartphone als alltäglichem Kommunikationsmittel auf. Mobiltelefone nehmen einen hohen Stellenwert in ihrem Leben ein, weil man mit ihnen surfen, texten, anrufen, organisieren, Bilder und Videos senden und empfangen und nicht zuletzt sich selbst darstellen kann. Diese Entwicklung erfordert die Vermittlung von gezielter Medienkompetenz, wozu auch im Unterrichtsfach Englisch beigetragen werden kann.

Inhaltsübersicht:

- Self-test: My mobile and I – an indivisible unit?
- Fodder for discussion
- Numbers don't lie
- The Facebook experiment – Does social media affect the quality of our lives?
- “Back to life, back to reality“ – Inspirational unplugging projects
- How to survive without internet – Teens go tech-free
- Are you ready for YOUR experiment?
- Ausführliche Lösungsvorschläge
- Appendix

Work sheet 2: Fodder for discussion



Task Read the following text excerpts and quotations. Build groups of up to four students and discuss the pieces of information. What do you think about them? Decide on which ones you find most surprising and shocking and discuss this selection in more detail. Include your self-reflection and the external assessment from work sheet 1 into the discussion and make a brief comparison. Take some notes and be ready to share your thoughts on one text with your class afterwards.

Most people admitted that checking their device is the first thing they do in the morning, while 20 percent take it into the toilet with them.

Almost forty percent of respondents say they feel "lost", when they don't have their device with them.

(Source: <http://de.slideshare.net/>)

Recently, a friend commented that, when we had one-on-one conversations, I actually seemed to be paying attention. "You're the only person I know not Twittering or talking to someone else," he said. "You're so present."

(Source: <http://www.ebony.com/>)

51% of teens say they would rather communicate digitally than in person, even with their friends.

(Source: <http://de.slideshare.net/>)

We're worse than goldfish.

The average human attention span in 2000 was 12 seconds.

The average attention span of an internet user in 2015 is 8.25 seconds.

The average attention span of a goldfish is 9 seconds.

(Source: <http://de.slideshare.net/>)

USA: According to Pew Research Center, [...] 15-18 year-olds are reported to spend an average of 1 hour and 51 minutes each day sending text messages. Kids between 11 and 14 spend an average of 1 hour and 13 minutes texting.

(Source: <http://theofficeeffect.com/startling-statistics/>)

There are folks who insist that I'm selfish, silly or some kind of cave dweller who simply refuses to step into the 21st century. One of my best female friends once explained that it's difficult to make plans with me, because of the cellphone issue.

"Why's that?" I asked, puzzled.

"Well, if I'm running late, I can't contact you."

Picturing her trying on dresses at Betsey Johnson, while I stand on a cold street corner waiting, I blurted, "**So be on time!**"

(Source: <http://www.ebony.com/>)

I have been through all the mental tortures that a student or a teenager shouldn't have. My parents don't understand my feelings and don't get why, at 19, I need a smartphone!

It's the most embarrassing thing in a teenager's life!

(Source: <http://www.asiaone.com/>)

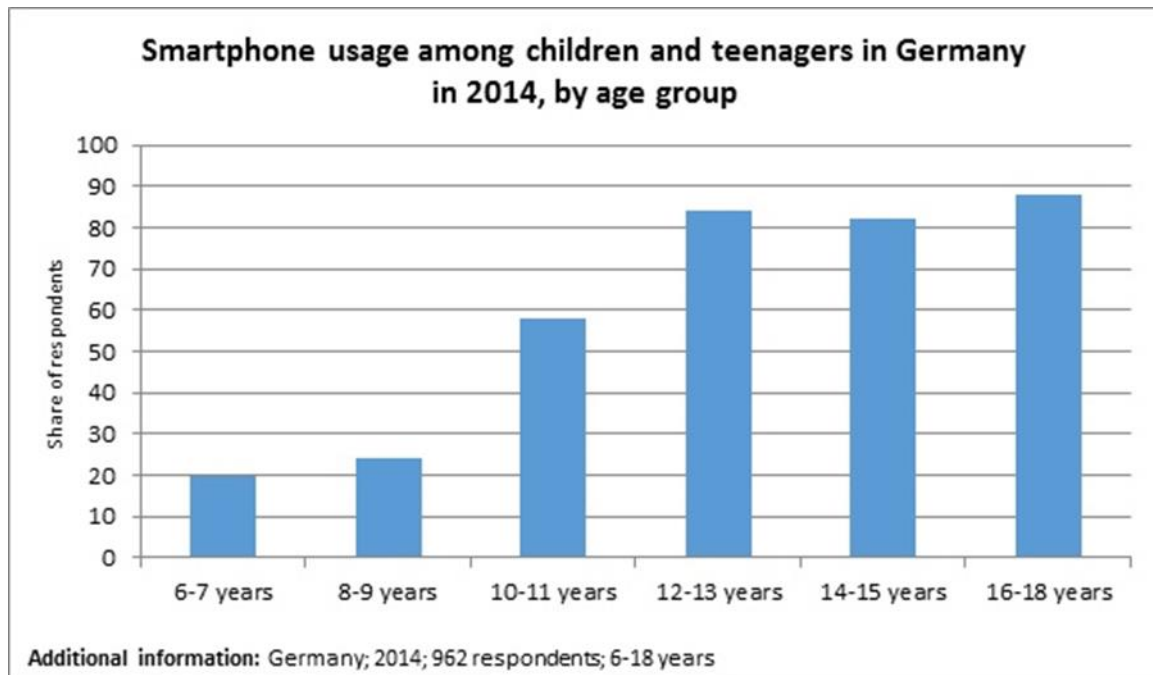
For example, one night while in Oslo, Norway, I went out blindly navigating the streets with my intuition, no mobile phone at hand to help guide me with GPS or Google Maps. [...] I connected to people I would have never have met if I'd been relying on my phone.

(Source: <http://www.ebony.com/>)

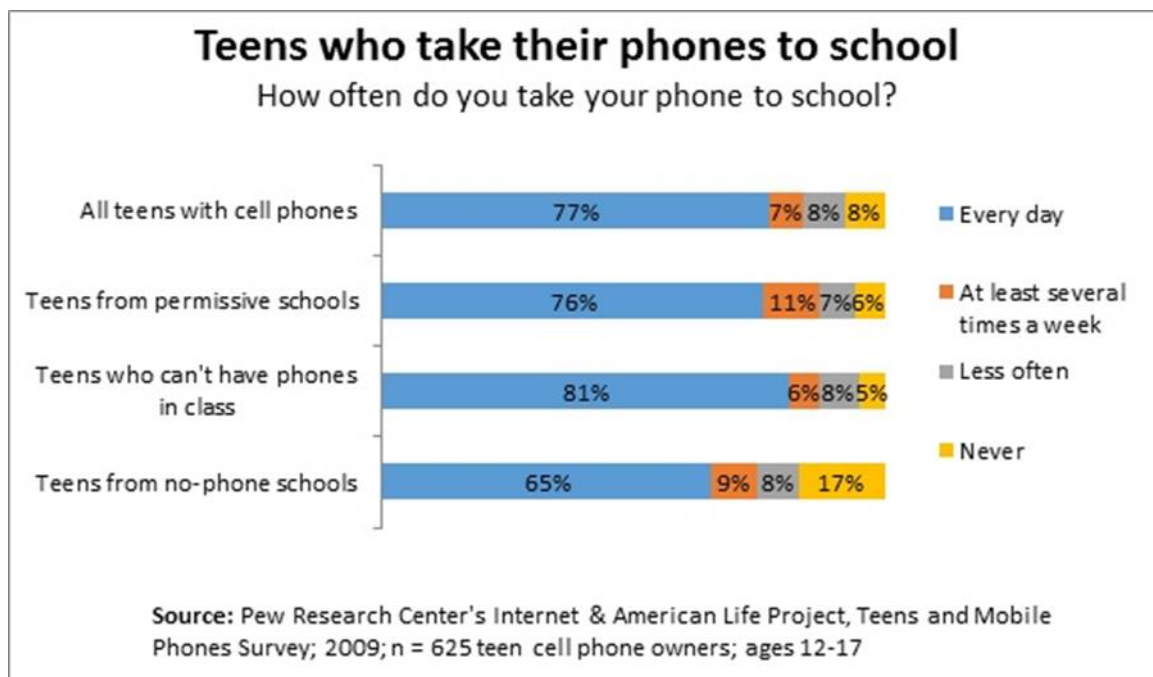
With smartphones, we can now easily find and share information, email, text, use social media apps like Facebook and Twitter, and enjoy music and video on the go.

These benefits come with the cost that even as we can associate with people around the world cheaply and easily, we're losing our ability to connect with the people right in front of us.

(Source: <http://www.ebony.com/>)

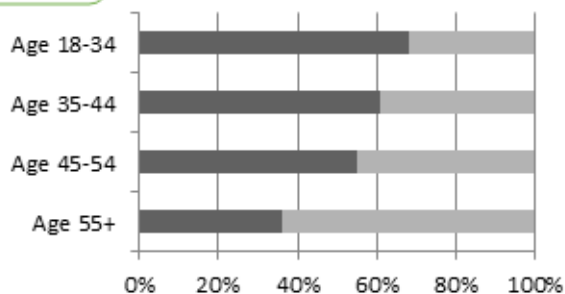
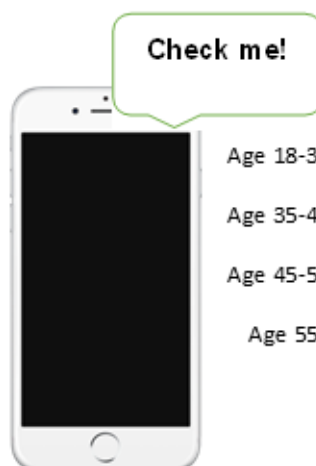


data taken from <http://www.statista.com/statistics/477088/children-and-teens-smartphone-usage-by-age-germany/>



data taken from <http://www.pewinternet.org/files/old-media/C2AD4DB9054B4D5EA19EEFCF48CC2D98.jpg>

58%
OF SMARTPHONE USERS
**DON'T GO
1 HOUR
WITHOUT CHECKING
THEIR PHONES**



(<https://commons.wikimedia.org/>
/Rayukk)

data taken from http://i.huffpost.com/gadgets/slideshows/234037/slide_234037_1123114_free.jpg

Vocabulary box:

Describing charts/diagrams/graphs

The statistics/statistical data show that...

The data show a certain development.

The (bar) chart deals with/illustrates/shows ...

The bars of the chart compare the ...

The chart is divided into ... parts.

It highlights ...

... has the largest (number of) ...

... has the second largest (number of) ...

... is as big as ...

... is twice as big as ...

... is bigger than ...

more than ... per cent ...

only one third ...

less than half ...

horizontal axis

vertical axis

The number ... increases/goes up/grows by ...

The number ... decreases/goes down/sinks by ...

The number ... does not change/remains stable.

The percentage has risen (/decreased) from ... % to ... % (in ten years).

I was really surprised/shocked by the ...

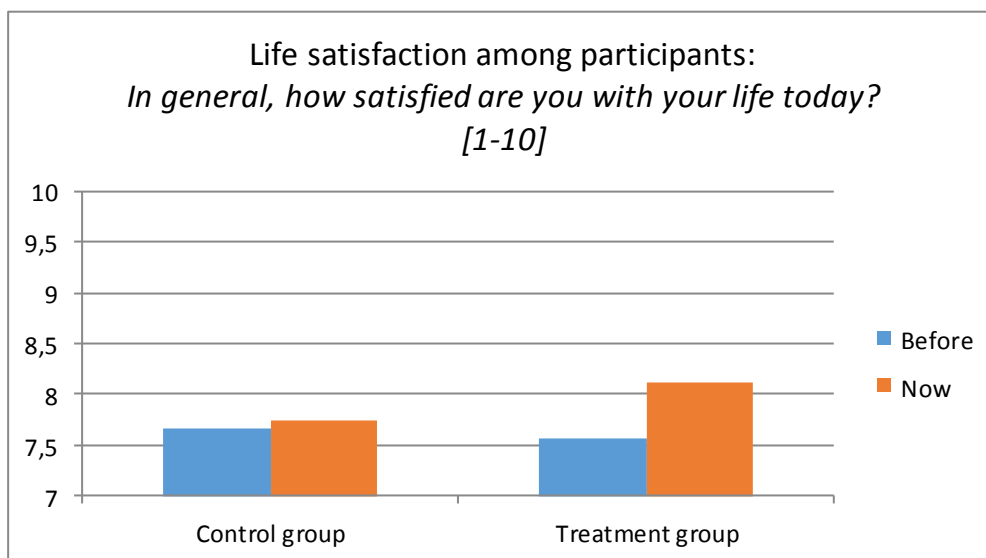
Therefore/Consequently we can say ...

The participants' usual Facebook behavior

- 94% visit Facebook as part of a **daily routine**
- 78% use Facebook **30 minutes or more** daily
- 86% **browse the news feed** often or very often
- 69% prefer to **post pictures of the great things** they experience
- 61% prefer to **post their good sides** on Facebook

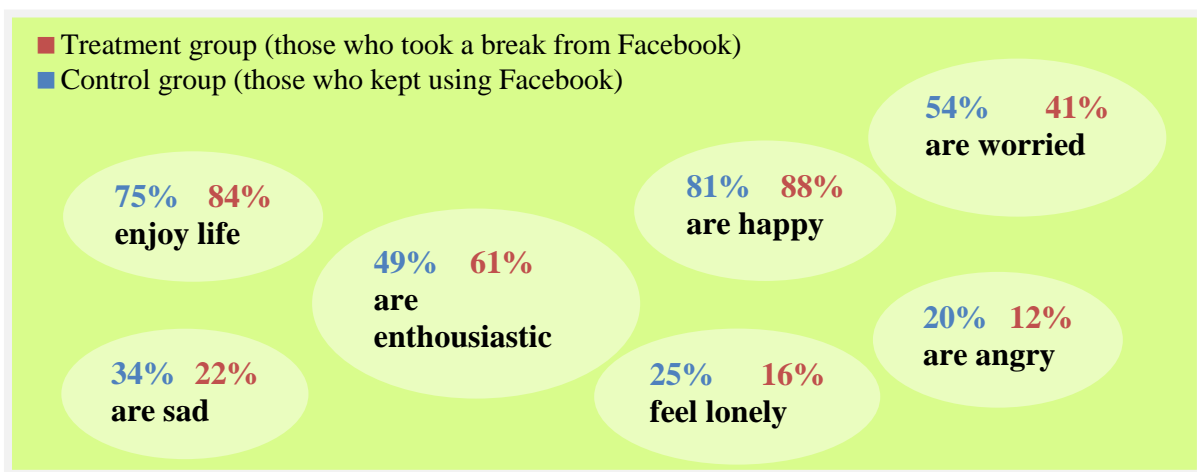
WHAT WE FOUND

After one week without Facebook the treatment group reported a **significantly higher level of life satisfaction**.



MOOD REPORT

On the last day of the experiment we asked both groups what moods they had experiences that day. People who had taken a break from Facebook **felt happier and were less sad and lonely**.





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