

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# READING: Selfies May Be Good For You

## Vocabulary Preview



- 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. \_\_\_\_\_

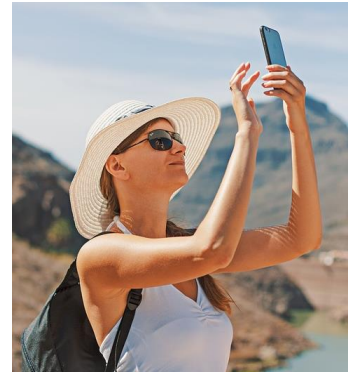
NAME: \_\_\_\_\_

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## READING

# Selfies May Be Good For You

TOPICS: Emotions / Health / Telephone



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

### Grammar Practice

# 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.*

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**Lesson 'Selfies May Be Good For You'**

**Grammar Focus** Mixed (includes Past Simple)

**Vocabulary** 139 words  
**A1** words-78% / **A2** words-12% / **B1** words-5% / **B2** words-1%  
**AWL** Words in this text: *researchers*  
 Vocabulary Analysis by: vocabkitchen.com

**Level** Elementary – Pre-Intermediate (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 <b>ed</b>  |
| 5. B | 5. self-confidence    |
| 6. A | 6. people of all ages |
| 7. H | 7. smart phone        |
| 8. C | 8. researcher         |

**ANSWER KEY Page 3**

**ANSWER KEY Page 4**

● **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.*)

**Article Sources:**

- [http://www.huffingtonpost.com/entry/selfies-make-you-happier\\_us\\_57bb46ffe4b0b51733a4fce0?section=&section=us\\_healthy-living](http://www.huffingtonpost.com/entry/selfies-make-you-happier_us_57bb46ffe4b0b51733a4fce0?section=&section=us_healthy-living)
- <http://psywb.springeropen.com/articles/10.1186/s13612-016-0044-4>
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