**The procedure**

1. **Introduction.**

Begin by asking students if they've ever heard the term "Internet addiction." What do they think would qualify as being "addicted" to the Internet? Explain that China has been a world leader in developing treatment centers for Internet addiction.

1. **Greeting**

I. Organization moment

T: Good morning. Glad to see you. How are you?

S: Fine, Thanks. And you?

T: OK. Thank you.

T: Sit down, please. Who is on duty today? Ask questions, please!

1. **Checking home task.**

Game technology

Vocabulary

Hot chair: Higher education system

1. **Plan of the lesson Aim task of the lesson**

Look at the mind-map (web) and guess the second part of the topic. What unites all the words here? What can people depend on? So the topic is…

Look at the plan of the lesson. What do you think we are going to do today? Write down the aim that you are going to achieve. Besides we are going to develop speaking skills, reading skills, listening skills. At the end of the lesson we’ll come back to your aims.

**Evocation.**

Quotations about the Internet

*Internet:* absolute communication, absolute isolation.

*Paul Carve*

1. **Warming up.**

Teacher: How do you understand the word “internet?”

Teacher: Give your associations with the word “internet”.

Internet addiction

CHAT: In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

|  |  |
| --- | --- |
|  | problem / addictions / being online / forgetfulness / chat rooms / psychologists / experts / technology / telltale signs / interaction / family & friends / being unhappy  Have a chat about the topics you liked. Change topics and partners frequently. |

1. **Speech drill.**

Walk around the class and talk to other students about the Internet. Change partners often. Sit with your first partner(s) and share your findings.

1. **Presentation new lexical material.**

**ADDICTED?**Are you dependent on the Internet? Complete this table and show what you wrote to your partner(s). Change partners and share what you heard.

|  |
| --- |
|  |
| **How often do you…** | **Answer** | **Is this a problem?** |
| Check your e-mail before doing other things? |  |  |
| Really want to get online? |  |  |
| Say “just a few more minutes” when online? |  |  |
| Lie about how long you spend online? |  |  |
| Choose the Net to going out with friends? |  |  |
| Feel much happier after logging on? |  |  |

**Speaking**

**VIRTUALITY:**Students A **strongly** believe the Internet will make us less social;

Students B **strongly** believe the opposite.  Change partners again and talk about your conversations.

**ONLINE:**What do you like most? Rank these and share your rankings with your partner. Change partners and share your rankings again.

* *e-mail*
* *shopping*
* *social networking*
* *reading news*

|  |
| --- |
| **Reading**  The [New York Times](http://www.nytimes.com/2010/06/07/technology/07brainside.html?src=busln) has reported on a problem that many of us have but are not aware of – Internet addiction. According to reporter Tara Parker-Pope, millions of us are addicted to being online. She says this is a growing problem that is making us more forgetful and impatient. Ms Parker-Pope writes about various reports highlighting how technology is changing people. In one, she quotes cyber-psychologist Dr. Elias Aboujaode who says: “More and more, life is resembling the chat room.” He said we are living in “virtual lifestyles” which is negatively affecting our real-life relationships. Nicki Dowling, a clinical psychologist from Melbourne University in Australia, concluded in a recent study that ten per cent of young people had what she called “Internet dependence”.  Tara Parker-Pope quizzed experts in this field on what the signs are of being overly absorbed in technology. She came up with seven indicators of “tech overload”. The first is whether you check your e-mail before doing other things. Another telltale sign is if you always anticipate and look forward to your next online visit – a sure sign of dependence and addiction. The third point is if you say, "just a few more minutes" when someone wants you. Parker-Pope found your interaction with others also says a lot about how important the Internet is compared with family and friends; do you lie about how much time you spend online or choose to surf the Net instead of go out with others? Other giveaways include the “online lift” that stops you being unhappy, and when others complain about you always being online. |

**BEFORE READING / LISTENING**

**1. TRUE / FALSE:** Read the headline. Guess if  a-h  below are true (T) or false (F).

|  |  |  |
| --- | --- | --- |
| a. | Most people know about the problem of being addicted to the Internet. | T / F |
| b. | A reporter said there are thousands of online addicts. | T / F |
| c. | A cyber-psychologist said life is getting to become like a chat room. | T / F |
| d. | A researcher found 10% of youngsters are addicted to the Web. | T / F |
| e. | The reporter found seven giveaway signs of Internet addiction. | T / F |
| f. | One sign is asking for an extra few hours online. | T / F |
| g. | Lying about how much time you spend online suggests you’re addicted. | T / F |
| h. | Another sign is when you feel the need to lift up your laptop. | T / F |

**Vocabulary.**

**SYNONYM MATCH:** Match the following synonyms from the article.

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | addiction | a. | different |
| 2 | forgetful | b. | expect |
| 3. | various | c. | impacting |
| 4. | resembling | d. | immersed |
| 5. | affecting | e. | obsession |
| 6. | quizzed | f. | communication |
| 7. | absorbed | g. | looking like |
| 8. | anticipate | h. | absent-minded |
| 9. | interaction | i. | moan |
| 10. | complain | j. | questioned |

**PHRASE MATCH:** (Sometimes more than one choice is possible.)

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | a problem that many of us have | a. | and impatient |
| 2 | millions of us are addicted | b. | you being unhappy |
| 3. | making us more forgetful | c. | called “Internet dependence” |
| 4. | He said we are living in | d. | always being online |
| 5. | young people had what she | e. | to being online |
| 6. | being overly absorbed | f. | sign |
| 7. | Another telltale | g. | of dependence |
| 8. | a sure sign | h. | but are not aware of |
| 9. | the “online lift” that stops | i. | “virtual lifestyles” |
| 10. | others complain about you | j. | in technology |

**WLLLISTENING**

**LLLHlKL**

**WHILE READING / LISTENING**

|  |  |  |
| --- | --- | --- |
| The New York Times has \_\_\_\_\_\_\_\_\_\_\_\_ on a problem that many of us have but are not aware of – Internet addiction. According to reporter Tara Parker-Pope, millions of us are \_\_\_\_\_\_\_\_\_\_\_\_ to being online. She says this is a growing problem that is making us more forgetful and \_\_\_\_\_\_\_\_\_\_\_\_. Ms Parker-Pope writes about various reports highlighting how technology is \_\_\_\_\_\_\_\_\_\_\_\_ people. In one, she quotes cyber-psychologist Dr. Elias Aboujaode who says: “More and more, life is \_\_\_\_\_\_\_\_\_\_\_\_ the chat room.” He said we are living in “virtual lifestyles” which is \_\_\_\_\_\_\_\_\_\_\_\_ affecting our real-life relationships. Nicki Dowling, a clinical psychologist from Melbourne University in Australia, \_\_\_\_\_\_\_\_\_\_\_\_ in a recent study that ten per cent of young people had what she \_\_\_\_\_\_\_\_\_\_\_\_ “Internet dependence”. |  | *resembling impatient called reported concluded addicted negatively changing* |
| Tara Parker-Pope \_\_\_\_\_\_\_\_\_\_\_\_ experts in this field on what the signs are of being overly \_\_\_\_\_\_\_\_\_\_\_\_ in technology. She came up with seven indicators of “tech overload”. The first is whether you check your e-mail before doing other things. Another \_\_\_\_\_\_\_\_\_\_\_\_ sign is if you always anticipate and look forward to your next online visit – a \_\_\_\_\_\_\_\_\_\_\_\_ sign of dependence and addiction. The third point is if you say, "just a few more minutes" when someone wants you. Parker-Pope found your \_\_\_\_\_\_\_\_\_\_\_\_ with others also says a lot about how important the Internet is \_\_\_\_\_\_\_\_\_\_\_\_ with family and friends; do you lie about how much time you spend online or choose to surf the Net \_\_\_\_\_\_\_\_\_\_\_\_ of go out with others? Other giveaways include the “online lift” that stops you being unhappy, and when others \_\_\_\_\_\_\_\_\_\_\_\_ about you always being online. |  | *telltale instead compared quizzed complain interaction absorbed sure* |

**LISTENING** – Listen and fill in the gaps

The New York Times has reported on a problem that many of us have but \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – Internet addiction. According to reporter Tara Parker-Pope, millions of us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ online. She says this is a growing problem that is making us more forgetful and impatient. Ms Parker-Pope writes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ highlighting how technology is changing people. In one, she quotes cyber-psychologist Dr. Elias Aboujaode who says: “More and more, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the chat room.” He said we are living in “virtual lifestyles” which is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our real-life relationships. Nicki Dowling, a clinical psychologist from Melbourne University in Australia, concluded in a recent study that ten per cent of young people had what she called “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”.

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**Physical activity**

In order not to be addicted one must make a pause in time. It’s the time to have a rest. Stand up.

Look left, look right, look up, look down and look around.

Look at your nose, look at that rose. Close your eyes, open, wink and smile. Your eyes are happy again.

**AFTER READING / LISTENING**

**WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms … for the words ‘Internet’ and ‘addiction’.

|  |  |
| --- | --- |
| **Internet** | **addiction** |

* Share your findings with your partners.
* Make questions using the words you found.
* Ask your partner / group your questions.

**VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**TEST EACH OTHER**: Look at the words below. With your partner, try to recall how they were used in the text:

|  |  |
| --- | --- |
| * aware * millions * impatient * quotes * chat * virtual | * experts * tech * sure * minutes * surf * complain |

**IX. Presentation Grammar material: Past Continuous tense.**

When He came, Aizhan was charting

A7 o`clock He was not communicating with friends

Nurzhan was playing computer game whole day.

Was he playing computer game whole day?

When I came He was skipping with friends.

**X. Practice part.**

Exercise

1**.** The boy ————————— (sleep).

2. I ———————– (read) when the lights went out.

3. I ————————- (cook) dinner when the visitors arrived.

4. Julia ————————- (do) her homework at 8 pm.

5. James ————————– (repair) the computer.

6. Sophia ————————– (wait) for the bus.

7. The boys ———————— (learn) their lesson.

Write three questions in Past continuous .Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

|  |  |  |  |
| --- | --- | --- | --- |
|  | STUDENT 1  \_\_\_\_\_\_\_\_\_\_\_\_\_ | STUDENT 2  \_\_\_\_\_\_\_\_\_\_\_\_\_ | STUDENT 3  \_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Q.1. |  |  |  |
| Q.2. |  |  |  |
| Q.3. |  |  |  |

**XI.Production.**

Look at the picture. Act out these situations

1. Mother and child

2. Doing business through internet

3. Learning inline course

Additional task

Writing task

Write about **the Internet** for 10 minutes. Correct your partner’s paper.

What do you know about Internet-addiction now?

Really the problem of computer addiction is very serious and we should help people who suffer from this disorder, especially children

**XII. Conclusion**

The Internet is a great achievement of humankind. But there are some pros and cons? What are they? Look into your worksheet. Here you can see some prompts.

|  |
| --- |
| **Internet Addiction Test (IAT)**  To assess your level of addiction, answer the following questions using this scale:  **1** = Rarely. 2 = Occasionally. 3 = Frequently. 4 = Often. 5 = Always.  1. How often do you find that you stay on-line longer than you intended?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
|  |
| 2. How often do you neglect household duties to spend more time on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 3. How often do you prefer the excitement of the Internet to intimacy (близкие отношения )with your partner?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 4. How often do you form new relationships with fellow on-line users?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 5. How often do others in your life complain to you about the amount of time you spend on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 6. How often do your grades (отметки) or school work suffer because of the amount of time you spend on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 7. How often do you check your e-mail before something else that you need to do?  1 = Rarely 2 = Occasionally 3 =Frequently 4 = Often 5 = Always Does Not Apply |
| 8. How often does your job performance or productivity suffer because of the Internet?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 9. How often do you become defensive (оборонительный) or secretive when anyone asks you what you do on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 10. How often do you block out disturbing thoughts about your life with soothing (успокаивающий) thoughts of the Internet?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 11. How often do you find yourself anticipating when you will go on-line again?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 12. How often do you fear that life without the Internet would be boring, empty, and joyless?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 13. How often do you snap (огрызаться), yell, or act annoyed if someone bothers you while you are on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 14. How often do you lose sleep due to late-night log-ins?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 15. How often do you feel preoccupied (поглощенный) with the Internet when off-line, or fantasize about being on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 16. How often do you find yourself saying "just a few more minutes" when on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 17. How often do you try to cut down the amount of time you spend on-line and fail?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 18. How often do you try to hide how long you've been on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 19. How often do you choose to spend more time on-line over going out with others?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |
| 20. How often do you feel depressed, moody, or nervous when you are off-line, which goes away once you are back on-line?  1 = Rarely 2 = Occasionally 3 = Frequently 4 = Often 5 = Always Does Not Apply |

**Your Score:**

After you've answered all the questions, add the numbers you selected for each response to obtain a final score. The higher your score, the greater your level of addiction and the problems your Internet usage causes. Here's a general scale to help measure your score:

**20 - 49 points:** You are an average on-line user. You may surf the Web a bit too long at times, but you have control over your usage.

**50 -79 points:** You are experiencing occasional or frequent problems because of the Internet. You should consider their full impact on your life.

**80 - 100 points:** Your Internet usage is causing significant problems in your life. You should evaluate the  impact of the Internet on your life and address the problems directly caused by your Internet usage.

**XIII. Reflexion.**

**Six Thinking Hats.**

**White hat –** express your opinion

**Red hat-** express your emotion

**Black hat-** express your critics

**Green hat-** givesnew idea to the lesson

**Yellow hat-** good side of the lesson

**Blue hat**- summarize the lesson

1. **Evaluation.** 
   1. Home work

T.: Open your diaries. Your home task for today :

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google’s search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about the Internet and its addictiveness. Share what you discover with your partner(s) in the next lesson.

3. THE INTERNET: Make a poster about the Internet and its pros and cons. Show your work to your classmates in the next lesson. Did you all have similar things?

4. ADDICTED: Write a magazine article about someone who is really, really, really addicted to the Internet. Include imaginary interviews with that person and his/her best friend who’s worried about him/her.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. LETTER: Write a letter to an Internet addict. Ask him/her three questions about the Internet. Give him/her three pieces of advice on how he/she can overcome his/her addiction. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

Summary

T.: Dear children! You work hard today: You spoke English, wrote, read and did different tasks and you have good results!