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8°B

Puntaje Total: 14 Ptos.  
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NOTA:

English Worksheet 8°B N° 7

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### Unit 1: Information and Communication Technologies

Tema u Objetivo: Comprender información general y específica en textos escritos.

#### Read the text (Lee el texto)

##### ARE YOU AN INTERNET ADDICT?

Experts say that millions of people around the world are one click away from 'online' addiction.

The Internet is where we spend more and more of our time. But for a growing number of people, it's an out-of-control habit that interferes with normal living and causes severe stress on family, friends, loved ones and work.

Kimberly Young, clinical director of the Centre for Internet Addiction Recovery and author of the book *Caught in the Net*, says that about 5% to 10% of Americans – 15 to 30 million people – may suffer from Internet addiction and the problem may be even greater in countries like China, Korea and Taiwan. It's a global problem.

Coleen Moore, coordinator of resource development at the Illinois Institute for Addiction Recovery, says she has clients from college age to early adulthood who spend 14 to 18 hours a day online. But Young notes that it's not just how long people spend using a computer; it's what they're doing online.

To help people with their diagnosis, Young developed a test that uses a 20-question survey to measure levels of Internet addiction. "There are no real drugs for this yet," she says. "It's not about medication, it's more about therapy." The estimated recovery time varies. At the Illinois Institute for Addiction Recovery, some patients need 30 to 90 days of in-patient treatment, followed by a continuing care program. But Internet addiction recovery, like any other addiction, requires lifelong treatment, experts say.

Online gaming is the form of Internet addiction most rapidly growing among young people. "Initially we primarily had people addicted to surfing the Web, chat rooms, virtual communities and things like that. Now we are looking more to gaming," Moore says. "Gaming is certainly one of the things that could get people addicted to the Internet, because it has such compelling content. But I don't think games are any more likely to cause Internet addiction than any of the other forms of entertainment".



**I- Decide verdadero o falso o no se menciona en el texto (10 Marks)**

**A. Decide if each sentence is TRUE (T), FALSE (F), or NOT MENTIONED (NM).**

- |   |                         |                         |                          |
|---|-------------------------|-------------------------|--------------------------|
| 1. The number of Internet users has increased by 1000%.                           | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 2. Internet addiction affects people's life in many different ways.               | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 3. Almost half of Americans spend too much time online.                           | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 4. The USA is the country with the highest number of addicts.                     | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 5. There are centres to recover from Internet addiction.                          | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 6. Their clients are between 14 and 18 years old.                                 | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 7. Internet addiction hasn't been understood very well yet.                       | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 8. It's difficult to recover from this addiction.                                 | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 9. People are mostly addicted to surfing the web, chat rooms and social networks. | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |
| 10. Games are just as addictive as other forms of entertainment.                  | T <input type="radio"/> | F <input type="radio"/> | NM <input type="radio"/> |

**II- completa estas oraciones de acuerdo con la información entregada en el texto ( 4 Marks)**

**B. Complete the sentences according to the information given in the text.**

1. Experts say that millions of people are getting \_\_\_\_\_.
2. Internet addiction causes a lot of problems, but many people can't \_\_\_\_\_.
3. Internet addiction is a bigger problem in \_\_\_\_\_.
4. Recovery centres base their treatment on \_\_\_\_\_ and not on \_\_\_\_\_.

**Nota: Realiza la lectura de la página 27 del libro Student´ Book 8°básica**  
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