

Name:

1 Complete the information about Andrew Sullivan from the Introduction.

Name: Andrew Sullivan

Job: ¹

Wrote: "I Used to Be a Human Being," a 7,000-word ²
for ³ in ⁴

About: how the constant stream of ⁵ on the internet
turned people into ⁶

...../6

2 Tick the five true sentences from the Introduction.

- 1 The writer does not have a social-media account.
- 2 He spends a lot of time on the internet.
- 3 His phone is not a big part of his life.
- 4 He has personal experience of the negative effect of the internet.
- 5 His book *Deep Work* is about how important it is for people to focus when they are working.
- 6 In his book, he explains about tools online to help us do our best work.
- 7 People told him that they wanted help with their lives at home.
- 8 People believe that the internet can and should improve people's lives.

...../5

3 Complete the text. Choose from the sentences (a–g) below. There is one extra sentence.

Everybody knows that new technologies such as social media and smartphones have greatly changed how we live in the 21st century. ¹ For example, someone who started using thefacebook.com in 2004 to find people who were in their class at school would not have imagined that the average modern user would spend about two hours *per day* on social media. Someone who bought an iPhone in 2007 because they wanted to listen to music on their phone would not be happy to know that in ten years' time, they would be checking it eighty-five times a day.

These changes surprised everyone, and they happened very quickly. ²..... People often forget this when they talk about technology. In my experience, when I say I am worried about these changes, technology fans always change the subject and tell me about how useful the technology is. They give examples, such as an unknown artist who gets an audience through social media, or a soldier fighting abroad who uses WhatsApp to speak to his family. ³..... This is usually enough to end the conversation.

The technology fans are right in some ways, but wrong in others. ⁴..... People are worried because technology is telling us more and more how to behave and what to feel. Technology is also encouraging us to use it more than we think is healthy for us. ⁵..... There are lots of ways this can happen: for example, when we get bored during our small children's bath time and secretly look at our phone, or when we cannot enjoy a nice experience without wanting to share it with an online audience.

One explanation for this problem is that many of these new tools are not as innocent as they seem. ⁶..... They do it because technology companies have spent billions of dollars to make sure that they behave like this.

- a This meant that we never had a chance to say what we wanted from them.
- b This is because they have not really understood the argument.
- c They then say that it is wrong to think that these technologies are useless.
- d So, what makes people worry most about technology is the feeling that we have lost control of it.
- e People do not look at their screens too much because they are lazy.
- f However, this is not usually the case in my experience.
- g But many people have forgotten that these changes were unexpected and unplanned.

...../6

4 Match the two parts of the sentences in Chapter One.

- 1 This addiction was not as bad as drinking or smoking,
- 2 He also found that the technology was designed
- 3 Scientists have discovered that people enjoy rewards more when
- 4 This discovery first came from research in the 1970s
- 5 During the experiment, the birds hit buttons
- 6 Alter said that social-media users were behaving

- a to make people addicted to it.
- b they are not able to predict them.
- c in the same way as the birds.
- d which gave them food in a way they could not predict.
- e into how birds behaved.
- f but it was definitely real.

...../6

5 Circle the correct words to complete the text.

There are ¹ **easy** / **no easy** solutions to the problems I described in the ² **last** / **next** chapter. Instead, we ³ **don't need** / **need** a complete philosophy of how we use technology that includes which tools to use, and why and how to use them. The philosophy I am ⁴ **not suggesting** / **suggesting** in this book is called "digital minimalism."

This is a philosophy of technology use in which you focus your online time on a ⁵ **large** / **small** number of carefully chosen activities that support the things you value, and then ⁶ **happily** / **sadly** miss out on everything else.

...../6

6 For each question choose the correct paragraph from Chapter Two, A (*Clutter Is Bad*), B (*How You Use Technology Is Important*) or C (*Thinking Carefully About How to Use Technology Makes You Happy*).

Which paragraph explains that . . .

1 for technology, choice is more important than convenience? **A B**

C

2 making something a social activity is a good rule to have? **A B**

C

3 too many tools and apps cause more problems than benefits? **A B**

C

4 you could go to an interesting talk every month and talk to at least three people? **A B**

...../6

C

5 you need to know how to use a piece of technology in a way that will benefit you? **A B**

C

7 6 you should use technology in a way more like the Amish? **A B**

C

List three things necessary for achieving digital minimalism, according to Chapter Three.

...../3

8 a
 b
 c

Answer the questions about Chapter Three. Choose numbers from the box.

1,600 forty to fifty during the whole month of January
 thirty days hundreds in early December 2017

- 1 When did the author send an email to all the people on his mailing list?
- 2 When did he need the volunteers?/6
- 3 How many volunteers did he expect to find?
- 9 4 How many people agreed to volunteer?
- 5 How long was the experiment?
- 6 How many reports did he read?

Complete these lists. Put the words from the box into the correct categories.

radio apps video games electric toothbrush
 microwave oven text messaging television websites

- Necessary technology:/8

 10 Optional technology:

Put the information about Raymond and Michael from Chapter Four in the

Raymond Kethledge	Michael Erwin
likes to work alone at a desk in a barn	has no internet
used to be an army officer	worked in Iraq and Afghanistan
	thinks running is cheaper than seeing a doctor
	is a judge

...../6

11 Choose the correct answers (a, b, c, or d) about Chapter Four.

- 1 Which of these does Canadian writer Michael Harris think solitude gives people?
 - a a better IQ
 - b more patience
 - c more time to do things
 - d new ideas
- 2 What technology did people worry about in the past?
 - a car telephones
 - b music played in gyms
 - c personal computers
 - d Sony Walkmans
- 3 When did people not listen to their iPods in the 2000s?
 - a when they left their homes
 - b when they were exercising
 - c when they were on a long trip
 - d when they were waiting for a meeting to start
- 4 What is Moment?
 - a a relaxation app
 - b a work app
 - c an app which tells you how often you look at your screen
 - d an app which tells you when you are late for work
- 5 What is “solitude deprivation”?
 - a a time when you are alone but don’t want to be
 - b a time when you are never free from input from other people
 - c a time when you are not alone but would like to be
 - d a time when you would like some input from other people
- 6 What does the writer think is worrying?
 - a when you can’t see the value of online communication
 - b when you don’t have enough connections on social media
 - c when you start to believe that communication is more important than serious thought
 - d when you stop communicating directly because you can’t remember how to

...../6

12 Complete the notice on the website of The Alamo Drafthouse Cinema in Austin, Texas from Chapter Five.

“We have ¹..... tolerance for ²..... or using
a ³..... of any kind during ⁴.....
We’ll kick you out, ⁵.....”

...../5

13 Complete the text with the missing words.

This bigger change is the way that the cell phone is no longer something that is useful occasionally, but something that we need ¹..... the time. There are many different reasons ²..... this. For example, young people worry that if they do not have their phone, even for a short period, they might miss ³..... on something better which they could be doing. Parents worry that if they do not have their phone, their children will not be ⁴..... to contact them in an emergency. Travelers need suggestions for, and directions ⁵..... , places to eat. Workers worry that their boss might need them and not be able to contact them. And everyone is secretly afraid of ⁶..... bored.

...../6

14 Correct the sentences.

- 1 When people are bored, they usually think about their work.
.....
- 2 Technology has made people's social networks much smaller and much more local.
.....
- 3 The problem is that social media can't stop people from connecting with other people in the real world.
.....
- 4 People who use social media a lot are much more likely to be sociable and happy.
.....
- 5 The benefits you get from posting on a friend's wall are much bigger than the benefits you would get from spending time with the same friend in real life.
.....
- 6 Face-to-face communication makes our brains notice things like the clothes people are wearing, how they are moving, and how they are speaking.
.....

...../6

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15 Complete the text. Choose the correct words (a, b, c, or d).

The philosophy of digital minimalism does not mean you have to stop ¹ **a use** digital

- b used to**
- c using**
- d to use**

technology. Technology can help you to arrange the date and time of a ² **a ready** conversation.

- b real**
- c really**
- d realize**

For example, if you suddenly have a free afternoon, sending some text messages will help you to find a

friend who can ³ **a bring** you for a walk. Similarly, you can find out from social media that an old

- b get**
- c join**
- d take**

friend is in town, so that you can arrange to have dinner with her. Another benefit of technology is

that it helps ⁴ **a us** to communicate with people in other parts of the world. When my sister

- b we**
- c our**
- d ourselves**

was living in Japan, we would regularly speak on FaceTime. It was easy to do this ⁵ **a however** we

- b whatever**
- c whenever**
- d whoever**

wanted to. At any other time in human history, people would think that this ⁶ **a be** amazing.

- b being**
- c is**
- d was**

...../6

16 Put the events in the correct order (1–8).

- a Facebook could show people posts and advertisements which they knew would interest them.
- b Facebook created the thumbs-up “Like” button.
- c Facebook got a lot of easily organized data about the things people liked.
- d Facebook noticed that many people were all saying almost the same thing about a post.
- e FriendFeed invented the “Like” button.
- f Messages arrived from Facebook, asking people to like other people’s posts.
- g Other social-media companies copied and added a one-click “Like” button.
- h People wanted to check Facebook all the time.

...../8

17 Write Bennett, Gary, Pete, or Sax in these sentences from Chapter Eight.

- 1 argued for the importance of craft in a world where it seems that everyone works on screens.
- 2 believed that the more you use your brain in your leisure time, the better you will work in your working day.
- 3 blogs about his life using the name “Mr. Money Mustache.”
- 4 does not own a television and does not have Netflix.
- 5 noticed that people in a board game café were speaking and laughing much more loudly than they would in other situations.
- 6 wrote a book called *How to Live on 24 Hours a Day*.

...../6

18 Match the words and write the new sentences.

- 1 Change a a new electric light on your ceiling.
.....
- 2 Put b a wooden headboard for your bed.
.....
- 3 Make c a vegetable garden.
.....
- 4 Create d the oil in your car.
.....

...../4

19 Complete the text. Choose one word for each gap.

The Seasonal Leisure Plan:

This is something you do three ¹..... a year, for three seasons: at the beginning of the ²..... (early September), at the beginning of winter (January), and at the beginning of summer (early May). I like ³..... plans because I work in a university. Some people who work in business would rather have a ⁴..... plan (four plans per year, each for three months), and this is fine, too.

A good seasonal plan has two important things: your ⁵..... (the things you want to do), and your *habits* (the ⁶..... for how you behave that you want to follow during the season). Here is an example of an objective:

Objective: Learn on the guitar six songs from *Meet the Beatles!*

Strategies:

- Put new strings on my guitar and check they are ⁷..... tune.
- Find the music for the songs and print it.
- Start practicing my guitar regularly, like I ⁸..... to.
- Arrange a Beatles party in November.
- Sing the songs at the party.

- | | | | |
|---|----------|------------|------------|
| 1 | time | timed | times |
| 2 | down | fall | up |
| 3 | season | seasonal | seasonally |
| 4 | quarter | quarters | quarterly |
| 5 | objected | objectives | objects |
| 6 | ruled | ruler | rules |
| 7 | at | in | on |
| 8 | use | used | using |

...../8

20 Match the words in bold with the definitions.

- 1 A good way to start is with the idea of the “**attention economy**.”
- 2 Companies like Facebook spent money on a new idea called “**attention engineering**.”
- 3 You will not be alone because of the “**attention resistance**.”

- a a group of people who are trying to change things
- b the area of business which makes money by getting people’s attention and then selling it to advertising companies
- c using psychology to find ways to get people to spend more time on their smartphones

...../3

21 Read these sentences about Chapter Eleven. Write T (*true*), F (*false*), or DS (*does not say*).

- 1 Facebook began showing advertisements on users' phones in 2012.
- 2 Other social-media companies were more successful at advertising than Facebook were.
- 3 Many people stopped using social media on their smartphones.
- 4 Fred Stutzman created a tool called Freedom to block the internet on his laptop.
- 5 It didn't cost anything to download the Freedom app.
- 6 Freedom users had no more time to do things they wanted to during the day.

...../6

22 Answer the questions about Jennifer Grygiel in Chapter Eleven.

- 1 What is Jennifer's job?
.....
- 2 What does Jennifer not think social media is good for?
.....
- 3 What does Jennifer think Instagram Stories are like?
.....
- 4 What is the Dunbar Number?
.....
- 5 How does Jennifer prefer to communicate with co-workers?
.....
- 6 Why is Twitter good?
.....

...../6

23 Complete the sentences. Write the words in brackets in the correct order and add punctuation if necessary.

- 1 In 2010, three people in Germany wrote "The"
(**Manifesto / Media / Slow**) and posted it online.
- 2 They got their idea from the (**food / philosophy / slow**)
invented in Italy in the 1980s.
- 3 It says that people should eat (**food / high / local / quality**)
instead of fast food.

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4 Americans try to achieve a (diet / information / low) where they try to reduce the amount of news and information that they look at to make time for more useful things.

...../4

24 Complete the text. Form new words using the words in capital letters.

In my experience, the best way to ¹ with digital minimalism is to understand that it is not ² about technology and following rules. Instead, it is about ³ your life to make it better. The more you try the ideas and practices in this book, the better you will understand this.

Some people might say that digital minimalism is “against technology.” Now that you have read this book, I hope you will agree that this is wrong. I am a computer ⁴, and my job is to work with technology. Like everyone I work with, I am ⁵ about how technology will help us in the future. But I am also sure that we will not enjoy this future ⁶ we take control of how we use technology.

I started this book with Andrew Sullivan’s essay “I ⁷ to Be a Human Being.” I hope this book can help to change things, so that in the future, people will be ⁸ to say: “Because of technology, I am a better human being than I was before.”

- SUCCESS
- REAL
- CHANGE
- SCIENCE
- EXCITING
- LESS
- USE
- ABILITY

...../8

25 Write the passive form of the sentences.

1 People were surprised to learn how much technology had taken over their lives.
.....

2 He was head of the mental health center at a famous university where they had invited me to speak.
.....

3 In the past, FI people were usually older people whose parents had given them a lot of money.
.....

4 Companies which make money from your attention have created these websites or apps.
.....

5 He argued that people could use half of those sixteen hours to do something useful.
.....

...../5

26 Complete the sentences. Use the words in the box.

whom how where which what

- 1 In the next section, I will look at two ways in this happens.
- 2 If you follow the philosophy, you will probably reduce the number of people with you communicate.
- 3 But I am also sure that we will not enjoy this future unless we take control of we use technology.
- 4 However, Kethledge and Erwin explain that solitude is not about you are living.
- 5 Instead, it is really about is happening in your brain.

...../5

27 Write L (leisure) or T (technology) in the boxes after these words.

app board game club concert
craft data knitting musical instrument
retweet screen

...../10

28 Match the words in the box with the definitions.

minimalism block input boycott swipe
clutter podcast addict entertain

- 1 If you do this to something, you stop it from working or appearing on your phone.
- 2 You do this to a place or your life when you fill it with too many different things or activities.
- 3 Someone who likes a particular activity so much that they spend too much time doing it.
- 4 Information that you receive.
- 5 A sound file that you can download from the internet and listen to on your mobile phone or computer.
- 6 A situation where people decide to stop using or buying something because they do not agree with the way it is made or done.
- 7 To do something (like singing or dancing) that people enjoy watching or listening to.
- 8 A simple way of living that avoids clutter.
- 9 To move your finger up, down, or across the screen of a smartphone, in order to see new information.

...../9

29 Complete the sentences. Unscramble the words in brackets.

- 1 As most parents and teachers know, this _____
(**n a e e g i n o r t**) uses technology all the time.
- 2 Nowadays, people communicate using short text messages and _____
(**s l k i c c**) to show that they like something.
- 3 You tidy up or remove habits which _____ (**a s t t r i c d**)
you and which you have collected over time without really thinking about it.
- 4 For each kind of technology that you start using, decide how
_____ (**a a b e l l u v**) it is in your life.
- 5 Every time they post something on a social-media _____
(**t r p m l o f a**), the result was unpredictable.
- 6 Scientists have discovered that people enjoy rewards more when they are not able to
_____ (**t r e d i c p**) them.

...../6

30 Replace the underlined words with words from the box in the correct tense.

take off get out put on miss out on get rid of

- 1 My advice is: get up, leave the house, and start to enjoy the benefits that joining things can bring.
.....
- 2 This does not mean you have to make your phone go away.
.....
- 3 They wore their earphones when they left their house.
.....
- 4 And they only removed their earphones again when they had to speak to another human.
.....
- 5 They do not have to completely stop doing anything, not do good or useful things, or annoy
their friends.
.....

...../5

Total...../180