Technology and its impact

VOCABULARY PRACTICE
INTERMEDIATE | B1-B2

Name: _____ Date: _____

1 Tick the correct category for each word.

Word | Positive | Negative | Behaviour | Concept

1 screen time [ ] [ ] [ ] [ ]
2 efficiency [ ] [ ] [ ] [ ]
3 isolation [ ] [ ] [ ] [ ]
4 accessibility [ ] [ ] [ ] [ ]
5 distraction [ ] [ ] [ ] [ ]
6 productivity [ ] [ ] [ ] [ ]
7 digital footprint [ ] [ ] [ ] [ ]
8 overreliance [ ] [ ] [ ] [ ]

2 Correct the mistake in each sentence.

1 She spends too much screen of time. _____
2 Automation increases efficiency of. _____
3 He felt isolation of from friends. _____
4 Technology improves accessibility of. _____
5 Notifications cause distraction of. _____
6 It boosts productivity of significantly. _____
7 Her digital of footprint is large. _____
8 There is overreliance of on devices. _____

3 Choose the more suitable description.

1 For time spent looking at a screen: screen time / physical activity.
2 For loneliness caused by too much screen use: isolation / connection.
3 For technology improving ease of use for everyone: accessibility / exclusivity.
4 For something pulling attention away from a task: distraction / focus.
5 For the online trace a person leaves behind: digital footprint / physical presence.
6 For depending too heavily on technology: overreliance / balanced use.

Technology and its impact

VOCABULARY PRACTICE
INTERMEDIATE | B1-B2

4 Complete the profiles with words from the box.

accessibility | digital footprint | distraction | efficiency | isolation | overreliance | productivity | screen time

Profile A: She reduced her 1 _____ significantly, noticing improved 2 _____ at work.
Profile B: He worried about 3 _____ from friends after spending too much time alone with devices, and felt notifications caused constant 4 _____.
Profile C: The new tool improved 5 _____ for people with disabilities.
Profile D: Concerned about her 6 _____, she deleted old posts, while trying to reduce her general 7 _____ on her phone, though it did improve her 8 _____ at completing tasks.

5 Read the text and answer the questions briefly.

Weighing technology's costs and benefits

Researchers studying the effects of technology on wellbeing increasingly caution against simple verdicts declaring devices either universally beneficial or harmful. Screen time itself appears less predictive of wellbeing than how that time is spent; passive scrolling correlates more strongly with feelings of isolation than active, purposeful engagement such as video calls with distant family. Overreliance on technology for tasks once managed independently, such as navigation or basic arithmetic, raises separate concerns about skill atrophy, distinct from concerns about distraction or reduced productivity. Researchers increasingly argue that meaningful guidance requires distinguishing between different types of technology use rather than treating all screen time as equivalent.

1 What do researchers increasingly caution against? _____

2 What appears less predictive of wellbeing than how time is spent? _____

3 What correlates more strongly with feelings of isolation? _____

4 What separate concern does overreliance on technology raise? _____

5 Give two examples of tasks once managed independently mentioned in the text. _____

6 What do researchers argue meaningful guidance requires? _____

6 Rewrite each phrase using the word in capitals.

1 He spent a lot of time looking at his phone. SCREEN TIME _____

Technology and its impact

2 She felt lonely after too much time alone with her phone. ISOLATION _____

3 Notifications pulled his attention away from work. DISTRACTION _____

4 He depended too heavily on his phone for basic tasks. OVERRELIANCE _____

OVER TO YOU

Write a 100-120 word account of how technology use can be balanced to maximise benefits and minimise harm. Include specific strategies.

[ ] Use at least ten target expressions. [ ] Include polite, precise wording. [ ] Organise the account clearly.

Technology and its impact

VOCABULARY PRACTICE
INTERMEDIATE | B1-B2

ANSWER KEY

1 Categories

1 Behaviour 2 Positive 3 Negative 4 Positive 5 Negative 6 Positive 7 Concept 8 Negative

2 Corrections

1 too much screen time 2 increases efficiency 3 felt isolation from friends 4 improves accessibility
5 cause distraction 6 boosts productivity significantly 7 Her digital footprint is large 8 overreliance on devices

3 Suitable descriptions

1 screen time 2 isolation 3 accessibility 4 distraction 5 digital footprint 6 overreliance

4 Profiles

1 screen time 2 productivity 3 isolation 4 distraction 5 accessibility 6 digital footprint 7 overreliance 8 efficiency

5 Reading - suggested answers

1 Simple verdicts declaring devices either universally beneficial or harmful.
2 Screen time itself.
3 Passive scrolling.
4 Skill atrophy.
5 Navigation or basic arithmetic.
6 Distinguishing between different types of technology use rather than treating all screen time as equivalent.

6 Rewriting - possible answers

1 He had a lot of screen time. 2 She felt isolation.
3 Notifications caused distraction. 4 He showed overreliance on his phone.

Over to you

Answers will vary. Check range, respectful register and clear organisation.