

READING PROCESS WORKSHEET

GED0001

NAME: Antor, Co, Hipolito, Serna, Tukushima

SECTION: TA02

TEXT TITLE: Are We Too Dependent on Technology?

DATE: February 3, 2025

TEXT TYPE: Scientific Text AUTHOR: Terry Brown

I. PRE-READING (10 POINTS)

A. Complete the table with the headings, subheadings, and visual titles/descriptions from the text. Provide at least 2 entries for each column.

Headings	Subheadings	Title/Description of Visuals
Who Needs Knowledge? Are There Business Costs of Being Too Dependent on Technology?		MRI Scan of Hippocampus in London Taxi Drivers: Image from nature.com showing how London cabbies' brains change with "The Knowledge." Business Memory Illustration: Image from bizlibrary.com accompanying the discussion on memory lapses in business. Graph of Phone Number Recall: Image from ericsson.com depicting the decline in people's ability to recall phone numbers over time.

B. Fill the table with information that you already know about the topic (K), you wonder about the topic (W), and you will learn after reading the text (L). Fill the L Column after reading the text. Provide at least 2 entries for each column.

K	W	L
Technology dependency - it is the reliance on technology, for example, too much use of social media taking over one's life. Knowledge - it is what we know and what we gain from thoughts and brain power. Learning - learning is gaining something to add on one's knowledge, could be anything like watching a video tutorial.	The reason behind technological dependency. Thoughts of the author about the too much dependence on technology. Effects surrounding technological dependence. Examples of too much dependence on technology.	We learned that an average person forgets about 70% of new information within 24 hours and 80% within the week. Dependency when it comes to navigation causes a part of our brain to stop developing. It causes business money to be technologically dependent, for example, kiosks in a fast-food chain or adapting to AI.

II. READING (30 POINTS)

A. Fill the table with specific details from the text and inferences that can be drawn from it. Provide at least 2 entries for each column.

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Details from the Text	Plausible Inferences
According to Terry Brown, when he was but a young, fresh-faced whipper-snapper at school, he learned to do math in his head. He had his times tables up to 20 memorized and knew a slew of mental math tricks he could call upon to add, subtract, divide, or multiply any two numbers they threw at him.	Just like Terry Brown, I had a similar experience of relying on mental math tricks back when I was in elementary. I had memorized the multiplication table up to 10 as well as memorizing the prime numbers, etc. I had now become too reliant on calculators when they were allowed in high-school. Therefore, I had the same conclusion as him that if I were to stick to my mental math tricks, I would've used those mental math tricks that could be used in my everyday life.
The two most costly words in business are "I forgot." That's according to memory optimization expert and CEO of Kwik Learning, Jim Kwik. I forgot your name. I forgot about this meeting. I forgot the figures. I forgot about that assignment. None of this is good for business. As we become so dependent on technology to remember things for us, our actual memories suffer.	Just like how it was said here, the two most costly words in my current university experience are "I forgot." I do remember that there are many times I have to rely on the notes I put on my phone instead of relying on it by memory, and since there are many distractions on my phone I forget that there are tasks I have put on my phone. Therefore, I relate and agree on what Jim Kwik said that "as we become dependent on technology to remember for us, our actual memories suffer."

- B. Figure out the meaning of the technical term from the text. Write the technical term, indicate the clue from the text, and use the term in your own sentence. Provide at least 2 entries for each column.

Technical Term	Context Clue (i.e., antonym, synonym, examples, description, word parts, definition or any clues in the text)	Use each technical term in a sentence

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1.Digital Amnesia	A direct link between the availability of data at the click of a button and a failure to commit that data to memory	After watching TikTok videos for 2 hours, I tend to forget anything I gain due to digital amnesia.
2.Hippocampus	An enlarged part of the brain	The doctor has said that my hippocampus was severely damaged after my motorcycle accident.
3.Robotic Surgery	Minimally invasive, which means it relies on miniaturized surgical instruments that fit through a series of roughly quarter-inch incisions, reducing the risks of scarring and infection, and ensuring a shorter recovery period	I watched a youtube video back in 2020 where medical professionals did a robotic surgery to a grape.
4.Digital Deluge	"The 200,000-year-old brains are overwhelmed by and outsourced to exponentially improving technologies."	I keep forgetting my materials for my report and it must be due to digital deluge because I relied so much on digital assistance.
5.Biometrics	From the word "bio" in short for biology and "metrics" in short for measurement, this word means measurements of biological data.	My laptop uses fingerprint security biometrics to keep it protected to unknown users.

C. Supply the missing information below:

1. Topic of the text:

The topic is heavily focused on technology and how it affects our daily lives. The text is trying to say that we are getting too dependent on technology and it is greatly affecting our brain.

2. Writer's opinion about the text's topic: The writer believes that society has become overly dependent on technology, which may be detrimental to our cognitive abilities and well-being. This viewpoint may suggest that technology offers too much convenience that it may degrade our actual cognitive abilities.

3. Support for writer's opinion (e.g., evidence such as facts, testimonies, examples, etc.):

- Businesses heavily depend on technology for efficiency, communication, and operational tasks, but over-reliance may lead to a lack of innovation and employee disengagement.

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- b. Excessive use of technology can lead to mental health issues, such as anxiety and depression, exacerbated by constant connectivity and information overload.
- c. Studies show that technology addiction can affect sleep patterns and overall physical health, with individuals spending long hours on screens, reducing time for physical activity or rest.

III. POST-READING (10 POINTS)

A. Answer the following rhetorical analysis guide questions.

1. What credentials does the author have which give him/her the authority to write about the topic of the text?

The author has significant knowledge about the topic that is being presented. Terry brown is working in the technology industry for over 30 years and has significant understanding about Telecoms and IT Service Management (ITSM). He also has significant knowledge about Business Intelligence (BI) which is related to the topic shown.

2. After considering the author's profession and affiliation, what possible biases the author might have about the topic?

Considering Terry Brown's background in technology and marketing, he might have a bias toward emphasizing the benefits of technological advancement, potentially downplaying the negative effects it has on society. Given his extensive experience in promoting tech-related products, he may also be inclined to focus on the advantages of technological reliance in business, possibly minimizing concerns about dependency or overuse.

3. What is the purpose of the text, and how does the author accomplish that purpose? What evidence does the author use to support the main idea in the text?

The purpose of the text is to explore the extent of society's dependence on technology and its potential consequences. The author accomplishes this by discussing how over-reliance on tech affects cognitive abilities, mental health, and physical well-being. The evidence includes studies showing the effects of technology on brain function, increased mental health issues, and physical health consequences like sleep disruption and lack of exercise.

4. What specific idea/information in the text challenges or surprises you? Why?

What surprises us in the text is the idea that technology can affect large areas of our brain, particularly those responsible for memory and decision-making. The text explains that by relying too much on technology, like GPS or constant internet access, we may reduce our brain's ability to function efficiently, potentially leading to cognitive decline. This "dumbing down" effect is concerning because it highlights how we may be losing some of our mental faculties by overusing technology.

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5. Is the style of writing suitable for the intended audience? Is it too formal or too casual? Why?

The writing style tends to be more casual as it seems like it is suitable for a general audience with an interest in technology and its effects on society. It strikes a balance between formal and conversational, making it accessible without being overly casual or formal. The author uses clear explanations and evidence, which helps the reader understand complex ideas without feeling overwhelmed. The tone is informative and engaging, appealing to readers who may not have a technical background but are concerned about the topic.

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<https://itchronicles.com/technology/are-we-too-dependent-on-technology/>