

Show Your Progress — Speaking and Writing

Use these speaking and writing tasks to keep yourself motivated and help you realise the progress you're making.

Do these tasks *before* you study any vocabulary, and then repeat the tasks at the end of the section. Compare how you did. Upload the audio [here](#) and share the links to it and your essay in the comments section on [this page](#).

TASK | Speaking

Section 1 — Personal Questions

How regularly do you use the Internet? For what reasons?

Do you find it difficult to live without any technological devices? Which ones, and why/why not?

Section 2 — 2-minute Monologue

Describe the first piece of technology that you used. You should say

what the technology was

when and where you used it

who helped you to get the technology

and say whether you still use this technology.

Section 3 — Non-personal Questions

Some people say that in the future, technology will become part of our bodies. How do you feel about this?

How can people avoid becoming addicted to technology and the Internet?

and / or

TASK | Writing

Section 2 — Essay

Some teachers encourage the use of technology, such as mobile phones and tablets, in the classroom because of its educational benefits. Other teachers, however, will confiscate such technology if a student uses it in the classroom, explaining that it is distracting.

What is your opinion?