



ACADEMIC ENGLISH (PEN0065)

TRIMESTER 3, 2021/2022

READING PROJECT

LECTURER:

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STUDENTS' DETAILS:

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ANSWERS:

1. What does “the trend” (line 5) refer to? (1 mark)

- The trend in line 5 referred to the increasing trend of TikTok posts related to suicide prevention and awareness.

2. “We don’t want it to be unbalanced” (line 19). What does “it” refer to? (1 mark)

- The “it” referred to in line 19 refers to the social media platform on how it can be helpful for young users of the platform to have access to mental health resources.

3. What is the main idea of paragraph three? (1 mark)

- The main idea of paragraph three is the accomplishments of Tiktok in its efforts on providing mental health resources.

4. Why do you think Tik Tok can help others to seek professional help? (1 mark)

- I think Tiktok can help others seek professional help as it is a platform where people can form or be part of communities with other people that can relate to them, where they can share their struggles, and stories and engage in conversations that can stoke their confidence in seeking professional help knowing that they’re never struggling alone.

5. What is referred to as “it is responsible on the part of the platform” (line 43)?

Provide two examples of how a platform can be ‘responsible’. (3 marks)

- The line “it is responsible on the part of the platform” refers to the responsible social media platform in providing easily accessible information and solid resources in many different languages. First example on how a platform can be responsible is to provide resources for various different linguistic communities thus to not limit information or help based on their language they speak. Second example on how a platform can be responsible is to have easy access to readily solid and reliable information on bringing awareness to mental health while also deliberately running efforts and responsibilities to ensure that users can create a safe space protected against any prejudiced or bullying groups.

6. In your opinion, state the types of content that may contribute to negative social comparison. Justify your answers. (2 marks)

- The first type of content that contributes to negative social comparison is content that showcases unrealistic body standards. For example, many TikTok content creators overly flaunt their beauty and unrealistic body ideals which can make many young viewers develop body dysmorphia or other insecurities.
- The second type of content that contributes to negative social comparison is content that boasts a person's status or gloats their accomplishments. For example, many rich TikTok influencers love to boast about their wealth and statuses on social media. This creates a superiority complex and comparisons of socioeconomic statuses creating a toxic environment where your standing in society is based on your wealth.

7. State if these statements are facts or opinions. Justify your answers in your own words. (4 marks)

a. The videos, which use the #suicidepreventionmonth hashtag, coincided with Suicide Prevention Awareness Month, which takes place every September (line 3 – 5).

- Facts. Suicide Prevention Month does take place every September and the trend of posts with the #suicidepreventionmonth is in line with the occasion.

b. The app, Addesi said, helped her client to finally seek professional help (line 36 - 37).

- Facts. Addesi did in fact have a client who was influenced by the app to seek professional help in dealing with her obsessive-compulsive disorder (OCD).

c. A recent Wall Street Journal report about Facebook revealed that the social media giant has found in its research that Instagram, its photo-sharing app, is harmful to a significant percentage of teenagers (line 44 - 46).

- Opinion. This view is based on the accusations from teenagers. While it is not overtly wrong, it is not entirely the case as not everyone has the same opinion that Instagram can be toxic to everyone.

d. However, it is important to remember that they are not mental health professionals, and what they are saying may not be 100 percent accurate (line 96 - 97).

- Facts. People with no medical or psychological education background are not qualified to speak on mental health and that their advice should only be taken with a pinch of salt.

8. a. What does the phrase “...it’s a bit of a drop in the bucket” (line 67) refer to? (1 mark)

- The phrase “...it’s a bit of a drop in the bucket” in line 67 refers to the little efficacy of the features presented by Tiktok in engaging with the audience in terms of mental health.

b. What are the suggestions given to solve this? (2 marks)

- The suggestions given to solve this are having famous influencers with large platforms collaborate with credible resources to captivate a larger audience and having an algorithm feed recovery-oriented content toward at-risk users.

9. What is the main idea of paragraph eight? (1 mark)

- The main idea of paragraph eight is the platform should do more in combatting misinformation on mental health.

10. How can algorithm feed recovery-oriented content assist at-risk users? (2 marks)

- An algorithm feed recovery-oriented content can assist at-risk users by creating a safe space on how to deal with mental health and share methods to cope or heal any mental distress. It also creates an environment which cultivates the mindset that people dealing with mental health should not suffer alone.

11. State if these statements are true or false. Justify your answers in your own words. (4 marks)

a. Tik Tok boasts on the fact that its social media platform offers a safe community to their users to discuss about mental well-being.

- True. Tiktok has constantly persist that their platform has helped over countless users and that their accomplishments in being a platform that advocates for mental health are well recognised.

b. It is pertinent that TikTok represents all social media, and takes sole responsibility to ensure conversations about suicide, eating disorders and mental health are executed correctly.

- False. Tiktok does not represent all social media nor holds any obligations in ensuring the wellbeing of its users.

c. Some are sceptical about the effectiveness of the new resources that TikTok will be implementing.

- True. There are professionals who think Tiktok is not doing enough in engaging on topics of mental health with their audience.

d. Tik Tok's creators usually are not able to accept criticism leading them to complaint about cyber bullying to Tik Tok.

- True. There are certain tiktok creators who refuse to see their content as incorrect and their ignorance to being educated by real psychologists adjudge these criticisms as cyber bullying.

12. What is the author's purpose? Elaborate on your answer. (2 marks)

- The author's purpose is to showcase how a social media platform can be responsible and assist its users in dealing with mental health. The article talks about features, efforts and accomplishment of Tiktok in helping its users especially the young ones gain access to mental health resources right at their fingertips.

13. What is the author's tone in paragraph nine? Provide two supports from the text for your answer. (2 marks)

- The author's tone in paragraph nine is serious. The first support of this claim is that the author mentions that TikTok's new resources are still not a substitute for therapeutic and psychiatric care. Second support for this claim is that Tiktok's mental health advocates are not mental health professionals, and what they are saying may not be 100 percent accurate. These suggests that the author was pragmatic and does not want people to fully rely on tiktok for coping with their mental health and should better seek real professionals in helping them treat their mental disorders.

14. What is the author's point of view in this article? Elaborate and justify using your own words. (3 marks)

- The author's point of view in this article is from the perspective of an avid user of Tiktok that is dealing with mental health. Their perspective is based on how a person can reach out for help and be provided with mental health resources just from a social media platform. The author mentions about the trend of tiktok posts on topics of mental health and how it can relate to various users while also mentioning the tools that is featured on the app that users have access to. The author sees these efforts and realise that a responsible social media platform can play part in helping various people deal with mental health. How a user can be part of a safe environment and engage in a community that they can relate struggles with can become an effective preventative measure from further mental health complications.