

READING PROCESS WORKSHEET

GED0001

NAME: Josef Xander M. Lopez

TEXT TITLE: Are We Too Dependent on Technology?

TEXT TYPE: Article

SECTION: AW12

DATE: 1/17/2025

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
Are We Too Dependent on Technology?	Who Needs Knowledge?	A cognitive map about knowledge of Taxi Drivers in London.
Are There Business Costs of Being Too Dependent on Technology?	Memory Retention	An illustration of memory training that shows how an untrained memory that is too dependent on technology.

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 makes some tasks more efficient and easier.	What effects does our dependence on technology have on our brains?	How parts of the brain, like the hippocampus, are affected by using technology.
These days, we are heavily dependent on technology.	Does an excessive reliance on technology create a risk of losing critical cognitive abilities?	What a digital amnesia and poor memory retention result from an excessive reliance on technology.

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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.

Details from the Text	Plausible Inferences
"When using automated systems to memorize directions and guide us where we need to go, the hippocampus and other areas of the brain used to think of different routes are 'switched off.'"	Memory and spatial awareness-related areas of the brain may become underactive because of an excessive dependence on technology for navigation.
"In 2019, \$83 billion was spent on corporate training and development across the US. But the average person forgets about 70% of new information within 24 hours, and 80% within a week."	Businesses may suffer from huge losses in the effectiveness of training programs because of memory lapses and reliance on technology.

- 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 5 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
Digital Amnesia	"Digital amnesia" was coined by Kaspersky in a study and refers to the phenomenon of forgetting information due to over-reliance on digital devices.	After relying on my smartphone for everything, I've started to experience <u>digital amnesia</u> , forgetting simple things I used to remember easily.
Hippocampus	The hippocampus is a part of the brain involved in spatial memory, which can become underactive when we depend on technology like GPS for navigation.	Studies have shown that excessive use of GPS for navigation can reduce the activity in the <u>hippocampus</u> , the part of the brain responsible for memory and spatial awareness.
Cognitive Abilities	Cognitive skills involve thinking, remembering, and learning. The impact of technology dependence on these skills is discussed in the text.	Regularly challenging my mind with puzzles and reading has helped improve my <u>cognitive abilities</u> , keeping my brain sharp.
Memory Optimization	The term "memory optimization" describes strategies or tactics used to	<u>Memory optimization</u> techniques, like regular review and mental exercises,

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	increase one's capacity to effectively store, retain, and retrieve information.	can help improve memory retention and recall.
Digital Deluge	"Kwik calls this the 'digital deluge,' where 'our 200,000-year-old brains are overwhelmed by and outsourced to exponentially improving technologies.'" Overwhelming amount of data.	The constant flow of information from multiple devices has created a <u>digital deluge</u> , overwhelming my ability to remember anything without a digital assistant.

C. Supply the missing information below:

1. **Topic of the text:** Are we too dependent on technology?
2. **Writer's opinion about the text's topic:** The writer suggests that while technology enhances efficiency, it also leads to over-dependence, weakening cognitive abilities and memory over time.
3. **Support for writer's opinion (e.g., evidence such as facts, testimonies, examples, etc.):**
 - a. The hippocampus, which is crucial for navigation and memory, becomes underactive when we use GPS systems, leading to a loss of spatial memory.
 - b. Studies show that people forget 70% of new information within 24 hours, highlighting the negative impact of relying on technology for memory retention.
 - c. The rise of automation and artificial intelligence in healthcare and business could cause workers and professionals to lose practical, hands-on skills that are vital in the absence of technology.

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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, Terry Brown, is an experienced product management and marketing professional who has spent over 30 years working in various technology-based companies. His experience spans telecoms, IT service management, healthcare, and business intelligence, giving him credibility to write about technology's impact on business, memory, and mental health.

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

Given the author's background in technology and product management, he may have a slight bias in favor of technology's role in improving efficiency and business processes. He acknowledges the benefits of technology but also expresses concern about over-dependence, which might reflect a cautious approach rather than an outright critique of technological advancements.

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 text explains the impact of technology dependence on our brains and cognitive abilities. The author goes on to mention the pros of technology, as well as the dangers that come with dependence on it. He uses research, such as the study at University College London (UCL), and examples, like those of London taxi drivers and lapses in memory in business, to make his points.

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

The idea that excessive use of GPS technology can "switch off" areas of the brain, like the hippocampus, was surprising. This concept challenges the common view of technology as merely a tool to aid memory, showing that over-reliance could physically affect brain function, which was unexpected.

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

The writing style is appropriate for general audience, conversational and accessible. Therefore, complex ideas are made simple to understand by the writer. Although the tone is casual, the information offered is well-researched and professional enough to be appropriate for readers who might not have experience with technology and cognitive science.