



루체테 어학원  
LUCETE.ACADEMY

# LUCETE READING E8-2

UNIT 1. The Hidden World of Smartphone Addiction

# The Hidden World of Smartphone Addiction

## Let's Check!

READING SECTION:

# The Hidden World of Smartphone Addiction

Most of us always have our **smartphones** with us. Ever thought about why they're so addictive? There's science behind the screen that makes us use them a lot. Smartphones use bright colors in apps, games, and social media to grab our attention. This method is called "color **psychology**," and it influences our behavior more than we realize.

Do you ever feel happy when you get a like or a message? This is due to a brain chemical linked to pleasure and reward. App designers use this to create features that give us 'quick hits of happiness. **Platforms** like Instagram and Twitter use never-ending **scrolling** to keep you glued to them. As you scroll down, new content appears, and it is hard for you to put your phone away. This technique is called "reward training," which means that they use rewards to encourage a certain behavior.

Furthermore, social media apps use **features** such as Snapchat's 'daily messages' to encourage daily interaction. This creates a sense of duty and fear of missing out, which is known as 'FOMO'. In this way, you cannot help using your phone. Thus, it is important for you to understand the tricks behind smartphones that make you **addicted**, and you can make better choices and lead a balanced life.

1. What are the keywords?
2. What is the main idea of the text?



6 vocabulary key words: smartphone, psychology, platforms, feature, addicted

# The Hidden World of Smartphone Addiction

## Let's Check!

1. What is the summary?



# The Hidden World of Smartphone Addiction

## Let's Think!

### 1. Beginning of the Passage:

Question: Can you think of a time when bright colors on your smartphone or in a game caught your attention? Why do you think colors were so captivating?

Answer: I remember when \_\_\_\_\_, the colors were so captivating because \_\_\_\_\_.

### 1. Middle of the Passage (First Half):

Question: Some people say getting likes or messages is superficial happiness, while others think they can be genuine boosts to our mood. What do you believe?

Answer: I believe that getting likes or messages is \_\_\_\_\_ because \_\_\_\_\_.

### 1. Middle of the Passage (Second Half):

Question: Never-ending scrolling can be fun but also a time-waster. Should there be a limit on how much content appears, or should it be left to personal discipline?

Answer: I believe there {should/ shouldn't} be a limit on content because \_\_\_\_\_.

### 1. End of the Passage (First Half):

Question: Have you ever experienced 'FOMO' when you couldn't check your social media? What was the situation and how did it make you feel?

Answer: I experienced 'FOMO' when \_\_\_\_\_, it made me feel \_\_\_\_\_.

### 1. End of the Passage (Second Half):

Question: Knowing these tricks, what are some creative ways you can think of to lead a more balanced life without giving up smartphones completely?

Answer: To lead a more balanced life, I can \_\_\_\_\_ without completely giving up my smartphone.



# The Hidden World of Smartphone Addiction

## Wrap Up!

1. How can understanding the tricks used by smartphones help us control our screen time?
1. How do you balance the fear of missing out (FOMO) with the importance of living in the moment?
1. Do you think the benefits of smartphones outweigh the negative parts of addiction?

# DEBATE TITLE: Nitro Rush

- **Topic:**
  - Passion and ambition should never compromise safety and respect for life.
  - Learning from our past mistakes and using them as a foundation to create a better and safer environment for everyone.
- **Discussion question:**
  1. **Character Analysis:** Think about the character of Alex. How did he change throughout the story? How did his friendship with Jake and his encounter with Nitro (Ryan) affect him?
  2. **Plot Evaluation:** If you could change one event in the story, what would it be and why? How would this change affect the characters and the outcome of the story?
  3. **Alternate Ending:** Imagine a different ending for the story. What if Nitro was not Ryan, but someone else? How would this change the story? Describe your new ending.