

## What the Internet is doing to our brains

**ADVANCE ORGANISER:** This lesson has a dual focus. At the end of the lesson

- you will have discovered what using of the Internet does to our brains;
- you will be able to talk about the Internet's effects on our brains in a fluent and coherent way.



<https://m.youtube.com/watch?v=cKaWJ72x1rI>

The first exercise will help you to sum up in a short oral presentation what you have seen in the video "What the Internet is doing to our brains".

### TASK:

- Watch the video as many times as you need to fully understand it.
- Link the sentences below to form meaningful sentences which refer to what was said in the video.
- Write down your sentences in a logical order. Insert additional sentences where you think it is necessary. Start with the words "I'd like to tell you about the video 'What the Internet is doing to our brain'. It shows how...".
- Read through your text several times to try and memorise it.
- Take a small piece of paper, a few sticky notes or your notes app and reduce the text to a few key words and/or doodles (Remember to keep some of the verbs!).
- With your notes give an oral summary of the video. Practise until you are fluent. Then record your summary and upload it to our padlet.

- so the best thing we can do ...
- the Internet makes us ...
- if we constantly divide our attention we are not able to ...
- in the prehistoric age you wanted to know everything ...
- the problem is that predators aren't much of an issue anymore, ...
- when we constantly check our phones or glance at our e-mail inboxes ...
- getting distracted felt good and helped us stay alive ...
- the greatest achievements in human history ...
- the brain rewards us by releasing some dopamine ...
- in order to really learn something we have to ...
- and to be distracted ...

is to find some time every day to unplug and concentrate on just one thing at a time

but we still have the same brains

we slip into a constant state of distraction

transfer information from our short-term memory to our long-term memory

transfer important information to our long-term memory

about what was going on around you to avoid being eaten by a predator

came from people who were able to pay attention

for seeking out and finding new information

superficial as thinkers and learners

still feels good