

**EUSKO JAURLARITZA**



**GOBIERNO VASCO**

HEZKUNTZA, HIZKUNTZA POLITIKA ETA  
IKERKETA SAILA

DEPARTAMENTO DE EDUCACIÓN, POLÍTICA  
LINGÜÍSTICA Y CULTURA

## **GRADUATE IN SECONDARY EDUCATION**

### **OPEN TEST**

## **COMMUNICATION SKILLS: ENGLISH**

**MAY 2015**

**SURNAMES AND NAME:** \_\_\_\_\_

**SIGNATURE:**

# Are You a NOMOPHOBIC?

Where can you find conversations, news, social networks, weather updates, and a plethora of mind numbing games? Your phone, of course! 75% of the world's population has access to a mobile device, which is evident looking around any public place. How much is too much when it comes to being distracted by your device?

## YOUR HEALTH

Possible health concerns due to the use of smart devices.



There is now a name for the fear of being without a cell phone, it is called **NOMOPHOBIA**.

**73%** of smartphone users feel panicked when they misplace their phones, but women feel more panicked than men.



## AT HOME

Would you rather be connected to the world, or connected to your spouse/family?

**3 OUT OF 5** U.S. smartphone users don't go more than an hour without checking their gadgets.



**3 OUT OF 4** people report having their cell phone within 5 feet of them at all times.



**12%** of respondents of a Jumio survey said their smartphone gets in the way of their relationship.



**20%** of Americans between the ages of 18-34 use their cell phone during sex.

**12% OF** smartphone users use their phones while **SHOWERING AND 39% WHILE ON THE TOILET.**



**54%** According to a study by Lookout, 54% of respondents said they check their phones while in bed (before going to sleep, in the middle of the night, and when they wake up in the morning).



**"TEXT NECK"** is becoming common. It is a condition that arises from the stress and pressure that can be triggered by texting and browsing on your phone.



**E. coli** is found on 1 in 6 cell phones, due to close to **75%** of people bringing their cell phones with them to the bathroom.

This can lead to diarrhea, urinary tract infections, and even kidney failure.



Research from the Rensselaer Polytechnic Institute's Lighting Research Center found that a two-hour exposure to light from devices can suppress melatonin by about **22%**, making it more difficult to get to sleep.



The risk from long-term use of cellphones is still unknown, but various world health authorities are continually researching the impact they have on our health.

## SMARTPHONES & ADOLESCENTS

According to medscape.com, in a recent survey given to 200 Korean youths, those addicted to their smartphone devices had a high risk of severe psychopathologies.



These include somatic symptoms, attentional deficits, and aggression.

The younger smartphone users are, the more vulnerable they are to developing the tendencies.

## IN THE CAR

Distracted driving is any activity that could divert a person's attention away from the primary task of driving. These distractions include using your navigation system, texting, watching a video, adjusting a radio, CD player, or MP3 player, and using your phone.



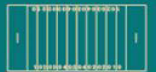
**10% OF ALL DRIVERS** under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash.

This age group has the largest proportion of drivers who were distracted.

### DISTRACTED DRIVING BY THE NUMBERS



**FIVE SECONDS** is the average time your eyes are off the road while texting.



When traveling at 55 mph, that's enough time to cover the length of a football field blindfolded.



ADAPTED FROM: <http://tinyurl.com/loakgon>

**1. Are these statements true or false? Correct the false ones. ( 2 points)**

1. *Nomophobia* is referred to a psychological syndrome in which a person is afraid of being distracted by their cell phone.
2. World health authorities have already proved health problems associated to long-term use of mobile phones.
3. More than half of the people who answered a survey run by *Lookout* said they check their phones while in bed.
4. Most of the drivers under the age of 20 involved in fatal crashes were distracted by their mobile phones at the time of the crash.

**2. Find words in the text to match the following definitions. (1 point)**

1. Put something somewhere and then be unable to find it again.

.....

2. In danger of something harmful happening.

.....

3. A small tool or device that does something useful.

.....

4. An accident in which a vehicle hits something.

.....



**Choose the correct answer. (2 points)**

1. What is the text about?
  - a- The increasing use of mobile devices.
  - b- General information about smart phones.
  - c- Health concerns due to the use of mobile phones.
  - d- Different problems caused by mobile phone abuse.
  
2. Health concerns related to the use of mobile phones:
  - a- 73% of smart phone male users feel panicked when they lose their phones.
  - b- People exposed to two hours light from devices may have problems to sleep.
  - c- 75% of people bringing their cell phones with them to the bathroom may suffer diseases caused by E.coli.
  - d- "Text neck" is the repeated stress injury to the body caused by excessive texting and overuse of mobile devices.
  
3. At home:
  - a- People report checking their phones while in bed.
  - b- 20% of Americans use their mobile phones during sex.
  - c- Most American people check their phones every hour.
  - d- Toilets are the only place where phones are not used.
  
4. In the car:
  - a- 10% of all drivers use their mobile phones.
  - b- Only use your phone when travelling at 55 mph.
  - c- Most drivers under 20 are involved in car crashes.
  - d- You can easily be distracted by texting or using your phone.



3. Choose the best word from the box to complete the text. (2 points)  
(There are 2 words that you don't need)

### Nomophobia: A Rising Trend in Students

Do you know this word? Nomophobia is a (1) \_\_\_\_\_ describing a growing fear in today's world — the fear of being (2) \_\_\_\_\_ a mobile device, or beyond mobile phone contact. Among today's high school and college students, it's on the rise. An (3) \_\_\_\_\_ number of college students now shower with their cell phone. A growing percentage text or (4) \_\_\_\_\_ instead of actually talking to others.

Nomophobia is (5) \_\_\_\_\_ in industrialized nations. The term is an (6) \_\_\_\_\_ for "no-mobile-phone phobia" (7) \_\_\_\_\_ during a 2010 study by the UK Post Office. The study found that nearly 53 percent of mobile phone users in Britain tend to be (8) \_\_\_\_\_ when they "lose their mobile phone, run out of battery or credit, or have no network (9) \_\_\_\_\_." Fifty-five percent of those surveyed cited keeping in touch with friends or family as the main reason that they got anxious when they (10) \_\_\_\_\_ not use their mobile phones.

abbreviation	anxious	coined	could
coverage	everywhere	have	increasing
pleased	term	tweet	without

Write your answers here:

1	2	3	4	5
6	7	8	9	10



**4. Write a composition of about 100 words on :**

**“Addicted to be connected” (3 points).**

Think about these aspects:

- In today’s world a buzzing *smartphone* takes priority over anything else going on in the room.
- Researchers have discovered that most people seem to have a latent addiction to multitasking and being connected.
- Is *nomophobia* an inescapable symptom of modern life?
- Mobile phones make your life easier.
- Mobile phones can now do much more than make calls and send text messages.
- What should you do if you're hooked on your phone?

***Remember:*** think and put your ideas in order before starting to write; you may use the last page to write a draft.