

1. Listen and watch the video and write the name of the topic above

2. Explore the new words (match the words and the definitions):

1. to cope with ()	A. – a bright, directional light or lamp, especially one used to illuminate the focus or center of attention on a stage
2. psychologists ()	B. - connected to the mental processes of perception, memory
3. spotlight ()	C. - to look at, listen to, or think about something or someone carefully; to concentrate
4. primary focus ()	D. - two or more things are happening at the same exact time
5. to pay attention to ()	E. - something that is given top priority or emphasis
6. to zoom in (and out) (H)	F. - to manage/ to deal with someone or something
7. cognitive (B)	G. - something that poses a risk or potential harm to someone or something
8. simultaneously (D)	H. - to make an object or image look larger or closer through the use of an optical device or a digital simulation.
9. a hazard (G)	I. - is a professional who studies human behavior and mental processes, with an emphasis on understanding how individuals think, feel, behave, and interact.

3. Listen and answer the questions:

1 2 3 4 5

1. - When was the term first used? _____ _____	FOR NEW VOCABULARY _E.g. demanding - requiring much skill or effort hctic - full of activity, or very busy and fast _____ _____ _____ _____ _____ _____ _____
2. - What are the pluses and minuses of the focused attention? _____ _____	
3. - Why is it dangerous to drive and talk simultaneously? _____ _____ _____	

4. Vocabulary

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5. Project. Ask 3 classmates how they multitask while doing their homework and which media they use

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6. Complete the article using the new vocabulary

Teenagers today spend a lot of time using technology. Many of them like to _____ with their friends instead of meeting in person. They often _____ for hours, playing games or watching videos, mostly _____ ing. It's easy for them _____ music, movies, and apps. Sometimes, parents _____ their kids for being online too much because it can have _____ on their health. It is important for teenagers to learn how _____ the digital world responsibly. Finding a good balance between online activities and real life is key to staying healthy and happy.

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Total score: _____