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Vocabulary: mobile phone 词汇: 手机

How often do you check your phone? According to a study led by Nottingham Trent University in Britain, the average person looks at their **device** 85 times a day, **browsing** the internet or using **apps**. **Updating their status on social media platforms** also made people reach for their electronic companion frequently.



Mobile phone: Could you live without it?

Even the study's participants thought that was a lot: this figure is twice as often as they thought they did. Our phones might be **shaping** our behaviour more than we realise, and changing the way we **interact** with people right next to us. Do you actually look at your **surroundings** more than at your phone? Is it rude to check your phone when someone is talking to you?

Sherry Turkle interviewed hundreds of college students about this. She's a **clinical psychologist** and a professor of **social studies** at the Massachusetts Institute of **Technology**. They talked about something they called 'the rule of three'.

The rule has to do with being **considerate** to others in spite of the **allure** of the little flat box. Turkle explains: "If you go to dinner with friends, you don't want to look down at your phone until you see that three people are looking up in the conversation. So there's a new **etiquette** where you don't look down unless three people are looking up in order to keep a little conversation alive."

Actually, if you are clever enough you might use your phone as a tool to **connect** with people next to you. How about showing them pictures stored in its **memory**? Sharing a bit of your life with them can bring you closer together. And you can also invite everyone to take a **selfie** with you.

But the best thing to deal with mobile phone addiction is **to go cold turkey** and leave the machine behind occasionally or just switch it off and keep it firmly in your pocket for a while. Who knows... 'life' might be what happens when you are too busy staring at a small screen.

词汇表

device	设备
to browse	(通过网络) 浏览
app (application)	手机应用程序
to update (their) status	更新 (社交网站上的个人) 状态
social media platform	社交媒体平台
to shape	塑造, 形成
to interact	互动, 交流
surroundings	周围的事物, 环境
clinical psychologist	临床心理学家
social studies	社会科学课程
technology	工业技术
considerate	体贴的
allure	诱惑力, 吸引力
etiquette	规矩; 礼节
to connect	(融洽地) 沟通
memory	(手机) 内存
selfie	自拍照
to go cold turkey	快速、彻底地戒掉 (坏习惯)

测验与练习

1. 阅读课文并回答问题。

1. How often do people check their phone, according to the survey?
2. True or false? *Those who took part in the study were aware of their own phone habits.*
3. What's the so called 'rule of three' for?
4. How does the author suggest you use your phone in a way that doesn't alienate people next to you?
5. Which word in the text is used to indicate unpleasant behaviour?

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My mobile phone is running out of _____. I've been storing too many videos on it.

internet	electronic companion	memory	etiquette
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2. I'm too busy to do my homework now. I have to go online and update _____ on Weibo.

a cold turkey	the internet	the rule of three	my status
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3. If you want people to be nice to you, you should be _____ when dealing with them.

rude	considerate	looking up	clever
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4. If you want to understand how people interact in a group you should take a course in _____.

social studies	clinical psychology	etiquette	technology
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5. These new portable devices are _____ the world we live in.

browsing	shaping	sharing	closing
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答案

1. 阅读课文并回答问题。

1. How often do people check their phone, according to the survey?
According to the study led by Nottingham Trent University in Britain, the average person checks their phone 85 times a day.
2. True or false? *Those who took part in the study were aware of their own phone habits.*
False. They were surprised as they thought the number of times they checked their phones was half of what the study revealed.
3. What's the so called 'rule of three' for?
To keep a conversation going.
4. How does the author suggest you use your phone in a way that doesn't alienate people next to you?
The author suggests people to show others pictures stores in their phone and invite them to take a selfie.
5. Which word in the text is used to indicate unpleasant behaviour?
Rude.

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. My mobile phone is running out of **memory**. I've been storing too many videos in it.
2. I'm too busy to do my homework now. I have to go online and update **my status** on Weibo.
3. If you want people to be nice to you, you should be **considerate** when dealing with them.
4. If you want to understand how people interact in a group you should take a course in **social studies**.
5. These new portable devices are **shaping** the world we live in.