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**Level 6 – 27th February, 2021**

## Scientists explain video-conferencing fatigue

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<https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

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**Please try Levels 4 and 5 (they are easier).**

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# THE ARTICLE

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

A new study from Stanford University has investigated the effects on our health of extended spells of video-conferencing. Researcher and communications expert Jeremy Bailenson dubbed the phenomenon "Zoom fatigue," but acknowledged the condition is not restricted to just that platform. In the past year, most of us have spent extended periods of time online using an array of video-conferencing platforms. The coronavirus pandemic has meant tools like Zoom, FaceTime, Skype and Google Hangouts have been the only way we have been able to see and chat to loved ones. Many companies have relied heavily on video-conferencing for meetings, and educators have used them to teach their lessons online.

Mr Bailenson outlined several factors that make video-conferencing so fatigue-inducing. He said it is not just tiredness and eye-strain from staring at a computer screen for hours and hours. It is also brought about by "cognitive overload" and feeling pressure to be perpetually switched on. We constantly feel we need to be in touch with friends or available for bosses, customers or students. Bailenson cautioned this leads to burnout and stress and can heighten your chance of developing moderate to severe depression. He said this anxiety can adversely affect your self-confidence. This is because of the large number of faces staring at you in meetings. Bailenson likens this to the stresses of public speaking.

Sources: <https://lifehacker.com/how-to-overcome-zoom-fatigue-1846347171>  
<https://newatlas.com/telecommunications/zoom-fatigue-video-exhaustion-tips-help-stanford/>  
<https://www.techradar.com/news/academics-have-identified-exactly-why-video-conferencing-has-you-feeling-exhausted>

# WARM-UPS

**1. VIDEO-CONFERENCING:** Students walk around the class and talk to other students about video-conferencing. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

study / university / communications / expert / fatigue / platform / chat / loved ones / video-conferencing / eye-strain / cognitive / be in touch / depression / faces / stress

Have a chat about the topics you liked. Change topics and partners frequently.

**3. FACE-TO-FACE:** Students A **strongly** believe face-to-face is always better than video-conferencing; Students B **strongly** believe the opposite. Change partners again and talk about your conversations.

**4. ONLINE HEALTH:** How does spending time online affect our health? What solutions are there to combat this? Complete this table with your partner(s). Change partners often and share what you wrote.

	Problems	Solutions
Anxiety		
Eyes		
Back		
Fitness		
Weight		
Addiction		

**5. VIDEO:** Spend one minute writing down all of the different words you associate with the word "video". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

**6. WEBSITES:** Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- Zoom
- Skype
- Twitter
- Facebook
- Google Hangouts
- Instagram
- Messenger
- YouTube

# VOCABULARY MATCHING

## Paragraph 1

- |               |   |
|---------------|---|
| 1. extended   | a. A person who has a comprehensive and authoritative knowledge of or skill in a particular area. |
| 2. spell      | b. Limited in extent, number, scope, or action.   |
| 3. expert     | c. Lasting longer than is usual or expected.  |
| 4. dubbed     | d. A short period of time.  |
| 5. phenomenon | e. Gave an unofficial name or nickname to someone or something.                                   |
| 6. restricted | f. A remarkable person, thing, or event.  |
| 7. array      | g. A range of a particular type of thing.   |

## Paragraph 2

- |                 |   |
|-----------------|---|
| 8. fatigue      | h. Physical or mental collapse caused by overwork or stress.                          |
| 9. cognitive    | i. Extreme tiredness resulting from mental or physical exertion or illness.           |
| 10. overload    | j. In a way that never ends or changes; constantly.                                   |
| 11. perpetually | k. Average in amount, intensity, quality, or degree.                                  |
| 12. burnout     | l. Relating to the mental action or process of acquiring knowledge and understanding. |
| 13. moderate    | m. In a way that prevents success or development; harmfully or unfavorably.           |
| 14. adversely   | n. Giving too much of something, typically something undesirable, to someone          |

# BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- a. Oxford University conducted a study on video-conferencing. **T / F**
- b. A researcher called tiredness while online "Zoom fatigue". **T / F**
- c. The article says all of us have spent a long time online in the past year. **T / F**
- d. Educators said they resent having to use video-conferencing to teach. **T / F**
- e. The researcher outlined seven reasons why video-conferencing is bad. **T / F**
- f. The researcher said fatigue can come because of cognitive overload. **T / F**
- g. The researcher said people feel pressure to be constantly online. **T / F**
- h. The researcher likened video-conferencing to speaking in public. **T / F**

## 2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- |                        |                    |
|------------------------|--------------------|
| <b>1. investigated</b> | a. defined         |
| <b>2. spells</b>       | b. happening       |
| <b>3. phenomenon</b>   | c. acute           |
| <b>4. array</b>        | d. always          |
| <b>5. relied</b>       | e. examined        |
| <b>6. outlined</b>     | f. warned          |
| <b>7. perpetually</b>  | g. range           |
| <b>8. cautioned</b>    | h. gazing          |
| <b>9. severe</b>       | i. periods of time |
| <b>10. staring</b>     | j. depended        |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |                                       |                          |
|---------------------------------------|--------------------------|
| 1. extended spells                    | a. severe depression     |
| 2. dubbed the phenomenon              | b. on video-conferencing |
| 3. the condition is not restricted    | c. inducing              |
| 4. tools                              | d. to just that platform |
| 5. relied heavily                     | e. your self-confidence  |
| 6. fatigue-                           | f. of video-conferencing |
| 7. It is also brought about by        | g. touch with friends    |
| 8. we need to be in                   | h. "cognitive overload"  |
| 9. moderate to                        | i. "Zoom fatigue"        |
| 10. this anxiety can adversely affect | j. like Zoom             |

# GAP FILL

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

A new study from Stanford University has investigated the (1) \_\_\_\_\_ on our health of extended spells of video-conferencing. Researcher \_\_\_\_\_ and \_\_\_\_\_ communications (2) \_\_\_\_\_ Jeremy Bailenson dubbed the phenomenon "Zoom (3) \_\_\_\_\_," but acknowledged the condition is not restricted to just that (4) \_\_\_\_\_. In the past year, most of us have spent (5) \_\_\_\_\_ periods of time online using an array of video-conferencing (6) \_\_\_\_\_. The coronavirus pandemic has meant tools like Zoom, FaceTime, Skype and Google Hangouts have been the only (7) \_\_\_\_\_ we have been able to see and chat to loved ones. Many companies have relied (8) \_\_\_\_\_ on video-conferencing for meetings, and educators have used them to teach their lessons online.

*expert*  
*extended*  
*way*  
*effects*  
*platform*  
*heavily*  
*fatigue*  
*platforms*

Mr Bailenson (9) \_\_\_\_\_ several factors that make video-conferencing so fatigue-inducing. He said it is not just tiredness and eye-strain from (10) \_\_\_\_\_ at a computer screen for hours and hours. It is also brought about by "(11) \_\_\_\_\_ overload" and feeling pressure to be perpetually switched on. We (12) \_\_\_\_\_ feel we need to be in touch with friends or available for bosses, customers or students. Bailenson cautioned this leads to (13) \_\_\_\_\_ and stress and can (14) \_\_\_\_\_ your chance of developing moderate to severe depression. He said this (15) \_\_\_\_\_ can adversely affect your self-confidence. This is because of the large number of faces (16) \_\_\_\_\_ at you in meetings. Bailenson likens this to the stresses of public speaking.

*burnout*  
*staring*  
*outlined*  
*anxiety*  
*constantly*  
*heighten*  
*staring*  
*cognitive*

# LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

- 1) A new study from Stanford University has \_\_\_\_\_
  - a. investigated the efforts
  - b. investigated the affects
  - c. investigated the effects
  - d. investigated the infects
- 2) communications expert Jeremy Bailenson dubbed the phenomenon \_\_\_\_\_
  - a. Zoom fatigues
  - b. Zoom fatigue
  - c. Zoom fatigued
  - d. Zoom fat ego
- 3) but acknowledged the condition is not restricted to \_\_\_\_\_
  - a. just that platform
  - b. just what platform
  - c. just at platform
  - d. just tat platform
- 4) most of us have spent extended periods of time online using an \_\_\_\_\_
  - a. array of video
  - b. awry of video
  - c. alloy of video
  - d. allay of video
- 5) have been the only way we have been able to see and chat \_\_\_\_\_
  - a. too loved ones
  - b. to love ones
  - c. to love once
  - d. to loved ones
- 6) Mr Bailenson outlined several factors that make video-conferencing \_\_\_\_\_
  - a. so fatigue-induce in
  - b. so fatigue-induce sin
  - c. so fatigue-inducing
  - d. so fatigue-induction
- 7) He said it is not just tiredness and eye-strain from staring at \_\_\_\_\_
  - a. a computer screened
  - b. a computer screens
  - c. a computer screen
  - d. a computer screening
- 8) It is also brought about by "cognitive overload" \_\_\_\_\_
  - a. and feel in pressure
  - b. and feeling pleasure
  - c. end feeling pleasure
  - d. and feeling pressure
- 9) heighten your chance of developing moderate \_\_\_\_\_
  - a. too sever depression
  - b. to severe depression
  - c. to sever depression
  - d. to several depression
- 10) This is because of the large number of faces \_\_\_\_\_
  - a. starring at you
  - b. starling at you
  - c. staring at you
  - d. stair in at you

# LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

A new study from Stanford University has investigated (1) \_\_\_\_\_ our health of (2) \_\_\_\_\_ video-conferencing. Researcher and communications expert Jeremy Bailenson dubbed the phenomenon (3) \_\_\_\_\_ acknowledged the condition is not restricted to just that platform. In the past year, most of us have spent (4) \_\_\_\_\_ time online using an array of video-conferencing platforms. The coronavirus pandemic has meant tools like Zoom, FaceTime, Skype and Google Hangouts have been (5) \_\_\_\_\_ we have been able to see and chat to loved ones. Many companies have (6) \_\_\_\_\_ video-conferencing for meetings, and educators have used them to teach their lessons online.

Mr Bailenson (7) \_\_\_\_\_ that make video-conferencing so fatigue-inducing. He said it is not just tiredness and eye-strain from staring at a computer (8) \_\_\_\_\_ and hours. It is also brought about by "cognitive overload" and (9) \_\_\_\_\_ be perpetually switched on. We constantly feel we need to be in touch with friends or (10) \_\_\_\_\_, customers or students. Bailenson cautioned this leads to burnout and stress and can heighten your chance of developing (11) \_\_\_\_\_ depression. He said this anxiety can adversely affect your self-confidence. This is because of the large number of (12) \_\_\_\_\_ you in meetings. Bailenson likens this to the stresses of public speaking.



# COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

1. At what university does the researcher who did the research work?
2. What did the researcher dub a phenomenon?
3. Where did the researcher say we have spent extended periods of time?
4. Who does the article say we have chatted to using online tools?
5. Who has relied heavily on video-conferencing?
6. How many factors did the researcher outline?
7. What brings about fatigue besides tiredness and eye-strain?
8. What does the article say we are under perpetual pressure to do?
9. What does burnout and stress heighten the chances of developing?
10. What did the researcher liken video-conferencing to?

# MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

- 1) At what university does the researcher who did the research work?
  - a) Oxford University
  - b) Stanford University
  - c) Tokyo University
  - d) Singapore University
- 2) What did the researcher dub a phenomenon?
  - a) Video-fatiguing
  - b) Cyber-exhaustion
  - c) Zoom fatigue
  - d) Chat-nap
- 3) Where did the researcher say we have spent extended periods of time?
  - a) in our living rooms
  - b) in lockdown
  - c) on holiday
  - d) online
- 4) Who does the article say we have chatted to using online tools?
  - a) penfriends
  - b) loved ones
  - c) children
  - d) grandparents
- 5) Who has relied heavily on video-conferencing?
  - a) companies
  - b) Zoom
  - c) politicians
  - d) journalists
- 6) How many factors did the researcher outline?
  - a) several
  - b) seven
  - c) seventy
  - d) seventeen
- 7) What brings about fatigue besides tiredness and eye-strain?
  - a) intelligence
  - b) depression
  - c) shopping addiction
  - d) cognitive overload
- 8) What does the article say we are under perpetual pressure to do?
  - a) research
  - b) write emails
  - c) switched on
  - d) watch videos
- 9) What does burnout and stress heighten the chances of developing?
  - a) a bad back
  - b) headaches
  - c) Internet addictions
  - d) moderate to severe depression
- 10) What did the researcher liken video-conferencing to?
  - a) movie making
  - b) public speaking
  - c) karaoke
  - d) science fiction

# ROLE PLAY

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

## **Role A – Zoom**

You think Zoom is the best website. Tell the others three reasons why. Tell them what is wrong with their websites. Also, tell the others which is the least useful of these (and why): Skype, YouTube or Twitter.

## **Role B – Skype**

You think Skype is the best website. Tell the others three reasons why. Tell them what is wrong with their websites. Also, tell the others which is the least useful of these (and why): Zoom, YouTube or Twitter.

## **Role C – YouTube**

You think YouTube is the best website. Tell the others three reasons why. Tell them what is wrong with their websites. Also, tell the others which is the least useful of these (and why): Skype, Zoom or Twitter.

## **Role D – Twitter**

You think Twitter is the best website. Tell the others three reasons why. Tell them what is wrong with their websites. Also, tell the others which is the least useful of these (and why): Skype, YouTube or Zoom.

# AFTER READING / LISTENING

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'video' and 'fatigue'.

<b>video</b>	<b>fatigue</b>
--------------	----------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• new</li><li>• dubbed</li><li>• past</li><li>• array</li><li>• tools</li><li>• heavily</li></ul>	<ul style="list-style-type: none"><li>• inducing</li><li>• screen</li><li>• pressure</li><li>• touch</li><li>• severe</li><li>• public</li></ul>
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# VIDEO-CONFERENCING SURVEY

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

Write five GOOD questions about video-conferencing in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

# VIDEO-CONFERENCING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'video'?
3. What do you think of video-conferencing?
4. How do you think video-conferencing affects our health?
5. How much video-conferencing have you done in the past year?
6. What are the best video-conferencing platforms?
7. What do you think of 'Zoom fatigue'?
8. What do you think of school lessons being online?
9. What would the pandemic be like without video-conferencing?
10. What would companies do without video-conferencing?

*Scientists explain video-conferencing fatigue – 27th February, 2021*  
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# VIDEO-CONFERENCING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'fatigue'?
13. What do you think about what you read?
14. What do you do about eye-strain?
15. What do you know about 'cognitive overload'?
16. Do you feel you always have to be online?
17. How could being online make you depressed?
18. What video-conferencing calls have you made recently?
19. What do you think of public speaking?
20. What questions would you like to ask the researcher?

## **DISCUSSION (Write your own questions)**

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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## **DISCUSSION (Write your own questions)**

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

A new study from Stanford University has investigated the (1) \_\_\_\_\_ on our health of extended spells of video-conferencing. Researcher and communications expert Jeremy Bailenson (2) \_\_\_\_\_ the phenomenon "Zoom fatigue," but acknowledged the condition is not (3) \_\_\_\_\_ to just that platform. In the past year, most of us have spent extended periods of time online using an array of video-conferencing platforms. The coronavirus pandemic has (4) \_\_\_\_\_ tools like Zoom, FaceTime, Skype and Google Hangouts have been the only way we have been able to see and chat to (5) \_\_\_\_\_ ones. Many companies have relied heavily (6) \_\_\_\_\_ video-conferencing for meetings, and educators have used them to teach their lessons online.

Mr Bailenson (7) \_\_\_\_\_ several factors that make video-conferencing so fatigue-inducing. He said it is not just tiredness and eye-(8) \_\_\_\_\_ from staring at a computer screen for hours and hours. It is also brought about by "cognitive overload" and feeling pressure to be (9) \_\_\_\_\_ switched on. We constantly feel we need to be in touch with friends or available for bosses, customers or students. Bailenson cautioned this leads to burnout and stress and can (10) \_\_\_\_\_ your chance of developing moderate to (11) \_\_\_\_\_ depression. He said this anxiety can adversely affect your self-confidence. This is because of the large number of faces (12) \_\_\_\_\_ at you in meetings. Bailenson likens this to the stresses of public speaking.

## Put the correct words from the table below in the above article.

- |     |                 |                 |                |                |
|-----|-----------------|-----------------|----------------|----------------|
| 1.  | (a) infects     | (b) affects     | (c) effects    | (d) reflects   |
| 2.  | (a) dubbed      | (b) daubed      | (c) dabbled    | (d) dibbed     |
| 3.  | (a) restricted  | (b) restriction | (c) restricts  | (d) restrict   |
| 4.  | (a) meant       | (b) mean        | (c) meaning    | (d) means      |
| 5.  | (a) loves       | (b) loved       | (c) loving     | (d) lover      |
| 6.  | (a) in          | (b) at          | (c) to         | (d) on         |
| 7.  | (a) in-lined    | (b) aligned     | (c) outlined   | (d) lined      |
| 8.  | (a) stem        | (b) stain       | (c) steam      | (d) strain     |
| 9.  | (a) perpetually | (b) perpetual   | (c) perpetrate | (d) perpetuity |
| 10. | (a) higher      | (b) heighten    | (c) heathen    | (d) heather    |
| 11. | (a) severs      | (b) severe      | (c) sever      | (d) several    |
| 12. | (a) starring    | (b) starry      | (c) staring    | (d) storing    |



# SPELLING

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

## Paragraph 1

1. tmsncoioncaumi expert
2. not csitdertre to just that platform
3. needextd periods of time
4. an rayra of video-conferencing
5. ielred heavily on video-conferencing
6. ueroascdt have used them

## Paragraph 2

7. aftgiou-inducing
8. brought about by noigevtci overload
9. be uplepretlya switched on
10. developing edaotemr to severe depression
11. this aitnxy
12. erlvnyaed affect your self-confidence

# PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

**Number these lines in the correct order.**

- ( ) and stress and can heighten your chance of developing moderate to
- ( ) spells of video-conferencing. Researcher and communications expert Jeremy Bailenson
- ( ) strain from staring at a computer screen for hours and hours. It is also brought about by "cognitive
- ( ) overload" and feeling pressure to be perpetually switched on. We constantly feel we need to be in touch
- ( ) number of faces staring at you in meetings. Bailenson likens this to the stresses of public speaking.
- ( ) of video-conferencing platforms. The coronavirus pandemic has meant tools like Zoom, FaceTime, Skype and Google Hangouts have
- ( ) that platform. In the past year, most of us have spent extended periods of time online using an array
- ( ) been the only way we have been able to see and chat to loved ones. Many companies have relied
- ( ) Mr Bailenson outlined several factors that make video-conferencing so fatigue-inducing. He said it is not just tiredness and eye-
- ( ) with friends or available for bosses, customers or students. Bailenson cautioned this leads to burnout
- ( ) severe depression. He said this anxiety can adversely affect your self-confidence. This is because of the large
- ( **1** ) A new study from Stanford University has investigated the effects on our health of extended
- ( ) heavily on video-conferencing for meetings, and educators have used them to teach their lessons online.
- ( ) dubbed the phenomenon "Zoom fatigue," but acknowledged the condition is not restricted to just

# PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

1. our extended effects The health of on spells .
2. restricted to platform . condition isn't that just The
3. of Most periods us spent time . extended of
4. companies have relied video-conferencing . Many on heavily
5. teach their them lessons . to have Educators used
6. fatigue-inducing . Several factors video-conferencing that make so
7. by cognitive also It is brought about overload .
8. in We touch . we constantly must be feel
9. at staring The you . faces number of large
10. this public likens speaking . stresses to of Bailenson

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

A *new / newly* study from Stanford University has investigated the effects on our health of extended spells of video-conferencing. Researcher and communications *expert / expat* Jeremy Bailenson *dubbed / daubed* the phenomenon "Zoom fatigue," but acknowledged the *conditional / condition* is not restricted to just that platform. In the past year, most of *them / us* have spent extended periods of time online using an *alloy / array* of video-conferencing platforms. The coronavirus pandemic has *meaning / meant* tools like Zoom, FaceTime, Skype and Google Hangouts have been the only way we have been able to see and chat to *loves / loved* ones. Many companies have relied *heavily / heavy* on video-conferencing for meetings, and educators have used them to teach their lessons online.

Mr Bailenson outlined several *factories / factors* that make video-conferencing so fatigue-inducing. He said it is not just *tiredness / tiring* and eye-strain from *staring / starring* at a computer screen for hours and hours. It is also brought about by "cognitive overload" and *feels / feeling* pressure to be perpetually switched *off / on*. We constantly feel we need to be in *touch / feel* with friends or available for bosses, customers or students. Bailenson cautioned this leads to burnout and stress and can *higher / heighten* your chance of developing moderate to severe depression. He said this anxiety can *adverse / adversely* affect your self-confidence. This is because of the *large / largely* number of faces staring at you in meetings. Bailenson likens this to the stresses of *private / public* speaking.

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

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\_ n\_w st\_dy fr\_m St\_nf\_rd \_n\_v\_rs\_ty h\_s \_nv\_st\_g\_t\_d  
th\_ \_ff\_cts \_n \_\_r h\_\_lth \_f \_xt\_nd\_d sp\_lls \_f v\_d\_\_-  
c\_nf\_r\_nc\_ng. R\_s\_\_rch\_r \_nd c\_mmm\_n\_c\_t\_\_ns \_xp\_rt  
J\_r\_my B\_\_l\_ns\_n d\_bb\_d th\_ ph\_n\_m\_n\_n "Z\_\_m  
f\_t\_g\_\_," b\_t \_ckn\_wl\_dg\_d th\_ c\_nd\_t\_\_n \_s n\_t  
r\_str\_ct\_d t\_ j\_st th\_t pl\_tf\_rm. \_n th\_ p\_st y\_\_r,  
m\_st \_f \_s h\_v\_ sp\_nt \_xt\_nd\_d p\_r\_\_ds \_f t\_m\_  
\_nl\_n\_ \_s\_ng \_n \_rr\_y \_f v\_d\_\_-c\_nf\_r\_nc\_ng pl\_tf\_rms.  
Th\_ c\_r\_n\_v\_r\_s p\_nd\_m\_c h\_s m\_\_nt t\_\_ls l\_k\_ Z\_\_m,  
F\_c\_T\_m\_, Skyp\_ \_nd G\_\_gl\_ H\_ng\_\_ts h\_v\_ b\_\_n th\_  
\_nly w\_y w\_ h\_v\_ b\_\_n \_bl\_ t\_ s\_\_ \_nd ch\_t t\_ l\_v\_d  
\_n\_s. M\_ny c\_m\_p\_n\_\_s h\_v\_ r\_l\_\_d h\_\_v\_ly \_n v\_d\_\_-  
c\_nf\_r\_nc\_ng f\_r m\_\_t\_ngs, \_nd \_d\_c\_t\_rs h\_v\_ \_s\_d  
th\_m t\_ t\_\_ch th\_\_r l\_ss\_ns \_nl\_n\_.

Mr B\_\_l\_ns\_n \_\_tl\_n\_d s\_v\_r\_l f\_ct\_rs th\_t m\_k\_  
v\_d\_\_-c\_nf\_r\_nc\_ng s\_ f\_t\_g\_\_-nd\_c\_ng. H\_ s\_\_d \_t \_s  
n\_t j\_st t\_r\_dn\_ss \_nd \_y\_-str\_\_n fr\_m st\_r\_ng \_t \_  
c\_m\_p\_t\_r scr\_\_n f\_r h\_\_rs \_nd h\_\_rs. \_t \_s \_ls\_  
br\_\_ght \_b\_\_t by "c\_gn\_t\_v\_ \_v\_rl\_\_d" \_nd f\_\_l\_ng  
pr\_ss\_r\_ t\_ b\_ p\_rp\_t\_\_lly sw\_tch\_d \_n. W\_ c\_nst\_ntly  
f\_\_l w\_ n\_\_d t\_ b\_ \_n t\_\_ch w\_th fr\_\_nds \_r  
\_v\_\_l\_bl\_ f\_r b\_ss\_s, c\_st\_m\_rs \_r st\_d\_nts. B\_\_l\_ns\_n  
c\_\_t\_\_n\_d th\_s l\_\_ds t\_ b\_rn\_\_t \_nd str\_ss \_nd c\_n  
h\_\_ght\_n y\_\_r ch\_nc\_ \_f d\_v\_l\_p\_ng m\_d\_r\_t\_ t\_  
s\_v\_r\_ d\_pr\_ss\_\_n. H\_ s\_\_d th\_s \_nx\_\_ty c\_n \_dv\_rs\_ly  
\_ff\_ct y\_\_r s\_lf-c\_nf\_d\_nc\_. Th\_s \_s b\_c\_\_s\_ \_f th\_  
l\_rg\_ n\_mb\_r \_f f\_c\_s st\_r\_ng \_t y\_\_ \_n m\_\_t\_ngs.  
B\_\_l\_ns\_n l\_k\_ns th\_s t\_ th\_ str\_ss\_s \_f p\_bl\_c  
sp\_\_k\_ng.

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

a new study from stanford university has investigated the effects on our health of extended spells of videoconferencing researcher and communications expert jeremy bailenson dubbed the phenomenon zoom fatigue but acknowledged the condition is not restricted to just that platform in the past year most of us have spent extended periods of time online using an array of videoconferencing platforms the coronavirus pandemic has meant tools like zoom facetime skype and google hangouts have been the only way we have been able to see and chat to loved ones many companies have relied heavily on videoconferencing for meetings and educators have used them to teach their lessons online

mr bailenson outlined several factors that make videoconferencing so fatigueinducing he said it is not just tiredness and eyestrain from staring at a computer screen for hours and hours it is also brought about by cognitive overload and feeling pressure to be perpetually switched on we constantly feel we need to be in touch with friends or available for bosses customers or students bailenson cautioned this leads to burnout and stress and can heighten your chance of developing moderate to severe depression he said this anxiety can adversely affect your selfconfidence this is because of the large number of faces staring at you in meetings bailenson likens this to the stresses of public speaking

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2102/210227-video-conferencing.html>

A new study from Stanford University has investigated the effects on our health of extended periods of video-conferencing. Researcher and communication expert Jeremy Bailenson dubbed the phenomenon "Zoom fatigue," but acknowledged the condition is not restricted to just that platform. In the past year, most of us have spent extended periods of time online using an array of video-conferencing platforms. The coronavirus pandemic has meant tools like Zoom, FaceTime, Skype and Google Hangouts have been the only way we have been able to see and chat to loved ones. Many companies have relied heavily on video-conferencing for meetings, and educators have used them to teach their lessons online. Mr Bailenson outlined several factors that make video-conferencing so fatigue-inducing. He said it is not just tiredness and eye-strain from staring at a computer screen for hours and hours. It is also brought about by "cognitive overload" and feeling pressure to be perpetually switched on. We constantly feel we need to be in touch with friends or available for bosses, customers or students. Bailenson cautioned this leads to burnout and stress and can heighten your chance of developing moderate to severe depression. He said this anxiety can adversely affect your self-confidence. This is because of the large number of faces staring at you in meetings. Bailenson likened this to the stresses of public speaking.







# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

**3. VIDEO-CONFERRING:** Make a poster about video-conferencing. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. ONLINE TRAINING:** Write a magazine article about schools providing for students to effectively use video-conferencing. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to an expert on video-conferencing. Ask him/her three questions about it. Give him/her three of your opinions on it. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## VOCABULARY (p.4)

1. c    2. d    3. a    4. e    5. f    6. b    7. g  
8. i    9. l    10. n    11. j    12. h    13. k    14. m

## TRUE / FALSE (p.5)

- a F    b T    c F    d F    e F    f T    g T    h T

## SYNONYM MATCH (p.5)

1. e	2. i	3. b	4. g	5. j
6. a	7. d	8. f	9. c	10. h

## COMPREHENSION QUESTIONS (p.9)

1. Stanford University
2. Zoom fatigue
3. Online
4. Loved ones
5. Companies
6. Several
7. Cognitive overload
8. Switched on
9. Moderate to severe depression
10. Public speaking

## WORDS IN THE RIGHT ORDER (p.20)

1. The effects on our health of extended spells.
2. The condition isn't restricted to just that platform.
3. Most of us spent extended periods of time.
4. Many companies have relied heavily on video-conferencing.
5. Educators have used them to teach their lessons.
6. Several factors that make video-conferencing so fatigue-inducing.
7. It is also brought about by cognitive overload.
8. We constantly feel we must be in touch.
9. The large number of faces staring at you.
10. Bailenson likens this to stresses of public speaking.

## MULTIPLE CHOICE - QUIZ (p.10)

1. b    2. c    3. d    4. b    5. a    6. a    7. d    8. c    9. d    10. b

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)