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Level 5 – 27th February, 2021

Scientists explain video-conferencing fatigue

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2102/210227-video-conferencing-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-5.html>

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

There are many factors why video-conferencing induces fatigue. It is not just tiredness and strained eyes from staring at computer screens for hours. It also comes from "cognitive overload" and feeling pressure to be perpetually online. We feel we must always be available for family, friends, bosses, customers or students. This can lead to burnout and stress and can heighten the chance of getting moderate to severe depression. This anxiety can adversely affect self-confidence. The large number of faces staring at you in online meetings is like the stress 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>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-5.html>

PARAGRAPH ONE:

- | | |
|--------------------------------------|----------------------|
| 1. investigated the effects | a. to teach online |
| 2. Bailenson dubbed the phenomenon | b. heavily on Zoom |
| 3. it is not restricted to just that | c. platforms |
| 4. most of us have spent lots | d. on our health |
| 5. an array of video-conferencing | e. platform |
| 6. the only way we have been able | f. of time online |
| 7. companies have relied | g. Zoom fatigue |
| 8. educators have used it | h. to see loved ones |

PARAGRAPH TWO:

- | | |
|---------------------------------------|---------------------------|
| 1. factors why video-conferencing | a. severe depression |
| 2. tiredness and strained | b. at you |
| 3. feeling pressure to be perpetually | c. and stress |
| 4. This can lead to burnout | d. speaking |
| 5. the chance of getting moderate to | e. online |
| 6. This anxiety can adversely | f. induces fatigue |
| 7. The large number of faces staring | g. affect self-confidence |
| 8. the stress of public | h. eyes |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-5.html>

A new study has investigated (1) _____ our health of long spells of video-conferencing. Communications expert Jeremy Bailenson (2) _____ "Zoom fatigue," but acknowledged it is (3) _____ just that platform. In the past year, most of us have spent lots of time online using (4) _____ video-conferencing platforms. The coronavirus pandemic has (5) _____ Zoom, Skype and Google Hangouts have been the only way we have been able to see loved ones. Many companies have (6) _____ Zoom for meetings, and educators have used it to teach online.

There are (7) _____ video-conferencing induces fatigue. It is not just tiredness and (8) _____ staring at computer screens for hours. It also comes from "cognitive overload" and feeling pressure (9) _____ online. We feel we must always be available for family, friends, bosses, customers or students. This can (10) _____ and stress and can heighten the chance of getting moderate to severe depression. This (11) _____ affect self-confidence. The large number of faces staring at you in online meetings is like the (12) _____ speaking.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-5.html>

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VIDEO-CONFERENCING SURVEY

From <https://breakingnewsenglish.com/2102/210227-video-conferencing-4.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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

