

**PART ONE: READING AND INTERPRETING (15 pts)**

*Read the text and do the activities.*

We all enjoy the benefits of the Internet, and for many of us it is also an indispensable tool for work, education, and communication. While time spent on the Internet can be hugely productive, for some people compulsive Internet use can interfere with daily life, work, and relationships. When you feel more comfortable with your online friends than your real ones, or you can't stop yourself from playing games, gambling, or compulsively surfing, even when it has negative consequences in your life, then you may be using the Internet too much. Learn about the signs and symptoms of Internet domination from which you can get balance back in your online life.

The Internet provides a constant, ever-changing source of information and entertainment, and can be accessed from most smart phones as well as tablets, laptops, and computers. Email, sites, social networks, and message boards allow for both public and anonymous communication about any topic. Each person's Internet use is different. You might need to use the Internet extensively for your work, for example, or you might rely heavily on social networking sites to keep in touch with faraway family and friends. Spending a lot of time online only becomes a problem when it absorbs too much of your time, causing you to neglect your relationships, your work, school, or other important things in your life. If you keep repeating compulsive Internet behaviour despite the negative consequences in your offline life, then it's time to strike a new balance.

Since Internet is relatively new, it can be hard to find a real-life support group dedicated to the issue like Alcoholics Anonymous or Gamblers Anonymous. If that is a simultaneous problem for you, however, attending groups can help you work through your alcohol or gambling problems as well. There may also be groups where you can work on social and coping skills, such as for anxiety or depression. There are some Internet addiction support groups on the Internet. However, these should be used with caution. Although they may be helpful in orienting you and pointing you in the right direction, you need real-life people to best benefit from group support.

**A)- Comprehension / Interpretation (08)**

1. Say whether the following statements are true or false.

- The Internet can affect daily life.
- We can receive messages from unknown sources on the net.
- Internet addiction can't cause stress.
- People's uses of the internet are very similar.

2. Answer the following questions according to the text.

- In which case can Internet users be addicted to the virtual world?
- What are the main fields in which the Internet can be useful?
- Through which devices can we get online?
- Why it is difficult to get offline support for Internet addiction victims?

3.

- In which paragraph the causes of Internet addiction are mentioned?
- In which paragraph the consequences of internet addiction are mentioned?

4. Choose the best general idea for the text.

- Evaluating the Internet use
- Internet's virtual world causes and consequences
- Advantages and disadvantages of the net.

5. Who or what do the underlined words refer to in the text?

- Which ( § 1 )
- It ( § 2 )
- These ( § 3 )
- it ( § 1 )

