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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

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