

Name: _____ Date: _____

Finding and Using Text Evidence

Directions: Read “Are Phones Making Us Zombies?” Then complete the activity below.

1. Imagine that you are writing a paragraph explaining why teens are more at risk of developing a phone addiction than adults are.

A. Which of the following would be the BEST topic sentence for your paragraph?

- Ⓐ Teens are more at risk of developing a phone addiction because they don’t get enough sleep.
- Ⓑ Teens are more at risk of developing a phone addiction because their brains are still developing.
- Ⓒ Nearly half of teens report being online “almost constantly,” according to a Pew Research Center study.

B. Which information from the article BEST supports the sentence you chose in part A?

- Ⓐ “According to a 2016 Common Sense Media survey, 50 percent of kids and teens feel addicted to their mobile devices.” (p. 21)
- Ⓑ “Teens need about nine hours of sleep each night to stay healthy . . . 43 percent of teens are getting fewer than seven hours.” (p. 22)
- Ⓒ “The parts of your brain that control pleasure and emotion are more developed than the parts that control logic and reasoning. This affects your decision-making . . .” (p. 22)

C. Which of the following BEST explains why the text evidence you chose in part B is relevant?

- Ⓐ It shows that many teenagers are getting less sleep than they need.
- Ⓑ It shows how many teens feel addicted to their phones.
- Ⓒ It shows how teen brains are still developing and how this difference in development affects teens.

2. Choose the piece of text evidence that BEST supports the statement below. Then complete the sentence to explain your choice.

Spending too much time on your phone can be harmful.

- Ⓐ “You actually *feel* your phone vibrating in your pocket, even though it isn’t there.” (p. 21)
- Ⓑ “So constantly checking your phone means not only that you may never reach the level of deep thought you’re capable of, but also that it will take you longer to get things done.” (p. 22)
- Ⓒ “Over time, the association your brain makes between your smartphone and good feelings can become so strong that those buzzes and dings become impossible to resist.” (p. 21)

I chose ____ because _____

3. A. Choose the TWO pieces of text evidence that BEST support the statement below.

The brain plays a role in smartphone addiction.

- Ⓐ “In fact, app makers *want* you to get hooked on their products.” (p. 23)
- Ⓑ “But because your brain is hyper-focused on seeking out pleasurable experiences, the lure of your device can overpower everything else.” (p. 22)
- Ⓒ “All those anxious thoughts about everything you’re missing out on—the posts, the likes, the snaps—can be just as distracting as your phone itself.” (p. 22)
- Ⓓ “Your brain likes this rush of dopamine and wants to re-create it again and again, so you check your phone again and again.” (p. 21)
- Ⓔ “But now, even leaders in the tech industry admit that their products can be harmful when used excessively.” (p. 23)

B. Select one piece of INCORRECT evidence from above and explain why it does NOT support the statement.

Evidence ____ does not support the statement because _____

4. Choose the paragraph that correctly uses text evidence from the article in the form of a direct quotation.

- Ⓐ Smartphones can make it impossible to concentrate. It takes your brain about 23 minutes to achieve the state of concentration you need to write an essay or read a novel (22). But every time you check your phone, writes Carro, your brain is pulled out of its state of concentration. In other words, constantly looking at your phone prevents your brain from fully focusing on a task.
- Ⓑ Smartphones can make it impossible to concentrate. In the article “Are Phones Making Us Zombies?” author Mackenzie Carro writes, “It takes your brain about 23 minutes to achieve the state of concentration you need to write an essay or read a novel” (22). But every time you check your phone, writes Carro, “your brain is pulled out of its state of concentration” (22). In other words, constantly looking at your phone prevents your brain from fully focusing on a task.
- Ⓒ Smartphones can make it impossible to concentrate. In the article “Are Phones Making Us Zombies?,” author Mackenzie Carro explains that it takes about 23 minutes for our brains to achieve the state of concentration that’s needed to do something like write an essay, but every time we check our phones, our brains get pulled out of this state (22).

Explain why the two answers you did NOT choose are incorrect: _____

5. Choose the paragraph that correctly uses text evidence from the article in the form of a paraphrase.

- Ⓐ There are ways to combat smartphone addiction. In Mackenzie Carro’s article “Are Phones Making Us Zombies?,” psychologist Larry Rosen suggests taking technology breaks from your phone. As time goes on, he says, you will be able to take longer and longer breaks without feeling anxious (23). In other words, taking periodic breaks from your phone can help you start to feel less addicted to it.
- Ⓑ There are ways to combat smartphone addiction. In the article “Are Phones Making Us Zombies?,” author Mackenzie Carro writes, “Rosen also recommends taking technology breaks. . . . As time goes on, you’ll find that you can take longer breaks without fear of missing out” (23).
- Ⓒ There are ways to combat smartphone addiction. Psychologist Larry Rosen suggests taking technology breaks from your phone. As time goes on, he says, you will be able to take longer and longer breaks without feeling anxious (23).

Explain why the two answers you did NOT choose are incorrect: _____

6. Now it's your turn. Write a paragraph explaining why smartphone users should take technology breaks. Your paragraph should include:

- **a topic sentence**
- **at least one piece of text evidence in the form of a paraphrase or a direct quotation**
- **a sentence that states how that evidence supports your central idea**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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Finding Text Evidence

Directions: Read “Are Phones Making Us Zombies?” Then complete the activity below.

1. Choose the TWO pieces of text evidence from the article that best support the statement below.

STATEMENT:

The brain plays a role in smartphone addiction.

- Ⓐ “All those anxious thoughts about everything you’re missing out on—the posts, the likes, the snaps—can be just as distracting as your phone itself.” (p. 22)
- Ⓑ “Your brain likes this rush of dopamine and wants to re-create it again and again, so you check your phone again and again.” (p. 21)
- Ⓒ “But now, even leaders in the tech industry admit that their products can be harmful when used excessively.” (p. 23)
- Ⓓ “But because your brain is hyper-focused on seeking out pleasurable experiences, the lure of your device can overpower everything else.” (p. 22)

2. Choose the ONE piece of text evidence that best supports the statement below. Then complete the sentence to explain your choice.

STATEMENT:

Teens are at greater risk than adults of developing smartphone addiction.

- Ⓐ “In fact, app makers *want* you to get hooked on their products.” (p. 23)
- Ⓑ “Teens need about nine hours of sleep each night to stay healthy. According to a study conducted by psychologist Jean Twenge, 43 percent of teens are getting fewer than seven hours.” (p. 22)
- Ⓒ “For you, the risk of developing this kind of obsessive relationship with your phone is higher than it is for an adult because your brain is still developing.” (p. 22)

I chose ____ because _____

3. Read the lines below from the article. Then write a statement that they all support.

STATEMENT:

- Ⓐ “. . . experts do believe [smartphone addiction] is a serious problem that wreaks havoc on our bodies and minds—making us distracted, tired, anxious, and unhappy.” (p. 21)
 - Ⓑ “Many experts, including Twenge herself, are certain that smartphones are a big factor in this sleep deprivation.” (p. 22)
 - Ⓒ “So constantly checking your phone means not only that you may never reach the level of deep thought you’re capable of, but also that it will take you longer to get things done.” (p. 22)
-

4. Below are a statement and two pieces of supporting evidence. Find one more piece of supporting evidence from the article and write it on the lines below.

STATEMENT:

There are ways to develop a healthier relationship with your phone.

- Ⓐ “First, says Rosen, stop using your phone at least an hour before you go to bed at night.” (p. 23)
- Ⓑ “Rosen also recommends taking technology breaks.” (p. 23)
- Ⓒ _____

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Exploring Text Structures

"Text structure" is the term for how an author organizes information. Authors use different text structures to achieve different purposes, and one piece of writing often has multiple text structures.

Directions: Common text structures are listed in the boxes on the right. Use the information in these boxes to help you answer the questions below about the text structures in "Are Phones Making Us Zombies?"

1. The first section of "Are Phones Making Us Zombies?" uses description. What is the author describing?

2. A. Underline the text structure used in the first paragraph of the section "Warning Signs."

sequence of events

compare and contrast

- B. Explain how you know, using evidence from the text.

Description or List

Includes details to help you picture or get to know a person, a place, a thing, or an idea

Cause and Effect

Explains *why* something happened (cause) and *what* happened as a result (effect)

Problem and Solution

Presents a problem and explains how it is solved

Compare and Contrast

Presents the similarities and/or differences between two items, such as a pair of events, time periods, ideas, or places

Sequence of Events

Describes events in the order in which they happen (also called chronological order)

3. In the section "So Sleepy," the author uses a cause-and-effect structure to explain how phones can affect your sleep. Read the following cause. Explain its effect on the lines provided.

Cause: Phones emit a certain type of light that makes it hard for you to fall asleep.

Effect: _____

4. A. Which text structure does the author use in the sections "Setting Limits" and "Phone-Free Time"?

B. Explain how you know, using evidence from the text.

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PSA Prep

Directions: Read "Are Phones Making Us Zombies?" and "Should Your Parents Control Your Phone?" Then use this activity to help you plan your public service announcement (PSA).

The Basics

Read this information to be sure you understand your goal.

First things first: What is a PSA?

A PSA is like a commercial, but it is not created to sell a product. Instead, it's designed to inform and educate the public about an important issue. Like regular commercials, PSAs can take many forms—videos that appear on TV or online, magazine ads, or posters that are displayed in public places like train stations, for example.

OK, got it. So what is *my* PSA for?

Here's what it says on page 25 of *Scope*:
Make a public service announcement (PSA) about the dangers of smartphone addiction and how kids can have a healthy relationship with their devices. Your PSA can be a short video, a poster, or a slideshow.

The Information

Use this section to gather the information you will include in your PSA. Jot down details from the two articles. You do not need to write in complete sentences.

Dangers of smartphone addiction

How kids can have a healthy relationship with their phones:

The Plan

Now that you've noted the information you want to include, think about how you will present that information.

The first thing to decide is who your audience is—who your PSA is aimed at.

The audience for my PSA is _____.

Next check one of the boxes below to show the format you will use:

I am going to make my PSA in the form of a

☐ **short video** ☐ **poster** ☐ **slideshow**

Now think about the tone of your PSA. For example, it could be humorous, helpful, frightening, or serious. Think about what tone will be most successful with your audience. Write your ideas here:

The Concept

It's time to brainstorm ideas for your concept. In the box for the format you will be using, jot down your ideas.

VIDEO

Will there be people? Text and images? A story? What about music? How will you get across the information you want viewers to know?

POSTER

Will there be one main image, and if so, what will it be? What colors will you use? How much information can you include without your poster looking too crowded?

SLIDESHOW

How many slides will you use? What sort of art will you include? In what order will you present the information?

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Close-Reading Questions

"Are Phones Making Us Zombies?"

- 1.** In much of this article, author Mackenzie Carro uses the second-person point of view: the pronoun you. Why might Carro have chosen to do this? (author's craft)
- 2.** In your own words, explain what causes kids and teens to become addicted to their phones. (key ideas)
- 3.** According to the article, why is being addicted to your phone a problem? (key ideas)

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Close-Reading Questions

"Should Your Parents Control Your Phone?"

1. Carro writes, “Parent-operated controls could lead to frustration and arguments, and at the end of the day, they might not make you any less addicted to your phone.” Explain what she means. (inference)
2. What attitude or opinion does Carro express about parents using Screen Time and similar tools to control their kids’ phone usage? How do you know? (tone)

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Critical-Thinking Questions

"Are Phones Making Us Zombies?" and "Should Your Parents Control Your Phone?"

1. Based on the warning signs of phone addiction listed in the article, do you think YOU are addicted to your phone? Explain.
2. What is your reaction to the five ways to beat smartphone addiction sidebar on page 23? Do these strategies sound doable? Explain.
3. Is it ethical for phone and app developers to create products that are addictive? Why or why not?

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Paired Texts Quiz

Directions: Read “Are Our Phones Making Us Zombies?” and “Should Your Parents Control Your Cell Phone?” Then answer the questions below.

- Which of the following expresses a central idea of the article “Are Our Phones Making Us Zombies?”
 - Smartphones make our lives easier in many ways.
 - Many kids in America are not getting enough sleep.
 - Advertisers pay app makers to display their ads.
 - Our relationships with smartphones can have harmful effects on our bodies and minds.
- Reread the final paragraph on page 21. Which of the following is the best definition of *association* as it is used in that paragraph?
 - an organized group of people who have the same interest, job, etc.
 - a relationship between friends
 - a mental connection between ideas or things
 - the action of organizing something
- When discussing smartphone addiction on page 21, Mackenzie Carro writes that “kids like you are most at risk.” Which section helps readers understand why?
 - “So Sleepy”
 - “The Problem”
 - “Warning Signs”
 - “State of Connection”
- On page 25 in “Should Your Parents Control Your Cell Phone?,” Carro quotes a teen who says, “I think that relying on an app to limit the time I spend on my phone is counterintuitive.” He means that relying on an app to manage his phone time is
 - useless.
 - against common sense.
 - helpful.
 - reasonable.
- Carro likely wrote both articles to
 - persuade readers to use Screen Time.
 - raise awareness about a growing problem in America.
 - entertain readers with a funny story about forgetting your phone at home.
 - teach readers about brain development.
- Both articles support all of the following ideas EXCEPT which?
 - Parents and medical experts are concerned about the effects of smartphones on kids.
 - Managing our screen time can help us lead healthier, more productive lives.
 - App makers are doing all they can to help solve the problem of smartphone addiction.
 - Smartphones can affect our lives in positive ways.

Constructed-Response Questions

Directions: Write your answer to each question in a well-organized response.

- On page 21, Carro writes that smartphone addiction “wreaks havoc on our bodies and minds.” Describe two ways smartphone addiction can wreak havoc on us. Use text evidence to support your answer.
- An old proverb says “Moderation in all things.” What does this proverb mean? How does it apply to Carro’s ideas about smartphone use? Support your answer with text evidence from both articles.

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Paired Texts Quiz

Directions: Read “Are Our Phones Making Us Zombies?” and “Should Your Parents Control Your Phone?” Then answer the questions below.

- Which of the following expresses a central idea of the section “The Problem” on page 21?
 - Gambling can be addictive.
 - The first iPhone was released in 2007.
 - Smartphones allow people to listen to music anywhere.
 - The release of a chemical in the brain can contribute to phone addiction.
- Reread the final paragraph on page 21. Context clues reveal that *association* most closely means
 - separation.
 - feeling.
 - link.
 - friendship.
- When discussing smartphone addiction on page 21, Mackenzie Carro writes that “kids like you are most at risk.” Which section helps readers understand why?
 - “So Sleepy”
 - “The Problem”
 - “Warning Signs”
 - “State of Connection”
- On page 25 in “Should Your Parents Control Your Phone?,” Carro quotes a teen who says, “I think that relying on an app to limit the time I spend on my phone is counterintuitive.” He means that relying on an app to manage his phone time is
 - useless.
 - against common sense.
 - helpful.
 - reasonable.
- Carro likely wrote the article “Should Your Parents Control Your Phone?” to
 - persuade readers to use the Screen Time tools.
 - get readers to consider whether digital tools are the best way to manage screen time.
 - entertain readers with stories about watching YouTube videos.
 - teach readers about the developing brain.
- Both articles support the idea that
 - smartphones affect performance at school.
 - app makers are doing all they can to solve the problem of phone addiction.
 - taking breaks from your phone can be a good thing.
 - smartphones affect us only in negative ways.

Constructed-Response Questions



Directions: Write your answer to each question in a well-organized paragraph.

- On page 21, Carro writes that smartphone addiction “wreaks havoc on our bodies and minds.” Describe one way smartphone addiction can wreak havoc on us. Use text evidence to support your answer.
- To do something in moderation is to do it within reasonable limits or without excess. How can using smartphones in moderation be good for us? Support your answer with text evidence from both articles.

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Go to Scope
Online to listen
to the words
and definitions
read aloud!

Paired Texts Vocabulary

"Are Phones Making Us Zombies?"

- 1. compulsion (kuhm-PUHL-shuhn)** *noun*; The verb *compel* (kuhm-PEL) means "to force to do something." Hunger compels you to eat. Illness compels you to stay in bed.

A compulsion is something you feel compelled to do: a strong desire or constant urge to do something, even if it is unreasonable or you want to stop doing it. You might feel a compulsion to constantly check your hair in the mirror, to share a secret, or to order an ice cream sundae for dessert even though you're completely stuffed from dinner.

- 2. deprivation (dep-ruh-VEY-shuhn)** *noun*; The verb *deprive* means "to take something away from" or "to keep from having." If your smartphone breaks, you may be deprived of contact with your friends for a while.

Deprivation is the state of being deprived—of not having something that is needed. If you're suffering from sleep deprivation, you haven't slept in a long time or you're not getting enough sleep each night.

- 3. rummage (RUHM-ij)** *verb*; To rummage is to search for something you want in a disorderly or hurried way—you're moving things around, turning things over, or quickly looking through the contents of a place or container. You might have to rummage through a big pile of stuff at the bottom of your closet to find your other sneaker.

- 4. wreak havoc (reek HAV-uhk)** *expression*; To wreak is to cause something harmful or damaging. Havoc is destruction, confusion, or disorder. The expression *wreak havoc* is used when someone or something causes a lot of trouble or damage. A blizzard might wreak havoc on the highways by making the roads dangerously icy and snowy. A rabbit might wreak havoc in your vegetable garden by eating everything you're growing.

- 5. vulnerable (VUHL-ner-uh-buhl)** *adjective*; Something that is vulnerable can be easily harmed, either physically or emotionally. You might feel vulnerable in a new place. Baby birds are vulnerable without the protection of their mother.

"Should Your Parents Control Your Phone?"

6. innovator (IN-uh-vey-tur) *noun*; The verb *innovate* (IN-uh-veyt) means "to create new ideas or ways of doing things." An innovator is a person who innovates; he or she does things differently than they've been done before. Steve Jobs, a founder of Apple Inc., was an innovator in his field.

Directions: Below and on the back of this page, list any other words from the articles whose definitions you are not sure about. For each word, use context clues to try to figure out the meaning. Then look up the word in a few different dictionaries. Discuss the meaning of the word with your teacher or another adult. Then write a definition for the word and one example sentence.

Paired Texts Vocabulary Practice

Directions: Answer each question below.

1. The musician Bruno Mars is a pop innovator. Describe how his music compares with that of other artists.

2. Kara's 3-year-old sister, Harper, wreaked havoc in Kara's bedroom. Describe what Harper did.

3. Your dad just got a new cell phone. What is one thing he can do to make it less vulnerable to damage?

Directions: Choose the word or phrase that is most similar in meaning to each word in bold.

4. **innovator**

- Ⓐ trailblazer Ⓑ imitator

6. **rummage**

- Ⓐ find Ⓑ search

5. **vulnerable**

- Ⓐ defenseless Ⓑ protected

7. **deprivation**

- Ⓐ lacking Ⓑ having plenty

Directions: In each pair of boldfaced words, underline the word that best completes the sentence.

8. The rainy weather **wreaked havoc on/rummaged** our school's field day plans.
9. Mia knew her package wouldn't arrive for another two weeks, but she felt the **compulsion/innovator** to check the mailbox for it every single day.
10. My sister **rummaged/wreaked havoc** through her bag to find a pen for me to borrow.
11. After our two-week vacation, the plant I gave my mom is now all shriveled up; I think it must be suffering from water **compulsion/deprivation**.

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Video Discussion Questions

"Beyond the Story: How Did We Stay In Touch Before Smartphones?"

1. Rewatch the segment of the video about letter writing (:55-1:52). Considering what you've read in "Are Smartphones Making Us Zombies?" how might living in a time where letter writing was the only form of communication have been beneficial for people? How could it have been challenging?
2. At 3:03, the narration says, "But not everyone is a fan. Some people worry that using the telephone will make people rude and relationships shallow. They say that communicating should be done in person." Consider some of the fears that people have about smartphones today. How do these fears about smartphones compare to the fears that people had about telephones in the 1900s?
3. At 4:32, the narration says, "By 2004, more people in the U.S. have cell phones than telephones." How was the cell phone able to become this popular in America? (Hint: Think about how the cell phone changed from the 1980s to 2000s.)

Note: *Scope* does not accept Google Docs. If you are e-mailing your entry, please send a .pdf or .doc file.

Phone Contest

Make a public service announcement (PSA) about the dangers of smartphone addiction and how kids can have a healthy relationship with their devices. Your PSA can be a short video, a poster, or a slideshow. Five winners will get *You Go First* by Erin Entrada Kelly.

Entries will be judged on:

- ⇒ use of information from both texts
- ⇒ grammar, spelling, and punctuation
- ⇒ clarity and good organization
- ⇒ creativity

My name: _____

My home phone number: _____ My grade: _____

My teacher's name: _____ My teacher's e-mail: _____

School name: _____

School address: _____

City: _____ State: _____ ZIP: _____

School phone number: _____

My parent or legal guardian consents to my participation in this contest.

Parent's or legal guardian's signature: _____

Include this form with your written entry and send both to: scopemag@scholastic.com
or mail them to: Phone Contest, c/o *Scope*, P.O. Box 712, New York, NY 10013-0712

ENTRIES MUST BE RECEIVED BY November 15, 2018!