

CCT QUESTIONS FOR CLASS XI

FOMO

Everybody knows how important it is for students to get a good night's sleep every night. You aren't able to do your best and keep up with all of your responsibilities unless you sleep well. I'm sure you already know that you should go to bed at a reasonable hour. Most experts agree that the optimum number of hours is eight, and this has been accepted as common sense for as long as I can remember. However, I was young once and I know that most of you get much less sleep than that – and in some cases it will be affecting your schoolwork.

I read an interesting article in a teachers' magazine recently. They did a study of 848 students in Wales. Worryingly, the results showed that teenagers are facing a new problem. They may go to bed and get up at appropriate times but a growing number are waking up in the middle of the night, not to use the bathroom or have a snack but because of a new phenomenon: FOMO – fear of missing out!

According to the article, schoolchildren are suffering because of a growing trend to wake up during the night to check social media. Afraid of missing a comment or opportunity to take part in a chat, teenagers are waking at all times of the night, going online and getting involved. All this when they should be sound asleep.

Experts are worried about this growing trend and the report reveals some worrying statistics that I'd like to share with you:

23% of 12 to 15-year-olds wake up nearly every night to use social media. Another 15% wake up at night once a week for the same reason.

One in three students are constantly tired and unable to function to their full capacity.

Students who use social media during the night are more likely to suffer from depression and anxiety.

So, I'd like to ask you to be responsible when it comes to social media. Be brave! Switch off your devices at night. The world won't end and your social media will be waiting to greet you in the morning! I give you my word that you won't have missed anything important.

1. The writer is worried about
 - a. the opinion of experts regarding sleep
 - b. what his colleagues told him
 - c. what he read in the press
 - d. what he has seen around him
2. Which among these is not true according to the passage.
 - a. students who are frequent users of social media suffer from depression
 - b. the onus of using the social media should not be on students
 - c. there is a rising tendency among school children to wake up at night to check social media

- d. at least a quarter of the children wake up every night to use social media
3. Fear of missing out is
- a. a fear of missing out opportunities for interaction on social media
 - b. Fear of spending more time unnecessarily
 - c. anxiety and irrational fear
 - d. worrying about ones loneliness
4. Why does the author want the students to be brave?
- a. so that they can face the challenges of life
 - b. being brave will make them confident
 - c. being brave will give them opportunities to mingle with others
 - d. so that the students can resist the temptations posed by social media

Answers

- 1. C
- 2. B
- 3. A
- 4. D