

ENGLISH			TRANSLATION
at stake	matter
attention	neat
awesome	matter
compulsive	neat
consolidation	matter
contemplative	neat
critically	pay attention
distraction	perpetual
divide	predator
environment	prehistoric
eroded	reward
glance at	shame
Instant	short-changing
issue	superficial
knowledge	unplug
long-term	violent

1. What the Internet is Doing to Our Brains

1. You get an _____ message with a link to a funny photo which of course you have to share Facebook sends you.
2. Now you're reading about the _____ behaviour of panda bears.
3. The net is making us more _____ .
4. We need to go way back in time to the _____ age.
5. The more you knew about your surroundings the less likely you were to get attacked by a _____.
6. Our brains release some dopamine pleasure producing neurotransmitter chemical to _____ us for seeking out and finding new information.
7. Nowadays predators aren't much of an _____ but we still have the same brains.
8. The internet is incredibly information rich _____ .
9. This tends to promote a sort of _____ behaviour.
10. We're constantly checking our smartphone and constantly _____ our email inbox.
11. We're kind of living in this _____ state of distraction.
12. This is dangerous because that mode of thinking crowds out the more _____ of calmer modes of thinking.
13. Memory _____ means the transfer of information from our short-term working memory to our long-term memory.
14. It's through moving information from your working memory to your _____ memory that you create connections between that information.

15. You've got this _____ life-changing piece of information in your short-term memory but then you hear the email ding.
16. Poof, there it goes. That email takes place and you never get a chance to learn anything at all because of one _____ .
17. The _____ is the key to learn effectively.
18. If we lose control of our attention or are constantly _____ our attention, then we don't really enjoy that consolidation process.
19. What does learning _____ if all the information in the world is just a Google search away.
20. Well, that is kind of _____ our intellects.
21. If that's the way you're using your mind, searching very quickly and finding information and then forgetting it very quickly, then you're never building _____ .
22. Simply you're thinking like a computer which means that our very humanity is _____ .
23. It would be a shame if we all got assimilated because humanity is pretty _____ .
24. I really believe that if you look at the great monuments of culture they come from people who are able to _____ and control their mind.
25. That's what allows us to think in the highest terms and like thinking conceptually and _____ .
26. This is kind of thinking that's at risk being _____ by one cute cat video at a time.
27. The best thing we can do for our minds is to find some time every day to _____ , calm down and focus on one thing at a time.

Source: <https://www.youtube.com/watch?v=cKaWJ72x1rl>

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ANSWERS:

1. You get an instant message with a link to a funny photo which of course you have to share Facebook sends you.
2. Now you're reading about the violent behaviour of panda bears.
3. The net is making us more superficial.
4. We need to go way back in time to the prehistoric age.
5. The more you knew about your surroundings the less likely you were to get attacked by a predator.
6. Our brains release some dopamine pleasure producing neurotransmitter chemical to reward us for seeking out and finding new information.
7. Nowadays predators aren't much of an issue but we still have the same brains.
8. The internet is incredibly information rich environment.
9. This tends to promote a sort of compulsive behaviour.
10. We're constantly checking our smartphone and constantly glancing at our email inbox.
11. We're kind of living in this perpetual state of distraction.
12. This is dangerous because that mode of thinking crowds out the more contemplative of calmer modes of thinking.
13. Memory consolidation means the transfer of information from our short-term working memory to our long-term memory.
14. It's through moving information from your working memory to your long-term memory that you create connections between that information.
15. You've got this awesome life-changing piece of information in your short-term memory but then you hear the email ding.
16. Poof, there it goes. That email takes place and you never get a chance to learn anything at all because of one distraction.
17. The attention is the key to learn effectively.
18. If we lose control of our attention or are constantly dividing our attention, then we don't really enjoy that consolidation process.
19. What does learning matter if all the information in the world is just a Google search away.
20. Well, that is kind of short-changing our intellects
21. If that's the way you're using your mind, searching very quickly and finding information and then forgetting it very quickly, then you're never building knowledge.
22. Simply you're thinking like a computer which means that our very humanity is at stake.
23. It would be a shame if we all got assimilated because humanity is pretty neat.
24. I really believe that if you look at the great monuments of culture they come from people who are able to pay attention and control their mind.
25. That's what allows us to think in the highest terms and like thinking conceptually and creatively
26. This is kind of thinking that's at risk being eroded by one cute cat video at a time.
27. The best thing we can do for our minds is to find some time every day to unplug, calm down and focus on one thing at a time.