

LESSON PLAN

FEBRUARY 2019

#FOMO


 VOL. 16 ISSUE 2
 THE REAL TOMB RAIDERS

UPPER INTERMEDIATE

Stages	Procedure	Time
Objectives	<ol style="list-style-type: none"> 1. To practice <ol style="list-style-type: none"> a. skimming, scanning & inferencing skills b. guessing meanings of words in context 	
Warmer	<ol style="list-style-type: none"> 1. Teacher writes a few common text messaging and sms abbreviations on the board and ask students what they stand for (leave out #FOMO) * Refer to appendix. 2. Teacher tells students they are going to read about #FOMO – leads into article for the day. 	5 mins
Pre-reading	<ol style="list-style-type: none"> 1. Teacher distributes Task 1. 2. Students are not allowed to read the article yet. 3. Students work on Task 1 individually for 5 mins. 4. Students check answers with a partner. 5. Teacher checks answers with class. 	10 mins
While-Reading	<ol style="list-style-type: none"> 1. Teacher distributes Task 2. 2. Students answer the questions in Task 2. 3. Teacher checks the answers and provide feedback. 4. Teacher refers to the article. 	10 mins
Post-reading	<ol style="list-style-type: none"> 1. Teacher distributes Task 3. 2. Students answer questions individually, then check answers with a partner. 3. Teacher discusses the answers. 	10 mins
Wrap	Teacher summarises the main points of the article.	5 mins

TASK 1

Match the highlighted words to their correct meanings.

- | | | | |
|--|---|---|--|
| 1. The sight of her grandmother's spirit holding out her arms as if beckoning her granddaughter to join her in the tunnel of light mesmerized Diana. | ● | ● | a. to be jealous or resentful of |
| 2. Because they don't want a third wheel on their first movie date, Sue and Alan must ditch Sue's little sister who has a habit of following Sue wherever Sue goes. | ● | ● | b. a repeating situation or condition in which one problem causes another problem that makes the first problem worse |
| 3. The bobbed hair, cloche hat, and sparkling jewellery she wore to the party was a throwback to the flapper look of the 1920s. | ● | ● | c. obsessive or fanatical |
| 4. I can't afford to eat out from now on as my latest purchase of a leather sofa set cost an arm and a leg . | ● | ● | d. inviting |
| 5. My family felt the pinch most when I lost my job as they could no longer expect me to contribute to the daily household expenses. | ● | ● | e. great satisfaction |
| 6. Peter's thirst for revenge was all-consuming , so much so that his once meek and gentle personality was compromised. | ● | ● | f. was very expensive |
| 7. Bulimia is a vicious cycle of starvation, eating then purging. | ● | ● | g. suffered hardship because of the lack of money |
| 8. The situation in the Middle East is becoming increasingly volatile , with suicide bombings and government reprisals a weekly occurrence. | ● | ● | h. leave behind |
| 9. Much to my gratification , my research received special mention in the chairman's speech. | ● | ● | i. unstable |
| 10. People think I give him the cold shoulder because I begrudge him his success, but the truth of the matter is he plagiarised my research paper. | ● | ● | j. reminder of something from an earlier period of time |

TASK 2

Answer True (T) or False (F) to the statements below

Statements	T/F
1. FOMO is a disease caused by the continuous use of social media.	
2. You most likely have FOMO if you constantly check social media and email.	
3. People who suffer from FOMO want to do better than other people.	
4. People who have FOMO are basically insecure.	
5. Banning social media is a possible solution to FOMO.	
6. The report suggests that what people post online are largely lies.	
7. Quitting social media can remove a lot of insecurities and FOMO.	
8. The report suggests that people can overcome FOMO if they put their minds to it.	

TASK 3

Answer the following questions.

1. What is FOMO?

2. What kinds of anxieties do people feel when scrolling through social media?

3. What advice would you offer to a friend who suffers from FOMO? Use your own words.

ANSWERS

Task 1

1. d
2. h
3. j
4. f
5. g
6. c
7. b
8. i
9. e
10. a

Task 2

1. F
2. T
3. T
4. T
5. F
6. F
7. F
8. T

Task 3

1. FOMO is a state of mental or emotional strain caused by the fear of missing out an opportunity or satisfying event, often aroused by posts seen on social media websites. / compulsive feeling that you are missing out, that your peers are doing better than you.
2. jealousy & envy; anxiety that you can't measure up & so have to keep abreast of or do better than what your peers seem to have achieved; unhappiness; depression
3. Any acceptable answers that can be found in the article as in:
limit scrolling through social media and focus on what is happening in your life in real time; refrain from posting every detail of your life online and live in the moment; strive to be happy for your friends' achievements and not begrudge them of their success.

APPENDIX

List of some common Text Messaging & SMS Abbreviations

AFAIC – As Far As I'm Concerned

AFAIK – As Far As I Know

AFAIR – As Far As I Recall/Remember

BFF – Best Friends Forever

BRB – Be Right Back

BTW – By The Way

IDK – I Don't Know

IKR? – I Know, Right?

IMHO – In My Humble Opinion, In My Honest Opinion

IMO – In My Opinion

ILY – I Love You

JK – Just Kidding

LMAO – Laughing My Ass Off

LOL – Laughing Out Loud

OMG – Oh My God, Oh My Goodness, Oh My Gosh

TBH – To Be Honest

TBT – Truth Be Told

THX - Thanks