Select Readings, Second Edition
Pre-Intermediate, Chapter 5 Test

Read the passage and answer the questions that follow.

Too Much Internet?

The Internet has become an important part of our modern lives. In fact, it is impossible for many people to imagine a day without some contact with the Internet. Most people use the Internet to shop, send e-mail, and for social networking. However, some people find it hard to control how much time they spend online.

So, how much Internet is too much Internet? Experts agree that people who use the Internet so much that it causes problems with their daily activities are spending too much time online. They say that some people may actually be addicted to the Internet in much the same way as some people are addicted to gambling[1] or alcohol. Signs of *Internet addiction* include spending more and more time online, reducing or giving up social, work-related, or hobby-related activities in favor of spending time online, and giving up sleep to spend time on the Internet.

Experts say that this becomes a real problem when a person starts experiencing problems sleeping, problems in their home and work life, and problems in having good social relationships. People who use the Internet excessively also seem to be more likely to show signs of depression[2].

How do you know if you are spending too much time online? Some common warning signs include checking your e-mail every few minutes, always thinking about your next online session, and getting complaints from the people around you about how much time you spend online.

Showing any of these signs may mean that you are on your way to becoming addicted to the Internet. However, experts agree that there is hope. They say that simply understanding that spending too much time online is a problem may be the first step to solving the problem. They believe that, in most cases, doing something as simple as creating a better system for managing your time online can solve the problem.

The Internet is a wonderful tool for communicating and finding information. However, as with most things in life, you have to learn to use it carefully, and make sure you keep a healthy balance between it and the other important things in your life.

1. The main idea of the reading passage is _____.
    A. using the Internet too much can be a big problem
    B. the Internet is the most useful modern tool for communication
    C. too many people use the Internet nowadays
    D. most people use the Internet too much

2. According to the author, what do most people use the Internet for?
    A. shopping, e-mail, social networking
    B. e-mail, web searches, social networking
    C. shopping, social networking, getting information
    D. social networking, e-mail, web searches

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[1] **gambling**   betting money on activities like card games, horse racing, or in casinos
[2] **depression**   a feeling of deep sadness that does not go away

3. Which of the following is <u>not</u> mentioned as a sign of Internet addiction?
   A. giving up social activities
   B. reducing time spent on hobbies
   C. sleeping less
   D. spending less time at home

4. In paragraph 3, which of the following could be used in place of the word "excessively"?
   A. too fast
   B. too much
   C. too late
   D. too little

5. According to the passage, if people spend too much time online, what things might they begin to have problems with?
   A. gambling and alcohol
   B. work life, money, and depression
   C. email, complaints from others
   D. sleeping, home life, social relationships

6. In paragraph 5, in the sentence beginning "They say that simply understanding...," what does "they" refer to?
   A. Internet users
   B. Signs
   C. Experts
   D. Addicts

7. According to experts, what is the first step to solving the problem of using the Internet too much?
   A. Understanding that you have this problem
   B. Hoping for a solution
   C. Becoming depressed
   D. Stopping all Internet use

8. What suggestion do experts give as a way to reduce online time?
   A. creating a time-management system
   B. sleeping more
   C. using the Internet as a tool
   D. spending more time with friends

9. In the last sentence of the passage, what does "it" refer to in both cases?
   A. E-mail
   B. Information
   C. Most things in life
   D. The Internet

10. The author of the passage suggests that _____.
    A. it's impossible to have too much Internet in your life
    B. you need a healthy balance between online time and time for other things
    C. the Internet is the best tool for communicating and getting information
    D. the Internet can be used to help you manage your time