

ΘΕΜΑ 2^β. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 21-30 with the correct word from the box below (A-J). Use each word only once.

A.	amusing	B.	amused	C.	interesting	D.	tired	E.	tiring
F.	whom	G.	like	H.	whose	I.	as	J.	who

21.	That's a very _____ idea! I think we must see it in detail.
22.	We were all so _____ by his performance that we kept laughing long after he had finished.
23.	This job makes me feel so _____ that I don't have the strength to keep my eyes open when I get back home.
24.	You will surely laugh your hearts out. It's a very _____ film.
25.	We've been driving for 7 hours and we are exhausted! It was an extremely _____ journey.
26.	Look at the clouds in the sky. It seems _____ if it's going to rain.
27.	Mary reminds me of her mother. She looks very much _____ her.
28.	Do you know _____ car that is? It's been parked here for more than a month.
29.	She's one of those people _____ love to be the centre of attention.
30.	Many of our distant cousins, _____ we hadn't seen for years, came to my sister's wedding.

ΘΕΜΑ 3. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

You think that your friend James has become addicted to social media. You have come across the following article on the Internet and you have decided to **write an e-mail** to your friend (120-150 words) urging him to read the article. You explain to him what the article is about and you try to convince him to do a digital detox and gain control of his life.

7 SIGNS OF SOCIAL MEDIA ADDICTION

The various lockdown and quarantine rules imposed by countries has caused social media use to soar – 47% of internet users across 17 countries admitted their time spent on social media has increased. We all came to be a bit too reliant on social media during lockdown. Whilst it proved a great way of staying in contact with friends and family we were otherwise unable to see, it also began to dominate our daily routine. We'd spend hours pouring over Instagram, Facebook, Twitter and TikTok. Now, however, the real world is beginning to open up. We're being encouraged to spend more time outside. Face-to-face interactions are even starting to become normal and regular again. No longer so isolated, and with better weather, our hours spent on social media should be plummeting. Over lockdown, you may have developed a dependency on social media. But has this shifted to a social media addiction? Check with yourself how many of these 7 signs of social media addiction apply to you:



1. **THE FIRST THING YOU DO IN THE MORNING IS CHECK SOCIAL MEDIA**
2. **YOU CHECK SOCIAL MEDIA DURING THE WORK DAY**
3. **YOU ARE ANXIOUS WHEN YOU CANNOT CHECK YOUR SOCIAL MEDIA**
4. **YOU ARE CONSTANTLY CHECKING HOW YOUR POSTS PERFORM**
5. **YOU SPEND A LOT OF TIME OVERTHINKING AND PLANNING YOUR POSTS**
6. **YOU THINK YOU HEAR YOUR PHONE BUZZ, WHEN REALLY IT DIDN'T**
7. **YOU NEGLECT YOUR OWN HOBBIES IN FAVOUR OF SCROLLING**

If any of these apply to you, or if you personally feel that you have developed an unhealthy relationship with your phone, we recommend a digital detox. Our main point of advice is to be mindful with tech use. Stop using social media as an easy way out. Stop letting it replace one-to-one conversations, time spent working, or a hobby of yours you know you enjoy. Each time you want to open the apps, ask yourself why, and what you will get out of it. At the beginning, it may feel like you are having to be strict with yourself, but with practicing this mindfulness will come a realization that you have better ways to spend your time. Social media is a fantastic tool and way to connect, but it can take its toll on us. Like anything, it should be enjoyed in moderation.

<https://www.itstimetologoff.com/2020/07/14/7-signs-of-social-media-addiction>