

## مباراة الدخول للعام الجامعي 2017-2018

مدة الامتحان: ساعتان

مسابقة في اللغة الانكليزية

It has been theorized for basically as long as the Internet has been publicly available that being online can make you seriously, clinically depressed. It's not an assertion made without evidence, as numerous surveys of infrequent-to-addicted internet users show a positive correlation between their number of web surfing hours logged and their subsequent feelings of sadness, isolation, and alienation. Some critics postulate that heavy use of the internet more than doubles a person's chance of being depressed; others say that the internet might not be depression's trigger so much as it is its refuge.

As the internet continues to act as your de facto brain, it becomes increasingly important for you to have handy at all times, which makes you use it more to compensate for your atrophied brain matter, which makes you use your brain less, thus requiring you to rely on the internet even more. It's not an exaggeration, either: as well as being totally depressed, heavy users have shown shrunk sections of white matter in multiple sections of the brain.

For their part, social media sites are setting the standard for digital nicotine, employing all the bells and whistles to keep users coming back. Video game fans will be well aware of the thrill of leveling up: The screen flashes, the music plays, and the numbers go up; it's all very gratifying. And it makes you want to do it again and again, until...you don't even know what, but you'll do everything in your power to feel this way once more. If this sounds familiar to something you've been warned about, it should; this is basically what happens when you get addicted to drugs.

Don't go panicking just yet, though. You probably aren't addicted to the internet, and you can take this test if you're really worried about it. The potential for new technology to be dangerous will always be present, but that doesn't mean it's impossible to indulge in vices responsibly. Like anything that can become too much very quickly, the key word is moderation.

*Definitions: Atrophied: half-starved; Shrunk: wasted; to Indulge: treat, pamper; Vices: sins*

1. Suggest a title.
2. Summarize in your own words the text into 5 lines.
3. Questions about the text:
  - a) How does the internet continue to act as de facto brain?
  - b) What do surveys about internet users show?
  - c) How do the video game fans feel the thrill of leveling up?
  - d) What is the remedy for internet addiction?
4. Essay: discuss the advantages and disadvantages of using internet, in your previous school and social life (between 25 - 30 lines)