

English 7

After reviewing the calendar, please go to the corresponding page(s) for the directions for how to complete the assignments and how to turn them in.

Wednesday 5/27	Thursday 5/28	Friday 5/29	Monday 6/1	Tuesday 6/2
<p><u>What's up with Weirauch Wednesday</u></p> <ul style="list-style-type: none"> • Check in • New schedule and work for the week emailed out • Live meeting where you can ask any questions about schoolwork or whatever else! • Respond to reflection prompt <p>3rd period meeting in 3rd period Teams page 12:30-12:50</p> <p>4th period meeting in 4th period Teams page 1:00-1:20</p> <p>5th period meeting in 5th period Teams page 1:30-1:50</p>	<p><u>Thinking Thursday</u></p> <ul style="list-style-type: none"> • Read the article/text for the week • Look over the writing prompt that you will be responding to so you can pull out relevant textual evidence <p><u>Article to read:</u> "Pro/Con: Is binge-watching a harmless pleasure or harmful addiction?"</p>	<p><u>Fill me in Flipgrid Friday</u></p> <ul style="list-style-type: none"> • New questions to answer in Flipgrid • Question will be focused around how we are doing/coping/getting to know one another more during this time <p><u>Questions:</u></p> <ol style="list-style-type: none"> 1. What is your favorite summer activity? Why? 2. What is a skill or talent you have that you are proud of? 	<p><u>Monday Musings</u></p> <ul style="list-style-type: none"> • Analysis paragraph that responds to the given prompt • Writing prompt will tie to the reading from the previous Thursday and the textual evidence you selected <p><u>Prompt:</u> Is binge watching shows harmless or harmful?</p>	<p><u>Tell all Tuesday</u></p> <ul style="list-style-type: none"> • New question to answer in Teams • Question will be tied to the reading and writing for the week <p><u>Teams Post:</u></p> <ol style="list-style-type: none"> 1. Topic sentence 2. Supporting evidence
How to turn in each assignment				
<p>Reflection turned in via email</p>	<p>No assignment to turn in – Use information for paragraph on Monday</p>	<p>Post video in Flipgrid</p>	<p>Turn paragraph in via email</p>	<p>Respond in Microsoft Teams</p>

Wednesday – Reflection Prompt

Write a reflective response to the following questions in a word document or just in the body of an email:

1. If you were in charge- what would next year's school year look like? Why?
2. What piece of advice would you give to incoming seventh graders about adapting to middle school? What was the best thing about being in middle school and what was the worst- explain both!
3. On a scale of 1-10 (1 being bad, 10 being great) explain how learning was for you both before the distance learning, and now after. So, rate 1-10, in building learning, and then rate 1-10 distance learning. If there is a difference in how you are able to understand
4. How have you been doing? Be specific! Tell me what you have been doing, how you are feeling, what you have been doing so you don't go stir crazy, etc. (I am going to keep asking this question because it is important to me to see how you are holding up!)

Your reflection does not have to respond to the questions in order. Some of your responses might mix with each other. I am more interested in what you have to say than your specific format.

- Please email your response to donnw@spokaneschools.org
- Please use the subject – Week 5 Reflection

Thursday – Reading the Article

Read through “**Pro/Con: Is binge-watching a harmless pleasure, or harmful addiction?**” and annotate the article.

1. Look for words you don't understand and questions that you have during your first read through. Look up any words or questions you may have.
2. Read through the article again and highlight the strongest points you see. Highlight one point you disagree with.
3. Make sure you keep your notes somewhere accessible for later. You will be responding with writing a paragraph on Monday and sharing some of your thinking on Tuesday.

Friday – Flipgrid Response

Log in to your flipgrid account. You can access this through Clever or Teams. Look at the flipgrid instructions in the file if you need a step by step guide.

Respond to the following questions in your video. These questions will also appear in Flipgrid.

1. What is your favorite summer activity? Why
2. What is a skill or talent you have that you are proud of?

Monday – Analysis Paragraph

Write a body paragraph that follows the quoteburger structure and answers the following prompt:

“Is binge-watching shows harmless or harmful?”

Quoteburger Structure:

- Topic sentence: answers the prompt and guides your paragraph
- A few short sentences that introduces the article, author, and short overview/summary of what the article was about
- Lead in to evidence.
 - Ex. In paragraph # it states....
- Evidence that supports your topic sentence
 - “-----”
- Commentary: explain how that evidence supports your topic sentence
 - This is important because....
 - This shows.....
 - This proves.....
- Concluding sentence: Final sentence to wrap up your thoughts, usually ties back to your topic sentence, maybe encourages your reader to do a specific thing, or think about something

Tuesday – Respond in Teams

Create a response in Teams that addresses the following questions:

- 1. What is the topic sentence of your body paragraph?**
- 2. What piece of evidence did you use from the article to support your thinking? Make sure you cite your evidence!**

By ProCon.org, adapted by Newsela staff on 02.14.20

Word Count **1,231**

Level **930L**

Is binge-watching a harmless hobby or a dangerous vice? Photo: Guido Mieth via Getty Images.

The term "binge-watch" may seem like it's been around forever, but it was actually first used in 2003. According to the Merriam-Webster dictionary, to binge-watch is "to watch many or all episodes of (a TV series) in rapid succession," meaning one after another. The phrase gained popularity in 2013. That year, Netflix released the full 13-episode season of the series "House of Cards" all at once. In 2015, "binge-watch" was declared the word of the year by Collins English Dictionary. The dictionary editors said use of the term had increased by 200 percent in 2014.

Seventy-three percent of Americans admit to binge-watching. The number is even higher among Millennials (who were born between 1981 and 1996) and members of Generation Z (born between 1995 and 2020). Ninety percent of Millennials have said that they binge-watch, as do 87 percent of Zs. Around 40 percent of viewers in these age groups binge-watch an average of six episodes of television in one sitting. That's about five hours at a time.

Helen Newstead is the Head of Language Content at HarperCollins Publishing. She said that the rising popularity of the term "binge-watching" is a sign of the biggest change in people's viewing

habits since the introduction of the videocassette recorder nearly 40 years ago. The videocassette recorder, or VCR, allowed viewers to record any show they wanted to watch later. This meant they no longer had to stay home to see it.

Binge-watching has taken the world by storm. But is it a harmless pleasure or a harmful addiction? The pros and cons of binge-watching are explored below.

PRO: Binge-watching leads to beneficial social connections

Binge-watching creates a sense of community around a show. Experts refer to this community as a "shared cultural space." It's a form of common ground. It allows viewers to discuss and share their enjoyment of a show with everyone from a family member to a coworker to a stranger in line at the supermarket.

Romantic relationships can also be strengthened by binge-watching together. Binge-watching creates a shared interest. It's a fun and easy way for couples to spend time together. Binge-watching can also help couples who may be having family issues or going through other problems. If couples see fictional characters experiencing similar troubles, they may be able to better understand their real-life issues.

A study published in the *Journal of Social and Personal Relationships* found that binge-watching can also help people in long-distance relationships. Sharing the pretend world of a show helps long-distance couples connect. It allows them to recreate the experience of friendships they miss out on by not living in the same place.

PRO: Binge-watching has health benefits, like stress relief

According to psychiatrists, binge-watching releases a chemical called dopamine in the brain. Dopamine creates a feeling of pleasure. It can help people to relax and relieve stress. On top of that, psychologists say that finishing a series gives viewers feelings of control and power. This can be especially helpful for viewers who do not feel they are in control of their daily lives.

John Mayer is a psychologist. He says, "We are all bombarded with stress from everyday living, and with the nature of today's world where information floods us constantly. It is hard to shut our minds down and tune out the stress and pressures." Binge-watching acts "like a steel door," he says. It "blocks our brains from thinking about those constant stressors that force themselves into our thoughts."

In other words, binge-watching stops us from obsessing about the parts of our lives that stress us out. It gives our brains a break.

PRO: Binge-watching makes a show more fulfilling

While binge-watching, the viewer can experience the pleasure of full immersion in a story. Some call this being in "the zone." This is a satisfying feeling. It's similar to staying up all night to finish a really exciting book.

Today, many shows are made for binge-watching. Consider the number of shows that Netflix releases as full seasons. "Stranger Things" is just one recent example.

Watching many episodes at once can make it easier to follow the show's story. You are less likely to forget important details. As a result, shows made for binge-watching can be more complex than shows meant to be watched week by week. Binge-able shows can feature complicated storylines, changing relationships and many multidimensional characters.

Steven Johnson is an author. He writes about media and popular culture. Johnson says watching these more-complex shows may actually make viewers smarter. Shows like this demand greater attention. Many require deep thought to process and understand.

CON: Binge-watching leads to mental-health issues

A University of Texas study found that binge-watchers were more likely to be depressed, lonely and have less self-control than those who do not binge-watch. Yoon Hi Sung was one of the authors of the study. She explained that when binge-watching becomes a habit, "viewers may start to neglect their work and their relationships with others. Even though people know they should not, they have difficulty resisting the desire to watch episodes continuously."

Binge-watching can even lead to addiction. Dr. Renee Carr is a psychologist. She has pointed out that the human body "can become addicted to any activity or substances that consistently produce dopamine." In fact, she says, the same pathways in the brain that are activated by drug addiction are activated by an addiction to binge-watching.

Another study found that, rather than relieving stress, binge-watching actually worsened stressful feelings like regret, guilt and personal failure. These feelings were tied to a sense of wasted time and inactivity.

When that binge-watching session finally reaches its end, the viewer may even feel depressed or anxious because their favorite show is over.

CON: Binge-watching leads to serious physical health problems

Binge-watching requires sitting for hours and hours. This behavior has been linked to serious medical issues such as heart disease, cancer and blood clots. The frequent snacking that can accompany a binge-watching session can also be linked to weight gain and damaged arteries.

One study found that binge-watching was related to poor sleep quality, fatigue and insomnia. Getting very invested in a series right before bed winds the viewer up rather than helping them calm down. Some viewers may be unable to sleep as a result. Others may choose binge-watching over sleep. One survey found that just over 45 percent of binge-watchers had stayed awake all night to binge-watch a show.

CON: Binge-watching makes the show less fulfilling

When viewers have to wait for the next episode of their favorite show, it may make them impatient. However, this experience can also be pleasurable. Damon Lindelof is the co-creator of "Watchmen" and other popular TV shows. He has said that when we binge-watch, we lose something: "That Christmas-morning feeling." The anticipation we used to feel simply "doesn't exist in binge culture," he said. In a binge-watching society, we lose the pleasure of looking forward to and guessing about what will happen next.

On top of this, many shows are just not made for binge-watching. Consider plot points that repeat after a commercial break or at the beginning of a new episode. If someone binge-watches, they'll notice more repetition. Also, the viewer won't have time between episodes to really think about the show. One study found that binge-watching lowered levels of sustained memory. It also lowered viewers' self-reported enjoyment levels.