

Directions: Read the essay. Then answer the questions.



Why I Hate Facebook

The use of social networking sites, in particular Facebook, can not only skew your understanding of reality, it can cause you actual, physical harm. According to Jean Conklin, a clinical psychiatrist at University of Maryland Hospital, in Baltimore, "Facebook is to your mind what sugar is to your body – bad all around."

The main reason we all ought to stop looking at Facebook is because it makes us think that the people in our lives (or virtually in our lives, anyway) are happier, more fulfilled and more successful than they probably are; which makes us feel more depressed, frustrated and unfulfilled than we probably are. Why? Think about it. How quickly do people post good news to Facebook? Exotic vacations; engagements, anniversary parties, raises, promotions. . . when was the last time you read that the devastatingly handsome new boyfriend of your college roommate is actually a recovering alcoholic, or that the new six-figure job that your old friend got two months ago didn't last two weeks because it turns out she didn't have the people skills required to make it work? "Thinking that everyone else is doing better in life than you are isn't motivating," says Clint White, career counselor with My New Job, Inc. "It's depressing, and can be debilitating for some people, who think there's something wrong with them because they have problems in their life that no one else seems to have." Mr. White cited fifty-four clients in the past year alone whom he has seen who were seeking a career change for no reason other than that they didn't believe that they measuring up to their Facebook peers.

As if the psychological problems weren't enough, Facebook triggers a stress response in the body, even if you don't think or realized that you are stressed out. Studies have shown that reading new information on Facebook triggers the release of glucocorticoid (cortisol), your body's stress hormone. This messes with your immune system, and prevents the release of growth hormones, and all these things keep your body in a state of chronic stress. If you have digestive problems; if your hair or nails grow very slowly and it takes forever for cuts and scrapes to heal; if you feel irritable and nervous, or are susceptible to every virus and bacteria that cruises through town, you may not need a trip to the doctor—you many just need to delete your Facebook page.

People survived for hundreds of years in an industrial society without the necessity of blasting out every intimate detail of their lives to everyone with whom they've ever crossed paths, or with whom that person has ever crossed paths. . . a real relationship encompasses the good and the bad, and includes genuine human to human interaction. So shut down the computer. Go out to lunch with a friend. Call your mother. Take your kid to the zoo. And for goodness sake, don't post anything on Facebook about it when you get back!

1. What is the author's claim? _____

2. List the reasons and evidence the author offers to support her claim.

REASON #1: _____

EVIDENCE: _____

REASON #2: _____

EVIDENCE: _____

3. Which of the following does the author use to support her claim?

- A. The author mentions research.
- B. The author appeals to the reader's emotions.
- C. The author uses the bandwagon technique (everyone else believes this so you should too).
- D. The author's tone makes her seem believable and trustworthy.
- E. The author quotes experts.
- F. The author includes credible data.
- G. The author includes real world examples.