

<i>EXERCISE 3: 10 MINUTE COPYING TASK</i>
INSTRUCTIONS TO THE CANDIDATE
<ul style="list-style-type: none"> • You have 10 minutes to copy the text on the next page in the space provided below. • Use the text that is in your language of learning and teaching. • Should you need more space, please ask for another piece of paper.

SUMMARY (To be completed by the practitioner administering the assessment)					
TIME		WORDS PER MINUTE			
Start		Actual Time		Prescribed Time	
Finish		Number of words		Number of words	
		minus gross errors		minus gross errors	
		= actual number of words written		= actual number of words written	
		÷ minutes written		÷ 10 minutes	
		= words per minute		= words per minute	

ENGLISH TEXT

5 Signs Your Teen Has a Phone Addiction

Smartphone addiction, which can also be thought of as a fear of being without a connection to the Internet or a cellular service, has been connected to many mental health concerns. But despite a well-known link between phone addiction and depression, anxiety, and loneliness, until recently it's been a chicken and egg problem: Do phones cause these symptoms, or are people with these symptoms more likely to become dependent on their phones?

A new study from researchers at the University of Arizona explored the connection between smartphone use and mental health with a group of 18 to 20-year-olds. This age group, termed "older adolescents", is important because they are among the first to have grown up with smart technology readily available.

When conducting the study, the research team focused on dependence, or a person's psychological reliance on the device, not general usage. Subjects answered questions such as "I panic when I can't use my smartphone," as well as questions designed to measure loneliness and depression on a four-point scale. From that, researchers were able to determine that phone addiction is indeed a predictor for depressive symptoms.

While the risks device addiction pose for teens is becoming clearer, it can be difficult for parents to determine if their child is engaging in casual phone use or has developed a psychological dependence on their phone. Monique Hicks, an educational consultant, suggest parents watch out for the warning signs below to see whether their child's phone use has become problematic:

1. Switching between multiple devices and programs (social networking, texting, gaming, etc.)
2. Extreme reactions when separated from their device
3. Impatience, irritability, restlessness, inability to focus in school when separated from their phone
4. Sleep disturbances
5. Increased social challenges

How can parents help? While taking devices away completely may be tempting, monitoring and adapting usage might be a better option. Both Google/Android and iPhone platforms provide options to help families balance phone usage. Beyond physical restriction, providing a good example of healthy phone usage is important. Parents should be mindful of the amount of time they themselves spend on their own phones and be a role model for their children.

Adapted from <https://www.parents.com/kids/teens/phone-addiction-signs-and-risks/>

AFRIKAANS TEXT

5 Tekens dat jou tiener 'n foonverslawing het

Slimfoonverslawing, wat ook na verwys kan word as die vrees om sonder 'n Internetkonneksie of selfoondiens te wees, word verbind aan verskeie bekommernisse oor geestesgesondheid. Ten spyte van die welbekende verband tussen foonverslawing en depressie, angs en eensaamheid, was hierdie tot onlangs 'n "hoender en eier" probleem: Veroorsaak fone hierdie simptome, of is mense met hierdie simptome meer geneig om afhanklik van hul fone te raak?

'n Nuwe studie deur navorsers by die Universiteit van Arizona het die verbintenis tussen slimfoongebruik en geestesgesondheid ondersoek by 'n groep van 18- tot 20-jariges. Hierdie ouderdomsgroep, die sogenaamde "ouer adolessente", is belangrik omdat hulle die eerstes is wat grootgeword het met slimtegnologie wat gereedelik beskikbaar is.

Gedurende die studie het die navorsingspan gefokus op psigologiese afhanklikheid van slimfoontoestelle, en nie net op algemene gebruik nie. Die deelnemers het vrae beantwoord soos "Ek raak paniekerig wanneer ek nie my slimfoon kan gebruik nie," sowel as vrae wat ontwerp is om eensaamheid en depressie op 'n vierpuntskaal te meet. Vanuit die navorsing kon die navorsers vasstel dat foonverslawing inderdaad 'n voorspeller is van simptome van depressie.

Terwyl die risiko's wat foonverslawing vir tieners inhou al hoe duideliker word, kan ouers dit dalk moeilik vind om vas te stel of hul kind 'n psigologiese afhanklikheid aan hul foon ontwikkel het. Monique Hicks, 'n opvoedkundige sielkundige, stel voor dat ouers uitkyk vir die gevaartekens hieronder om te probeer vasstel of hul kind se foongebruik problematies is:

1. Spring rond tussen verskeie toestelle en programme (sosiale netwerke, boodskappe, speletjies, ens.)
2. Ekstreme reaksies wanneer hul van hul foon geskei word
3. Ongeduld, prikkelbaarheid, rusteloosheid, onvermoë om te fokus op skoolwerk wanneer hul van hul foon geskei is
4. Slaapsteurnisse
5. Toename in sosiale uitdagings

Hoe kan ouers help? Dit mag dalk aanloklik klink om die foon heeltemal weg te neem, maar die monitering en wysiging van gebruikspatrone is dalk die beter opsie. Beide die Google/Android en iPhone platforms bied opsies om families te help om foongebruik te balanseer. Dit is ook belangrik dat ouers 'n goeie voorbeeld stel vir gesonde foongebruik. Ouers moet bedag wees op die hoeveelheid tyd wat hulle op hul eie fone spandeer en 'n rolmodel vir hul kinders wees.

Vertaal en aangepas vanaf <https://www.parents.com/kids/teens/phone-addiction-signs-and-risks/>