

Name:

Semester/ Block:

## 11th Grade Summer Reading Assignment

Read *[How to Break Up with Your Phone](#)*

**Complete each of the following tasks: You will be required to submit your work to turnitin.com upon your return to school. All responses must be typed!**

### **5 - Journal entries**

- Try implementing five suggestions made in the text and listed in the chart below. Then complete a journal entry of at least one paragraph of at least a half-page in length about your experience for each challenge. You may discuss the process by which you followed Price's suggestion, your difficulties with the suggestion, an evaluation of the suggestion as useful and why or why not, and whether or not you were successful.

<b>Challenge 1:</b>	Price writes that "Screen time, particularly in the hour before bedtime, both keeps us up later and harms the quality of our sleep." At least one hour before you head to sleep, leave your phone in another room to charge. Write a journal entry about your experience.
<b>Journal Entry # 1</b>	Type your journal response here:
<b>Challenge 2:</b>	Price suggests that we be more mindful about why we are reaching for our phones. When you feel the urge to reach for your phone, ask yourself, as she suggests, "What does the craving feel like in your brain and in your body? Why are you having this particular urge right now? What reward are you hoping to receive, or what discomfort are you trying to avoid? What would happen if you reacted to the impulse? What would happen if you didn't?" Answer these questions in a journal entry.
<b>Journal Entry # 2</b>	Type your journal response here:
<b>Challenge 3:</b>	Price suggests we use our time unattached from our cell phones to get back in touch with our bodies by doing something physical. Leave your phone somewhere you will not touch it. "Do yoga, Play catch. Go to a park and join a game of something.... Play one of those video games that require you to jump around a lot." Pay attention to how you feel while

	being active. Write a journal entry about your experience.
<b>Journal Entry # 3</b>	Type your journal response here:
<b>Challenge 4:</b>	Price suggests that we “choose several moments in your day when you seem to pick up your phone the most and see if you can identify a consistent trigger that makes you repeat this habit.” Consider your own possible “triggers” for cell phone use and write a journal entry about them and how you might avoid them.
<b>Journal Entry # 4</b>	Type your journal response here:
<b>Challenge 5:</b>	Price suggests a 24 hour break from your phone. Please separate yourself from your phone for as long as you can. Turn off notifications for social media Apps. Answer Price’s questions in a journal entry: What was the hardest part? What was the best part? What surprised you? What did you learn from the experience...?
<b>Journal Entry # 5</b>	Type your journal response here:

#### **4 - Author’s Choices - Says/Does**

- Find four examples of choices the author makes in the text (including facts, definition, illustration, process analysis, compare/contrast, anecdote, statistics, word choice, personal observations, testimonials, expert opinions, figurative language, allusions...)
- Copy a quotation that illustrates the choice - this is what the author SAYS
- Explain the effect of each choice on the reader - this is what the example DOES in the passage
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Type of Choice	What Author SAYS	What the example DOES
(Ex: expert opinion)	(Quotation)	(Effect on the reader)

<b><u>EXAMPLE:</u></b> Figurative Language	<b><u>EXAMPLE:</u></b> “You’re guinea pigs in the box pushing the button and sometimes getting the likes. And they’re doing this to keep you in there.”(27)	<b><u>EXAMPLE:</u></b> In this quote, the author, Catherine Price, compares us to animals in an experiment. She is simplifying the way that social media creators are using us. As readers, we are often on social media, such as Instagram, expecting likes as we post them. However, these social media app creators are constantly changing the way that these likes are delivered in a way that will keep us using the app. As users of these apps, we just see these as regular updates and never associate it with a way to make us use an app more. This quote makes it clear to us readers, as well as millions of others, that we are being used as test subjects in their apps.
1.		
2.		
3.		
4.		

**3 - Questions (3 in total)**

- Pose a question you might have for the author, a question you may have about the text or a question that the author poses through the text. You might have a question you’d like to ask a peer who engages in the same challenges listed above. You need to articulate three questions in total.

<b>Question 1</b>	Type your question here:
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<b>Question 2</b>	Type your question here:
<b>Question 3</b>	Type your question here:

**2 - “They Say/I Say”**

- Identify two claims that Price makes that stand out to you - either because you agree or disagree. Use the sentence frames below to construct a short response for each of Price’s claims in which you identify her claim, agree or disagree, and explain why. (So you choose 2 from the “They Say” list and then choose your “I say” response. Use the empty chart that follows to add your choices.)

<b>“They Say” - Price’s Claims</b>	<b>“I Say” - Your argument</b>
Price acknowledges that _____. Price agrees that _____. Price argues that _____. Price believes that _____. Price denies/does not deny that _____. Price claims that _____. Price complains that _____. Price concedes that _____. Price demonstrates that _____. Price celebrates the fact that _____. Price insists that _____. Price questions whether _____. Price reminds us that _____. Price reports that _____. Price suggests that _____.  	<b>Agree:</b> I agree with Price that _____ because _____.  I maintain that _____ because _____.  <b>Disagree:</b> I disagree with Price’s view that _____ because _____.  Price is mistaken because she overlooks _____.

“They Say” - Price’s Claims	“I Say” - Your argument
Claim 1:	
Claim 2:	

**1 - Research**

- Find **TWO articles** related to one topic/issue raised in the text. One article should **reinforce** what the text says, and the other should **contradict** what the text says. Please bring articles to class or provide a working link to the documents.

Some options include: Social Media companies selling users’ personal information, impact of cell phone use on mental health, impact of cell phone use on attention span, impact of cell phone use on sleep. You may even want to research information that counters Price’s claims.

Article Links	Place article links Here
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**Please See the Rubric Below**

**Student Name:** \_\_\_\_\_

**Semester/Block:** \_\_\_\_\_

## **Summer Assignment Rubric**

### **Task 1: Journal**

Completion (includes all five entries)	2	1	
Understanding (demonstrates understanding of challenge)	2	1	
Development (includes specific details)	2	1	
Organization (clear, neat, and easy to follow)	2	1	
Style/Conventions (appropriate style and syntax)	2	1	
			= _____/10

*Comments:*

### **Task 2: Author's Choices - Says/Does**

Completion (includes four quotations)	2	1	
Understanding (demonstrates understanding author's choice)	2	1	
Analysis (explains the effect of the author's choice on the reader)	2	1	
Organization (clear, neat, and easy to follow)	2	1	
Style/Conventions (appropriate grammar, spelling, etc.)	2	1	
			= _____/10

*Comments:*

### **Task 3: Questions**

Completion (includes three questions)	2	1	
Understanding (demonstrates understanding the text)	2	1	
Thoughtfulness (demonstrates careful reading)	2	1	
Effort (clear, neat, and easy to follow)	2	1	
Style/Conventions (appropriate grammar, spelling, etc.)	2	1	
			= _____/10

*Comments:*

### **Task 4: "They Say/I Say"**

Completion (Includes two claims from the text)	2	1	
Development (Takes a position on both claims)	2	1	
Understanding (Correctly uses sentence frames)	2	1	

Effort (clear, neat, thoughtful)

2 1

Style/Conventions (appropriate grammar, spelling, etc.)

2 1

= \_\_\_\_\_/10

*Comments:*

**Task 5: Research**

Completion (Student submits relevant article)

(10 points)

*Comments:*

= \_\_\_\_\_/10

**Total Score:**

= \_\_\_\_\_/50

*(Adapted from [https://nrhs.nred.org/groups/67773/summer\\_assignments/english\\_department](https://nrhs.nred.org/groups/67773/summer_assignments/english_department))*