Getting To Know

CAN SOCIAL ISOLATION ACTUALLY BE KILLING YOU?

In 30 seconds:

How would you feel if you had to live alone on an island without any means of communication?
Research shows that lacking social connections is as damaging to our health as smoking 15 cigarettes a day. (Holt-Lunstad, 2010)
Choose a word to define and make a sentence using that word.

**Example:** A number of measures were taken to alleviate the problem.
Useful idiom/phrase:

Plough a lonelonely furrow (idiom)

Isolate someone or something from someone or something (Phrase)

to do something alone and without help from other people.

to keep people or things separated from one another, in any combination.

Make a sentence with one idiom/phrase.

Example: He'd always been happier working in isolation, ploughing a lone furrow.
Essential Structures

Structure:
N + be + likely + to + V( infinitive ).

Example: Socially isolated people are likely to suffer from depression.

Make a sentence about one consequence of social isolation using the given structure.

Suggestions: health issue, mood disorder, heart disease, early death, ...
Raise Your Voice

Pair Work: Choose one role and act it out with your partner in 180 seconds.

**Student A:** You are an introverted person. You think that being alone is fine and you don’t like talking to others.

**Student B:** You are student A’s friend. You don’t think that your friend should be alone for most of his/her time. Convince him/her to go out and make friends.
Assessment Form

Here are some comments on your performance

<table>
<thead>
<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
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Feel free to ask if you have any questions!
What We Gain

- Vocabulary related to social isolation
- Plough a lone/lonely furrow
- Isolate someone or something from someone or something
- N + be + likely + to + V( infinitive).
- Discuss about the negative effects of social isolation

Please do your homework in the downloadable outline from the website!
Homework

Complete your mission and find more in related lessons

<table>
<thead>
<tr>
<th>Your mission</th>
<th>Recommendation</th>
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<tbody>
<tr>
<td>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</td>
<td>✓ health and fitness (#0368)</td>
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<tr>
<td>✓ Search for related lessons in course browser</td>
<td>✓ healthcare (#0374)</td>
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<tr>
<td>✓ Take those lessons</td>
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