

Name: _____ Date: _____

“The Truth About Binge-Watching” Quiz

Directions: Read “The Truth About Binge-Watching.” Then answer the questions below.

- A study that shows that people who binge-watch often are lonelier than those who never binge-watch would **BEST** fit into the section
 - “Your Bingeing Brain.”
 - the introduction
 - “How to Beat the Binge.”
 - “Bingeing All the Time.”
- In the section “How to Beat the Binge,” the author’s tone, or attitude toward the subject she is writing about, could be best described as
 - reflective and uncertain.
 - frustrated and serious.
 - suspicious and worried.
 - funny and encouraging.
- Which lines best support the answer you chose in question 2? Choose two answers.
 - “The good news is that you can beat the binge—with a little practice.” (p. 23)
 - “We promise Baby Yoda will still be there tomorrow.” (p. 23)
 - “Dr. Danesh Alam . . . recommends deciding at the start of the week how much time to dedicate to shows and videos.” (p. 23)
 - “Turn off the screen one hour before bed.” (p. 23)
- The author writes, “But as binge-watching has become ingrained in our culture, experts are sounding the alarm.” The expression “Sounding the alarm” means
 - supporting something.
 - being uncertain about something.
 - being excited about something
 - speaking out about something concerning.
- Which line supports the idea that binge-watching occasionally is not harmful?
 - “Our brains are not entirely to blame . . .” (p. 23)
 - “They are also more sedentary.” (p. 23)
 - “And if you turn it into a special event—such as having friends over for a *Supergirl* marathon—it can be a fun way to socialize.” (p. 23)
 - “And how can we stop?” (p. 22)
- Based on the article, which statement would the author likely agree with? Choose two answers.
 - There are both benefits and drawbacks to binge-watching.
 - People should never binge-watch.
 - Binge-watching is not worrisome when done infrequently.
 - Binge-watching makes shows more enjoyable.

Constructed-Response Question

Directions: Write your answers in a well-organized response.

- Describe two ways author Mackenzie Carro supports the idea that binge-watching all the time is problematic. Use text evidence to support your answer.