**5 ways social media is changing your brain**

by: ASAPScience

<http://bit.ly/2wMOzor>

1. Social media sites are used by 3/4 of the population of the entire world. (1 point)
   1. True
   2. False
2. Of the people who do spend time on social media sites, what percentage is unable to control the amount of time they spend online? (1 point)
   1. 2-5%
   2. 5-10%
   3. 15-25%
   4. 25-50%
3. Brain scans taken from individuals who exhibit an psychological addiction to online behaviors show a degradation in the white matter that control the following: (1 point)
   1. Sleep
   2. Emotion
   3. Attention
   4. decision making
   5. B, C, and D
4. Because social media provides immediate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with very little effort required, your brain begins to rewire itself, making you desire these stimulations and you begin to crave more of this neurological excitement after each interaction. (1 p.)
5. One advantage of achieving proficiency in heavy media use is the ability to multi-task effectively. (1 point)
   1. True
   2. False
6. In your own words, explain Phantom Vibration Syndrome. Have you ever experienced it? (2 points)

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1. Describe the main differences between face-to-face conversations and social media postings. (2 points)

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1. What is your favourite form of social media? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (1 point)

**Total: \_\_\_\_\_\_\_ / 10 points**