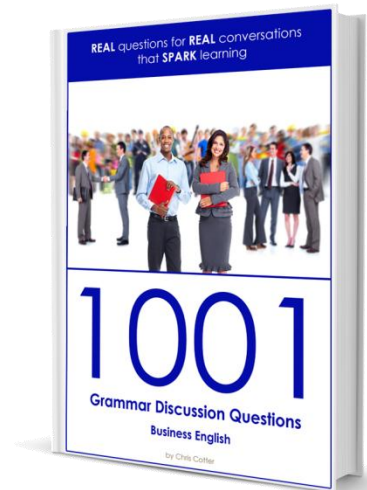
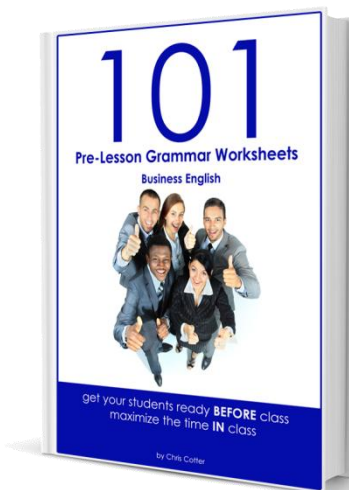


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the ARTICLE (for teachers)

Are You a Shopaholic?

The lives of some people revolve around shopping, as they repeatedly make purchases regardless of need or available money. Some of these people make impromptu purchases. Some of these people have closets with unopened purchases. Some of these people have racked up overwhelming amounts of credit card debt. If this sounds like you, then you may be a shopaholic.

A recently administered test to determine the predilection towards compulsive buying reveals that 9% of people fall into this category. Another recent test revealed a slightly smaller percentage of 6%. This new data concludes an increase in the number of shopaholics from just fifteen years ago, as well as determines that men remain just as prone to the shopping urge as women. The test consisted of six statements which people answered on a 7-point scale, from strongly agree to strongly disagree. Some statements included:

- Much of my life centers around buying things.
- I buy things I didn't plan to buy.
- Others might consider me a shopaholic.

Compulsive buying obviously leads to financial problems such as an empty bank account and maxed out credit cards. Yet these unneeded and unwanted purchases may be the manifestation of more serious problems, namely depression, anxiety, and low self-esteem. What's more, relationships and family harmony also deteriorate because of disagreements over the purchases. Shopaholics may then hide their purchases, as well as the accompanying costs, and thus add to the strain. It's a problem that affects people of all income brackets.

Researchers suggest that shopaholics felt better when they were shopping, even when they realized the associated harm.

Teacher's Notes:

* Underlined words in red typeface are the recommended vocabulary for this lesson.

WARM-UPS

Select one or all of the following warm-up activities.

1: **Define:** What does "shopaholic" mean? Can you use it in a sentence? Can you give examples?

2: **Brainstorm:** Brainstorm with a partner(s) words and ideas associated with "shopaholic" for 2 minutes. Spend another 5 minutes or less discussing the words and ideas together.

3: **Title:** Speculate and/or discuss the contents of today's article from its title: "Are You a Shopaholic?"

4: **Speculate:** Write in the missing word for today's article title: "Are You a ()?" Why did you choose this word for the blank?

5: **Do you agree or disagree? Why?**

- | | |
|----|---|
| a. | I love to go shopping. |
| b. | I often buy things that I don't really need. |
| c. | I often buy things that I didn't plan to buy. |
| d. | My friends would consider me a shopaholic. |
| e. | I have recently made a large purchase. |

VOCABULARY

Select one of the following vocabulary acquisition activities.

1: Vocabulary match: Individually or in pairs/groups, match the words in column A (from the article) with the best choice in column B.

a.	revolve	q.	to reach the limit
b.	impromptu	r.	accumulate
c.	rack up	s.	worry
d.	predilection	t.	susceptible
e.	prone	u.	worsen
f.	max out	v.	liking
g.	manifestation	w.	circle
h.	anxiety	x.	sign
i.	deteriorate	y.	group
j.	bracket	z.	impulsive

2: Fill in the Blanks: Fill in the blank with the correct word.

	racked up	manifestation	revolve	deteriorate	prone
	anxiety	predilection	brackets	maxed out	impromptu
a.	The lives of some people () around shopping.				
b.	Some of these people make () purchases.				
c.	Some of these people have () overwhelming amounts of credit card debt.				
d.	There was a recently administered test to determine the () towards compulsive.				
e.	The test determines that men remain just as () to the shopping urge as women.				
f.	Compulsive buying obviously leads to financial problems such as () credit cards.				
g.	Yet these unneeded and unwanted purchases may be the () of more serious problems.				
h.	The problems are namely depression, (), and low self-esteem.				
i.	Relationships and family harmony also () because of disagreements over the purchases.				
j.	It's a problem that affects people of all income ().				

3: Define: Define each word, correctly pronounce it, explain the meaning and/or usage, and offer an example sentence to the class.

a.	revolve	c.	rack up	e.	prone	g.	manifestation	i.	deteriorate
b.	impromptu	d.	predilection	f.	max out	h.	anxiety	j.	bracket

WORD RECOGNITION

1: **Word Search:** Find the target words (in bold). Time yourself, and see how many words you can find in three minutes. In five minutes. In ten minutes.

racked up	manifestation	revolve	deteriorate	prone
anxiety	predilection	brackets	maxed out	impromptu
N K X L N S O A K N B A R W T				
O O Y Y E L T A P O S Y U Z U				
N O I T A T S E F I N A M V O				
E B B T J F F V K T O G Q L D				
M N Q D C J T G M C L V N M E				
E S O Y E E H W O I A X H A X				
R X N R N T L V H L C R N I A				
W W B J P P E I K I L X B M M				
K Z Z Y R G E R D D I T G P R				
I M P R O M T U O E T B U R E				
D E K C A R H Q T R R V P O V				
V G P V V H Q Y S P A P L M O				
D E T E R I O R A T E T W P L				
P U D E K A R W T X M E E T V				
X P F X C U J M O Z J C C U E				

2: **Target Word Pool:** Find the target words (in bold) with their exact match. Time yourself, and see how many words you can find in three minutes. In five minutes. In ten minutes.

racked up	manifestation	revolve	deteriorate	prone
anxiety	predilection	brackets	maxed out	impromptu
deteriorating	racking up	revolves	manifestations	blankets
anxiousness	revolve	barracked	anxious	
brackets	maximum	pronoun	rack up	maxes out
predicated		maxed out	pone	predilection
		anxiety	impersonal	prone
impromptu	manifests		revolution	prompt
deteriorates	imperfection		bracketed	manifestation
anxieties	deterioration	prime	imperfect	wrecked
revolved		maxing out	deteriorate	determination
pronounce	racked up	predilections		
manifested	max out	anxiously	racked	manifesting
	bracket	promptly	resolve	predictions

pre- or post-COMPREHENSION

1: Word Association: Brainstorm words associated with today's topic for two minutes. Present to the class.

2: Brainstorm Questions: Brainstorm questions that you would like to ask about today's topic. Answer the questions without looking at the article.

3: True or False?: Guess (before the article) or answer (after the article) whether the sentence is true or false. If false, correct the sentence.

a.	According to the article, shopaholics are people obsessed with shopping.	T / F
b.	Less people suffer from compulsive buying than in the past.	T / F
c.	According to the article, more women than man are shopaholics.	T / F
d.	Shopaholics may also suffer from anxiety and low self-esteem.	T / F
e.	Both rich people and poor people suffer from compulsive buying.	T / F

4: Questions: Answer the questions to check comprehension.

a.	According to the article, what is a shopaholic?
b.	What percent of people suffer from this problem?
c.	What kind of test was used in the research?
d.	What problems may cause compulsive buying?
e.	What does the article say about shopaholics and their families?

5: Vocabulary: In pairs/groups, remember how the words were used in today's article.

a.	revolve	c.	racked up	e.	prone	g.	manifestation	i.	deteriorate
b.	impromptu	d.	predilection	f.	maxed out	h.	anxiety	j.	brackets

6: Fragments: Remember how the fragments were used, and complete the sentence from today's article.

a.	Some of these people have racked up...
b.	A recently administered test to determine the predilection towards...
c.	The test consisted of six statements which people answered on a 7-point scale, from...
d.	These unneeded and unwanted purchases may be the manifestation of more serious problems...
e.	What's more, relationships and family harmony also...

post-COMPREHENSION

1: Vocabulary: Circle any additional unknown words/phrases in the article. In pairs/groups, use your dictionaries to understand the meanings. Present to the class.

2: Class Questions: Read through the article once more, and write down any questions that you would like to discuss in pairs/groups or as a class. Discuss.

3: Summarize: Work with a partner to summarize the article in your own words.

4: Discuss: Talk about the following questions in pairs/groups. Remember to support your answers!

a.	Did you like this article?
b.	What was your general impression after reading this article?
c.	What are your shopping habits? Please explain.
d.	Based on the information in the article, would you consider yourself a shopaholic? Why/not?
e.	Based on the information in the article, do you know anyone who might be a shopaholic? Why/not?
f.	Do you agree that women and men suffer from the problem equally? Why/not?
g.	Do you agree that anxiety and low self-esteem cause compulsive buying? Why/not?
h.	Do you agree that compulsive buying causes problems in the family and with relationships? Why/not?
i.	Why do you think the number of shopaholics has increased in the past fifteen years? Please explain.
j.	What solutions are there for people who are shopaholics? How can they be helped?

5: Debate: Imagine possible supporting evidence for the following opinions on shopaholics and compulsive buying. Then work with a partner a debate each point. One student should support the statement and the other should oppose the statement. Limit the debate on each question to two-minutes.

Statement #1: Shopaholics are addicted to shopping. It's problem just as serious as alcoholism.

Statement #2: Compulsive shopping is an addiction. There should be therapy and support groups to help.

Statement #3: Compulsive shopping is a medical condition. Insurance should help pay for treatment.

Statement #4: Shopaholics greatly help the economy.

6: Google Search: Type "shopaholic" into Google news and read additional articles on this topic. Discuss or write an essay about your findings.

STUDENT HANDOUT (the article)

Are You a Shopaholic?

The lives of some people revolve around shopping, as they repeatedly make purchases regardless of need or available money. Some of these people make impromptu purchases. Some of these people have closets with unopened purchases. Some of these people have racked up overwhelming amounts of credit card debt. If this sounds like you, then you may be a shopaholic.

A recently administered test to determine the predilection towards compulsive buying reveals that 9% of people fall into this category. Another recent test revealed a slightly smaller percentage of 6%. This new data concludes an increase in the number of shopaholics from just fifteen years ago, as well as determines that men remain just as prone to the shopping urge as women. The test consisted of six statements which people answered on a 7-point scale, from strongly agree to strongly disagree. Some statements included:

- Much of my life centers around buying things.
- I buy things I didn't plan to buy.
- Others might consider me a shopaholic.

Compulsive buying obviously leads to financial problems such as an empty bank account and maxed out credit cards. Yet these unneeded and unwanted purchases may be the manifestation of more serious problems, namely depression, anxiety, and low self-esteem. What's more, relationships and family harmony also deteriorate because of disagreements over the purchases. Shopaholics may then hide their purchases, as well as the accompanying costs, and thus add to the strain. It's a problem that affects people of all income brackets.

Researchers suggest that shopaholics felt better when they were shopping, even when they realized the associated harm.

Notes:

STUDENT HANDOUT (fill in the blank)

Fill in the blank with the correct word.

revolve	associated	manifestation	deteriorate	racked up
prone	brackets	predilection	unopened	determines
consider	anxiety	disagreements	impromptu	maxed out

Are You a Shopaholic?

The lives of some people (a. _____) around shopping, as they repeatedly make purchases regardless of need or available money. Some of these people make (b. _____) purchases. Some of these people have closets with (c. _____) purchases. Some of these people have (d. _____) overwhelming amounts of credit card debt. If this sounds like you, then you may be a shopaholic.

A recently administered test to determine the (e. _____) towards compulsive buying reveals that 9% of people fall into this category. Another recent test revealed a slightly smaller percentage of 6%. This new data concludes an increase in the number of shopaholics from just fifteen years ago, as well as (f. _____) that men remain just as (g. _____) to the shopping urge as women. The test consisted of six statements which people answered on a 7-point scale, from strongly agree to strongly disagree. Some statements included:

- Much of my life centers around buying things.
- I buy things I didn't plan to buy.
- Others might (h. _____) me a shopaholic.

Compulsive buying obviously leads to financial problems such as an empty bank account and (i. _____) credit cards. Yet these unneeded and unwanted purchases may be the (j. _____) of more serious problems, namely depression, (k. _____), and low self-esteem. What's more, relationships and family harmony also (l. _____) because of (m. _____) over the purchases. Shopaholics may then hide their purchases, as well as the accompanying costs, and thus add to the strain. It's a problem that affects people of all income (n. _____).

Researchers suggest that shopaholics felt better when they were shopping, even when they realized the (o. _____) harm.

STUDENT HANDOUT (extended listening)

Listen and fill in the missing sentences. Compare your answers with a partner, and then listen once more.

Are You a Shopaholic?

a) _____ . Some of these people make impromptu purchases. Some of these people have closets with unopened purchases. Some of these people have racked up overwhelming amounts of credit card debt. b) _____
_____ .

A recently administered test to determine the predilection towards compulsive buying reveals that 9% of people fall into this category. Another recent test revealed a slightly smaller percentage of 6%. This new data concludes an increase in the number of shopaholics from just fifteen years ago, as well as determines that men remain just as prone to the shopping urge as women. The test consisted of six statements which people answered on a 7-point scale, from strongly agree to strongly disagree. Some statements included:

- Much of my life centers around buying things.
- I buy things I didn't plan to buy.
- Others might consider me a shopaholic.

c) _____ . Yet these unneeded and unwanted purchases may be the manifestation of more serious problems, namely depression, anxiety, and low self-esteem. What's more, relationships and family harmony also deteriorate because of disagreements over the purchases. d) _____ . It's a problem that affects people of all income brackets.

e) _____ .

STUDENT HANDOUT (notes)

ANSWER KEY

Vocabulary

1. Vocabulary Match:

a.	w	f.	q
b.	z	g.	x
c.	r	h.	s
d.	v	i.	u
e.	t	j.	y

2. Fill in the Blanks:

a.	revolve	f.	maxed out
b.	impulsively	g.	manifestation
c.	racked up	h.	anxiety
d.	predilection	i.	deteriorate
e.	prone	j.	brackets

pre- or post-Comprehension

1. True or False:

a.	T
b.	F
c.	F
d.	T
e.	T

2. Fragments:

a.	overwhelming amounts of credit card debt.
b.	compulsive buying reveals that 9% of people fall into this category.
c.	strongly agree to strongly disagree.
d.	namely depression, anxiety, and low self-esteem.
e.	deteriorate because of disagreements over the purchases.

Student Handout

1. Fill in the Blanks

a.	revolve	i.	maxed out
b.	impromptu	j.	manifestation
c.	unopened	k.	anxiety
d.	racked up	l.	deteriorate
e.	predilection	m.	disagreements
f.	determines	n.	brackets
g.	prone	o.	associated
h.	consider		

2. Extended Listening

a.	The lives of some people revolve around shopping, as they repeatedly make purchases regardless of need or available money
b.	If this sounds like you, then you may be a shopaholic
c.	Compulsive buying obviously leads to financial problems such as an empty bank account and maxed out credit cards
d.	Shopaholics may then hide their purchases, as well as the accompanying costs, and thus add to the strain
e.	Researchers suggest that shopaholics felt better when they were shopping, even when they realized the associated harm