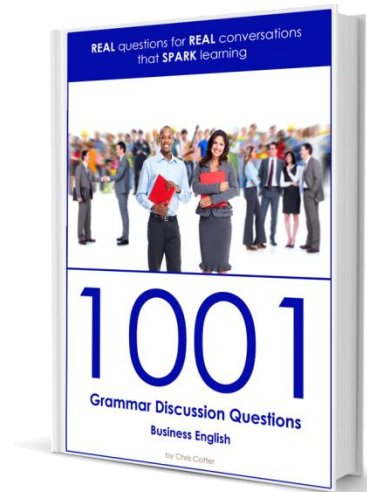
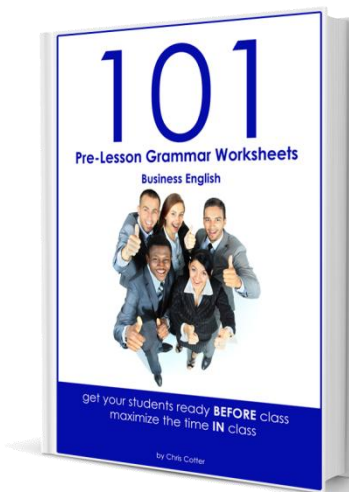
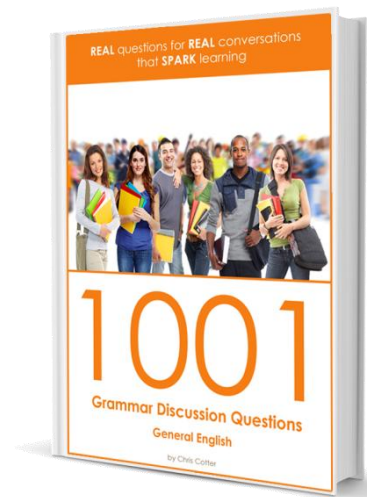
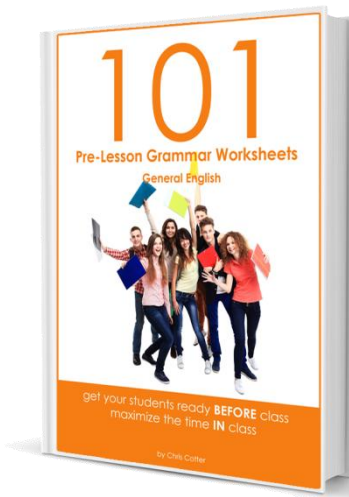
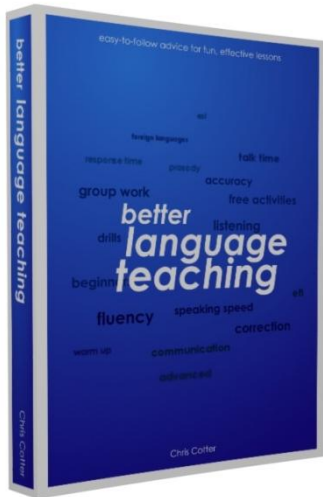


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the ARTICLE (for teachers)

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 answers.

the Article (for students)

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) _____ .

Notes:

STEP ONE

Discuss: 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. |

STEP TWO

Questions: Read as much of the article as you can in two minutes. Guess the answers to the questions below, then listen to your teacher read the article. Try to confirm your answers.

- | | |
|----|---|
| 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? |

STEP THREE

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

STEP FOUR

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

STEP FIVE

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

- | | |
|----|---|
| a. | Did you like this article? |
| b. | Based on the information in the article, would you consider yourself a shopaholic? Why/not? |
| c. | Do you agree that women and men suffer from the problem equally? Why/not? |
| d. | Do you agree that anxiety and low self-esteem cause compulsive buying? Why/not? |