

Week 1

## #3 Do Facebook "Likes" Affect Psychological Well-Being?

Skills/ Objective: Reading and Writing

### PART 1: Before you read...

#### Preparatory questions

1. Do you use social networking sites (e.g., Facebook, Weibo, Instagram, Flickr)? Which ones do you use? How often do you use?
2. Do you click "Like" when you read someone's post? Why do you "like" his/ her post?
3. How do you feel when someone "likes" your posts? How do you feel when no one "likes" your post?

#### Vocabulary

1. Well-being (noun): the state of feeling happy, safe, or healthy
2. Garner (verb): to collect something, usually with difficulty
3. Indifferent (adjective): not interested in someone or something
4. Self-esteem (noun): confidence and belief in one's value and worth
5. Reveal (verb): to disclose or give information

### PART 2: Article

Dr. Gwendolyn Seidman is a professor of psychology at Albright College in the U.S. In this article, she discusses the effects of social media feedback (e.g., Facebook likes).

**Do Facebook "Likes" Affect Psychological Well-Being?** (*click the link to read the article*)

<https://www.psychologytoday.com/us/blog/close-encounters/201610/do-facebook-likes-affect-psychological-well-being>

(Source: Psychology Today)

### PART 3: Let's discuss!

1. Do you click "like" when you read someone's post? Why do you "like" his/ her post?
2. How do you feel when someone "likes" your posts? How do you feel when no one "likes" your post?
3. Does social media play a large social role in your daily life? How do you keep or maintain friendships with your friends?

#### **PART 4: Writing practice**

You recently join a peer support scheme at school. The scheme aims to offer an opportunity for students to share, support and encourage each other on a daily basis. Your buddy, Pat, feels disappointed that no one gives any feedback on her Facebook posts (e.g., “like” her posts, comment on her posts). She emailed you for advice. Try to reply to her message. (Write 60 – 80 words)

#### **PART 5: Learn Further**

##### **1. Do You Crave Facebook Likes?**

Dr. Martin Graff conducted a research study on the relationship between people’s use of social media and their self-esteem. In this article, he reports the research findings and discusses how people’s behaviors on social media relate to their personality and self-esteem.  
<https://www.psychologytoday.com/us/blog/love-digitally/201603/do-you-crave-facebook-likes>

#### **Chat online!**

[Moodle Chat Room](#)

12 September 2018 (Wednesday) 5:30 – 6:30 pm

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