



Episode 33: Social Media

Hi! If this is your first time listening to our podcast, this is an opportunity for upper-level English learners to practice listening skills and learn new vocabulary by listening to authentic conversations.

In today's episode Donielle and Khrystyna discuss their social media preferences and habits.

Here are a few words and phrases about the topic that you may find useful:

social media platform	any online service or website that allows users to create, share, and interact with content, like posts, photos, and videos, while connecting with other users (e.g. Facebook, Instagram, YouTube, etc.)
feed/newsfeed	A list of new posts, updates, or articles that appear when you open a social media app or website <ul style="list-style-type: none"> • <i>My [news] feed is filled with lots of cats and recipes.</i>
scroll	The act of moving through content on a device to view posts, videos, or updates <ul style="list-style-type: none"> • <i>I found something interesting as I was <u>scrolling</u> through my feed.</i>
trending	When a topic, hashtag, or post becomes very popular and many people are talking about it <ul style="list-style-type: none"> • <i>Taylor Swift's new album is trending this morning.</i>
clickbait	A headline or image that makes people want to click on a link, but the content is often different than what is presented or not as exciting as it seems <ul style="list-style-type: none"> • <i>She clicked on a post that said "Shocking Celebrity News!" but it was just clickbait to sell a product.</i>
tag	Mention or link to someone in a social media post so they see it <ul style="list-style-type: none"> • <i>My friend tagged me in a funny photo from the party</i>
troll	A person who writes mean or annoying comments online just to make others upset <ul style="list-style-type: none"> • <i>Ignore the troll who left a rude comment on your post.</i>
Common abbreviations used on social media posts	DM/PM – Direct Message/Private Message ICYMI – In case you missed it TBH – To be honest INHO – In my humble opinion IDK – I don't know TIL – Today I learned TL;DR – Too long; didn't read (introduces a short summary of the main points for those who don't want to read the entire text)

You can also read the [transcript](#) for this episode.

See the following pages for vocabulary and language focus from this episode.



Vocabulary: Words and Phrases Used in the Conversation

This is why we can't have nice things.	Used humorously or sarcastically to comment on a situation where someone's bad behavior leads to the loss or destruction of something valuable or enjoyable.
I take that back	I'm changing my mind about or withdrawing a statement I just made.
the flip side	the opposite or another perspective of something
digress	leave the main subject temporarily in speech or writing <ul style="list-style-type: none"> • <i>This is not about AI; it's about social media. We <u>digress</u> again.</i>
waste [time]	spend time doing something unproductive <ul style="list-style-type: none"> • <i>I was supposed to be working, but I <u>wasted an hour</u> scrolling on social media instead.</i>
kill time	do something to make time pass, usually while waiting <ul style="list-style-type: none"> • <i>I have an hour between appointments, so I'll <u>kill time</u> at the bookstore.</i>
have [something] at the ready	have something prepared and easily available. <ul style="list-style-type: none"> • <i>I don't think we always had magazines <u>at the ready</u> [to kill time]</i>
[one's] go-to	Something or someone you use or rely on regularly. <ul style="list-style-type: none"> • <i>Pizza is my <u>go-to</u> meal when I don't feel like cooking.</i>
keep in touch	stay in contact with someone, usually over time <ul style="list-style-type: none"> • <i>Social media is a good way to <u>keep in touch</u> with old friends.</i>
be up to	Informal: be doing. <ul style="list-style-type: none"> • <i>With social media, you can see what your friends <u>are up to</u>.</i> • <i>What have you <u>been up to</u>? (very common phrase when it's been a while since you have had contact)</i>
vague	not clear or specific <ul style="list-style-type: none"> • <i>My memory about that is a bit <u>vague</u>.</i>
get sucked into [something]	To become deeply involved in something, usually unintentionally. <i>I didn't want to join Facebook because I thought I would <u>get sucked into</u> spending too much time on it.</i>
pick up [something]	This has several meanings, but in this context, it means to learn something informally or casually. <ul style="list-style-type: none"> • <i>I <u>picked up</u> a few Spanish phrases when I traveled to Mexico.</i>
get/jump on the ___ bandwagon	To join others in doing something that is currently popular or trending. <ul style="list-style-type: none"> • <i>I finally decided to <u>get on the</u> Instagram <u>bandwagon</u>.</i>
It's a pain	Describing something that is annoying or difficult to deal with. <ul style="list-style-type: none"> • <i>Filling out all this paperwork <u>is such a pain</u>.</i>
dodge a bullet	To narrowly avoid something bad or unpleasant. <ul style="list-style-type: none"> • <i>We thought the storm would come our way, but we <u>dodged a bullet</u>.</i>
be flooded with [something]	receive a large amount of something all at once <ul style="list-style-type: none"> • <i>If I click on an ad for shoes, then my feed will <u>be flooded with</u> more ads.</i>
be bombarded with [something]	Similar to the above, but includes more of a negative connotation to emphasize that you don't want what you are receiving.

Vocabulary: Words and Phrases Used in the Conversation P. 2

Slow/quick witted	Describing someone who is either slow or quick to think or understand something
creepy	strange or scary in a way that makes you feel uncomfortable <ul style="list-style-type: none"> • <i>It's not just our imaginations; tech companies have admitted our phones are listening to us and that's how they target us for ads. That's really <u>creepy</u>.</i>
echo chamber	A situation where people only hear opinions that agree with their own, reinforcing their beliefs. <ul style="list-style-type: none"> • <i>Social media can become an <u>echo chamber</u> if you only follow people who share your views.</i>
be on board with [something]	To agree with or support an idea or plan <ul style="list-style-type: none"> • <i>Is everyone <u>on board</u> with the schedule change?</i>
lurk	[as it relates to social media] observe or browse social media content without actively interacting, such as liking, commenting, or posting <ul style="list-style-type: none"> • <i>I don't often comment on social media posts, I usually just <u>lurk</u>.</i>
FOMO	Fear of Missing Out – the feeling of anxiety when you think you're missing an exciting or fun experience. <ul style="list-style-type: none"> • <i>I said I was too tired to go out tonight, but then I had <u>FOMO</u> when I heard everyone making plans.</i>
tenacious	Very determined and persistent, not giving up easily <ul style="list-style-type: none"> • <i>Hackers can be <u>tenacious</u>, using every detail from your social media profiles to piece together your personal information.</i>
candid	describing a photo taken naturally, without the person knowing or posing <ul style="list-style-type: none"> • <i>If you see any <u>candid</u> photos of me, I will almost always be making a weird face.</i>
flattering	making something look especially attractive <ul style="list-style-type: none"> • <i>When the video freezes, it's usually in the most <u>flattering</u> poses. [this was sarcasm]</i>

Talking About Sleep

There are lots of ways to talk about sleep, and at the beginning of this conversation, we had a short discussion that included many of these words. Here is some common vocabulary related to sleep:

early bird night owl	Someone who wakes up early or prefers to do things in the morning Someone who stays up late and feels more active or productive at night
stay up [late]	To remain awake longer than usual at night. <ul style="list-style-type: none">• <i>I stayed up too late last night and now I'm very tired.</i>• <i>I stayed up to watch a movie last night.</i>
sleep in	wake up later in the morning than usual <ul style="list-style-type: none">• <i>I'm looking forward to my day off tomorrow so I can sleep in.</i>
oversleep	To sleep longer than intended, often causing you to be late or miss something <ul style="list-style-type: none">• <i>I overslept this morning and missed my first class.</i>
go back to sleep	To fall asleep again after waking up <ul style="list-style-type: none">• <i>I woke up at 3 a.m. and I couldn't go back to sleep.</i>
be out	to be asleep, often deeply or quickly. <ul style="list-style-type: none">• <i>As soon as my head hit the pillow, I was out.</i>
crash	fall asleep suddenly due to exhaustion <ul style="list-style-type: none">• <i>After an exhausting day, I came home and crashed on the couch.</i>
toss and turn	be unable to sleep well, often moving around in bed <ul style="list-style-type: none">• <i>I was so nervous about the exam that I tossed and turned all night.</i>
wide awake	fully awake and alert <ul style="list-style-type: none">• <i>After drinking coffee late at night, I was wide awake for hours</i>
hit the hay/sack	A casual way to say "go to bed" <ul style="list-style-type: none">• <i>I'm exhausted, so I'm going to hit the hay early tonight.</i>

Join the Conversation

- What's your favorite social media platform and why?
- How much time do you spend on social media every day? What type of content do you enjoy seeing the most?
- What types of things do you generally share on social media?
- What's the most interesting account you follow, and what do they post?
- Have you ever learned something new or useful from social media? What was it?
- Have you ever purchased something from an ad on social media? What was it?
- What do you think are the pros and cons of social media?
- Have you ever felt the need to take a break from social media? Why or why not?

Thanks for checking out our podcast!

We are enjoying these discussions, and we hope that you are finding them helpful!



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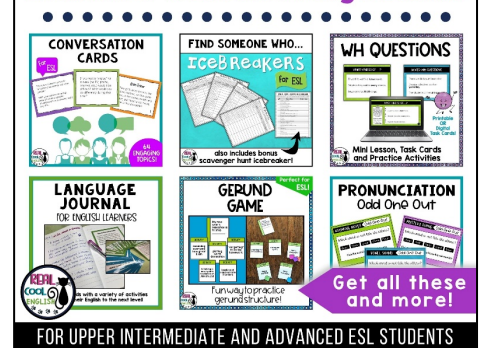
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