

The Science of FOMO and What We're Really Missing Out On mgr W. Bałdyga
<https://www.psychologytoday.com/us/blog/ritual-and-the-brain/201804/the-science-fomo-and-what-we-re-really-missing-out>

INTRODUCTION

What do the following acronyms mean? **NOMO / FOMO / JOMO**

What is FOMO? Have you ever experienced FOMO? When?

VOCABULARY. The words below appear in the text about FOMO. Match the words with their definitions.

1	ubiquitous	extreme tiredness
2	prevalent	feature, characteristic
3	a host of	a large number of something
4	outcome	feeling good; dobrostan
5	fatigue	to make something less harmful, unpleasant, or bad:
6	trait	existing commonly; rozpowszechniony
7	well-being	to feel extremely worried or frightened about something
8	obligations	a results or effect of an action,
9	regardless of	to make someone feel better when they are sad or worried:
10	to mitigate	seeming to be everywhere; wszędobylski
11	to dread	without being influenced by any other events or conditions:
12	to comfort	things you have to do

READING. Decide if the sentences are true, false or if the information is not mentioned in the text

1. The **acronym** FOMO stands for "[fear](#) of omitting fun".
2. It is not a new **phenomenon**, but it has recently been intensified by the availability of social media.
3. The study sampled all university students.
4. The purpose of the study was to find the **link between** FOMO and antisocial behaviour.
5. The research **involved collecting data** about students' emotions/feelings.
6. The results showed that FOMO affected mainly people who had too many duties.
7. FOMO did not have any negative effects on the **well-being** of the participants.
8. The research showed the ways of helping people affected **by** FOMO.

Answer the questions:

1. What was the purpose of the experiment described in the article?
2. How was the research **carried out**?
3. What were the results of the research?

DISSUCSSION

Do you think it is possible to get rid of FOMO? How? Can you think of an experiment that could be designed in order to find out how to reduce FOMO?

HOMEWORK

Read the second part of the text concerning follow-up study on FOMO.

Write a summary of the article. Use the link to help you:

http://user.keio.ac.jp/~hjb/How_to_write_a_summary.html