**Sentences with verb patterns**

**-Remember**

1) Do you remember buying the bread for the dinner?

2) I must remember to call the doctor in order to book a visit.

- **Go on**

1) Rose went on running all the morning.

2) After introducing the programme, the teacher went on to talk about politics.

-**Mean**

1)Reaching a goal means studying hard

2) The house painter told me that he meant to finish by Saturday

-**Regret**

1) I really regret cutting my hair when I was young

2) I regret to tell you that you failed your driving exam

-**Stop**

1) Mary stopped collecting magnets two years ago

2) I stopped to do workout this morning to study for the exams

-**Try**

1) I think you should try losing weight for your health

2) I tried to stop him, but it was too late.

***-*Does the internet make people more sociable, or does it isolate them? Give your opinion**

Nowadays, we live in an interconnected world: all people, from children to adults, are constantly connected to the web because of the work, to chat or to do other activities. It seems that people aren’t able to live without Internet: indeed, it’s all you need to do different kind of activities in our society. There are controversial opinions about the use of Internet: some people believe that it makes people more sociable, while others think that it isolate them. I believe that both opinions are acceptable and that you can agree or disagree with one or another according to your personal experience. On the one hand, if we want to consider the world of social networks, we can’t deny that they are a way to know other people and to socialize, even if you have to pay attention to fake identities and to ill-intentioned. In order to support this idea, I make the example of people who find their soul mate thanks to social networks. On the other hand, it’s also true that an excessive use of Internet can lead to isolation and to the creation of imaginary worlds. There are lot of people that lose their contact with the real world; they isolate from their family, friends, and built a virtual identity, becoming alienated. The isolation can be the result of a rejection of the reality, maybe because it’s too difficult to face, and so people protect themselves choosing an alternative way of living. There are lot of cases of people who have completely lost their mind believing to be a video-games’ character or an individual from another world.

The majority of people tend to condemn Internet, considered the cause of the most common problems which affect our society, such as: the loss of dialogue in families, the constant need to record every single moment of the day, the research for popularity. I believe that it’s not fair to judge Internet so badly, especially in the situation that we are living. Indeed, I often reflect on the power of the new technologies that allow us to: remain in contact with our family, friends; to relax watching a film or a TV series; to study, thanks to specific applications; to play; to listen to the music and so on. To conclude, I would like to highlight a very important thing: every kind of excess is wrong, so I recommend a moderate usage of Internet. Be careful!