

B2-C1 Worksheet: I Wore Meta Smartglasses for a Month - 07 April 2026

Article

A recent Guardian feature follows a writer who spent a month wearing Meta Ray-Ban smartglasses and came away deeply uneasy about the experience. On paper, the glasses promise a more seamless digital life: hands-free photos, phone calls, voice commands and an AI assistant built into an ordinary-looking frame. In practice, however, the device often made the wearer feel self-conscious and slightly creepy, especially when other people realised there was a camera sitting on her face. More than once, the first question she heard was simple: Are you filming me?

The article suggests that the biggest issue is not whether the technology works perfectly, but what it does to social trust. Friends froze, strangers looked uncomfortable and even routine moments began to feel charged. Although the glasses could sometimes be useful as headphones or as assistive technology for people with low vision, many of the smarter features did not live up to the hype. Photos were awkwardly framed, voice commands misfired and real-time translation felt clumsy rather than magical. Instead of smoothing daily life, the device often added another layer of friction.

By the end of the month, the writer was left weighing up convenience against privacy, novelty against necessity. Meta argues that smartglasses could eventually become a natural way to access digital tools, but the article raises a harder question: even if the technology improves, do people actually want to wear it? For now, the smartglasses seem to have opened up a useful debate about what kind of future users are willing to accept and what should simply be left off their faces.

True/False

Decide if each statement is True (T) or False (F).

1. The article presents the smartglasses as completely comfortable and socially easy to use.
2. One common reaction from other people was concern about being recorded.
3. The writer thought the translation feature worked perfectly in real life.
4. The article suggests that some assistive uses of the glasses could be valuable.
5. The writer felt the device always reduced friction in daily life.
6. Meta believes smartglasses may become a more natural way to use digital tools.
7. The article argues that privacy questions are already fully resolved.
8. The final paragraph suggests that public acceptance matters as much as technical progress.

Phrase Match

Match the phrases (1-10) to the correct definitions (A-J).

Phrases (1-10)	Definitions (A-J)
1. come away	A. in theory rather than in real life
2. on paper	B. to investigate something
3. live up to	C. to consider carefully before deciding
4. weigh up	D. to suddenly become stiff, silent or unable to react
5. open up	E. not included or not added
6. left off	F. to leave a situation with a particular feeling
7. look into	G. to show or suggest something
8. catch on	H. to be as good as expected
9. freeze up	I. to become popular
10. point to	J. to create a chance for discussion or development

Synonym Match

Match the words (1-10) to the correct synonyms (A-J).

Words (1-10)	Synonyms (A-J)
1. seamless	A. something that makes life easier
2. uneasy	B. full of tension or strong feeling
3. self-conscious	C. not comfortable or relaxed
4. charged	D. something that is needed
5. clumsy	E. designed to help someone do something
6. convenience	F. awkward and not skilful
7. novelty	G. willingness to approve or accept something
8. necessity	H. smooth and without difficulty
9. acceptance	I. the quality of being new and unusual
10. assistive	J. overly aware of yourself

Use the new language

Please choose 5 words or phrases and make your own sentence using the new word or phrase.

Discussion Questions

Student A

1. Would you ever wear smartglasses like these? Why or why not?
2. What kinds of technology make life more convenient for you?
3. Do you think people would freeze up if someone wore recording glasses near them?
4. What kind of device feature sounds useful on paper but not in real life?
5. Have you ever felt self-conscious using a new piece of technology in public?
6. What would you be willing to wear on your face every day, and what would you leave off?
7. Do you think the novelty of wearable tech wears off quickly?
8. What is more important to you: convenience or privacy?

Student B

1. Should companies slow down and look into the social effects of wearable tech more carefully?
2. How much privacy are people willing to give up for convenience?
3. Can public trust survive if cameras become normal on everyday devices?
4. Why do some technologies catch on even when many people dislike them?
5. Should assistive technology be judged differently from consumer gadgets?
6. What kinds of tech innovations genuinely improve life, and what kinds just add friction?
7. If smartglasses become common, how might public behaviour change?
8. What does responsible design look like when a product affects other people as well as the user?

Answer Key

True/False: 1=F, 2=T, 3=F, 4=T, 5=F, 6=T, 7=F, 8=T

Phrase Match: 1=F, 2=A, 3=H, 4=C, 5=J, 6=E, 7=B, 8=I, 9=D, 10=G

Synonym Match: 1=H, 2=C, 3=J, 4=B, 5=F, 6=A, 7=I, 8=D, 9=G, 10=E

Example sentences with the phrases

1. I came away from the meeting feeling much more confident.
2. On paper, the plan looked perfect, but it failed in practice.
3. The new phone did not really live up to the reviews.
4. We need time to weigh up the risks before deciding.
5. The documentary opened up an important conversation about privacy.
6. Several details were left off the final report by mistake.
7. Police are looking into the cause of the fire.
8. The app caught on quickly among university students.
9. I froze up when the teacher suddenly asked me a question.
10. The results point to a clear change in consumer behaviour.