

UNIT 8: Social Media

Vocabulary List

English Word / Phrase	Definition	Greek Translation
Absence	The state of being away or non-existence.	Απουσία
Academic performance	Educational achievement level.	Σχολική επίδοση
Adjust	To change something slightly to make it fit, work better, or adapt.	Προσαρμόζω / Ρυθμίζω
Adolescence	Transition from childhood to adulthood.	Εφηβεία
Adversely	In a harmful, negative, or unfavorable way.	Δυσμενώς / Αρνητικά
Allocate time	To set aside a specific period for a task.	Διαθέτω / Κατανέμω χρόνο
Allotted to	To give or assign something as a share or task.	Που έχει παραχωρηθεί / Κατανεμηθεί σε
Alluring	Powerfully and mysteriously attractive.	Δελεαστικός / Θελκτικός
Apparently	As far as one can tell; seemingly.	Προφανώς / Όπως φαίνεται
Associated with	Connected or linked to something.	Συσχετίζεται με
At play	Being something that is helping to produce a result.	Που παίζουν ρόλο
Augment	To increase or improve by adding to it.	Επαυξάνω / Ενισχύω
Avid	Showing keen interest or enthusiasm.	Ένθερμος / Παθιασμένος

English Word / Phrase	Definition	Greek Translation
Beneficial	Resulting in good; advantageous.	Ωφέλιμος / Ευεργετικός
Bleed into	To overlap or seep into another area.	Εισχωρεί σε / «Ποτίζει»
Buffer zones	Neutral periods used for separation.	Ζώνες ασφαλείας
Build up	Gradually develop	Αναπτύσσω
Burning issue	An urgent or very important problem.	Φλέγον ζήτημα
Capacity	Maximum amount contained or a person's ability.	Χωρητικότητα / Ικανότητα
Causal direction	The path of cause and effect.	Αμφίδρομη σχέση, σχέση αιτίου - αποτελέσματος
Combat	To take action to prevent something bad.	Καταπολεμώ
Counselor	A person giving psychological guidance.	Σύμβουλος
Crucial	Decisive or of the highest importance.	Κρίσιμος / Καθοριστικός
Depression	A mental health disorder (low mood).	Κατάθλιψη
Deprivation	The state of being kept from possessing, enjoying, or using something essential.	Στέρηση / Έλλειψη
Device	A tool or object used for a specific purpose.	Συσκευή
Downsides	Negative aspects or disadvantages.	Μειονεκτήματα
Drab	Dull, lifeless, or lacking interest.	Μουντός / Άχαρος

English Word / Phrase	Definition	Greek Translation
Ease up on	To do something less intensely.	Χαλαρώνω / Ελαττώνω
Emit from	To produce or discharge something (light, heat, sound, or a feeling) from a source.	Εκπέμπω / Προέρχομαι από
Emotional disorder	Condition affecting emotional state.	Συναισθηματική διαταραχή
Engagement	The state of being involved or committed.	Ενασχόληση
Erode	To gradually wear away or destroy (literally or figuratively).	Φθείρω σταδιακά
Exacerbating	Making a bad situation even worse.	Επιδεινώνει / Χειροτερεύω
Excessive use / Overuse	Using something more than is healthy.	Υπερβολική χρήση / Κατάχρηση
Face-to-face contact	Physical presence communication.	Δια ζώσης επαφή
Fluid	Not fixed; able to change easily.	Ρευστός
Fragile	Easily broken or delicate.	Εύθραυστος
Fundamental	Forming a necessary base or core.	Θεμελιώδης
Gain attention	To cause people to notice or become interested.	Τραβώ την προσοχή
Grief	Deep sorrow, especially caused by loss.	Θλίψη / Πένθος
Immersive	Completely surrounding the user.	Εμβυθιστικός / Καθηλωτικός

English Word / Phrase	Definition	Greek Translation
Indicator	A sign or signal of a condition.	Ένδειξη
Inhibit	To hinder, restrain, or prevent an action or process.	Παρεμποδίζω / Αναστέλλω / Συγκρατώ
Interconnected	Having all parts linked together.	Διασυνδεδεμένος
Interpersonal	Relating to relationships between people.	Διαπροσωπικός
Inventive	Having the ability to create or design new things or to think originally.	Εφευρετικός / Πρωτότυπος
Invincible hold	A grip too powerful to overcome.	Ακατανίκητη επιρροή
Keep (someone) up	To prevent someone from going to bed or falling asleep.	Κρατάω (κάποιον) ξύπνιο
Likelihood	The probability of an event.	Πιθανότητα
Linked to	Closely connected to or caused by something else.	Συνδέεται με / Σχετίζεται άμεσα με
Mere	Used to emphasize how small or insignificant someone or something is.	Απλός / Μόνο και μόνο
Merry-go-round	A continuous, repetitive cycle of activities or events (often used negatively to describe something exhausting).	Φαύλος κύκλος / Ατέρμονη κατάσταση / «Γαϊτανάκι»
Messiness	The quality of being complicated, untidy, or lacking a clear structure (often used for situations).	Ακαταστασία / Πολυπλοκότητα
Meteoric rise	A very quick and successful success.	Ραγδαία άνοδος
Misguided	Showing faulty judgment or reasoning.	Εσφαλμένος / Παραπλανημένος

English Word / Phrase	Definition	Greek Translation
Moderation	The avoidance of excess; balance.	Μέτρο / Με μέτρο
Nod off	To fall asleep, especially briefly or unintentionally (usually while sitting up).	Λαγοκοιμάμαι / Με παίρνει ο ύπνος (στα όρθια/καθιστό)
Obesity	The condition of being grossly fat or overweight (medical scale).	Παχυσαρκία
Occurrence	An incident, event, or happening.	Περιστατικό / Γεγονός
Overly	To an excessive or extreme degree.	Υπερβολικά
Passage	A portion of a text or speech.	Απόσπασμα
Popularity	The state of being liked or supported by many.	Δημοτικότητα
Privacy	Freedom from public attention.	Ιδιωτικότητα
Provocative insight	A deep, thought-provoking realization.	Προκλητική ιδέα
Put another way	Expressing an idea differently for clarity.	Με άλλα λόγια
Quotation	Words repeated from a text or speech.	Παράθεμα, λόγια τρίτων
Raise awareness	To increase understanding of an issue.	Ευαισθητοποιώ
	The beliefs or opinions that are generally held about someone or something.	Φήμη / Υπόληψη
Restful slumber	Deep, refreshing, peaceful sleep.	Ξεκούραστος ύπνος
Reverie	A state of being lost in thoughts; daydreaming.	Ονειροπόληση

English Word / Phrase	Definition	Greek Translation
Ring-fence	To protect or guarantee a boundary.	Διασφαλίζω / «Περιφράζω»
Side effects	Secondary, typically undesirable effects of a drug, treatment, or activity.	Παρενέργειες
Socialization	The process of learning social behaviors.	Κοινωνικοποίηση
Stay hot on the heels	To follow very closely behind.	Ακολουθώ πιστά
Switch off	To stop thinking about work or problems; to mentally disconnect and relax.	Αποσυνδέομαι (πνευματικά) / «Κατεβάζω διακόπτες»
Tween	Pre-teen	Παιδί στην προεφηβεία
Trace	To find or discover by investigation.	Εντοπίζω / Ίχνος
Tweak	To make small changes to improve something.	Προσαρμόζω / Ρυθμίζω
Unprecedented	Never done or known before.	Πρωτοφανής
Vicious cycle	A cycle that intensifies problems.	Φαύλος κύκλος
Vital	Absolutely necessary or essential.	Ζωτικής σημασίας
Well-told caution	A warning expressed with great clarity.	Εύστοχα διατυπωμένη προειδοποίηση
Worsen	To make or become worse	Χειροτερεύω / Επιδεινώνω
Wrestle (with)	To struggle hard to manage or overcome a difficult problem or situation.	Παλεύω / Αγώνίζομαι (με ένα πρόβλημα)

