WHILE-LISTENING SECTION (12 pts.)

A. STATEMENTS (1 pt. each; 3 pts.)
In this section, you will hear a statement for each item and a question related to it. Before you listen to each statement and the related question, you will be given 15 seconds in order to have a look at the four alternative answers to the question. Each statement will be spoken only ONCE. After you listen to each statement, mark the alternative which best answers the question that follows.

1. What does the speaker say about rock climbing?
   a) It cannot be done by people with ADD.
   b) Athletes who do it may later suffer from ADD.
   c) It can be used to treat youngsters with ADD.
   d) ADD used to be treated through this sport.

2. What does the speaker mean?
   a) The number of couples in America is higher than anywhere else.
   b) More and more Americans are beginning to live alone.
   c) The number of American couples is twice as high as it used to be.
   d) Living alone is a more popular trend in America than anywhere else.

3. What does the speaker mean?
   a) Hunger is present even in rich countries.
   b) Birth control is unacceptable in some countries.
   c) Poor people don’t want to use birth control methods.
   d) Birth control can help to overcome hunger.

B. DIALOGUES (1 pt. each; 3 pts.)
For the items in this section, you will hear a dialogue and a question related to it. Before you listen to each dialogue and the related question, you will be given 15 seconds in order to have a look at the four alternative answers to the question. Each dialogue will be spoken only ONCE. After you listen to each dialogue, mark the alternative which best answers the question that follows.

1. What does the man mean?
   a) He has to be at the campsite before sunset.
   b) He will set up the tent after sunset.
   c) He doesn’t want to drive any further.
   d) His friends have promised to set up the tent.

2. What does the woman mean?
   a) The man should call Harry to help him.
   b) She will ask Harry to organize the party.
   c) There is no need for the man to ask Harry to help.
   d) She doesn’t want to waste her time attending the party.

3. What does the man mean?
   a) He doesn’t want to smoke any more cigarettes.
   b) He will ask the waiter for a pack of cigarettes.
   c) He wants to offer the woman a cigarette.
   d) He wants the woman to change her seat.
C. MINI-TALKS (1pt. each; 3 pts.)
In this section, you will hear a mini-talk for each item. However, the last sentence of each mini-talk is incomplete. Before you listen to each mini-talk, you will be given 15 seconds in order to have a look at the four alternatives that may complete the last sentence. Each mini-talk will be read only once. After you listen to each mini-talk and hear the “beep” sound, mark the alternative that best completes the sentence.

1. a) the leaders were always men.
b) the society was a matriarchal one.
c) women were not respected much.
d) men were not allowed to elect leaders.

2. a) not accepted in many societies.
b) the most popular form of marriage.
c) practiced in many ancient societies.
d) the practice of having more than one spouse.

3. a) a computer processes information.
b) they are not similar in any way.
c) the brain controls all body functions.
d) they are actually quite different.

D. INTERVIEW (1pt. each; 3 pts.)
For the items in this section, you will hear an interview with sports psychologist Richard Bentley. You will hear the interview only ONCE. As you listen, mark the choice that best answers each question or completes each statement. Before you listen to the interview, you will have 45 seconds to have a look at the questions related to it.

1. In its early years, sports psychology dealt mostly with _____.
a) ways to enhance team performance
b) the psychological factors that affect performance
c) methods of identifying potentially successful athletes
d) teaching athletes mental skills such as confidence and concentration

2. Sports psychology is of greatest help for athletes in _____.
a) dealing with injuries
b) managing stress
c) developing team skills
d) setting goals

3. Which of the following is FALSE about mental practice?
a) It is done before a relaxation period.
b) It is also called visualization.
c) It can cause poor performance if used wrongly.
d) It is used for improving performance.
II. LISTENING AND NOTE-TAKING SECTION (8 pts.)

PAPER I.
You will hear a talk on workplace stress. You will hear the talk only ONCE. Listen carefully and take notes on the following points as you listen:

- definition of workplace stress,
- its internal and external causes,
- its signs, or symptoms, and
- how employers can help to prevent it.

Later, you will be given eight minutes to answer some questions using your notes. Your notes will not be graded.
LISTENING AND NOTE-TAKING SECTION (8 pts.)
PAPER II.

Fill in the gaps according to the information in your notes. (1 pt. each; 8 pts.)

Workplace stress is the (1)_____________________________ that a worker gives to certain pressures. This occurs when his/her resources, (2a)__________________ and (2b)__________________ cannot meet the demands of the job.

* * *

The internal causes of workplace stress are related to the individual. An example of an internal cause is (3)_________________________________________________. The external causes are the ones that are related to the job. One example of an external cause is (4)_______________________________________. Another example of an external cause is (5)_______________________________________.

* * *

We can tell that a person suffers from workplace stress if he/she has (6a)______________________ or (6b)______________________. These are two signs, or symptoms, of workplace stress.

* * *

There are things that employers should do in order to improve the working conditions of their employees and help to prevent workplace stress. One thing they should do is (7)_______________________________________. Another thing that employers are advised to do is (8)_____________________________________________.

* * *
LISTENING (20 pts.)
I. WHILE-LISTENING SECTION (12 pts.)

GROUP A

A. (1 pt. each; 3 pts.)
1. c     2. b     3. d

B. (1 pt. each; 3 pts.)
1. a     2. c     3. d

C. (1 pt. each; 3 pts.)
1. a     2. b     3. d

D. (1 pt. each; 3 pts.)
1. c     2. d     3. a

II. LISTENING AND NOTE-TAKING SECTION (1 pt. each; 8 pts.)

1. harmful response

2. (a and b are interchangeable) a) abilities b) needs

3. (any one of the following)
   personality / poor coping skills

4/5. (any of the following two for 4 and 5)
   - dangerous (or risky) jobs / tasks
     - having to work / working excessively OR working too much OR overwork(ing)

6. (a and b are interchangeable) (any two of the following)
   - sleep problems
     - relationship problems
       - high blood pressure OR hypertension OR heart problems
       - stomach-aches
       - headaches

7/8. (any two of the following for 7 and 8) (-ing forms of verbs are also welcome)
   - (to) motivate (their) workers
     - (to) communicate with (their) workers OR listen to (their) workers(’ opinions) (and express their own (clearly))
     - (to) give (their) workers the opportunity to socialize OR let (their) workers socialize
**I. WHILE-LISTENING SECTION (12 pts.)**

**A. STATEMENTS (1 pt. each; 3 pts.)**

Speaker A: In this section, you will hear a statement for each item and a question related to it. Before you listen to each statement and the related question, you will be given 15 seconds in order to have a look at the four alternative answers to the question. Each statement will be spoken only ONCE. After you listen to each statement, mark the alternative which best answers the question that follows.

**Speaker A:** Number 1. Have a look at the four alternatives. (***pause 15 seconds)

**Speaker B:** Rock climbing is an extreme sport that is sometimes used to help youngsters with attention deficit disorder, or ADD, as it teaches the athlete to focus his attention on the activity.

**Speaker A:** What does the speaker say about rock climbing? (***pause 10 seconds)

**Speaker A:** Number 2. Have a look at the four alternatives. (***pause 15 seconds)

**Speaker B:** The number of Americans living alone has more than doubled in the last several years.

**Speaker A:** What does the speaker mean? (***pause 10 seconds)

**Speaker A:** Number 3. Have a look at the four alternatives. (***pause 15 seconds)

**Speaker B:** Unless birth control methods are provided to the poor countries of the world, hunger will become a more severe problem than it is now in those places.

**Speaker A:** What does the speaker mean? (***pause 10 seconds)

**B. DIALOGUES (1 pt. each; 3 pts.)**

Speaker A: For the items in this section, you will hear a dialogue and a question related to it. Before you listen to each dialogue and the related question, you will be given 15 seconds in order to have a look at the four alternative answers to the question. Each dialogue will be spoken only ONCE. After you listen to each dialogue, mark the alternative which best answers the question that follows.

**Speaker A:** Number 1. Have a look at the four alternatives. (***pause 15 seconds)

**Woman:** I can’t drive any further. I’m really tired.

**Man:** You can’t do that to me. I promised my friends that I would be at the campsite before sunset and set up the tent for them.

**Speaker A:** What does the man mean? (***pause 10 seconds)

**Speaker A:** Number 2. Have a look at the four alternatives. (***pause 15 seconds)

**Man:** I’m going to ask Harry to organize the party. I really don’t have time for that.

**Woman:** You don’t need to do that. I have already found a good professional party planner.

**Speaker A:** What does the woman mean? (***pause 10 seconds)

**Speaker A:** Number 3. Have a look at the four alternatives. (***pause 15 seconds)

**Woman:** I can hardly breathe. Could you please put out your cigarette?

**Man:** Sorry to bother you, but this is the smoking section. Why don’t you ask the waiter to find you another seat?

**Speaker A:** What does the man mean? (***pause 10 seconds)

**C. MINI-TALKS (1 pt. each; 3 pts.)**

Speaker A: In this section, you will hear a mini-talk for each item. However, the last sentence of each mini-talk is incomplete. Before you listen to each mini-talk, you will be given 15 seconds in order to have a look at the four alternatives that may complete the last sentence. Each mini-talk will be read only once. After you listen to each mini-talk and hear the “beep” sound, mark the alternative that best completes the sentence.

**Speaker A:** Number 1. Have a look at the four alternatives. (***pause 15 seconds)

**Speaker B:** The Iroquois Indians of North America were a matriarchal society; that is, women were respected greatly, and they played an influential role in decision making processes. In this society, although women had a great influence on the election of new leaders, …(beep***pause 10 seconds)

**Speaker A:** Number 2. Have a look at the four alternatives. (***pause 15 seconds)
INTERMEDIATE GROUP
FALL 2008-2009
MT 02 LISTENING

Speaker B: Monogamy is the practice of having only one spouse at a time. It is practiced by the majority of people around the world. In other words, monogamy is...(beep***pause 10 seconds)

Speaker A: Number 3. Have a look at the four alternatives. (***pause 15 seconds)

Speaker B: Scientists have often compared the human brain to a computer. While the computer and the human brain have some things in common...(beep ***pause 10 seconds)

D. INTERVIEW (1 pt. each; 3 pts.)

Speaker A: For the items in this section, you will hear an interview with sports psychologist Richard Bentley. You will hear the interview only ONCE. As you listen, mark the choice that best answers each question or completes each statement. Before you listen to the interview, you will have 45 seconds to have a look at the questions related to it. (***pause 45 seconds)

Host: Good afternoon, and welcome to another edition of Sports Journal, brought to you every week by InfoFM. With us today is sports psychologist Richard Bentley from Colorado State University. Welcome, Dr. Bentley, and thanks for joining us.

Guest: Thank you.

Host: Dr. Bentley, could you please tell us what sports psychology is all about?

Guest: Sure. Modern sports psychology, which dates from around the early 1970s, is focused on people’s behavior in sport. It is a branch of science that seeks to understand psychological factors that affect performance in sports, and apply these to enhance individual and team performance. Some of the most important skills taught within sports psychology are goal setting, visualization, concentration, confidence, and relaxation. In its early days, sports psychology was mostly concerned with developing assessment methods that would identify people with the potential to become good athletes, but now, it is a broad field dealing mostly with mental, or psychological, skills.

Host: Can you give us an example of how sports psychology helps athletes?

Guest: I remember one case in which an Olympic boxer lost his desire to go on competing. A consultation with a sports psychologist helped him to become focused again on his goals. This is an approach that often provides solutions to issues of motivation. Although sports psychology is concerned with dealing with injuries, stress management, team skills, and relaxation, it is most helpful for athletes in setting goals. Without learning to set goals, an athlete cannot go much further. Motivation to set goals, in this sense, is of greatest importance for an athlete.

Host: You’ve often written about a technique called “mental practice.” What do you mean by that – and how does it work?

Guest: Mental practice is also referred to as “visualization.” In mental practice, the athlete visualizes some aspect of his or her game that needs improvement. It is the mental equivalent of physical practice. For example, if your golf swing is not perfect and your coach shows you the proper swing, you practice making that correct swing in your mind after a 20 or 30-minute relaxation period.

Host: Has this been proven scientifically?

Guest: Yes, there is research evidence that indicates that when athletes use visualization after relaxation, their performance does improve. However, there is also evidence to suggest that if you use the wrong visualization – if you imagine missing the ball or losing the game – your performance will get worse.

Host: Let’s have a break for some music. After the song, Dr. Bentley will be giving us more information on the subject...(fades out)

(***pause 30 seconds)
II. LISTENING AND NOTE-TAKING SECTION (8 pts.)
You will hear a talk on workplace stress. You will hear the talk only ONCE. Listen carefully and take notes on the following points as you listen:
- definition of workplace stress,
- its internal and external causes,
- its signs, or symptoms, and
- how employers can help to prevent it.

Later, you will be given eight minutes to answer some questions using your notes. Your notes will not be graded.

Host: Good afternoon, and welcome to another edition of Health Issues. With us today is Dr. Norah Salinger to answer your questions about workplace stress. Welcome, Dr. Salinger, and thanks for joining us.

Guest: Thank you. It’s a pleasure to be here.

Host: Dr. Salinger, before getting into the details of the matter, could you please define what workplace stress is?

Guest: Sure. Workplace stress is the harmful response that a person gives in reaction to certain pressures on the job. Of course, this harmful response does not occur for no reason. It occurs when the worker’s abilities, resources, and needs cannot meet the demands of his or her job.

Host: How common is it, for example, in the US?

Guest: Unfortunately, it is very common. About one-third of workers report high levels of stress.

Host: So, a huge number of people are suffering from this harmful response, and it is all because of a poor match between job demands and the abilities, resources, and needs of the worker. (Guest: Exactly.)

Host: One of our listeners wants to know about the causes of workplace stress. Can you talk a bit about them?

Guest: Sure. The important thing to remember is that there are two categories of causes: internal and external. Internal causes are the ones that are related to the individual. I mean, what is stressful to one person may not be a problem for another. So, among internal factors, we can mention personality as one of the most significant.

Host: Apart from personality, what other internal causes are there?

Guest: Another internal cause is poor coping skills. It is perfectly easy for some people to cope with difficult issues, whereas some others cannot do that. This does not mean that people with poor coping skills will be unsuccessful in professional life. The important thing is to be wise enough to choose a job that is suitable with one’s coping skills. And the same applies to personality.

Host: I see. How about external causes?

Guest: External causes are the ones that are related to the job. For example, people who do dangerous or risky tasks, like construction workers, are more prone to workplace stress than others. So, dangerous or risky tasks may be considered an external cause.

Host: Any others?

Guest: In addition to dangerous or risky tasks, we could also mention having to work excessively.

Host: So, in other words, overworking is another important stressor in the workplace. (Guest: Indeed.)

Host: One of our listeners wants to know how we can tell whether we are suffering from workplace stress. What can you say about the symptoms of workplace stress?

Guest: Well, there are various signs. A person suffering from workplace stress might have sleep problems. I mean, he or she may be getting too little or too much sleep. They might suffer from stomach-aches or headaches.

Host: I’ve heard that workplace stress can also cause heart problems.

Guest: Oh, yes, high blood pressure, or hypertension, may eventually lead to heart problems, in addition to the other physical problems that I have mentioned, I mean, sleep problems and headaches and stomach-aches. And, of course, workplace stress can also lead to problems in the sufferer’s relationships.

Host: Is there a way or a combination of ways to prevent workplace stress?

Guest: Yes. There are things that employers can do in order to improve working conditions. For instance, employers should motivate their workers. Motivating workers will not only decrease their stress level, but will also encourage them to work more efficiently.

Host: Is there anything else that employers can do apart from motivating their workers?

Guest: Yes. Employers should also communicate with their workers. In other words, they should listen to their workers’ opinions and express their own clearly. And, one other thing, which is equally important, is that employers
should give their workers the opportunity to socialize. I mean, employers can reduce the stress level of the workers considerably by letting them socialize.

Host: Thanks, Dr. Salinger, for the valuable information. Stay tuned to our program for more…(fades out)