



**ΕΞΕΤΑΣΕΙΣ ΑΓΓΛΙΚΗΣ – ΕΠΙΠΕΔΟ Γ1 & Γ2 - ΕΝΟΤΗΤΑ 3**  
**ΠΕΡΙΟΔΟΣ ΝΟΕΜΒΡΙΟΥ 2014**

**TAPESCRIPTS**

**PART A: CHOICE ITEMS**

**ACTIVITY 1**

**Read items 1a and 2a. Listen TWICE and choose the best answer (A, B, or C) for each item.**

*Spending time in nature can be good for your mental health and physical well-being. I'm Steve Pomplun for Earth Watch Radio. People have long believed that exposure to nature is good for body and soul. A growing number of studies are showing that time spent in the outdoors does indeed improve both your physical and mental health. Richard Louv is the author of a new book called "Last child in the woods: Saving our children from nature deficit disorder." Louv says studies have shown that views of nature reduce stress among adults in the work place. Other research shows that children get a better starting life when exposed to the outdoors. Medical research has also found that more time outdoors can help ease the symptoms of attention deficit disorder in kids. Louv takes it a step further speculating about the origin of this widespread problem.*

**Listen again and check your answers.**

**Read items 3a and 4a. Listen TWICE and choose the best answer (A, B, or C) for each item.**

*Hello, good afternoon, I'm Steve Saul. Police who are examining youtube footage have 100 teenagers who chanted sexist abuse at staff at Mc'Donald's in Wiggan. It's hoped that they will be able to identify the culprits from the video that's now been seen by more than 64,000 people. Michelle Adamson's got the story.*

**Listen again and check your answers.**

**ACTIVITY 2**

**Read items 5a-7a. Listen TWICE and choose the best answer (A, B, or C) for each item.**

*Female 1: You know how we've been talking about moving away with the children*

*Female 2: Yes...*

*Female 1: ...and there's been a bit of a thing that we've been on about for a while.*

*Female 2: Have you decided one way or the other by the way?*

*Female 1: I know that you came to get rid of me but no..*

*Female 2: No I'm not...*

*Female 1: No not quite yet, no... well I've seen the other side of it actually because my son.. his best friend has just moved with his parents away. And it's actually been very sad... you know young Manny went out, and he scratched his friend's initials.. you know Rock... you know in the garden.*

*Female 2: ahhhh...*

*Female 1: .... And there's lots of promises that they will see each other again. Obviously, it's not very far away. But I've just seen him being really sad at losing his best friend. And so I'm you know, contemplating that again and I moved around a lot when I was a kid. I moved to three different primary schools and three different high schools. So I didn't really have that long, long attachment with friends.*

*Female 2: Do you have any, you know, long lasting friends? How old is your oldest friend?*

*Female 1: I would say the longest friendship I have would be maybe 25 years which is pretty good going from journalism probably. But not any school friends.*

**Listen again and check your answers.**

**Read items 8a-10a. Listen TWICE and choose the best answer (A, B, or C) for each item.**

....But not any school friends.

Female 2: ... from school?

Female 1: ... not any school friends.. no no no.. and I would never go to a school reunion in a fit.

Female 2: why not?

Female 1: well I can't remember any of them.

Female 2: no I know but they would wear little name tags and you will say "oh my God is that you?"

Female 1: I once had a couple of people come up to me and say "you're Wendy Brown, aren't you? I used to be in grade 2 with you." And I ran away and hid in a shop. I thought I don't want to know anybody who knows me from that long ago.

Female 2: Oh why not? You know my brother who's older than me.. you know he's now in his early 60s... has his best friend... was his best in kindergarten.

Female 1: You see! Now you're talking about me moving away with the family. Maybe I am gonna rob my son of that person. I see how sad he is to not have that person...

Female 2: I'm sorry... my brother and his friend have been far and wide...

Female 1: I suppose it's true... oh well .... yeah yeah yeah, I can see.

**Listen again and check your answers.**

### ACTIVITY 3

**Read items 11a-14a. Listen ONCE and choose the best answer (A, B, or C) for each item.**

*The US has no shortage of linguistic gatekeepers. Language pundits warn in the press, on the air, and even on the inside of matchbook covers that if we don't clean up our linguistic acts, the doors of opportunity will be closed. Fear of not saying things the right way causes some of us to break out in a sweat when choosing whether to say "between you and me" or "between you and I." What makes us so linguistically insecure? It's the idea that a language has only one correct form and that we're not in step with it. But let's remember that the choice of the best or most correct way of speaking is just a matter of history. Saying "between you and me" like not wearing sneakers with a coat and tie is a convention, not a divine law. Power, money and prestige cause one variety of language to be preferred and, therefore, prescribed. In English, the focus of wealth, commerce and government in London caused a variety of Southern British English to be thought of as the best. In the US, where there was no such center, the language of the well-educated, higher classes became the preferred variety.*

### ACTIVITY 4

**Read items 15a-17a. Listen ONCE and choose the best answer (A, B, or C) for each item.**

*We are losing our listening. We spend roughly 60 percent of our communication time listening, but we're not very good at it. We retain just 25 percent of what we hear. This is a serious problem that we're losing our listening. This is not trivial because listening is our access to understanding. Conscious listening always creates understanding. And only without conscious listening can these things happen -- a world where we don't listen to each other at all, is a very scary place indeed. So I'd like to share with you five simple exercises, tools you can take away with you, to improve your own conscious listening. The first one is silence. Just three minutes a day of silence is a wonderful exercise to reset your ears and to recalibrate so that you can hear the quiet again. If you can't get absolute silence, go for quiet, that's absolutely fine.*

**Read items 18a-20a. Listen ONCE and choose the best answer (A, B, or C) for each item.**

*Second, I call this the mixer. (Noise) So even if you're in a noisy environment like this -- and we all spend a lot of time in places like this -- listen in the coffee bar to how many channels of sound can I hear? How many individual channels in that mix am I listening to? You can do it in a beautiful place as well, like in a lake. How many birds am I hearing? Where are they? Where are those ripples? It's a great exercise for improving the quality of your listening. Third, this exercise I call savoring, and this is a beautiful exercise. It's about enjoying mundane sounds. This, for example, is my tumble dryer. (Dryer) It's a waltz. One, two, three. One, two, three. One, two, three. I love it. Or just try this one on, for size. (Coffee grinder) Wow! So mundane sounds can be really interesting if you pay attention. I call that the hidden choir. It's around us all the time. The next exercise is probably the most important of all of these, if you just take one thing away. This is listening positions -- the idea that you can move your listening position to what's appropriate to what you're listening to. This is playing with those filters. Do you remember, I gave you*

those filters at the beginning. It's starting to play with them as levers, to get conscious about them and to move to different places. These are just some of the listening positions, or scales of listening positions, that you can use. There are many. Have fun with that. It's very exciting. And finally, an acronym. You can use this in listening, in communication. If you're in any one of those roles, the acronym is RASA, which is the Sanskrit word for juice or essence. And RASA stands for Receive, which means pay attention to the person; Appreciate, making little noises like "hmm," "oh," "okay"; Summarize, the word "so" is very important in communication; and Ask, ask questions afterwards..

## PART B - SHORT ANSWERS

### ACTIVITY 1

**Read items 1b-5b. Listen TWICE and fill in the gaps.**

*Researchers gathered 160 un-caffeinated adults: people who consumed less than 500 mg of caffeine a week. These decaf subjects looked at pictures of various objects; then took either a placebo or a pill containing 200 mg of caffeine—that's roughly the amount you'd get from two cups of coffee. The next day, participants examined a fresh set of pictures: some brand new, some from the previous day, and some that just looked similar to the old images. Both groups could identify new and old pictures equally well, but the caffeinated group was better at correctly labelling images that were similar but not identical. The placebo group tended to mistakenly identify these pictures as the same as the previous day's. The work is in the journal Nature Neuroscience. So, caffeine does more than help you stay alert. Get the picture? The study subjects did!*

**Listen again and check your answers.**

### ACTIVITY 2

**Read items 6b-10b. Listen ONCE and fill in the gaps.**

*There are many parallels between biological evolution and linguistic evolution. When we study biological evolution, we're blessed by the fact that we know there are genetic systems composed of these discrete elements we call genes, and those genes are inherited from parents to their offspring, and we know those genes can change over time by processes of mutation, and we know that some genes are favoured over others because of what they do for the bodies that they reside in and we call that favouring natural selection. And when you look at languages we also see that they're comprised of discrete elements, we call them words, and there are other aspects of language that are discrete, like the grammar or the syntax. Those discrete elements, those little chunks, are handed by and large from parents to their offspring, so there's a process of replication. We also know that mistakes can be made to those processes of mutation and we also know that in some circumstances we can say the right thing and we can say the wrong thing and so there's a process that's as much like natural selection [...]*