

B1 ENGLISH

CHAPTER 1 Practice 2

In this practice you will learn

B1 ENGLISH CHAPTER 1 Practice 2		Completed		Your Score
		Yes	No	
B1 Listening	• A weather forecast	☐	☐	/
	• An interview about listening skills	☐	☐	/
	• An introduction to a lecture	☐	☐	/
Read this magazine	➤ Yoga	☐	☐	/

Listening: B1

A weather forecast

Listen to a weather forecast and answer the questions to practise and improve your listening skills.

Before listening

Do the preparation task first. Then listen to the audio and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary

1. throughout
2. isolated
3. a patch
4. drizzle
5. to clear up
6. elsewhere
7. a heatwave
8. to make way for

Definition

- a. a small area
- b. to disappear
- c. on its own, without other similar things around it
- d. during all of a period of time
- e. in other places
- f. to move so that there is space for something to enter
- g. very light rain
- h. a period of weather that is much hotter than normal

Tasks

Task 1

Write the words in the correct group.

thunderstorms	dry	showers	a heatwave
wet weather	drizzle		bright

Rainy weather	Sunny weather

Task 2

Are the sentences true or false?

Answer	
1. It will start raining at lunchtime today in the east.	True False
2. The weather in the north-west will be worse than in the south.	True False
3. There will be thunder in Leeds tonight.	True False
4. Most of England will be hot this week.	True False
5. Wet weather will move from the north to the south at the weekend.	True False
6. It will stay hot when the rain comes.	True False

Discussion

What kind of weather do you like best?

Transcript

Hello and good morning! Well, we're off to a good start in the south this week, as most of the rain from the weekend has disappeared – just a few patches of cloud and maybe some showers here on the east coast. They'll all clear up by lunchtime, though. Over the next day or so, London and the area around Kent can expect a couple of isolated showers, but mostly dry through until Thursday.

It's not such good news for the north-west this week, I'm afraid: more wet weather, and not a lot of sunshine. Some of today's showers will be heavy – and even thundery in Manchester and across the Pennines. Leeds will escape the thunderstorms, with drizzle and light rain only throughout the rest of the day and tonight.

Elsewhere it becomes dry today, but with some foggy patches towards Wales. In England, tomorrow morning will see a dry, bright start in most places, with high temperatures throughout the week. We might see one or two thunderstorms appearing as the week goes on, with temperatures everywhere at 29 to 30 degrees.

By the weekend, unfortunately, the dry weather will make way for mostly cloudy skies and rain. The rain will move from Scotland, down towards the north and reach the south coast by Saturday afternoon. Temperatures, at least, will stay mostly warm at around 21 degrees for the weekend. It might feel like a nice change from the high twenties and early thirties we'll see in the week. That's all from me until tomorrow. Enjoy the mini-heatwave while you can!

Listening: B1

An interview about listening skills

Listen to the English teacher talk about listening to practise and improve your listening skills.

Before listening

Do the preparation task first. Then listen to the audio and do the exercises.

Preparation task

Match the vocabulary (1–8) with the definitions (a–h).

Vocabulary

1. high stakes
2. to break something down
3. a strategy
4. to pretend
5. sweat
6. to confess
7. to summarise
8. paperwork

Definitions

- a. to admit
- b. an action to achieve a result
- c. to behave as if something is true
- d. a situation where the result is very important
- e. the water that comes from your skin when you're very hot
- f. to give the main points
- g. forms and documents
- h. to make something into smaller parts

Tasks

Task 1

Are the sentences true or false?

	Answer	
1. The interviewer finds speaking the most difficult.	True	False
2. Gabriella thinks, in some situations, people can find speaking easier than listening.	True	False
3. According to the interviewer, asking for someone to say the same thing again is one way to solve the problem.	True	False
4. Gabriella recommends pretending to understand if a conversation is too difficult.	True	False
5. Gabriella's strategy for managing important conversations sounds strange to the interviewer at first.	True	False
6. Gabriella's idea involves asking a lot of questions.	True	False

Task 2

Match the expressions (1–6) with the meanings (a–f).

Expressions

1. I came out in a cold sweat.
2. I'm still lost.
3. I can take it.
4. My brain shuts down.
5. I get you!
6. I wanted to get out of it.

Meanings

- a. I can't think.
- b. I won't be upset.
- c. I wanted to escape.
- d. I was really nervous or afraid.
- e. I still don't understand.
- f. I understand what you're saying!

Discussion

What do you do to help with listening?

Transcript

Presenter: So, today's expert teacher is Gabriella, a university English teacher from Leeds. Gabriella, hi and thanks for joining us today.

Gabriella: Thanks for having me!

Presenter: So, I have to confess today's topic is something I am really bad at: listening. Most people say speaking is the most stressful part of learning a new language but, for me, with my B1 German, speaking isn't so bad. At least I'm in control of it. But listening ... woah ... people speak so fast and it's like my brain just shuts down. Am I just really strange and bad at listening? Tell me, honestly, I can take it.

Gabriella: No, you're not strange. In fact, it's really common. You know, in exams most people do pretty well in speaking compared with listening. Of course, exams are a different situation from real life because in an exam you can't ask for something to be repeated or explained. You usually have just one or maybe two opportunities to listen to the dialogue and then it's gone.

Presenter: Right, but in real life I feel stupid always saying, 'Sorry, can you repeat that, please?', especially if I still don't understand even when they repeat it. And people out there listening, I hope you don't do this – quite often the person just repeats what they said equally as fast and I'm still lost!

Gabriella: They do, don't they? In real life, you've got two strategies. One is to pretend to understand and get out of the conversation as fast as you can.

Presenter: Yep, sounds familiar!

Gabriella: But, obviously that's not going to help if it's a conversation with high stakes. It might have important consequences. I mean, if you're just chatting with a stranger at the bus stop, it doesn't matter. But imagine you're at a government office or a bank, trying to find out what paperwork you need to get your ID or open a bank account. What can you do then?

Presenter: I hope you've got the answer, Gabriella, because I'm coming out in a cold sweat just thinking about either of those situations!

Gabriella: The other strategy is to summarise what they said.

Presenter: But how can you do that if you didn't understand what they said?

Gabriella: Ah, well, you only start the summary, so you might say, in German in your case, 'OK, so the first thing I have to do is ...?' and make it a question. Or, for example, 'And which office is that again?' Break it down into smaller questions and the other person will naturally start answering them. That way you're controlling the conversation a bit more.

Presenter: I get you ...

Listening: B1

An introduction to a lecture

Listen to the introduction of a psychology lecture to practise and improve your listening skills.

Before listening

Do the preparation task first. Then listen to the audio and do the exercises.

Preparation task

Match the vocabulary (1–6) with the definitions (a–f).

Vocabulary

1. perception
2. to lose track of
3. a psychologist
4. a state
5. concentration
6. absorbed

Definitions

- a. so interested in something that you do not notice anything else
- b. the way you understand or think about something
- c. to forget about
- d. the process of giving all of your attention to something
- e. someone who studies the human mind
- f. the physical or mental condition of a person at a specific time

Tasks

Task 1

Write a number (1–6) to put the topics in the order they are mentioned.

- _____ What makes a happy life?
- _____ Csikszentmihalyi and his work
- _____ An outline of the rest of the lecture
- _____ The difference between psychology and positive psychology
- _____ Examples of flow
- _____ One definition of a happy life

Task 2

Are the sentences true or false?

	Answer	
1. Positive psychology focuses on people's problems.	True	False
2. The teacher asks the students to think about what a happy life is.	True	False
3. Mihaly Csikszentmihalyi believes that external events are the main things that make us happy or sad.	True	False
4. Csikszentmihalyi believes that a happy life means being very focused on what you do.	True	False
5. Csikszentmihalyi studied depression, and from there learned about happiness.	True	False
6. Flow means being completely absorbed in what you are doing.	True	False
7. Csikszentmihalyi was influenced by watching creative people.	True	False
8. The rest of the lecture will look at what other psychologists think of this theory.	True	False

Discussion

Have you ever been in a 'state of flow' while doing an activity?

Transcript

Good afternoon, everyone. Welcome to the first lecture of our new course in Positive Psychology. While some people may associate psychology with looking at what's wrong with us, and at what problems we have, there is much more to psychology than that. Positive psychology, for example, looks at how to help people become happier.

This lecture begins with a question: what makes a happy life?

Now, I'm going to give you one possible answer. A happy life is a life in which you are completely absorbed in what you do. Now, how does this compare with what you and your partner said?

This answer comes from the work of Mihaly Csikszentmihalyi and the theory of flow. Csikszentmihalyi is a psychologist who has spent much of his professional life on the study of what makes people happy and how we can find happiness.

Csikszentmihalyi suggests the theory that happiness is not caused by external events or things that happen to us. Our perception of these things and how we see these events either makes us happy or sad. In other words, if we want happiness, we have to actively look for it. However, this does not mean that we should always look for happiness! Csikszentmihalyi believed that our happiest moments happen when we are in a state of flow.

The theory of flow can be summarised like this: when we are totally involved in, or focused on, what we are doing, we are in a state of flow.

Csikszentmihalyi got the inspiration for this theory when he noticed how artists worked in a studio. They completely lost track of time, they didn't notice they were hungry or tired, and they could work for hours, even days, without stopping. Anyone I have spoken to who has experienced this state of concentration has said it's difficult to explain. The best way to explain it is that it is like being in a river and the flow of the water carries you away.

For the rest of this lecture, I will explore this theory of flow in more detail. First we will look at Csikszentmihalyi's life, and how it influenced his ideas. Then we will look at the conditions that go with a state of flow. What creates flow, exactly? Finally, we will look at activities that can help us achieve flow in our everyday lives. Will this course make you happy for life? Well, maybe. Maybe.

Right, let's get started. If you look at the next slide ...

Yoga is becoming more and more popular around the world. What exactly is it, where did it come from and what are the health benefits of doing yoga?

Before reading

Do the preparation task first. Then read the article and do the exercises.

Preparation task

Match the definitions (a–h) with the vocabulary (1–8).

Vocabulary	Definition
1. balance	a. being able to continue with physical effort for a long time
2. strength	b. being physically healthy
3. flexibility	c. feeling worried or nervous
4. concentration	d. being able to think carefully about what you are doing
5. fitness	e. a difficult situation that makes you feel worried
6. anxiety	f. being able to stand without falling to either side
7. pressure	g. being able to bend easily
8. stamina	h. being able to do things that take a lot of physical effort

Yoga

What is yoga?

Most people know yoga as a kind of exercise which aims at developing strength and flexibility. To practise yoga, you learn a series of ‘postures’, where you put your body into different positions. The correct breathing is also important. However, yoga is really about more than just exercise. In 2014, the Prime Minister of India, Narendra Modi, asked the United Nations to create an International Day of Yoga, saying that yoga ‘is not about exercise but to discover the sense of oneness with yourself, the world and nature’. He felt that yoga could not just help people to be healthier but also help connect people to each other and to nature. The United Nations agreed, and International Yoga Day is now celebrated on 21 June.

Where did yoga come from?

The history of yoga goes back at least 5,000 years, and some people claim it is nearer 10,000 years ago. It was first developed in Northern India and at this stage was a spiritual as well as a physical form of exercise, connected with both Hinduism and Buddhism. In the late 19th and early 20th centuries, yoga was introduced to the Western world when Swami Vivekananda travelled to the United States to talk about yoga at a conference in Chicago in 1893. Others followed in the 1920s and 1930s, and by the 1960s yoga had become a very popular form of

exercise in the United States and in Europe. Most people who practise yoga today do not do it for spiritual reasons.

What are the benefits of yoga?

Yoga is good for the mind and body. Regular practice of yoga helps people to improve their balance and stamina. Although you won't really get out of breath, like you might playing football or running, it does help to keep your heart healthy and you can lose weight. It can also help with back pain.

The breathing taught in yoga can help people to reduce stress and anxiety. There are lots of different possible breathing patterns you can do. Yoga also improves concentration and helps people to sleep better, so it's great for anyone who's under pressure at work or in their studies.

Different types of yoga

There are lots of different types of yoga, so you can choose what suits you best. Hatha Yoga is often good for beginners, because you hold each position for a few breaths. In Vinyasa Yoga you change position much more quickly and you might get out of breath. It's quite challenging if you haven't done much yoga before. Bikram Yoga is sometimes called 'hot yoga', because the room must be heated to around 40 degrees. As well as these and other more traditional forms of yoga, there are also some more unusual modern forms of yoga. For example, you might enjoy 'laughter yoga', where people do breathing exercises and laugh about nothing in particular – laughing is very good for your health. Or what about 'Aeroyoga', where you do yoga while you are hanging from the ceiling? It's supposed to be very good for your back. Or 'Doga', where you do yoga together with your pet dog?

Whatever kind of yoga you choose, there are definitely some health benefits, and you should have fun too.

Tasks

Task 1

Write a number (1–8) to put the ideas in the order they are mentioned in the text.

- Lose weight
- Keep your heart healthy
- Sleep better
- Improve balance
- Make you stronger
- Connect you to nature
- Have fun
- Improve concentration

Task 2

Choose the best answer.

1. Why did Narendra Modi think yoga should have a special day?
 - a. It was first developed in India.
 - b. It can bring people closer together
 - c. It is a popular form of exercise.
 - d. It is difficult to learn properly.
2. When did yoga first become known about in the West?
 - a. At the end of the 19th century
 - b. About 5,000 years ago
 - c. In the 1960s
 - d. As much as 10,000 years ago
3. The breathing taught in yoga
 - a. must be done one particular way.
 - b. can help you feel much calmer.
 - c. is very difficult to learn properly.
 - d. can be dangerous if you don't do it right.

4. Which form of yoga might be most difficult for a beginner?
- a. Doga
 - b. Bikram
 - c. Vinyasa
 - d. Hatha

Discussion

What kind of exercise do you think is best for:

- reducing stress?
- building strength?
- improving fitness and stamina?
- having fun?