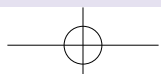


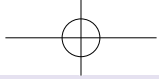
**UNIT** **1**

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# Making the right choice

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# Warm-up

**Directions:** You will listen to someone talking about the possible problems we might encounter in making decisions. After listening, complete the exercises in “What did you hear?” and “How would you respond?”

## 1 What did you hear?

Decide whether the following statements are true (T) or false (F) according to what you have heard.

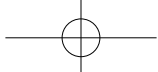
- 1) (T/F) We may make poor decisions even if we remain calm and think logically.
- 2) (T/F) Widely acknowledged smart and intelligent people will not make poor decisions.
- 3) (T/F) Studying and observing before making a choice will avoid making errors.
- 4) (T/F) Poor generalisations may often lead to a biased way of thinking.
- 5) (T/F) If we are careful and precise enough, we will not make a wrong choice.

## 2 How would you respond?

Answer the following questions as a practice of choice-making.

- 1) Will you get a job or pursue further study after graduating from college?
- 2) Will you start your own business or work as an employee after graduation?
- 3) Will you live with your parents or live on your own after graduation?





## Audio script



We all want to make good choices in life. Our future is not known, but we can plan for it by being responsible in our choices. However, sometimes the things that happen to us are not what we expected. We try to be calm and logical in our thinking, but sometimes things still go wrong. Even people who are widely considered smart and intelligent can make poor decisions. No one is completely perfect.

Many times our logic and critical thinking can be flawed, although we believe that we are acting responsibly. We can study and observe before making a choice but, even then, we can still make errors and create poor generalisations, leading to a biased way of thinking. Have you ever known someone, maybe even yourself, who was careful and precise, but still made the wrong choice? How can we make sure that we are making the right choice?

1

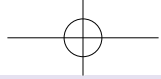
### KEY

- 1) T    2) F    3) F    4) T    5) F

2

### KEY FOR REFERENCE

- 1) I will choose to get a job if I can find a satisfactory one. The tuition and living expenses in college have been a heavy burden on my parents, and I don't want to exert any extra burden on them. Besides, I think it is also possible for me to pursue further study while working. In that case, I will not only be able to support myself financially but also gain valuable work experience at the same time.
- 2) Like most young people, I also have the ambition to start my own business. But on second thoughts, I think working as an employee first will be a wise choice, because it will help me gain work experience and accumulate wealth, which are both essential for starting a business of my own.
- 3) Although living on my own means greater privacy, I still prefer to live with my parents. When living together with my parents, I will not feel lonely, for I know they are always waiting for me at home, ready to talk to me, and give me some advice when necessary. In addition, they can cover most of the living expenses so that I can save money for renting or buying my own apartment in the future.



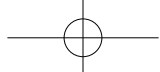
# Listening

## Understanding a passage

**Directions:** Listen to a passage and choose the best answer from the four choices provided for each question.

The following questions are based on what you have just heard.

- 1 A) They all have the same hobbies.  
B) They all love outdoor activities.  
C) They all love playing football.  
D) They all enjoy rough sports.
  
- 2 A) They spent time inside the house.  
B) They went for walks after dinner.  
C) They joined a swimming program.  
D) They had a vacation to escape the heat.
  
- 3 A) They will work on a farm on their way to Washington.  
B) They will enjoy the beauty in the Rocky Mountains.  
C) They will have the chance to meet their friends.  
D) They will drive to and back from Washington.
  
- 4 A) They can have free apple sauce and apple juice as much as possible.  
B) They can enjoy an outdoor dinner with the owners of the farm.  
C) They can watch musicians perform their music while working.  
D) They can appreciate a magical kingdom at the apple farm.



## Audio script



People have different hobbies, but our family loves outdoor activities, so we often go for walks, bicycle rides, and picnics. All of our kids enjoy swimming and football. Our boys especially love playing football, but that game is definitely too rough for me. Nevertheless, we have been lazy lately. We only spend time in the house because the summer heat is just too much for us. It is so hot that if we are not careful, we can easily become sick from the heat. So, inside our cool house we have been making travel plans for a family vacation in the fall.

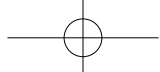
We are planning on spending two weeks working on an apple farm in Washington State. Though we will fly back home, we plan to drive to the apple farm so that we can see the beautiful scenery on our way there. Moreover,

there are so many fun things to do on the way. We plan to go hiking in two different states. The Rocky Mountains are too beautiful to only visit one area. At the farm, we will pick apples, of course, but we will also make fresh apple juice, apple sauce, and apple pies.

The part of working on the farm that I am most excited about is the evenings. All of the workers at the apple farm have an outdoor dinner with the owners of the farm. For dessert, they serve lots of apple pies with ice cream, and each night, they invite musicians to come and perform their music under the stars. The twinkling stars, the lovely music, and the apple pie will make me feel as if I were in a magical kingdom. Doesn't this sound like a wonderful way to spend a family vacation in the fall?

### KEY

- 1 What do we know about the hobbies of the speaker's family? **B**
- 2 What did the speaker's family do this summer? **A**
- 3 What will the family do during their vacation in fall? **B**
- 4 What makes the speaker most excited about working on the farm? **B**



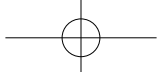
## Understanding a lecture

**Directions:** Listen to a lecture and choose the best answer from the four choices provided for each question.

The following questions are based on what you have just heard.

- 1 A) She is a researcher.  
B) She is a teacher.  
C) She is a doctor.  
D) She is a coach.
  
- 2 A) Young children prefer casual sports to team sports.  
B) Young children look like 40- and 50-year-olds.  
C) Young children could be permanently hurt in sports.  
D) Young children are now practising dangerous sports.
  
- 3 A) Because they do not feel much pain caused by injuries.  
B) Because they do not want to lose their spot on the team.  
C) Because they do not get any warnings from their doctors.  
D) Because they do not realise the seriousness of these injuries.
  
- 4 A) Take three to four days off regularly from practice every week.  
B) Practise different sports to balance the stresses on their bodies.  
C) Limit practice time to no more than 20 hours every week.  
D) Raise the difficulty of training by 15% every week.





## Audio script



**H**ello, everyone. I am glad to see so many faces here today, faces concerned about the health of their children. My name is Edith Watts and I am the head coach for the girls' gymnastics team. We have a very important topic to talk to you regarding your children and their health. We are seeing more and more young children developing injuries in sports. And these injuries are becoming worse and worse. It seems that, within the last 10 years, children are hurting themselves as seriously as adults who also practise sports.

We're starting to see 12-year-old children look like 40- and 50-year-olds regarding stress on their bodies. Experts say that children are using their bodies too much and these children are practising sports too hard and for too long. They worry that these very difficult practices often lead to dangerous injuries that could leave children permanently hurt.

Experts say that more and more children are leaving casual sports for team sports that require hours of practice and game time. Many students hurt their ankles, shoulders, and even feet. Sometimes students know they are hurt and keep practising because they don't want to lose their spot on the team. One student had a

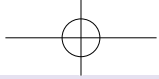
broken hip and continued to practise with it for about a month! She practised through the pain until doctors forced her to rest.

I am not speaking to you today to scare you. Instead, I am speaking to you today so that we can take better care of our children. Not every child who plays sports will have a serious injury. Experts say the best way to avoid an injury is to pay attention to your body. Feeling tired after practice is OK, but feeling a bad pain is a warning that should not be ignored. To finish our talk today, I would like to give you four safety rules that your children should follow:

- Limit the time they spend playing a sport – no more than 15 hours a week.
- Slowly increase the length and difficulty of their training. Never add more than 10% a week. For example, if they ran for 20 minutes last week, they can run for 22 minutes this week.
- Make sure they always take two to three rest days from practice every week.
- Finally, do cross-training, which means practising different sports, in order to balance the stresses on their bodies.

### KEY

- 1 What is the speaker according to the lecture? **D**
- 2 What makes experts feel worried about young children? **C**
- 3 Why do some students keep practising though they know they are hurt? **B**
- 4 What does the speaker advise young children to do? **B**



# Speaking

## Practicing conversational skills

### Useful expressions: Giving personal opinions

In my opinion/view, ...

To my mind, ...

As for me, ...

As far as I am concerned, ...

From my point of view, ...

Speaking personally, ...

I hold the view/opinion that ...

It seems to me that ...

I am of the opinion that ...

I feel that ...

My own feeling on the subject is that ...

My view/opinion/belief/impression/conviction is that ...

I have no doubt that ...

I am sure/certain that ...

I think/consider/find/feel/believe/suppose/presume/assume that ...

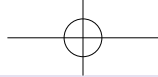
I dare say that ...

I guess that ...

I bet that ...







## Model dialogues

### Dialogue 1

- A: The city government is going to build a big supermarket near the park.  
B: That's a great idea. It's convenient to go shopping there.  
A: You think so? I think it's terrible.  
B: Terrible? Why?  
A: Because part of the park will be used for parking cars.  
B: I see your point. But it seems to me that a supermarket is more important than a park.  
A: You could be right, but I still hope we can keep that beautiful and quiet park unchanged.  
B: But I'm afraid we can't have everything.

### Dialogue 2

- A: Nowadays, more and more people choose to live and work abroad. What do you think of this?  
B: From my point of view, it might be beneficial for their personal development, but it will definitely bring a lot of problems to both countries.  
A: Hmm, could you elaborate on the problems?  
B: Sure. I have no doubt that so many immigrants will bring a series of social problems to the country they move into, such as housing, education and employment.  
A: Yes, you're right. Then how about their home country? Any problem?  
B: Absolutely. In my opinion, the brain drain is one of the many problems for the home country.  
A: Brain drain? Could you explain that?  
B: Brain drain refers to a situation in which many educated or professional people leave for better pay or living conditions.  
A: I see. It seems to be a great loss of resources for the home country.

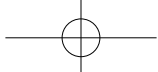
## Now, it's your turn!

### Situational dialogue 1

- “ You and your classmate are talking about the school rule of cutting off electricity at 11 p.m. in the dorms. You start with complaining that electricity was cut off while you were searching for your glasses on the floor last night, and your classmate agrees with you that electricity should not be cut off at night. ”

### Situational dialogue 2

- “ You and your classmate are talking about soaring housing prices. You start by saying that the housing price in your hometown has increased by 10% recently, and your classmate expresses concern that in a couple of years no one will be able to buy their own house. ”



## Now, it's your turn!

### KEY FOR REFERENCE



#### Situational dialogue 1

A: Hi, Peter. You know what happened to me last night?

B: You don't look so good. What's up?

A: You know I wear glasses. Last night I dropped my glasses on the floor, and while I was searching for them on the floor, the electricity was cut off. You can imagine what a mess it was.

B: Oh, it couldn't be worse.

A: I have to say I hate the rule. In my opinion, it is not necessary to cut off electricity at 11 p.m. in the dorms.

B: Me too. The same thing happened to me while I was taking a shower last month.

A: I am certain that no student in this college likes this rule. Perhaps we could do something to change the rule.

B: Yes, perhaps we can have a try.

#### Situational dialogue 2

A: My mom told me yesterday that the housing price in my hometown had increased by 10%, and she was worried that I couldn't afford an apartment after I graduate from college.

B: It is even worse in my hometown. It has increased by 12%.

A: It seems to me that it will be entirely impossible for us to buy an apartment in the future.

B: I can't agree more. I think we won't be able to buy one for at least 10 years after graduation.

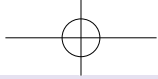
A: Ten years? I bet that we couldn't afford one for at least 20 years.

B: That's likely if housing prices keep soaring at the current rate.

A: Perhaps we have to move back and live with our parents first.

B: I guess we will have no other choice.



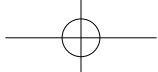


## Listening and speaking: Passage

**Task 1** Listen to a passage. Answer the following questions according to what you have heard.

- 1) Why was Jackie so nervous?
- 2) How did she feel after playing with her two cats?
- 3) What types of pets are beneficial to human beings?
- 4) How should pet owners treat their pets?





## Audio script



One afternoon last fall, Jackie, an 11-year-old girl living in New York City, was very stressed while studying for a big science test the next day. “I was so nervous that I wasn’t getting much done. So I went over to my two cats, and I started petting them and playing with them,” she says. “They were so soft and cute, and the look on their faces made me laugh. I relaxed right away, and then I went back to studying.”

Although Jackie’s story may seem cute and not very important, many scientific studies have shown that owning a loving pet definitely helps remove stress from human life. Also, scientists have proven that pets bring many other health and happiness benefits to their owners as well. They have found out that as long as you are not someone who is scared of animals, owning a pet is one of the most enjoyable ways that you can improve your health. “All types of pets – not just cats and dogs – have been shown to relieve stress

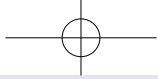
and calm people down,” says Bonnie Williams, an animal scientist. “All of these results are important for overall human health.”

Also, the fact that animals are very loyal friends is a large part of their value. These pets are always there to keep you company. And, unlike humans, pets listen to you without judging you. That is why so many pet owners – adults and children – talk to their pets about their day and their problems. It is almost like the pet becomes part of the family – a little human. It makes sense that people sometimes treat their own pets like humans because the pets make them feel so good. “This is all fine and nice,” says Bonnie Williams, “as long as people don’t forget that the pets really are animals.” Pet owners should love their pets, but they also need to be responsible and take proper care of their pets’ health, the way that the animals take care of their owners’ health.

### Task 1

#### KEY FOR REFERENCE

- 1) Because she had a big science test the next day.
- 2) She felt relaxed right away.
- 3) All types of pets.
- 4) They should love their pets, be responsible and take proper care of their pets’ health.



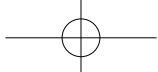
**Task 2** Listen to the passage again. Fill in the blanks with the information you have heard.

- 1) Many scientific studies have shown that
  - A) owning a loving pet definitely helps \_\_\_\_\_ from human life;
  - B) pets bring many other \_\_\_\_\_ to their owners as well;
  - C) owning a pet is one of the \_\_\_\_\_ that you can improve your health.
  
- 2) A large part of pets' value is that they are very loyal friends.
  - A) Pets are always there to \_\_\_\_\_.
  - B) Pets listen to you \_\_\_\_\_.
  - C) Pets are treated as family because they make their owners \_\_\_\_\_.

## Speak out!

“ Retell the passage you have just heard by making use of the information in the listening exercises. ”





## Task 2

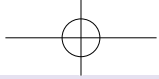
### KEY FOR REFERENCE

- 1) A) remove stress  
B) health and happiness benefits  
C) most enjoyable ways
- 2) A) keep you company  
B) without judging you  
C) feel so good

### Speak out!

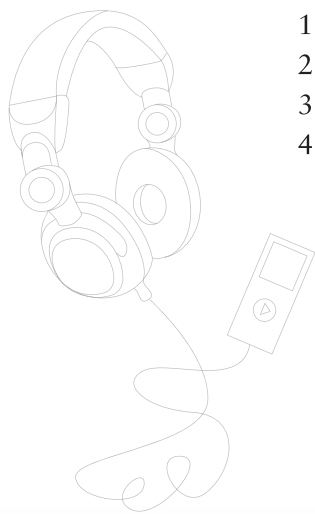
#### KEY FOR REFERENCE

“ Jackie was nervous because of a big science test the next day, but after playing with her two pets, she felt relaxed. Many scientific studies have shown that owning a pet helps remove stress from human life and bring many other health and happiness benefits to their owners as well. Scientists have also found out that all types of pets can relieve stress and calm people down. Another value of pets is that they are very loyal friends. Pets are always there to keep you company, and listen to you without judging you. So many pet owners regard pets as family because pets make them feel so good. Therefore, pet owners should love their pets, be responsible and take proper care of their pets' health. ”



## Listening and speaking: Lecture

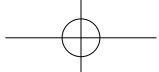
**Task 1** Listen to a lecture. Answer the following questions according to what you have heard.



- 1) What does the speaker study?
- 2) What is the speaker going to talk about today?
- 3) What have studies proven about eight-month-old babies?
- 4) What do scientists know so far about how music uses the brain?







## Audio script



**H**ave you ever heard a song that you love? A song so great that you listen to it again and again? Maybe one hundred times? Have you ever heard a song that you hate? All of us have heard music in our life that gives a different feeling. My name is Susan Palmer and I am a research psychologist who studies music and its effects on the brain and body. For today's meeting, I would like to talk about the connection that humans have with music and maybe even show you some things about music that you did not know.

Why does music have such a strong power over us? After all, it isn't as important as food, water, or air. We might enjoy it, but we don't need music to live. Or do we?

If we look back in history, music has been very important to people for as long as humans have been around. Scientists have discovered very old musical instruments made of animal bones which go back thousands and thousands of years. Some researchers think that early humans might have made music even before they started to use language and speech. In fact, every culture on earth has made some type of music. Interestingly, only humans make music – it is a part of us. Our brains are made for it. However, scientists don't know why this is so. Maybe it has to do with music being able to show emotion. Studies have proven that even babies as young as eight months old can tell “happy”

music from “sad” music.

As scientists, we can show that music has the power to affect the body. Listening to fast, happy songs can make a person's heart and breathing speed up. That's why fast music is great for exercise. Slow, relaxing music does the opposite. It brings down the heart rate and breathing speed. Listening to this type of music before going to bed can help people get a better night's sleep. And the right kind of music can even reduce pain and sadness.

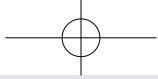
What is really interesting is that music is very tied into memory. One study in China found that kids who took lessons on musical instruments did much better on certain memory tests than kids who didn't play instruments. What seems to happen is that a piece of familiar music ties together with the mental pictures inside your head. Music can call back memories of a certain person or place, and then you might all of a sudden see that person's face in your mind.

Scientists are trying to solve the mystery of music's power. They are working to understand what happens in the brain when people listen to or play music. So far, they only know that music doesn't just affect one part of the brain – music uses many areas of the brain. Even though we haven't figured out all the details of music, we can still continue to enjoy it. It is a gift that humans have created and it is a gift for humans to enjoy.

### Task 1

#### KEY FOR REFERENCE

- 1) She studies music and its effects on the brain and body.
- 2) She is going to talk about the connection that humans have with music.
- 3) Eight-month-old babies can tell “happy” music from “sad” music.
- 4) They know that music uses many areas of the brain.



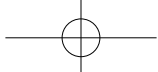
**Task 2** Listen to the lecture again. Fill in the blanks with the information you have heard.

- 1) Music has been very important to people for as long as humans have been around.
  - A) Scientists have discovered very old \_\_\_\_\_ made of animal bones which go back thousands and thousands of years.
  - B) Some researchers think that early humans might have made music even before they started to use \_\_\_\_\_.
  - C) \_\_\_\_\_ on earth has made some type of music.
  - D) Only \_\_\_\_\_ make music.
  
- 2) Music has the power to affect the body.
  - A) Listening to fast, happy songs can make a person's heart and breathing \_\_\_\_\_.
  - B) Slow, relaxing music \_\_\_\_\_ the heart rate and breathing speed.
  - C) The right kind of music can even reduce \_\_\_\_\_.
  
- 3) Music is very tied into memory.
  - A) One study in China found that kids who took lessons on musical instruments outperformed kids who didn't play instruments on certain \_\_\_\_\_.
  - B) What seems to happen is that a piece of familiar music ties together with the \_\_\_\_\_ inside your head.

## Speak out!

Work in pairs and discuss the following questions.

1. What is your favorite song? Why do you like it?
2. Do you listen to music while studying? Do you think it will distract your attention from study?
3. Do you listen to music before going to sleep? If you do, what kind of music do you listen to?



## Task 2

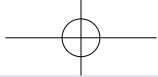
### KEY FOR REFERENCE

- 1) A) musical instruments  
B) language and speech  
C) Every culture  
D) humans
- 2) A) speed up  
B) brings down  
C) pain and sadness
- 3) A) memory tests  
B) mental pictures

### Speak out!

#### KEY FOR REFERENCE

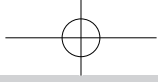
- “
1. My favorite song is *You Raise Me Up*. The song has beautiful music and inspiring lyrics. It is a song that can create positive energy in me and motivate me to aim high and accomplish more.
  2. No. I don't play any music while studying. To me, having music on while studying is just as distracting as hearing someone talking. I prefer to study in a quiet place so that I can focus on my academic work.
  3. Yes, I listen to music before I go to sleep, because it will help me relax and fall into sleep easily. Usually I will listen to slow, soft and relaxing music.
- ”



## UNIT REPORT

College is a great place for students to meet long-term friends. Please prepare a three-minute speech on the essential traits you look for in a friend.





### KEY FOR REFERENCE

Hi everyone. Today I would like to share with you certain qualities and traits that make a good friend.

- **Honesty**

Honesty is always the number one determining quality that I look for in a friend. No one wants to make friends with a person who constantly lies about his/her feelings, whereabouts or other important things.

- **Respect**

Another important quality to look for in a friend is respect. Respect is a crucial foundation in a relationship which will be displayed through actions as well as words. A great friend should respect my ideas and beliefs, and respect my family and friends as well.

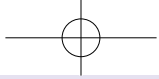
- **Humor**

Laughter is a powerful medicine that will help nurture a healthy relationship. So a friend with a good sense of humor can make me laugh even in times of depression, sadness or despair.

- **Caring**

I always want to have a friend who has a caring nature. A caring friend will try to understand my needs, my feelings, and what's going on in my mind. Nothing is worse than being in a friendship and realizing that the only thing he/she cares about is himself/herself.

The above are the essential traits that I look for in a friend. Thank you for your attention.



# Homework

## Section A: Understanding conversations

**Directions:** Now you will hear a conversation. At the end of the conversation, you will hear four questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

- 1 A) It has too few movie channels for his bill.  
B) It charges extra money for extra service.  
C) It shows a lot of movies per month.  
D) It offers good and stable service.
- 2 A) To add popular movies to his movie channels.  
B) To offer upgrades to his television service.  
C) To lower the cost of his television service.  
D) To do a survey about television service.
- 3 A) She is an engineer.  
B) She is a movie star.  
C) She is a saleswoman.  
D) She is a quality inspector.
- 4 A) Free phone service.  
B) Faster Internet speed.  
C) One more television channel.  
D) Two additional movie tickets.



## Audio script

**W:** Good evening, my name is Michelle and I am calling you today to ask if you are happy with your television service. Am I speaking to Richard Smalls?

**M:** Yes, this is Richard. Um, my television service is OK. But sometimes the quality is not so good and also I would like to have more movie channels. Right now I am paying \$100 per month. It seems too expensive.

**W:** Oh, I am sorry to hear that. But, luckily for you, I am calling today to offer a very low-cost upgrade to your service. Would you be interested?

**M:** Low cost? That sounds nice. I am interested.

**W:** Yes, for only 10 more dollars a month, we can make sure that you will receive the best quality television service without a problem.

**M:** Ten more dollars isn't too much money.

**W:** For an additional \$20 a month, we can add two movie channels to your service. These channels show some of the most popular movies.

**M:** That is pretty cheap. Do you also have Internet service?

**W:** Yes, we do. Actually, we can provide you a package service for your television, Internet, and phone services together for a very low price.

**M:** Oh, really? My Internet and phone quality are also not very good. How much would something like that cost?

**W:** The price is very low; we can upgrade your Internet speed and also ensure that your phone calls always have great quality. For an additional fee, we can make sure that you have the best television, Internet, and phone services in your area. You will receive the two additional movie channels that I told you about as well.

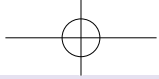
**M:** All of that sounds great! I am very interested. How much money will I pay every month for my new bill?

**W:** Let me calculate that for you. The price will be low. With the upgrade to your television, Internet, and phone services, plus an additional fee, your total bill will be only \$145 per month.

**M:** Actually, that sounds great. How do I sign up?

### KEY

- 1 What does the man say about his television service? **A**
- 2 Why is the woman calling the man? **B**
- 3 What do we learn about the woman? **C**
- 4 What will the man get if he signs up? **B**

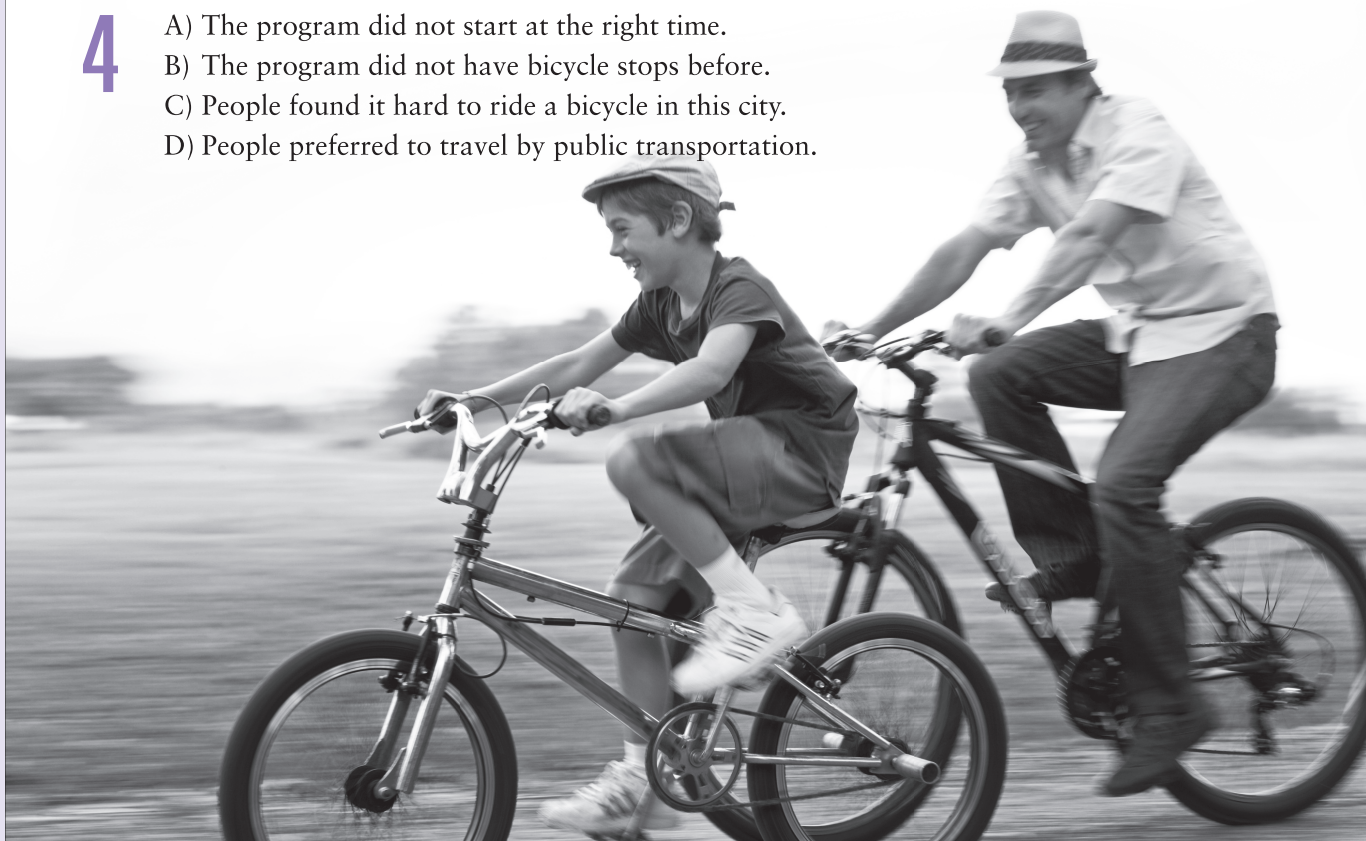


## Section B: Understanding passages

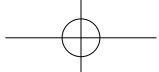
**Directions:** Now you will hear a passage. At the end of the passage, you will hear some questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

- 1 A) Hot summer in New York City.  
B) City planning in New York City.  
C) Transportation in New York City.  
D) The huge population of New York City.
- 2 A) To set up bicycle stops in different neighborhoods.  
B) To help people reach areas unconnected by buses.  
C) To help relieve rush-hour crowdedness on buses.  
D) To help reduce the number of cars on the road.
- 3 A) People had to return the bicycle to the place they took it from.  
B) Bicycle stops were set up near different subway stations.  
C) The bicycles were available for anyone to use for free.  
D) People could only ride the bicycle for short distances.
- 4 A) The program did not start at the right time.  
B) The program did not have bicycle stops before.  
C) People found it hard to ride a bicycle in this city.  
D) People preferred to travel by public transportation.







## Audio script



New York City is one of the most crowded cities in the world, with millions of people living in a space of only about 300 square miles. Although New York City has the world's largest subway system, traffic can still be very bad, especially at rush hour. So, the city decided that it would be a good idea to encourage more people to use bicycles. If more people used bicycles, the roads would be less filled with cars. However, many people in the city did not like to use bicycles, so the city officials had to think of a way to encourage people to ride bicycles instead of driving or using the subway.

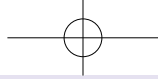
The city came up with a clever solution. In 2013, city workers began to set up bicycle stops in different neighborhoods. A person could ride a bicycle from one bicycle stop to another and leave it there. Besides, these bicycles were available for anyone to use for free. This system

was great for people who did not own bicycles or who wanted to take a bicycle on a short ride without having to return it to the place they took it from. This also made it possible to move quickly between areas that did not connect easily by the subway. In some ways, the bicycles proved to be easier, faster, and cheaper than other transportation! The city hoped that people would start using these bicycles instead of taxis or other kinds of cars.

However, in the early days of the program, the bicycles were not very popular. Many people did not use them. Perhaps a big reason was that the system started during a very hot summer, under the blazing sunshine, which was a hard time for people to ride a bicycle. The city officials had made a smart decision to help improve New York City's traffic, but they had forgotten to also think about the right time to begin!

### KEY

- 1 What is the passage mainly about? **C**
- 2 What is the purpose of the bicycle program in New York City? **D**
- 3 What do we know about the bicycle program? **C**
- 4 Why wasn't the bicycle program a success when it started? **A**



## Section C: Understanding lectures or speeches

**Directions:** Now you will hear a lecture or a speech. At the end of the lecture or speech, you will hear some questions. After you hear a question, choose the best answer from the four choices.

The following questions are based on what you have just heard.

- 1 A) She has had serious headaches throughout her life.  
B) She believes that not all of headaches can be treated.  
C) She has been dealing with headaches since childhood.  
D) She has successfully treated many cases of headaches.
- 2 A) To analyze the causes of headaches.  
B) To introduce ways to get rid of headaches.  
C) To convince people that headaches can be fixed.  
D) To explain how medicine can help get rid of headaches.
- 3 A) Take medicine.  
B) Try to fall asleep.  
C) Perform relaxing exercises.  
D) Try to relieve pressure on the head.
- 4 A) It can help you forget your headache.  
B) It can help keep stress levels down.  
C) It can make you fall asleep easily.  
D) It can make your headache worse.

## Audio script

Welcome and good afternoon! My name is Sherry Cappelli and, today, I want to give you some information about a big problem: headaches! Now, because you are here for today's meeting, I would believe that each and every one of you has had a headache sometime in your life. And, I would also believe that, for many of you, you've had headaches throughout your entire life. Trust me, I have been dealing with headaches ever since childhood, and I know how difficult they can be to deal with! But, I want to give hope to those people out there who have suffered and are still suffering. Some headaches are worse than others, but all of them can be treated!

So, what is a headache anyway? Normally, nerves send information to your brain and warn about injury. For example, if you touch a hot stove, your brain understands pain and tells you to pull your hand away. Similarly, headaches happen when nerves in the face or head have pressure put on them. That can happen if muscles in the head and neck tighten or change in some way. Pain signals are then sent to the brain even though sometimes there may be no real injury.

Well, now that we understand a little more about headaches, let's start talking about how we can fix them! Most people take medicine for their headaches. And most of these medicines try to stop the pain of the headache, but medicine isn't the only way to get rid of a headache. You can learn ways to avoid the pain. For example, stress can increase pain. The good news is that you can learn to manage stress. Calming and relaxing exercises can help keep stress levels down.

Another very important thing to do is sleep! Getting enough sleep can help keep headaches under control. I know that falling asleep when your head is hurting can be difficult, but you can train your brain to sleep. One of the best things you can do is to try to avoid watching television or playing computer games before going to bed. Those things will stimulate your brain and can make your headache worse!

I hope today's talk was helpful to you. I know how tough headaches can be. But there is hope for you! The good news is that once you find out what works for you, dealing with headaches becomes easier. The fix might be as simple as learning how to relax!

### KEY

- 1 What do we know about the speaker from the lecture? **C**
- 2 What is the main purpose of the lecture? **B**
- 3 What do most people usually do to get rid of headaches? **A**
- 4 What does the speaker say about watching television before bed? **D**

