B2 LEVEL STUDY MATERIAL II

Objective: To provide learners with opportunities to develop and consolidate their B2-level English language skills

A. LISTENING

I. Listen to an interview about music therapy and choose the best alternative.

1. According to Sara, what is music therapy?
a. Listening to your favourite songs at home on your own
b. A structured health support using music to achieve specific goals
c. Teaching patients to become professional musicians with ear training
d. A type of physical exercise with background music

2. What is the key difference between listening to music for pleasure and formal music therapy?
a. Music therapy is more systematic and guided by a therapist.
b. Music therapy only uses classical music.
c. Music therapy requires complex instruments.
d. Music therapy is only available in hospitals.

3. Which group is **NOT** mentioned as benefiting from music therapy?
a. Children on the autism spectrum
b. Adults with depression or high stress
c. Stroke patients
d. People recovering from sports injuries

4. What was Mia's medical condition before she started therapy?
a. She had broken her leg
b. She had suffered a stroke
c. She had lost her hearing
d. She had severe anxiety

5. What was Mia's breakthrough moment?
a. She sang a complete song alone in a pub.
b. She stopped needing all medication or medical care.
c. She moved a short way while striking a drum in rhythm.
d. She returned to her previous job even if she didn’t want to.

6. What emotional benefit of music therapy does Sara describe?
a. It makes people more competitive.
b. It helps people rediscover emotional responses.
c. It helps people forget their unpleasant identity.
d. It makes people feel less indifferent.

7. What misconception about music therapy does Sara mention?
a. That it is too expensive for most patients and requires continuous payment.
b. That any music will work without a therapist's guidance.
c. That it can only be done in a peaceful outdoor environment.
d. That it is mainly used as a replacement for medical treatment.

8. According to Sara, why is music therapy becoming more accepted?
a. Research continues to show its benefits for mental health and brain injuries.
b. It is more cost-effective than most conventional treatments.
c. Patients are asking for more entertainment in hospitals to have fun.
d. It does not require any special training to practise or become a professional.

Adapted from test-english.com

II. You will hear a woman, Stella, and a man, Ben, talking together on a radio programme about the speed and stress of modern life. For each question, choose the correct answer. You will hear the interview twice.

1. What does Stella say about her research?
a. It was carried out in several countries.
b. It has already been confirmed by other researchers.
c. It was based only on people in the UK.
d. It needs further work before firm conclusions can be drawn.

2. According to Stella, what did she find surprising about technology?
a. People own less technology than she expected.
b. People have gained less free time than she expected.
c. People are less stressed than she expected.
d. People are buying technology mainly to relax.

3. Why does Stella mention Einstein?
a. to highlight a disadvantage
b. to explain people's ideas
c. to introduce a contrasting opinion
d. to support her argument

4. Which positive examples of speed does Ben give?
a. different means of transport
b. different types of sports
c. different ways of communicating
d. different forms of technology

5. Stella thinks people can improve their lives by _____.
a. taking up a new hobby.
b. becoming more optimistic.
c. enjoying the present.
d. setting long-term goals

6. What effect have Ben's new eating habits had?
a. He appreciates a wider range of tastes.
b. He feels satisfied quickly.
c. He finds he requires less food.
d. He has lost a noticeable amount of weight

7. What conclusions has Stella reached regarding sleep?
a. Too much is not good for you.
b. It is not recommended during the day.
c. City dwellers need less sleep than people in the countryside
d. Most people do not get enough.

Adapted from Empower B2, End-of-Course Competency Test

B. READING

Text 1: Read the text and answer the questions.

The Four-Day Work Week: Revolution or Risk?

For most of the last century, people worked five days a week, forty hours in total. This seemed completely normal and almost nobody questioned it. But today, many companies and governments are asking whether this old model still works. The four-day work week means working one day less while keeping the same salary and doing the same amount of work. Some people think it is a great idea. Others are not so sure.

One of the most important experiments took place in Iceland. Between 2015 and 2019, the government tested a shorter work week with more than 2,500 employees in the public sector. These workers moved from forty hours to thirty-five or thirty-six hours per week, but what they earned each month remained exactly the same. The results were very positive. Workers did the same amount of work as before, and they also felt less stressed, slept better, and had more time for their families. After the trial ended, nearly 86 per cent of Icelandic workers either moved to shorter hours or got the right to ask for them.

Not Easy for Everyone

Other countries have also tried the four-day week. In Japan, Microsoft reported that productivity went up by 40 per cent after the change. In the UK, 61 companies took part in a six-month trial in 2022. After the trial, 92 per cent of them decided to keep the four-day schedule. However, critics say there is a problem with these results. The companies in the trials chose to take part because they were already open to the idea. So it is hard to know if the same results would happen in all types of companies and workplaces.

There are also some real challenges. Places like restaurants, hospitals, and shops need to be open every day. It is difficult for them to cut hours without hiring more staff or serving fewer customers. Small businesses may not be able to afford the extra costs. Also, not all workers want to work fewer hours. Some people need the extra money they earn from working longer hours, so a shorter week would actually be bad for them.

Still, many people support the idea. One big reason is burnout. A 2023 Gallup survey found that 44 per cent of workers around the world felt very stressed on a regular basis. This number has stayed high since the COVID-19 pandemic. Supporters of the four-day week say that extra rest time helps people feel better and when people feel better, they work better. They become more creative and focused, and they are less likely to quit their jobs.

The four-day week may not become the standard for everyone soon, but it has started an important global conversation. Andrew Barnes, a business owner from New Zealand who helped make this idea popular, said it well: "We have been given an incredible gift — the technology to be more productive than ever. The question is whether we use that gift to work more, or to live better." For many tired workers around the world, that is exactly the right question to ask.

Adapted from AI

1. What happened to workers' salaries during Iceland's four-day week trial?
- **a.** They received a salary increase as a reward for higher productivity.
- **b.** Their salaries were reduced because they worked fewer hours.
- **c.** Their pay stayed the same even though they worked less.
- **d.** The government paid the difference between their old and new salaries.

2. What was the main criticism of the four-day week trials?
- **a.** They did not last long enough to show real results.
- **b.** Only companies that already liked the idea took part.
- **c.** Too many different countries were involved at the same time.
- **d.** The companies did not record their results carefully.

3. According to the text, why might some workers **NOT** want a four-day week?
- **a.** They need the money they earn by working longer hours.
- **b.** They are worried they will have too much free time.
- **c.** They enjoy spending more time at their workplace.
- **d.** They believe working hard is important for their career.

4. According to the text, what is one benefit of having more rest time?
- **a.** Workers feel less stress because they earn more money.
- **b.** Companies can save money by closing one day a week.
- **c.** People become more focused and are less likely to leave their jobs.
- **d.** Employees can use the free day to learn new skills for work.

5. What is Andrew Barnes' main message at the end of the text?
- **a.** Technology is making people work harder than ever before.
- **b.** People should decide whether to use technology to work more or enjoy life more.
- **c.** New technology is only useful for large and successful businesses.
- **d.** Workers in New Zealand already have the best working conditions in the world.

Text 2: Read the text and answer the questions.

The Paradox of Choice

1 It's a familiar scenario. You go into a well-known clothes shop to buy a pair of blue jeans which are similar to the ones you have had for a while and in which you know you feel comfortable. Then, you ask the sales assistant for some help. Instead of being asked about your waist size and leg length, you are faced with a wide range of options: 'Would that be faded or dark, stretch fabric or non-stretch, regular fit or skinny, low-rise or mid-rise, boot-cut or straight-leg ...?' There are so many possibilities that you leave the shop feeling confused and start to think about how to deal with this seemingly simple task.

2 In his recent book *The Paradox of Choice – Why more is less*, Barry Schwartz attempts to explain how we have reached this wide range of options in everything we buy, from jeans to salad dressing, what effect it is having on us psychologically, and how we can deal with it. Schwartz is not against choice itself. In fact, he admits that in many ways **it** has given us more control and autonomy. His point is that when the number of choices reaches a critical point, the negatives start to outweigh the positives: choice is no longer liberating, it is debilitating. Thus, too many options can leave people feeling anxious and unable to decide.

3 The explosion in choice, he says, is linked to economic progress. When people relied on subsistence agriculture, the question did not arise – you ate what you were able to grow. But through the development of trade and crafts, we became materially richer, so that now we have the luxury of choosing from 285 varieties of biscuit in our local supermarket or from 120 courses in the local college catalogue.

4 We come to a given choice through a process of goal-setting (What do I want?) and decision-making (How can I get it?). We evaluate the importance of each goal and the possibility that each option will fulfil each goal. **This**, as Daniel Kahneman and other psychologists have pointed out, is by no means an exact science. Often, we ignore scientific evidence about the benefits of a particular solution (e.g. scientific facts about how effective a weight-loss plan is) and prefer personal experiences (e.g. a friend who tells us that the diet worked very well for her). Using this process as a guide, Schwartz divides people into two categories, *maximizers* and *satisficers*. A maximizer is a person who wants to get every choice, from a small purchase to a life-changing decision, absolutely right. The only way they can do this is to make sure they have all the possible options, which can be a difficult task. A satisficer is a person who chooses the easiest option and is happy with a good solution without worrying too much that there might be a better alternative.

5 The problem is the psychological damage that we inflict on ourselves if we are a maximizer in today's consumer society, where we are spoilt for choice. Our expectations are raised to the maximum and we also experience more regret, which stays with us constantly: even if the hotel we choose for our holiday is perfectly adequate, there is always a better one that is booked up. Schwartz's advice is to be a satisficer,

	but he also suggests that we should think carefully about what is important to us (e.g. choosing a career is much more important than choosing a car) and accept that we cannot always get what we want. All in all, this is a useful book with some funny and interesting illustrations of the problem. *Adapted from Keynote Proficient Split B Edition, Unit 7, p. 15*

I. Read the text and choose the correct option.

1. According to **paragraph 1**, what does the scenario about buying jeans mainly show?

a. A simple purchase can become overwhelming due to the number of choices available.
b. Sales assistants are usually not well trained to help customers make suitable choices.
c. Jeans are more difficult to buy than other clothing items because of many different styles.
d. Customers prefer to shop without any assistance from staff when they are buying clothes.

2. According to **paragraph 2**, what is Schwartz's main argument about choice?

a. Choice should be eliminated from consumer society because it causes anxiety.
b. Having more control and autonomy is always a negative outcome for consumers.
c. Beyond a certain point, too many choices become more harmful than helpful.
d. People need scientific training to make better decisions when facing many choices.

3. According to the text, why has the range of choice increased so much over time?

a. Consumers have demanded more variety in scientific studies.
b. Economic growth lets societies produce more than they need to survive.
c. Governments have passed laws requiring more product variety.
d. Psychologists like Kahneman encouraged companies to offer more choices.

4. Based on the text, what tends to influence people's decisions more than scientific evidence?

a. Government regulations
b. Advertising campaigns
c. Other people's personal experiences
d. The price of the product

5. What is the key difference between a 'maximizer' and a 'satisficer'?

a. A maximizer avoids making decisions, while a satisficer makes them quickly without thought.
b. A maximizer tries to find the single best option, while a satisficer accepts a solution that is good enough.
c. A maximizer relies on scientific evidence, while a satisficer relies only on emotion.
d. A maximizer focuses on cheap products, while a satisficer focuses on expensive ones.

6. According to the text, what psychological effect can being a maximizer have on a person?

a. It reduces the number of decisions they need to make.
b. It makes them less likely to compare products or options.
c. It helps them feel more satisfied with every decision they make.
d. It increases feelings of regret, even when a choice turns out to be perfectly fine.

7. What advice does Schwartz offer for coping with an overwhelming number of choices?

a. Avoid making important decisions such as choosing a career.
b. Always look for the maximum number of options before deciding.
c. Identify what truly is important and accept that not every choice can be perfect.
d. Rely only on scientific data and ignore personal experience completely.

8. **In paragraph 2**, what does "it" refer to in "he admits that in many ways **it** has given us more control and autonomy"?

a. Schwartz's book
b. Choice
c. Autonomy
d. Control

9. **In paragraph 4**, what does "**This**" refer to in line 19?

a. Daniel Kahneman's career as a psychologist
b. The scientific evidence about weight-loss plans
c. A friend's personal experience with a diet
d. The process of goal-setting and decision-making

10. Which word **in paragraph 2** means 'extremely tiring and weakening'?

a. Debilitating
b. Liberating
c. Explosion
d. Autonomy

11. Which word **in paragraph 4** means 'to achieve or satisfy a need or requirement'?

a. Evaluate
b. Fulfil
c. Decision-making
d. Goal-setting

12. Which word **in paragraph 5** means 'good enough for a particular purpose'?

a. Spoilt
b. Regret
c. Damage
d. Adequate

SENTENCE COMPLETION:

1. _____, pepper is probably the most widely used one in the world today.
a. Though people get mad when their food is salty
b. Whereas diamond is a carbon
c. Although regarded as one of the most common plants
d. Even though cinnamon is one of the earliest spices known

2. _____ her poem was chosen the best out of the over a hundred entries in the competition.
a. The reason why she had been upset was that
b. When all the fans came together
c. What surprised her was that
d. It will be my ideal that

3. It's a pity that there are some professions in which people work so hard _____.
a. where opportunities are rather fewer
b. where they can find a perfect job
c. which they should make a lot of expenses
d. that they never find time to enjoy life

4. The traditional Middle Eastern diet, which relies heavily on meat, salads, vegetables, and fruit, can be one of the healthiest one _____.
a. even though it is often served in expensive restaurants
b. just as one must pay close attention to one's own health
c. as long as you intend to share it with other people
d. if one is careful enough to follow it in moderation

5. _____, there are some species of them that have probably never encountered any open water in their lifetimes.
a. Even though most of tortoises live both on land and in water
b. Since our planet hosts many land animals with differing characteristics
c. Just as crocodilians lay eggs in nests near the water
d. Whereas deep-sea fish live in a world with no light whatsoever

PARAGRAPH COMPLETION:

1. Istanbul is one of the most beautiful cities in the world. Besides the Bosphorus which is famous for its natural beauty, historical houses and modern bridge, the city has magnificent mosques, marvelous museums and interesting shops. _____ Most of them become so fond of it that they come again and again to see it.

a. All year round it is visited by a lot of foreign tourists.
b. A boat trip on the Bosphorus is really very enjoyable.
c. Some of the hotels are quite expensive.
d. The Bosphorus Bridge is a wonderful work of modern engineering.

2. Jane often visits her grandmother in Brighton. Her grandmother is an old lady now, over eighty. Even so, she lives by herself and cooks for herself. _____

a. She can't manage without Jane.
b. Jane doesn't know how to cook, either.
c. She really manages very well indeed.
d. One day she hopes Jane will visit her.

3. I need a new secretary. I had to get rid of the last one because she was so lazy. _____ I am not interested in whether she is good looking or not.

a. I am now looking for someone who is hardworking.
b. She used to arrive promptly at 8:30.
c. I found a good one yesterday, too.
d. My new secretary need not be kind.

4. _____ First of all, I have some good friends living there. Also, I like the town itself, with its parks and pleasant environment. The climate attracts me too, for I am tired of the cold winters of Ankara.

a. In summer, Antalya attracts a lot of people.
b. Antalya is an ideal place for a summer holiday.
c. I have been living in Ankara for the past five years.
d. If I had the chance to move, I would live in Antalya.

5. _____ Interestingly, it is about European history during the Napoleonic Era, but deals at the same time with the loves of 4 great Russian families. Along with these fictional characters, there are portrayals of great historical characters of Europe during that period.

a. The story WAR and PEACE by Leo Tolstoy is one of the 'giants' of literature.
b. Leo Tolstoy wrote about many important historical events.
c. WAR and PEACE by Leo Tolstoy is not a very interesting novel.
d. Leo Tolstoy wrote many novels.

DIALOGUE COMPLETION:

1. Daniel: Do you believe in rumours saying Alice will quit?
Nora: _____
Daniel: I know there are, but do you believe them?
Nora: I don't know what to believe.
a. I asked her about it, but she didn't say anything.
b. Yes, I do. What about you?
c. Of course. I don't but you never know.
d. There are some people saying that.

2. Doctor: Take this medicine for a week and you'll start to feel better.
Patient: _____
Doctor: Are you sure? It's the best on the market.
Patient: Yes, I am. Can you please prescribe another one?
a. What shall I do if unexpected side effects occur?
b. What is the ideal dosage for my weight?
c. No, it's too early to prescribe another medicine.
d. But I've used it before, and it did not help at all.

3. Mrs Martin: I've just been reading an article on cosmetic surgery.
Mr Martin: I don't want to hear about it. It's just a waste of money.
Mrs Martin: _____
Mr Martin: Perhaps not. But that doesn't affect my opinion.
a. Ten years from now you may be more interested.
b. A lot of people regard it as money well spent.
c. Not everyone agrees with you there.
d. Mrs. Surton certainly looks years younger.

4. Alan: Where's your computer? You do have one, don't you?
Mark: _____
Alan: Will that take long?
Mark: I don't think so; they'll give me a ring when it's ready.
a. Yes, over there. I was told to take it out of the sun.
b. Yes, but at present it's being repaired.
c. Well, I used it so rarely I decided to get rid of it.
d. Not any longer. I didn't seem able to learn how to use it.

5. Clive: Can you remember a good restaurant? My usual place is fully booked.
Graham: _____
Clive: That's not too important. It is a business lunch. I want somewhere we can talk.
a. What sort of a price range do you have in mind?
b. What's the occasion? A family get together?
c. Is that where we ate together the other evening?
d. Have you tried the new fish restaurant on Exeter Road?

RESTATEMENT:

1. No one except the graduate assistant understood the results of the experiments.
a. All of the graduate assistants understood the experiments.
b. The experiments were not understood by any of them.
c. Only the graduate assistant understood the experiments.
d. All but one of the graduate assistants understood the experiments.

2. He is determined to go abroad whether he can get his parents' approval or not.
a. He is intent on going abroad if his parents approve of him doing so.
b. Whether or not his parents will agree to his going abroad depends on how much he'll spend there.
c. Even if his parents don't agree, he'll still go abroad.
d. Unless he takes the permission of his parents, he is determined to stay here.

3. I've never played tennis, so I'm anxious about trying it.
a. I'm concerned about playing tennis because it will be a new experience for me.
b. I'm not especially willing to try playing tennis though I've never played it.
c. Since I have no experience of playing tennis, I'm looking forward to it.
d. Having played tennis a few times, I'm scared to play it again.

4. I felt that it was a memorable match on the whole.
a. All in all, I'd say that the match was one to remember.
b. As for me, the match could have been more competitive.
c. As far as I can remember, it was a fine match.
d. In general, there was nothing especially memorable about the match.

5. If younger people had voted, Mr. Smith would have won the election.
a. The election was won by Mr. Smith with the help of young voters.
b. Mr. Smith did not win because there were not many young people who voted.
c. Since the young people voted in the election, Mr. Smith did not win.
d. Most young people would have liked to vote for Mr. Smith.

C. LANGUAGE USE

Grammar:

I. Choose the best alternative to complete each sentence.

1. If she _____ harder for the exam, she wouldn't have failed.
a. had studied
b. has studied
c. would study
d. studied

2. My brother, _____ has just returned from London, is a doctor.
a. that
b. whom
c. who
d. which

3. The project _____ by the time the manager returned from vacation.
a. had completed
b. has been completed
c. had been completed
d. was completing

4. The lights were off when I got home. They _____ out because they had a plan for this evening.
a. can have gone
b. must go
c. should have gone
d. must have gone

5. He said that he _____ the report by Friday.
a. would finish
b. had finished
c. will finish
d. has finished

6. She admitted _____ the money.
a. to steal
b. steal
c. to have stolen
d. stealing

7. _____ information given during the meeting was helpful, but _____ advice from the consultant was even more valuable.
a. — / the
b. The / —
c. A / an
d. The / the

8. Despite _____ extremely tired, he continued working until midnight.
a. being
b. be
c. been
d. have been

9. I _____ that film twice already this month.
a. was seeing
b. have seen
c. saw
d. see

10. Of all the candidates, Lisa performed_____ although her presentation was slightly _____ than John's, thanks to her excellent responses during the Q&A session.
a. better / the least impressive
b. the best / less impressive
c. best / more impressive
d. the better / the most impressive

11. The documents _____ by the committee will be published next week.
a. reviewing
b. review
c. reviewed
d. were reviewed

12. _____ the weather was terrible, the event attracted a large number of visitors.
a. Because
b. Although
c. Therefore
d. In order to

13. I wish I _____ so rude to her yesterday.
a. didn't be
b. hadn't been
c. haven't been
d. wasn't

14. Students _____ in the exchange program must attend the orientation meeting.
a. are participating
b. participating
c. participated
d. participate

15. The company increased employee salaries; _____, staff satisfaction improved significantly.
a. however
b. despite
c. consequently
d. although

Vocabulary:

I. Choose the best alternative to complete each sentence.

1. The local government decided to provide financial _____ to families who lost their homes during the flood.
a. aid
b. revenue
c. custom
d. status

2. I felt incredibly _____ before my presentation because the board of directors was watching me.
a. bitter
b. anxious
c. temporary
d. smooth

3. Before signing the final contract, the manager must _____ all estimated expenses to ensure the project stays within budget.
a. assume
b. possess
c. assess
d. qualify

4. The heavy snow caused the roof of the old sports center to _____ early this morning.
a. guarantee
b. transfer
c. modify
d. collapse

5. International learning programs _____ students to discover different cultures while completing their degrees.
a. monitor
b. enable
c. target
d. justify

6. Our university wants to _____ a new laboratory next year to study renewable energy systems.
a. ignore
b. display
c. establish
d. pursue

7. Medical researchers are working very hard to find a permanent _____ for this rare disease.
a. component
b. criteria
c. concept
d. cure

8. We must double-check the system settings to _____ that all data is being saved correctly.
a. explore
b. ensure
c. vary
d. reject

9. He preferred to stay in his _____ position because the new role offered less stability.
a. former
b. massive
c. decent
d. narrow

10. The temperature in the region will decrease _____ as autumn approaches.
a. deliberately
b. closely
c. truly
d. gradually

11. Living in a quiet _____ village is wonderful if you enjoy nature and peace.
a. urban
b. professional
c. rural
d. global

12. Regular exercise and proper sleep are both _____ if you want to maintain a strong immune system.
a. dynamic
b. flexible
c. routine
d. vital

13. The manager decided to _____ the experienced employee to the main office in New York.
a. transform
b. transfer
c. outline
d. shift

14. Working in a busy hospital environment requires you to be very _____ to the needs of the patients.
a. severe
b. sensitive
c. steady
d. strict

15. The dark clouds in the sky make it _____ that a heavy storm will begin very soon. .
a. absolute
b. classic
c. apparent
d. initial

16. There is a huge cultural _____ between the two countries, which often causes misunderstandings and affects how people do business.
a. barrier
b. budget
c. climate
d. volume

17. The instructions for assembling the new wooden cabinet were incredibly _____ and hard to follow.
a. contemporary
b. complicated
c. artificial
d. loose

18. The company had to _____ the outdoor promotional event due to the unexpected heavy rain.
a. grab
b. sweep
c. drag
d. cancel

19. He managed to _____ the golden opportunity and start his own business with the money he saved.
a. maintain
b. define
c. capture
d. hide

20. The dynamic economic _____ forced the shop owners to change their prices immediately.
a. creation
b. content
c. crisis
d. sector

D. WRITING

I. Write a well-developed paragraph in 150-200 words. Your paragraph should include all the elements of a well-organized paragraph.

1. Write a **One-sided Opinion Paragraph** on the following topic: "*Cats make better pets than dogs.*"
2. Write an **Advantages and Disadvantages Paragraph** on the following topic: "*The advantages and disadvantages of living in a small town rather than a big city*"
3. Write a **Cause and Effect Paragraph** on the following topic: "*The causes and effects of over-tourism in popular travel destinations*"

First Draft

II. Write a well-developed essay in 250-300 words. Your essay should have five paragraphs (an introduction with a clear thesis statement, three well-developed body paragraphs, and a clear concluding paragraph).

1. Write an **Opinion Essay** on the following topic: "*Public transportation should be free for all citizens.*"
2. Write a **Problem Solution Essay** on the following topic: "What problems did the invention of cell phones help solve?"
3. Write a **Cause and Effect Essay** on the following topic: *Causes and Effects of Increasing Academic Pressure on University Students*
4. Write an **Argumentative Essay** on the following topic: *"Is studying abroad beneficial for university students? "*

First Draft

B2 Level Study Material II Answer Key

A. Listening

Listening I:

1. b 2. a 3.d 4.b 5.c 6.b 7.b 8.a

Listening II:

1. c
2. b
3. d
4. b
5. c
6. a
7. d

B. Reading

Reading I:

1.c 2.b 3.a 4.c 5.b

Reading II:

1. a
2. c
3. b
4. c
5. b
6. d
7. c
8. b
9. d
10. a
11. b
12. d

Sentence Completion:

1. d 2. c 3. d 4. d 5. a

Paragraph Completion:

1. a 2. c 3. a 4. d 5. a

Dialogue Completion:

1. d 2. d 3. c 4. b 5. a

Restatement:

1. c 2. c 3. a 4. a 5. b

C. Language Use:

Grammar:

1. a
2. c
3. c
4. d
5. a
6. d
7. d
8. a
9. b
10. b
11. c
12. b
13. b
14. b
15. c

Vocabulary:

1. a
2. b
3. c
4. d
5. b
6. c
7. d
8. b
9. a
10. d
11. c
12. d
13. b
14. b
15. c
16. a
17. b
18. d
19. c
20. c

Listening I Audio Script

Host: Did you know that music can help stroke patients walk again? Or that a familiar song can bring back memories for people with dementia? And did you know that music can even reduce stress and improve mood? To talk about all this today, we have with us Sarah Johnson, a certified music therapist. Sarah, thank you for joining us. Could you start by explaining what music therapy actually is?

Sarah: Sure. Music therapy is a type of clinical practice where we use music in a planned way to help people feel better, improve movement, or even bring back memories. It's not just about listening to your favorite song. A therapist designs sessions with clear goals like reducing anxiety or improving coordination.

Host: Interesting. So, when people talk about using music to feel better, what's the key difference between that and formal music therapy?

Sarah: That's a good question. Listening to music for pleasure or relaxation can definitely calm or even uplift someone, but music therapy is more structured. For example, we might ask a patient to sing along, improvise on a simple instrument, or move to a rhythm, all in a safe, supportive environment. The therapist then watches how the person responds and adapts the activity to help them express emotions, improve their mood, or regain a sense of control.

Host: And who can benefit from this kind of therapy?

Sarah: Lots of people. We work with kids on the autism spectrum, helping them communicate and manage emotions through music. We also support older adults with dementia or Alzheimer's disease, where music can trigger memories and reduce agitation. There are programs for stroke patients using rhythm and repetition to help relearn motor skills. And we see adults with depression, trauma, or high stress. Music therapy can help them feel less overwhelmed, more relaxed, and even hopeful again.

Host: Could you give us a concrete example of a patient who made progress?

Sarah: Absolutely. I once worked with a young woman, Mia, who had suffered a stroke and was struggling with speech and movement on her left side. In our sessions, we used drumming and simple singing exercises. Over time, Mia's rhythm improved and she began speaking short words during or after singing. She told me she felt encouraged and more confident about her recovery. After several months, she was able to walk a short distance while keeping the beat on a drum, which was a breakthrough for her balance and coordination.

Host: That's a powerful story. What about the emotional side? What kind of benefits do people notice?

Sarah: Music can bring back emotions that people thought were lost. I've seen patients who seem completely shut down suddenly smile when they hear a familiar tune. Someone who feels angry or frustrated can beat a drum and let those feelings out in a safe way. And for many people, singing or listening to an old favorite song brings joy and comfort, especially if they're feeling lonely. In short, music helps people feel calmer, less anxious, and more connected to themselves and to others.

Host: Are there any misconceptions about music therapy that you'd like to clear up?

Sarah: Definitely. One big misconception is that any music will do the trick. In reality, I need to assess the patient's emotional state, preferences, and therapy goals. Another misconception is that music therapy is only for the musical or creative types. In fact, you don't need to be a musician at all. Anyone can take part, and even passive engagement — like listening, reflecting, or tapping along — can help if it's guided by a therapist.

Host: Finally, do you think music therapy will become more mainstream in healthcare?

Sarah: I think it already is in many places. There's growing scientific evidence of its benefits, especially for mental health and for people recovering from brain injuries. Hospitals, schools, and nursing homes increasingly include music therapists as part of the care team. In a world where so many people feel overwhelmed, disconnected, or emotionally numb, music therapy offers a non-invasive, human-centered way to help people reconnect, heal, and feel more grounded.

Host: Thank you very much for your time and insights.

Sarah: You're welcome. It's been a pleasure.

Listening II Audio Script

Ben: Today we're talking about how the speed of modern life affects people. Stella Rees is with us. Stella, you've just published some research on how people need to slow down in different ways in their lives. I read an interesting review of your book in the Herald newspaper and realized a lot of what you found out is true in my own life.

Stella: I know, Ben. Friends and family have said that too. And I'm sure it's not only true of the UK, although this is where I actually did the research. No, I'm sure if you did further work, you'd see the same information coming from almost every country in the world.

Ben: So, in this study, did you learn much about whether speed makes people stressed?

Stella: Yes. Take technology for instance. I thought modern technology would obviously provide people with more leisure time – you know with more machines doing the work for us. But I didn't expect people to tell me that the exact opposite was true. The more technology we own, the busier we seem to become. And it's not because we want to be. No. Most of us complain about it like crazy!

Ben: So why don't we all just slow down a bit then, Stella?

Stella: Well, it seems as if we're programmed to believe that if we slow down, do nothing, then we're not achieving anything. And the faster we achieve, the better we are. So we've become used to filling every second of our time and doing things as fast as we can. This seems to be the basic problem. Speed isn't always good for us. Einstein, for example, got his very best ideas when he was lying back day-dreaming!

Ben: Mmm. Well, I suppose there's something good to be said about taking time to write a letter rather than sending a text, for instance. But who writes letters these days? And yes, I can see that taking the train rather than plane allows you to see the countryside as you're travelling. But come on, it's a natural thing for us to want to be the fastest. We love to compete, whether we're sailing, running or motor racing, whatever. We'd lose that whole part of our lives if we slowed down completely.

Stella: I know. But it's not just about slowing down. It's about feeling happy at this particular point in time – looking around and really seeing what is there – right now. Rather than planning what new interest to take up next month, or

wondering how to make life seem more positive, become less pessimistic. We should all try 'living in the moment' even just for three or four minutes a day.

Ben: Interesting. I know what you're saying. It's only a small thing, but recently I've started eating much more slowly, taking time to look at the food on my plate, smell it even, before eating. It's not out of a need to lose weight or to feel full by eating less. Actually I still eat about the same amount, but I'm really beginning to enjoy the different flavours, think about where the food's come from and yes, eating has become a more pleasurable experience.

Stella: I know. Another thing I've read about recently is the false ideas people have about sleep. It's been popular to believe that we shouldn't sleep too much. And that we absolutely shouldn't sleep during the day. But no. It's been proven that most adults still need around eight hours sleep a day, whereas figures show the average is between five and six. And city people often sleep even less.

Ben: Really?

Stella: Yes. And not just humans. A study has shown that city blackbirds wake up earlier and go to sleep later than those in the country.

Ben: (laughs) That's really funny ...