# BASELINE TEST A AUDIO SCRIPT

## Listening 1 Exercise A

**Alberto** What's up, Jennifer? You look upset.

**Jennifer** Oh! It's so frustrating! I've been emailing people and every time I hit "send" my computer crashes. It's driving me crazy.

**Alberto** Oh dear! I'm constantly having problems like that, too. It's difficult to work efficiently when that happens, isn't it?

**Jennifer** Yeah, it is. If only I could get a new computer! I'm always telling my manager that this one doesn't work properly.

**Alberto** I wish I could help you. Do you want me to take a look at the software? Maybe it needs updating.

**Jennifer** No, I can't let you do that. You're busy!

**Alberto** It's OK, really. I'd like to help you.

**Jennifer** OK, if you're sure. I was sending this email with an attachment and suddenly, it disappeared.

**Alberto** Well, most of the time your computer should update automatically, but sometimes you have to do it yourself.

**Jennifer** Hmm. I think it usually does it automatically. I have to re-start my computer occasionally to finish the update.

**Alberto** Let's have a look. Maybe one of the updates didn't install correctly. Hmm, OK. This software is out-of-date. Let's update it now. It will take a few minutes. So, how are you apart from your computer trouble? Oh! And are you going to the office party next week?

**Jennifer** Yes, I am. You?

**Alberto** Definitely! It was such fun last year that nothing would stop me. The music was great and it was good to see everyone in one place.

**Jennifer** Great! I'm in charge of choosing the food this time. You're going to love it!

**Alberto** What is it? Chinese? Italian? Mexican?

**Jennifer** No, it's Japanese! My friend is Japanese and she's a very talented cook. She's making loads of sushi.

**Alberto** Fantastic! I love Japanese food. It'll be absolutely delicious, I'm sure! Hey, look, your computer is about to restart now. Let's see if the problem's been fixed. Hey! It's working fine!

**Jennifer** Cool. Thanks a lot, Alberto. You've made my day!

**Alberto** You're welcome!

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## Listening 2 Exercise B

Good morning and welcome to Psychology Today. This week, we're talking about introverts.

First of all, what is an introvert? Well, to put it very simply, an introvert is someone who is usually reserved, prefers small groups, and may seem quiet or shy in social situations with lots of people. They might not always speak up in large groups, but they can still express their opinions clearly and confidently. If that sounds like you, here are some thoughts about living in a world which can sometimes feel like it's built for extroverts.

For starters, accept who you are. There's nothing wrong with being an introvert. Everyone's different and that's what keeps life interesting. If you really struggle in group settings and would like to feel differently, try imagining yourself in one first. Imagine walking into a room and introducing yourself to a stranger. This may be easier said than done, but if you keep practicing, it'll start to feel more natural.

Make plans. Don't avoid doing things you want to do just because there might be a lot of people. Try the sport that you've been thinking looks fun. Join a book club if you love reading. You're bound to feel anxious in the beginning, but little by little, you'll feel your confidence increase.

Next, don't have regrets! If you decide not to be social one day, that's OK. There's nothing wrong with that. Don't take it too seriously, and don't punish yourself. Try not to say "I should" or "I must" or "If only" because that suggests you should be someone different, when who you are is just fine! And finally, try to keep things in perspective. After all, extroverts have quiet days, too!