# MID-TERM TEST 1A AUDIO SCRIPT

## Listening 1 Exercise A

**Mateo** Hi, Taka, how are you? How's university?

**Taka** Hi Mateo. It's OK, but I've been struggling a bit recently.

**Mateo** Oh no, how come?

**Taka** Well, you know me, I'm more of an introvert, so it's been a bit tough to make friends.

**Mateo** Really? You are an introvert, but you're good at talking to people and have lots of interesting things to say.

**Taka** Thanks, I guess it's because everything is new. My anxiety levels are quite high, and when that happens, I find interacting with people more like a chore than something I actually want to do.

**Mateo** I understand completely. Socializing can sometimes feel like a chore, especially in unknown environments, like when you're at a party and you don't know anyone.

**Taka** That's it, completely. Do you have any advice?

**Mateo** Hmm … well, I suppose just treat the next few weeks as an investment.

**Taka** What do you mean?

**Mateo** Think of it like something that you have to put time and effort into now in order to see the benefits later. Also, maybe stop putting pressure on yourself to enjoy it so much. When you tell yourself that you should enjoy something, it becomes harder to actually enjoy it.

**Taka** So I should just get through it, really? So that I make some friends?

**Mateo** I wouldn't put it quite like that. I'm more than confident that you will start to enjoy the company of others once you've relaxed a bit. It's just the initial bit. The start of anything new can be difficult and tense for a lot of people. I'm sure you're not the only one feeling like this.

**Taka** OK, thanks – you're right. I just wish I was more of an extrovert and wasn't so reserved.

**Mateo** But then you wouldn't be you, and you wouldn't be the person who I like so much. Also, I'm more of an extrovert, and that isn't always easy either. You have certain expectations of yourself to be the life of the party, which can be tiring!

# MID-TERM TEST 1A AUDIO SCRIPT

## Listening 2 Exercise B

Our organization, Health2You, needs your help. Perhaps you've never heard of us, so let us explain: we oversee all kinds of new therapies, from breathing techniques to help people calm down, to natural cures for the common cold. We act as a testing laboratory, weighing the pros and cons of every new idea that we come across. We assess the strengths and weaknesses of each product and keep an eye on the long-term effects.

Where do you fit into this? Well, here's how you can help. We are currently looking for the following types of people to test out new products. Maybe one of them sounds like you?

People who sometimes feel tense and uneasy.

People that are introverts, who are reserved, or who have difficulty interacting with others.

People who want to overcome a fear of creepy spiders! Learn how to stop being scared to death!

Students that panic easily about exams and want to find out how to regain control of their emotions.

Men and women of any age whose anxiety levels are high. We have therapies that may help you to calm down.

People who find it hard to operate machines because of a weakness in their hands.

Older people who may feel left out and lonely, but who enjoy the company of other people.

Adults that hesitate to drive a car, ride in an elevator, or take a flight.

Will you join us? We'd love that! If you feel you could take on a role as one of our testers, we want to talk to you. We welcome applications from candidates of any age. Testing is not time-consuming – it takes about one to two hours a week, and of course we will compensate you for your time and traveling expenses.

Call us now on 0800-HEALTH!