UNIT 1 QUIZ A AUDIO SCRIPT

Listening 1 Exercise A

Julia Hi, my name is Julia. I've had some bad experiences in life, and I think that has made me a little cautious about making changes. I used to think that I could cope with change well, but then I realized that has not always been true. For example, when I went away to college, I was very nervous about meeting people. In fact, I wasn't really prepared for the experience, or ready to tackle college life and socializing. Eventually, I got a grip and forced myself to join clubs and talk to new people. It worked in the end, but it was a slow and painful process …

Sam Hi, my name is Sam, and I can understand Julia's situation. I used to be very shy and frightened of changes, but now I really make an effort to change my life in positive ways. For example, every month I try to achieve new things. At the beginning of the month, I make a list of things I want to improve or be able to do. Then, every day, I write notes in a diary to ensure I'm making progress. The process is still a bit tricky for me, but I think it has been a big step forward.

Max Hi, I'm Max. I love change! I think that life is too short and it would be a waste of time not to try new experiences. There are so many new opportunities all the time! Just imagine how frustrating our lives would be without change! In fact, I just started this challenge with my friends called "Do something new every week." Basically, we think of things we want to change or try in our lives, like change our look or try some new food. Then, every week, we choose one thing and just do it. Anyone who doesn't is out of the challenge. So far, everyone has survived and we have realized how much we are all capable of.