EXAM 10th / 11th Teens

LISTENING SECTION

TIME ALLOWED: 20 MINUTES

I. Listen and choose the correct answer.

1. The Roman philosopher, Cicero, described gratitude as
   a. the matter of all virtues.
   b. the mother of all virtues.
   c. the mother of all viruses.
2. Gratitude is the concept of being
   a. thankful.
   b. thoughtful.
   c. thirsty.
3. Scientifically, which of these does not qualify as a basic emotion?
   a. joy
   b. gratitude
   c. sadness
4. Gratitude has been studied scientifically only
   a. in the past thirty years.
   b. in the past three years.
   c. in the past thirty-three years.
5. Researchers found gratitude to be associated with brain activity in areas of
   a. fairness and legal judgments.
   b. fairness and value judgments.
   c. following others' judgments.
6. In a study, how long did people write down 3 things that went well each day and why?
   a. for one day
   b. for one week
   c. for three weeks
7. Did their happiness scores keep improving over time?
   a. Yes
   b. No
   c. Only slightly
8. How much happier were the participants of the study six months later?
   a. Five percent happier
   b. No happier
   c. Nine percent happier
9. Another study found that keeping a gratitude journal increased
   a. half health and quality of sleep.
   b. heart health and quality of sleep.
   c. heart health and quality if stress.
10. In the video, what is another term used for gratitude?
    a. counting your blessings
    b. counting your sleep
    c. counting your blushings

TOTAL SCORE: _/10

END OF THE LISTENING SECTION

LIVEWORKSHEETS