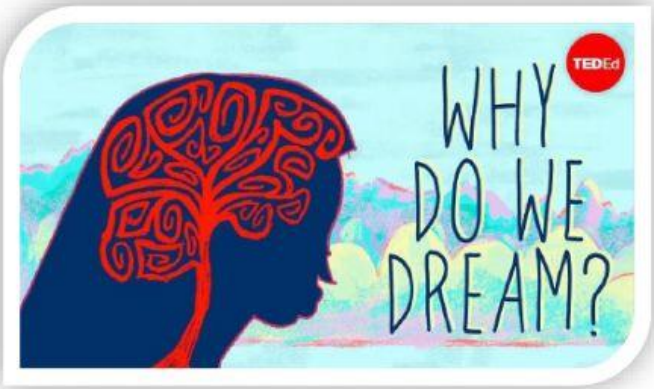
LISTENING PRACTICE



Instructions: *Watch and listen to the video and answer the questions below.*

1). What did the Mesopotamian kings use to record dreams?

A) Papyrus.
B) Tablets made of stone.
C) Slabs of wax.

2). After thousands of years and advancements in technology we still are not certain what our dreams mean:

TRUE / FALSE

3). Complete the sentences about Sigmund Freud's theories on dreams. Use no more than 4 words.

A) Sigmund Freud believed that dreams were a _____ from our daily lives.
B) The symbolic meaning of dreams _____ the things we want to fulfil.
C) The things we remember from dreams are a _____ of things we think about and desire in real life.

4). Choose one of the answers: According to the video, researchers found that…

A) …sleeping and dreaming about the maze before having a second attempt to get through it was much better than just thinking about it.
B) …those who dreamt about the maze before going through it were ten times better than those who didn't.
C) …sleeping before a second attempt at the maze made people ten times more likely to get through it.

LIVEWORKSHEETS

LISTENING PRACTICE

5). According to the video, what is the researchers' theory about sleeping?

A) Some memory processes only take place when people are sleeping.
B) Certain memory processes prove that people always dream when sleeping.
C) The process of dreaming proves that people are thinking whilst they are asleep.

6). We also dream to forget our problems.

TRUE / FALSE

7). According to the video, what is reverse learning?

A) A process where you learn things in reverse.
B) A process of learning things in dreams that you have forgotten whilst you are awake.
C) A process of getting rid of unnecessary neural connections in the brain.

8). What is the Continual Activation Theory?

A) It is an idea that suggests we dream to ensure our brain maintains our long-term memory.
B) It is an idea that suggests we are conscious whilst we are dreaming.
C) It is a concept that suggests that our brains can never switch off.

9). When we have bad dreams…

A) …it helps us to get used to being scared.
B) …it is a rehearsal for dealing with bad situations.
C) …it is because we are afraid of sleeping.

10). Complete the sentences about research into dreams. Use no more than four words.

A) Some researchers have come to the conclusion that dreaming helps us to _____ really bad experiences.

B) Some scientists believe that _____ contributes to certain mood disorders.

C) Research has shown the _____ of dreaming in helping to solve problems.

LIVEWORKSHEETS