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DAYDREAMING

BEFORE READING / LISTENING

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

a. A new study reveals we spend half our life asleep. T / F
b. The research says daydreaming is a sign of unhappiness. T / F
c. More than a quarter of a million people took part in the research. T / F
d. The researchers suggested we spend a lot of time in another world. T / F
e. The report says we tend to daydream whatever we're doing in the day. T / F
f. The article says we're particularly happy at home on our computer. T / F
g. A professor said daydreaming is something that makes us human. T / F
h. Many other animals spend time thinking about their future. T / F

2. SYNONYM MATCH: Match the following synonyms from the article.

1.	shows	a.	questioned
2	actually	b.	happening
3.	surveyed	c.	forecaster
4.	app	d.	reveals
5.	wandering	e.	everywhere
6.	ubiquitous	f.	straying
7.	predictor	g.	really
8.	remarkable	h.	extent
9.	degree	i.	piece of software
10.	going on	j.	amazing

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

1.	nearly half of their	a.	all activities
2	a sign	b.	happiness
3.	downloaded	c.	waking hours
4.	most of us are	d.	us human
5.	a wandering mind is	e.	in another world
6.	ubiquitous across	f.	of unhappiness
7.	an excellent predictor of people's	g.	happened in the past
8.	to a remarkable	h.	an unhappy mind
9.	one of the things that make	i.	degree
10.	contemplating events that	j.	an iPhone app

LANGUAGE – MULTIPLE CHOICE

New research from America's Harvard University shows people (1) _____ nearly half of their waking hours daydreaming, and not thinking about what they are actually doing. Moreover, they say this mind wandering is a sign (2) _____ unhappiness. The study, to (3) _____ published in the journal 'Science,' surveyed the thoughts and moods of over 2,200 volunteers. The

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(4) ____ downloaded an iPhone app and sent more than 250,000 messages during the day and night. Researchers Matthew Killingsworth and Daniel Gilbert conclude (5) ____ most of us are in another world for more than 46 per cent of our waking hours, and that means we are unhappy: "A human mind is a wandering mind, and a (6) ____ mind is an unhappy mind," they said.

Dr Killingsworth said "mind-wandering" was "ubiquitous across (7) ____ activities" in our daily lives. His study found that we are happiest (8) ____ exercising, chatting with friends or making love and least happy when working or using our computer at home. He added: "Mind-wandering is an excellent predictor of people's happiness," and that "our mental (9) ____ are [filled], to a remarkable degree, by the non-present". Professor Gilbert believes daydreaming is one of the (10) ____ that make us human. He said: "(11) ____ other animals, human beings spend a lot of time thinking about what is not going on around them, (12) ____ events that happened in the past, might happen in the future or will never happen at all."

Put the correct words from the table below in the above article.

1.	(a)	spends	(b)	spent	(c)	spending	(d)	spend
2.	(a)	in	(b)	at	(c)	of	(d)	by
3.	(a)	have	(b)	be	(c)	do	(d)	write
4.	(a)	participants	(b)	participates	(c)	particulars	(d)	participles
5.	(a)	what	(b)	then	(c)	that	(d)	this
6.	(a)	withering	(b)	watching	(c)	wondering	(d)	wandering
7.	(a)	every	(b)	all	(c)	each	(d)	whole
8.	(a)	when	(b)	where	(c)	which	(d)	what
9.	(a)	living	(b)	lives	(c)	livelihood	(d)	lifelike
10.	(a)	happening	(b)	thing	(c)	things	(d)	something
11.	(a)	Unlike	(b)	Likely	(c)	Disliked	(d)	Unlikely
12.	(a)	contemplated	(b)	contemplates	(c)	contemplate	(d)	contemplating

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