

Cambridge IELTS 16 Listening Test 02

PART 3

Questions 21-24

Choose the correct letter, **A**, **B** or **C**.

Assignment on sleep and dreams

21 Luke read that one reason why we often forget dreams is that

- A** our memories cannot cope with too much information.
- B** we might otherwise be confused about what is real.
- C** we do not think they are important.

22 What do Luke and Susie agree about dreams predicting the future?

- A** It may just be due to chance.
- B** It only happens with certain types of event.
- C** It happens more often than some people think.

23 Susie says that a study on pre-school children having a short nap in the day

- A** had controversial results.
- B** used faulty research methodology.
- C** failed to reach any clear conclusions.

24 In their last assignment, both students had problems with

- A** statistical analysis.
- B** making an action plan.
- C** self-assessment

Questions 25-30

Complete the flow chart below.

Write **ONE WORD ONLY** for each answer.

Assignment plan

Decide on research question:

Is there a relationship between hours of sleep and number of dreams?



Decide on sample:

Twelve students from the **25** department



Decide on methodology:

Self-reporting



Decide on procedure:

Answers on **26**



Check ethical guidelines for working with **27**

Ensure that risk is assessed and **28** is kept to a minimum



Analyse the results

Calculate the correlation and make a **29**



30 the research

PART 4

Questions 31 – 40. Complete the notes below.

Write **ONE WORD ONLY** for each answer.

Health benefits of dance

Recent findings:

- All forms of dance produce various hormones associated with feelings of happiness.
- Dancing with others has a more positive impact than dancing alone.
- An experiment on university students suggested that dance increases **31**
- For those with mental illness, dance could be used as a form of **32**

Benefits of dance for older people:

- accessible for people with low levels of **33**
- reduces the risk of heart disease
- better **34** reduces the risk of accidents
- improves **35** function by making it work faster
- improves participants' general well-being
- gives people more **36** to take exercise
- can lessen the feeling of **37**, very common in older people

Benefits of Zumba:

- A study at The University of Wisconsin showed that doing Zumba for 40 minutes uses up as many **38** as other quite intense forms of exercise.
- *The American Journal of Health Behavior* study showed that:
 - women suffering from **39** benefited from doing Zumba.
 - Zumba became a **40** for the participants.