Listening B1 exercise 1

1 - What, according to the speaker, should you do after about half an hour?

- A) Have something to eat.
- B) Have a break.
- C) Listen to music.

2 - What does the speaker say about sleep?

- A) You should sleep well after studying.
- B) You should sleep well before studying.
- C) You should sleep well before and after studying.

3 - What kind of notes are best, according to the speaker?

- A) Your friend's because they are tidy.
- B) The book is better than notes.
- C) Yours because you had to listen to take them.

4 - The speaker says that distractions

- A) are not a serious problem.
- B) should be removed from your mind.
- C) are difficult to avoid.

5 - What is the best way to get rid of distractions?

- A) Repeating a key word.
- B) Having something to eat.
- C) Listening to music.

6 - Where is the best place to start, when studying?

- A) At the beginning.
- B) At the end.
- C) With the most important ideas.