

Instructions

You have 2 minutes to read the questions below. Listen to the lecture and answer the questions carefully.

Questions 1-5: Are the following statements True (T) or False (F)?

1. According to psychologists, having a lot of money is directly connected to higher levels of happiness. ____
2. Education level has no influence on an individual's level of happiness. ____
3. Younger individuals are generally happier than older individuals. ____
4. One common characteristic among happy people is strong connections to family and friends. ____
5. Happy individuals tend to avoid setting goals for themselves in both personal and professional aspects of life. ____

Questions 6-10: Choose the correct option (A), (B), (C) or (D) to answer the questions.

6. What is one reason why some psychologists believe that people cannot change their level of happiness?
 - A) Because happiness depends only on outside factors
 - B) Because personality features are fixed and difficult to change
 - C) Because people are generally unwilling to positive changes
 - D) Because happiness is determined by genetic factors
7. Which of the following is NOT mentioned as a benefit of the Gratitude Visit exercise?
 - A) Increased feelings of connection to others
 - B) Better feelings after aiding and supporting others
 - C) Greater sense of life's meaning
 - D) Extended duration of happiness for several years
8. What is one limitation of happiness exercises like the Gratitude Visit?
 - A) They are not effective in making people happier
 - B) Their effects only last for a short period of time
 - C) They require significant financial investment
 - D) They are only suitable for young individuals

9. What is emphasized as the primary focus of happiness exercises developed by positive psychologists?
- A) Focusing on negative experiences
 - B) Enhancing material belongings
 - C) Encouraging positive emotions and attitudes
 - D) Avoiding social interactions
10. What does the lecturer suggest about the possibility of significantly increasing one's level of happiness?
- A) It is achievable with learning methods to feel better
 - B) It is impossible due to genetic reasons
 - C) It is possible by complete personality changes
 - D) It can be achieved by financial success only