

**Unit 1 Test**

**MAIN IDEAS. Listen to the podcast. Answer *T* (true) or *F* (false). [Track 21CC 3\_U1\_1.mp3]**

- \_\_\_\_\_ 1. The podcast discusses strategies for achieving your goals.
- \_\_\_\_\_ 2. It's more important to focus on your end goal, or dream, than to pay attention to smaller, realistic goals.
- \_\_\_\_\_ 3. While it's a good idea to create a mental picture of your goal, you shouldn't create a wonderful fantasy.
- \_\_\_\_\_ 4. In order to achieve your dreams, you have to focus only on that, without interruption.

**DETAILS: Listen to parts of the podcast. Choose the correct answer to complete each statement or answer the question.**

- \_\_\_\_\_ 5. What helps you achieve your dreams? [Track 21CC 3\_U1\_2.mp3]
  - a. expecting overnight success
  - b. setting smaller goals
  - c. giving yourself small rewards
- \_\_\_\_\_ 6. When you reach a goal, your brain releases a chemical that \_\_\_\_\_. [Track 21CC 3\_U1\_2.mp3]
  - a. makes you feel pleasure
  - b. causes you to relax
  - c. gives you more energy
- \_\_\_\_\_ 7. What was Nina's goal? [Track 21CC 3\_U1\_3.mp3]
  - a. to run a marathon
  - b. to lose weight
  - c. to write a blog
- \_\_\_\_\_ 8. How did Nina keep track of her progress? [Track 21CC 3\_U1\_3.mp3]
  - a. in a notebook
  - b. on her blog
  - c. on her phone
- \_\_\_\_\_ 9. What is an example of visualizing? [Track 21CC 3\_U1\_4.mp3]
  - a. imagining a piggy bank filling up with money
  - b. finding investors to contribute toward your dream
  - c. taking small steps toward a goal
- \_\_\_\_\_ 10. How does having a fantasy hurt your chances of achieving your dream? [Track 21CC 3\_U1\_4.mp3]
  - a. Any mental picture harms your chances of working hard for something.
  - b. If you have too many options, it may be difficult to decide on a way forward.
  - c. If a fantasy is too good, you may never get started.
- \_\_\_\_\_ 11. If you are interrupted while doing a task, you will \_\_\_\_\_. [Track 21CC 3\_U1\_5.mp3]
  - a. forget what you were doing and have to start over
  - b. get frustrated and give up
  - c. remember the task and want to finish it

Name: \_\_\_\_\_

ID: U

**LISTENING SKILL:** Listen to parts of the podcast. Choose the correct answer to complete each statement or answer the question.

- \_\_\_\_\_ 12. Which of these main ideas does the example about Nina support? [Track 21CC 3\_U1\_6.mp3]  
a. Visualize your end goal.  
b. Set smaller, realistic goals.  
c. Create a mental picture of your progress.
- \_\_\_\_\_ 13. Which of these main ideas does the example about Nina support? [Track 21CC 3\_U1\_7.mp3]  
a. Monitor your progress.  
b. Use your phone.  
c. Get started.
- \_\_\_\_\_ 14. Which of these main ideas does the example of Uncle James support? [Track 21CC 3\_U1\_8.mp3]  
a. Don't fantasize.  
b. Create a mental picture.  
c. Record your progress.
- \_\_\_\_\_ 15. Which of these main ideas does the example of Uncle James support? [Track 21CC 3\_U1\_9.mp3]  
a. Remember your goal.  
b. Procrastinate.  
c. Get started.

**SPEAKING SKILL:** Listen to the podcast again. Write the signal the speaker uses to introduce the story example. [Track 21CC 3\_U1\_1.mp3]

|                                  |          |                  |
|----------------------------------|----------|------------------|
| Remember the story of<br>example | Just ask | Take . . . , for |
|----------------------------------|----------|------------------|

16. How does the speaker introduce Nina? \_\_\_\_\_
17. How does the speaker first introduce the story about Uncle James? \_\_\_\_\_
18. How does the speaker bring up Uncle James a second time? \_\_\_\_\_

**PRONUNCIATION SKILL:** Listen to these words from the podcast. Choose the correct intonation.

- \_\_\_\_\_ 19. Choose the correct intonation. [Track 21CC 3\_U1\_10.mp3]  
a. Rising to indicate the speaker is continuing.  
b. Falling to indicate the speaker is concluding the sentence.
- \_\_\_\_\_ 20. Choose the correct intonation. [Track 21CC 3\_U1\_11.mp3]  
a. Rising to indicate the speaker is continuing.  
b. Falling to indicate the speaker is concluding the sentence.
- \_\_\_\_\_ 21. Choose the correct intonation. [Track 21CC 3\_U1\_12.mp3]  
a. Rising to indicate the speaker is continuing.  
b. Falling to indicate the speaker is concluding the sentence.

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**VOCABULARY: Match the bold words in the sentences to the correct definitions.**

- a. The improvement in his performance was **striking**.
- b. Researchers **estimate** that only 8 percent of people will achieve goals they set this year.
- c. You cannot make an **infinite** amount of money.
- d. My suggestions for increased sales **overlap** with yours to some degree.
- e. Many immigrants face danger on the **journey** to their new countries.
- f. I'm **constantly** checking my email and social media.
- g. **Wealth** is not a predictor of happiness, but it can help you worry less.
- h. Women, even at the **peak** of their careers, earn less than men.
- i. Many employers look at your **prior** experience when making hiring decisions.
- j. One way to avoid **bankruptcy** is to sell your business to a larger company.

- \_\_\_\_\_ 22. \_\_\_\_\_ : a large amount of money or property
- \_\_\_\_\_ 23. \_\_\_\_\_ : happening all the time
- \_\_\_\_\_ 24. \_\_\_\_\_ : immediately noticeable, usually in a positive or good sense
- \_\_\_\_\_ 25. \_\_\_\_\_ : to figure the approximate amount of
- \_\_\_\_\_ 26. \_\_\_\_\_ : the legal state of being without money
- \_\_\_\_\_ 27. \_\_\_\_\_ : earlier; previous
- \_\_\_\_\_ 28. \_\_\_\_\_ : limitless
- \_\_\_\_\_ 29. \_\_\_\_\_ : be similar in some ways
- \_\_\_\_\_ 30. \_\_\_\_\_ : a trip from one place to another
- \_\_\_\_\_ 31. \_\_\_\_\_ : the point of greatest success