

B. Listen to a psychologist giving a talk about the "Marshmallow Experiment" and complete the notes.

Read the notes carefully before listening to the recording. This will give you some idea of what you are going to hear and what kind of answers you are looking for.

**TIP**

### The Marshmallow Experiment

When?: 1  and 2 

The concept: Success is not just about intelligence but also about whether people are able to 3  themselves and delay gratification\*.

The experiment: A group of 4  year-olds had to choose between 2 options: eat one marshmallow only or wait for 5  to get a second one.

Results: 6  out of 7  children was able to wait for a second marshmallow.

15 years later: The children who had waited to get a second marshmallow were more 8  than the other children later on in their lives.

*\*gratification: the state of feeling satisfied*