

LISTENING SECTION

TIME ALLOWED: 20 MINUTES

I. Listen and choose the correct answer.

1. The Roman philosopher, Cicero, described gratitude as
 - a. the mother of all virtues.
 - b. the mother of all virtues.
 - c. the mother of all viruses.
2. Gratitude is the concept of being
 - a. thankful.
 - b. thoughtful.
 - c. thirsty.
3. Scientifically, which of these does not qualify as a basic emotion?
 - a. joy
 - b. gratitude
 - c. sadness
4. Gratitude has been studied scientifically only
 - a. in the past thirty years.
 - b. in the past three years.
 - c. in the past thirty-three years.
5. Researchers found gratitude to be associated with brain activity in areas of
 - a. fairness and legal judgments.
 - b. fairness and value judgments.
 - c. following others' judgments.
6. In a study, how long did people write down 3 things that went well each day and why?
 - a. for one day
 - b. for one week
 - c. for three weeks
7. Did their happiness scores keep improving over time?
 - a. Yes
 - b. No
 - c. Only slightly
8. How much happier were the participants of the study six months later?
 - a. Five percent happier
 - b. No happier
 - c. Nine percent happier
9. Another study found that keeping a gratitude journal increased
 - a. half health and quality of sleep.
 - b. heart health and quality of sleep.
 - c. heart health and quality if stress.
10. In the video, what is another term used for gratitude?
 - a. counting your blessings
 - b. counting your sleep
 - c. counting your blushings

TOTAL SCORE: _/10

END OF THE LISTENING SECTION