


MS PI 3rd Exam skills trainer 1

1) Listen to the texts and choose the correct answers

4  1.05 You will hear six texts twice. Choose the correct answer (A–D).

- 1 What is the speaker giving advice about?
☐ A making life decisions
☐ B studying for tests
☐ C improving your work
☐ D planning your time
- 2 What is true about Amy?
☐ A She's leaving her family.
☐ B She's starting work.
☐ C She's leaving her home town.
☐ D She's going on holiday.
- 3 The presenter is asking for opinions about
☐ A a news story.
☐ B a holiday.
☐ C a charity.
☐ D a new lottery.
- 4 What does Lucy do?
☐ A give advice
☐ B ask about an event
☐ C recommend a style of music
☐ D remind someone about an event
- 5 What is the speaker advertising?
☐ A the best bands to see in August
☐ B the range of food to buy at music events
☐ C different places to make money in the summer
☐ D the chance to work at a music festival

- 6 Who is the speaker?
- ☐ A a student discussing schoolwork
☐ B a teacher giving advice on a trip
☐ C a tour guide welcoming visitors
☐ D a weather presenter on television

2/ Read the text, complete 1 word into each gap. Exercise 6 at page 19 in your Workbook might help you.

I'm sure that, like most people today, you have and regularly use a wide range of electronic devices – smartphones, tablets, laptops and so on. We rely on these ¹ [] to talk to our friends, get information, send pictures and videos and ² [] lot more. But ³ [] you ever think ⁴ [] the dangers to your health of using these devices? It seems that more ⁵ [] 60% of us listen to music that is too loud, and this can damage our ears. Some people text and message all ⁶ [] time, which can cause problems with their fingers and thumbs. Also, because we regularly look ⁷ [] small screens, we can sometimes get bad headaches and sore eyes. And people who use desktop computers every day at work can get very bad backs. Finally, there ⁸ [] a horrible problem that experts call 'Text neck'. When we text, we look down at our phone, bending our necks. When we do this ⁹ [] much, it can cause neck pain and even damage to the spine. Will this information stop us using electronic devices? Probably not. But it might make us think ¹⁰ [] a moment before we pick up our phone or go online.

3/ Read the text below and decide whether sentences 1-6 are true or false.

- | | | |
|--|---|---|
| 1. Happiness is always connected with family or friends. | T | F |
| 2. It's always a combination of things that makes people feel happy. | T | F |
| 3. The things that make us happy never change. | T | F |
| 4. When we feel depressed, it's good to do something active. | T | F |
| 5. It's important to value even short moments of happiness. | T | F |

Happiness is ... ? Your survey says ...

So you're between the ages of thirteen and eighteen. What makes you happy? There have been lots of surveys about teenagers and happiness and they all come to different conclusions. Some surveys say that most young people are happiest when they spend time with their family. Others say it's when they're with friends. Some teenagers think that getting good marks at school and passing exams makes them happy and others feel that it's having a boyfriend or girlfriend that improves their lives. The problem is that there isn't just one thing that makes everyone happy. Happiness is something different for each of us, and what made us happy last week might not make us happy next week!

However, there are some things that can help improve our mood when we're feeling unhappy. Experts believe that exercise can make you a happier person – but how? Exercise releases chemicals in your brain that are related to a feeling of pleasure. Many people who exercise say that the more exercise they do, the more they want to do. Now we know why! In addition to this, exercise is also good for our physical health. So, if we know that we're doing something healthy, that should make us even happier!

There's another surprising idea to help make us happier. Although you might think that eating chocolate is bad for you, it seems that it is good to eat chocolate when we're feeling sad. According to some research, experts say that eating chocolate can make us feel happy. Of course it isn't healthy to eat too much, but chocolate releases chemicals in the same way that exercise does – and for some people it's easier and quicker than running several kilometres or working out in the gym!

It's also important to remember that we can't all be happy all the time. There are times in our lives when things are going well and we feel good. But we can also be happy for brief moments and we should value these as well. For example, perhaps you're sitting on a beach watching the sun on the water, with friends around you, and you feel happy. Remember that moment! Or maybe your dog does something silly that makes you laugh. Remember it! And when you feel sad, go for a run or eat some chocolate – you'll soon cheer up!