



# Instituto Nacional "Benjamín Estrada Valiente"

Student's name: \_\_\_\_\_ Score: \_\_\_\_\_  
Date \_\_\_\_\_ Group \_\_\_\_\_



## THE RETICULAR ACTIVATING SYSTEM

**Objective:** Assess students' understanding and inference skills by listening to extensive audio.

**Instructions:** Click on the link and listen to the audio. After listening the audio, answer the following questions with your own words.

1- What does the audio talk about?

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2-What is The Reticular Activating System?

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3-According to the audio, what is visualization?

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4-What are the steps of visualization?

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5-What do you think about this practice?

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6-How do you consider this practice can help you to achieve your goals?

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