

LISTENING

1  Complete the quiz. Are the sentences true (T) or false (F)?

Test your
knowledge
with our
quick quiz.

Does doing good do you good?

- 1 Talking over someone's problems with them makes you feel more stressed..... T / F
- 2 Doing a good deed once a week makes you feel happier..... T / F
- 3 Being kind to others helps you feel more confident..... T / F
- 4 Doing good deeds can make your body healthier..... T / F
- 5 Volunteering regularly can help you live longer..... T / F

2  Watch the video and check your answers to the quiz.

3 Read the *Video focus*. How do you say the words in **bold** in your language?



Before you join a video call, remember these tips:

- 1 Ask people around you not to **disturb** you.
- 2 Make sure the room you are in is not too light or dark.
- 3 Think about what other callers will see through your camera.
- 4 Learn how to switch your camera and **microphone** on and off.
- 5 Learn how to control digital **backgrounds** and other special effects.
- 6 **Mute** your other devices during the call.

4  Watch again. Which tips from the *Video focus* didn't Professor Perkins follow?

5  Complete the extracts from the video with the correct form of the phrasal verbs in the box. Then watch again and check.

find out go away look after look at
pick up take part in talk over turn off
turn on work out

- 1 This week, we're going to how doing good is good for us.
- 2 Professor Perkins, we can't hear you. Please your microphone.
- 3 When we help a friend their problems, for example, we also feel less stressed.
- 4 It's very bright, Professor Perkins. Could you the light?
- 5 After we do something kind, such as the neighbour's cat, or some litter, we get a nice positive feeling.
- 6 Another study 11-14-year-olds who regularly help others.
- 7 Oh no! What happened? How do I make that?
- 8 The researchers tested the helpers' blood and found that they were healthier than other students who didn't the research.
- 9 American scientists also that people who regularly volunteer have a better chance of living longer. This is because volunteering reduces stress.

6 Complete the sentences with the correct form of the phrasal verbs from exercise 5. Use one of the phrasal verbs twice.

- 1 If you can't the meaning of a new word, look in a dictionary to what it means.
- 2 Ask the doctor to your knee. She'll probably give you some medicine to make the pain
- 3 Please your mobile phone during the exam. Do not your phone until you leave the school building.
- 4 I need to a problem I have at school. Will you help me what to do?
- 5 Will you our eco-day this weekend? We're going to litter in the local community.