

Unit 1 Test

MAIN IDEAS. Listen to the podcast. Answer *T* (true) or *F* (false). [Track 21CC 3_U1_1.mp3]

- _____ 1. The podcast discusses strategies for achieving your goals.
- _____ 2. It's more important to focus on your end goal, or dream, than to pay attention to smaller, realistic goals.
- _____ 3. While it's a good idea to create a mental picture of your goal, you shouldn't create a wonderful fantasy.
- _____ 4. In order to achieve your dreams, you have to focus only on that, without interruption.

DETAILS: Listen to parts of the podcast. Choose the correct answer to complete each statement or answer the question.

- _____ 5. What helps you achieve your dreams? [Track 21CC 3_U1_2.mp3]
 - a. expecting overnight success
 - b. setting smaller goals
 - c. giving yourself small rewards
- _____ 6. When you reach a goal, your brain releases a chemical that _____. [Track 21CC 3_U1_2.mp3]
 - a. makes you feel pleasure
 - b. causes you to relax
 - c. gives you more energy
- _____ 7. What was Nina's goal? [Track 21CC 3_U1_3.mp3]
 - a. to run a marathon
 - b. to lose weight
 - c. to write a blog
- _____ 8. How did Nina keep track of her progress? [Track 21CC 3_U1_3.mp3]
 - a. in a notebook
 - b. on her blog
 - c. on her phone
- _____ 9. What is an example of visualizing? [Track 21CC 3_U1_4.mp3]
 - a. imagining a piggy bank filling up with money
 - b. finding investors to contribute toward your dream
 - c. taking small steps toward a goal
- _____ 10. How does having a fantasy hurt your chances of achieving your dream? [Track 21CC 3_U1_4.mp3]
 - a. Any mental picture harms your chances of working hard for something.
 - b. If you have too many options, it may be difficult to decide on a way forward.
 - c. If a fantasy is too good, you may never get started.
- _____ 11. If you are interrupted while doing a task, you will _____. [Track 21CC 3_U1_5.mp3]
 - a. forget what you were doing and have to start over
 - b. get frustrated and give up
 - c. remember the task and want to finish it

Name: _____

ID: U

LISTENING SKILL: Listen to parts of the podcast. Choose the correct answer to complete each statement or answer the question.

- _____ 12. Which of these main ideas does the example about Nina support? [Track 21CC 3_U1_6.mp3]
- a. Visualize your end goal.
 - b. Set smaller, realistic goals.
 - c. Create a mental picture of your progress.
- _____ 13. Which of these main ideas does the example about Nina support? [Track 21CC 3_U1_7.mp3]
- a. Monitor your progress.
 - b. Use your phone.
 - c. Get started.
- _____ 14. Which of these main ideas does the example of Uncle James support? [Track 21CC 3_U1_8.mp3]
- a. Don't fantasize.
 - b. Create a mental picture.
 - c. Record your progress.
- _____ 15. Which of these main ideas does the example of Uncle James support? [Track 21CC 3_U1_9.mp3]
- a. Remember your goal.
 - b. Procrastinate.
 - c. Get started.

SPEAKING SKILL: Listen to the podcast again. Write the signal the speaker uses to introduce the story example. [Track 21CC 3_U1_1.mp3]

Remember the story of example	Just ask	Take . . . , for
--	-----------------	-------------------------

16. How does the speaker introduce Nina? _____
17. How does the speaker first introduce the story about Uncle James? _____
18. How does the speaker bring up Uncle James a second time? _____

PRONUNCIATION SKILL: Listen to these words from the podcast. Choose the correct intonation.

- _____ 19. Choose the correct intonation. [Track 21CC 3_U1_10.mp3]
- a. Rising to indicate the speaker is continuing.
 - b. Falling to indicate the speaker is concluding the sentence.
- _____ 20. Choose the correct intonation. [Track 21CC 3_U1_11.mp3]
- a. Rising to indicate the speaker is continuing.
 - b. Falling to indicate the speaker is concluding the sentence.
- _____ 21. Choose the correct intonation. [Track 21CC 3_U1_12.mp3]
- a. Rising to indicate the speaker is continuing.
 - b. Falling to indicate the speaker is concluding the sentence.

Name: _____

ID: U

VOCABULARY: Match the bold words in the sentences to the correct definitions.

- a. The improvement in his performance was **striking**.
- b. Researchers **estimate** that only 8 percent of people will achieve goals they set this year.
- c. You cannot make an **infinite** amount of money.
- d. My suggestions for increased sales **overlap** with yours to some degree.
- e. Many immigrants face danger on the **journey** to their new countries.
- f. I'm **constantly** checking my email and social media.
- g. **Wealth** is not a predictor of happiness, but it can help you worry less.
- h. Women, even at the **peak** of their careers, earn less than men.
- i. Many employers look at your **prior** experience when making hiring decisions.
- j. One way to avoid **bankruptcy** is to sell your business to a larger company.

- _____ 22. _____ : a large amount of money or property
- _____ 23. _____ : happening all the time
- _____ 24. _____ : immediately noticeable, usually in a positive or good sense
- _____ 25. _____ : to figure the approximate amount of
- _____ 26. _____ : the legal state of being without money
- _____ 27. _____ : earlier; previous
- _____ 28. _____ : limitless
- _____ 29. _____ : be similar in some ways
- _____ 30. _____ : a trip from one place to another
- _____ 31. _____ : the point of greatest success