

## B1: LISTENING TEST

Listen to a psychologist talking about how to succeed at learning to do something new. Read the ten tips and choose the **five** things the psychologist says.

1. Be realistic about what you choose.
2. Always take up a new activity at the beginning of the year.
3. Don't think you'll be bad at all sports just because you're not good at one.
4. Don't give up an activity before you've given it a good chance.
5. Practise half an hour every day.
6. You should be ambitious and try to be the best at what you're learning.
7. If you're learning something new, don't think you're going to become the best in the world at it.
8. Always take up a new activity with a friend.
9. If you aren't talented at doing something, give it up.
10. Learning something new is a good way of meeting people.

### ANSWER GRID

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