Researchers from the [ ] of Manchester who analysed the [ ], suggested feeling lonely may plague the young because it's a time of identity change. Figuringout your place in the world and of learning to regulate emotions.

Neil

He says that feeling [ ] may plague young people, what does he mean [ ]?

Sam

If you are plagued by something, it means that it troubles you, it bothers you and not just once, it's something that [ ] continually or repeatedly.

Neil

And he says this may be because at that age we are still **figuring out** our place in the world. We are trying to [ ] the world and what we are supposed to do with our lives.

Sam

He also suggests that [ ] people have not yet learned how **to regulate** their emotions, which is another way of saying **to control** their emotions.

Neil

Right. Time to review this week's [ ], but before that let's have the answer to the quiz. I asked: Where is the most **isolated** inhabited place on the planet? Is it:

a) McMurdo Station in Antarctica

b) Siwa Oasis in Egypt's Western Desert or

c) the island of Tristan da Cunha in the [ ] Atlantic

What did you say, Sam?

Sam

I said a).

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Neil

Well, I'm afraid to say the _____ is actually c) the island of Tristan da Cunha in the South Atlantic. It has a population of fewer than 300 and it's only accessible by a 6-day voyage by _____ from South Africa.

Sam

So not a popular place for a weekend _____!

Neil

Indeed not. Now it's time for a recap of our vocabulary. The first word was **isolated** which Tristan da Cunha certainly is. It means far _____ from other place and people.

Sam

Then there was **stereotype** the noun for a simplistic view of person or group based on their _____, age, profession and the like

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Neil

Intensely _____ strongly.

Sam

Being **plagued** by something means it causes you problems and difficulties.

Neil

If you are trying to **figure** something **out**, you are _____ to understand it.

Sam

And **to regulate** something means to control it.

Neil

Well, sadly, that's the end of the programme. Hopefully you won't feel too lonely _____ us, remember we are always here on Instagram, Facebook, Twitter, YouTube, our App and of course the website bbclearningenglish.com. See you _____. Goodbye.

Sam

Bye!

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