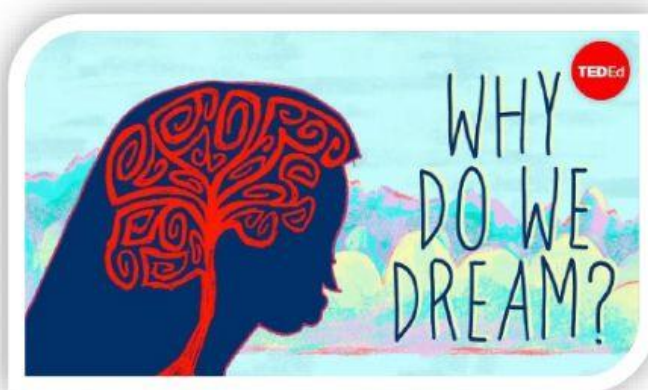


LISTENING PRACTICE



Instructions: Watch and listen to the video and answer the questions below.

1). What did the Mesopotamian kings use to record dreams?

- A) Papyrus.
- B) Tablets made of stone.
- C) Slabs of wax.

2). After thousands of years and advancements in technology we still are not certain what our dreams mean:

TRUE / FALSE

3). Complete the sentences about Sigmund Freud's theories on dreams. Use no more than 4 words.

- A) Sigmund Freud believed that dreams were a _____ from our daily lives.
- B) The symbolic meaning of dreams _____ the things we want to fulfil.
- C) The things we remember from dreams are a _____ of things we think about and desire in real life.

4). Choose one of the answers: According to the video, researchers found that...

- A) ...sleeping and dreaming about the maze before having a second attempt to get through it was much better than just thinking about it.
- B) ...those who dreamt about the maze before going through it were ten times better than those who didn't.
- C) ...sleeping before a second attempt at the maze made people ten times more likely to get through it.

LISTENING PRACTICE

5). According to the video, what is the researchers' theory about sleeping?

- A) Some memory processes only take place when people are sleeping.
- B) Certain memory processes prove that people always dream when sleeping.
- C) The process of dreaming proves that people are thinking whilst they are asleep.

6). We also dream to forget our problems.

TRUE / FALSE

7). According to the video, what is reverse learning?

- A) A process where you learn things in reverse.
- B) A process of learning things in dreams that you have forgotten whilst you are awake.
- C) A process of getting rid of unnecessary neural connections in the brain.

8). What is the Continual Activation Theory?

- A) It is an idea that suggests we dream to ensure our brain maintains our long-term memory.
- B) It is an idea that suggests we are conscious whilst we are dreaming.
- C) It is a concept that suggests that our brains can never switch off.

9). When we have bad dreams...

- A) ...it helps us to get used to being scared.
- B) ...it is a rehearsal for dealing with bad situations.
- C) ...it is because we are afraid of sleeping.

10). Complete the sentences about research into dreams. Use no more than four words.

- A) Some researchers have come to the conclusion that dreaming helps us to _____ really bad experiences.
- B) Some scientists believe that _____ contributes to certain mood disorders.
- C) Research has shown the _____ of dreaming in helping to solve problems.