Reading Comprehension (O-Net 59)

It's important to make eye contact when you are conversing, and it's one skill you must master if you are going to become a fully 'active listener'. Avoiding eye contact sends out very strong messages to the person that you are speaking with that you don't want to speak to them, that you feel inferior, that you lack confidence, or (worse still) all three at once. It makes both 'the avoider' and 'the avoided' feel uncomfortable - and it's catching, resulting in the two of you desperately avoiding eye contact in an ever more tense conversation doomed to failure. **(4) An exchange like that** would affect anyone's confidence, so take a breath, break the cycle, and meet those eyes! If you find this very difficult, concentrate instead on every word the other is saying. Forget about your eyes. In time, you will fall naturally into attentive eye contact, and the other person will reciprocate, making both of you feel more confident. Go with your instincts; when it feels natural to break eye contact for a second, it probably is the right time - don't let your gaze turn into an unsettling stare. Feel free to look away for a moment when you are changing a subject, offering a verbal nod, recalling information, or when the other person does.

1. The extract is mainly about _____.

A: misunderstanding caused by too much eye contact

B: failure in conversation resulting from lack of confidence

C: characteristics of a good speaker and an active listener

D: the importance of eye contact between conversation partners

2. The best topic of this extract would be _____.

A: Avoid feeling inferior in conversation

B: Make appropriate eye contact

C: Build confidence by conversing

D: Make eye contact to gain superiority

3. Avoiding eye contact _____.

A: increases speakers' confidence

B: leads to tense conversation

C: reduces inferiority

D: indicates speakers' tiredness

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4. The phrase ' ***An exchange like that*** ' refers to _____.

A: an awkward conversation with no eye contact

B: a conversation between two persons

C: eye contact with an inferior

D: lack of confidence to convey messages

5. The purpose of this extract is to _____.

A: inform of a new means of communication

B: give advice on improving the conversation atmosphere

C: persuade people to converse more

D: describe effective speaking techniques

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