

DAYDREAMING

BEFORE READING / LISTENING

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- | | |
|---|-------|
| a. A new study reveals we spend half our life asleep. | T / F |
| b. The research says daydreaming is a sign of unhappiness. | T / F |
| c. More than a quarter of a million people took part in the research. | T / F |
| d. The researchers suggested we spend a lot of time in another world. | T / F |
| e. The report says we tend to daydream whatever we're doing in the day. | T / F |
| f. The article says we're particularly happy at home on our computer. | T / F |
| g. A professor said daydreaming is something that makes us human. | T / F |
| h. Many other animals spend time thinking about their future. | T / F |

2. SYNONYM MATCH: Match the following synonyms from the article.

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|---------------|----------------------|
| 1. shows | a. questioned |
| 2. actually | b. happening |
| 3. surveyed | c. forecaster |
| 4. app | d. reveals |
| 5. wandering | e. everywhere |
| 6. ubiquitous | f. straying |
| 7. predictor | g. really |
| 8. remarkable | h. extent |
| 9. degree | i. piece of software |
| 10. going on | j. amazing |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---------------------------------------|-------------------------|
| 1. nearly half of their | a. all activities |
| 2. a sign | b. happiness |
| 3. downloaded | c. waking hours |
| 4. most of us are | d. us human |
| 5. a wandering mind is | e. in another world |
| 6. ubiquitous across | f. of unhappiness |
| 7. an excellent predictor of people's | g. happened in the past |
| 8. to a remarkable | h. an unhappy mind |
| 9. one of the things that make | i. degree |
| 10. contemplating events that | j. an iPhone app |

LANGUAGE – MULTIPLE CHOICE

New research from America's Harvard University shows people (1) _____ nearly half of their waking hours daydreaming, and not thinking about what they are actually doing. Moreover, they say this mind wandering is a sign (2) _____ unhappiness. The study, to (3) _____ published in the journal 'Science,' surveyed the thoughts and moods of over 2,200 volunteers. The

(4) _____ downloaded an iPhone app and sent more than 250,000 messages during the day and night. Researchers Matthew Killingsworth and Daniel Gilbert conclude (5) _____ most of us are in another world for more than 46 per cent of our waking hours, and that means we are unhappy: "A human mind is a wandering mind, and a (6) _____ mind is an unhappy mind," they said.

Dr Killingsworth said "mind-wandering" was "ubiquitous across (7) _____ activities" in our daily lives. His study found that we are happiest (8) _____ exercising, chatting with friends or making love and least happy when working or using our computer at home. He added: "Mind-wandering is an excellent predictor of people's happiness," and that "our mental (9) _____ are [filled], to a remarkable degree, by the non-present". Professor Gilbert believes daydreaming is one of the (10) _____ that make us human. He said: "(11) _____ other animals, human beings spend a lot of time thinking about what is not going on around them, (12) _____ events that happened in the past, might happen in the future or will never happen at all."

Put the correct words from the table below in the above article.

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|----------------------|------------------|-----------------|-------------------|
| 1. (a) spends | (b) spent | (c) spending | (d) spend |
| 2. (a) in | (b) at | (c) of | (d) by |
| 3. (a) have | (b) be | (c) do | (d) write |
| 4. (a) participants | (b) participates | (c) particulars | (d) participles |
| 5. (a) what | (b) then | (c) that | (d) this |
| 6. (a) withering | (b) watching | (c) wondering | (d) wandering |
| 7. (a) every | (b) all | (c) each | (d) whole |
| 8. (a) when | (b) where | (c) which | (d) what |
| 9. (a) living | (b) lives | (c) livelihood | (d) lifelike |
| 10. (a) happening | (b) thing | (c) things | (d) something |
| 11. (a) Unlike | (b) Likely | (c) Disliked | (d) Unlikely |
| 12. (a) contemplated | (b) contemplates | (c) contemplate | (d) contemplating |