

BELT Practice

Listening Comprehension

1.

1. Why do people experience pain?

- ☐ It preserves good health condition
- ☐ It prevents us from damaging ourselves
- ☐ Continuous pain is useful for humans

2. What parts of our body are responsible for feeling pain?

- ☐ Receptors and nerves
- ☐ Some part of our brain
- ☐ Pain is a complex process, which involves various parts of our body

3. How many people in the UK suffer from pain?

- ☐ 31%
- ☐ 37%
- ☐ 40 million

4. Is chronic pain different from pain we feel when we knock our knee?

- ☐ No, all kinds of pain have evolved as survival mechanisms
- ☐ Yes, there is an enormous difference

- ☐ We don't have much insight into that

5. Professor John Wood compares pain perception to

- ☐ Beauty
- ☐ Continuousness
- ☐ Anesthesia

6. How do scientists block pain nowadays?

- ☐ By blocking activity of nerves that send electrical signals
- ☐ By understanding mechanisms of pain perception and altering them
- ☐ By threatening the central nervous system

7. When do patients experience "phantom limb" pain?

- ☐ After the operation
- ☐ While their wounds heal
- ☐ After the amputation

8. Are peripheral nerves involved in process of feeling pain?

- ☐ No, pain has nothing to do with peripheral nerves
- ☐ Yes, peripheral nerves are required to feel pain
- ☐ Scientists don't know much about pain perception nowadays

2. .

1. What does the lecturer provide for those who are interested in doing extra reading?

- ☐ Personal consultation sessions.
- ☐ Extra materials, such as a booklist.
- ☐ Mid-term examination.
- ☐ Free glasses.

2. In the past, time management meant you needed to

- ☐ reduce your stress.
- ☐ plan for every hour of the week.
- ☐ own a good watch.
- ☐ set goals and try to achieve these goals.

3. Today, wise time management means you need to

- ☐ set goals and work in a systematic way.
- ☐ work faster.
- ☐ set an overview of your assignment.
- ☐ make a list, plan for everything and try to stick to this plan.

4. In this college, students are assigned _____ at the end of each semester.

- ☐ team projects.
- ☐ final term examinations.
- ☐ essays.
- ☐ time management courses.

5. One sign he lecturer mentions that students feel under pressure is

- ☐ library books go missing.
- ☐ students get angry for no reason.
- ☐ lower class attendance rates.
- ☐ trouble at the library.

6. What kind of suggestion does the lecturer give to the students?

- ☐ Making a very detailed plan of their daily activities.
- ☐ Not being so stressed just because there is an assignment.
- ☐ A regular one-hour session in their personal timetables.
- ☐ Wearing comfortable shoes.

7. According to the lecturer, there are three kinds of planners. They are:

- ☐ one weekly planner, one daily planner and one hour planner.

- ☐ one yearly planner, one weekly planner and one daily planner.
- ☐ one term planner, one monthly planner and one weekly planner.
- ☐ one term planner, one weekly and one daily planner.

8. If you want to set an overview of your time, you should need at least

- ☐ one week.
- ☐ half a week.
- ☐ one month.
- ☐ one term.

9. The daily planner of time is mainly concerned with

- ☐ the detailed planning.
- ☐ how to plan all available time.
- ☐ TV schedules.
- ☐ an overview of everything you need to do for several days.

10. According to the lecturer, wise time management may have the following benefit:

- ☐ having more time to spend on relaxation and other activities.
- ☐ improving your performance in the final term assignment.
- ☐ helping you write better essays.
- ☐ improving your memory.

3. .

1. The lecture was organised by

- ☐ City of Nottingham.
- ☐ University of Nottingham Students' Union.
- ☐ Nottingham Police Department.

2. The majority of crime on campus is

- ☐ drugs and alcohol.
- ☐ violence.
- ☐ theft.

3. The campus crime rate has _____ so far this year.

- ☐ increased.
- ☐ decreased.
- ☐ stayed the same.

4. Why is there added concern about crime?

- ☐ Exaggeration in media.
- ☐ Crime TV shows.
- ☐ Factual news articles.

5. Carlos says if you are the victim of crime, you should

- ☐ run away.
- ☐ resist.
- ☐ seek help.

6. What is the primary method for increasing safety?

- ☐ Informing students and staff of safety precautions.
- ☐ Offering free self-defense courses to students.
- ☐ Reminding students to carry a mobile phone at all times.

7. If a student must work late, it is most important to

- ☐ not return home until the morning.
- ☐ go back with a friend.
- ☐ bring a mobile phone.

8. It is dangerous to

- ☐ drive home late at night.
- ☐ carry a knife.
- ☐ carry pepper spray.

9. Students who complete self-defense course are

- ☐ more aware of dangers.
- ☐ mentally tougher.
- ☐ walking more confidently.

10. A university is

- ☐ not surrounded by walls.
- ☐ patrolled by military.
- ☐ completely safe.