

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
- Continuity
- 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.