Listening Assignment: Speech

Watch the following video and answer the questions below.

1. What is the speech about?
    a. The importance of making one's bed.
    b. How to properly make a bed.
    c. The importance of having discipline.
2. What was the Admiral training for?
    a. To fight in the Vietnam War
    b. To become an expert at bed-making.
    c. To become a Navy Seal.
3. According to Admiral McCraven, what was the correct way of making a bed during his training?
    a. Tight corners, covers pulled tight, pillow centered at the foot of the rack, extra blanket folded below the bed.
    b. Tight corners, square covers, pillow right at the center of the bed and extra blanket folded just under the headboard.
    c. Square corners, covers pulled tight, pillow centered just under the headboard, extra blanket folded neatly at the foot of the rack.
4. According to the Admiral, what are some of the benefits of making your bed in the morning?

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a. You will have accomplished the first task of the day, it will give you a small sense that the day will be better than yesterday, it will encourage you to do another task, and it will develop your sense of discipline.

b. You will have accomplished the first task of the day, it will give you a small sense of pride, it will encourage you to do other tasks, and it will reinforce the fact that the little things in life matter.

c. You will have accomplished the first task of the day, it will give you a small sense of accomplishment, it will encourage you to do another task, and it will develop your sense of discipline.

5. According to the Admiral, what will happen if you have a terrible day but have made your bed?

   a. You will at least come home to a made bed.

   b. You will have a sense that tomorrow will be better.

   c. All of the above.

6. What is the conclusion of the speech?

   a. Making your bed makes you more disciplined.

   b. If you want to change the world, start by making your own bed.

   c. The little things in life matter.

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