

# 2 FOCUS ON LISTENING

## LISTENING ONE | Sound Experience

### VOCABULARY

- 1  Read and listen to the beginning of a podcast. Notice the boldfaced words. Try to guess their meanings.

## Sound Experience: Episode 16

**HOST:** Hello. This is Sound Experience. I'm Oliver Lee, and today we're talking about noise – a topic that **reminds** me of how my day started yesterday. Guess what time I woke up? 3:00! In the morning! Why? No, I did *not* set my alarm clock for 3 a.m. A car alarm outside my apartment woke me up. There's nothing like the **sudden** sound of a car alarm to make your heart **beat** a little faster at 3 a.m.! Finally, the alarm stopped and I went back to sleep. Then guess what? A fire truck! It came racing down the street with its **high-pitched** siren screaming. Now, I know it's important for alarms and sirens to get our attention and act as a **warning** to people, but how's a guy supposed to sleep?



Noise is a big problem, and it doesn't just **affect** our sleep. Loud noises in our **environment** can make us feel stressed and **anxious**, develop health problems, and lose our hearing.

Actually, the number one cause of hearing loss isn't old age. It's noise. Babies and young children are especially **sensitive to** sounds in their environment. Studies show a strong **association between** noisy home environments and learning and memory problems in babies and young children.

Noise causes problems at work and school, too. And sounds don't have to be

loud to create "noise" in our environment. Have you ever tried to get some work done while other people are hanging out and talking nearby? It's **annoying**, right? That's because it's hard to concentrate when there is noise around, and human voices are a big distraction. A noisy classroom can keep you from hearing 50% of what is being taught!

So what can we do about all this noise? Well, unless you live on top of a mountain, it isn't easy to find a peaceful environment anymore. But, you can help others around you by limiting the noise *you* make. If you're trying to work, study, or sleep in a noisy environment, try putting in some ear plugs. I know that's what *I'll* be doing tonight.



**2 Match the words on the left with the definitions on the right.**

- |                             |   |
|-----------------------------|---|
| <u>f</u> 1. remind          | a. making someone feel a little angry or uncomfortable  |
| ___ 2. sudden               | b. the people and things around you   |
| ___ 3. beat (v.)            | c. making a sound that is high in pitch (intonation)  |
| ___ 4. high-pitched         | d. something that tells you that something bad or dangerous is going to happen so that you can be ready or avoid it |
| ___ 5. warning (n.)         | e. to do something that makes a change happen in someone or something   |
| ___ 6. affect (v.)          | f. to make someone remember something   |
| ___ 7. environment          | g. to make a regular movement or sound  |
| ___ 8. anxious              | h. a connection or relationship between things  |
| ___ 9. sensitive to         | i. feeling afraid or nervous  |
| ___ 10. association between | j. easily changed, upset, or hurt by something  |
| ___ 11. annoying            | k. happening quickly when you are not expecting it  |

 Go to the **Pearson Practice English App** or **MyEnglishLab** for more vocabulary practice.

**PREVIEW**

 Listen to the beginning of a podcast on sound. Read and answer each question.

1. Who is the guest?
  - a. a musician
  - b. a medical doctor
  - c. a scientist
2. What is the topic?
  - a. how sounds in our environment affect us
  - b. sounds in our environment that we enjoy
  - c. sounds we hear when we're sleeping
3. What else do you think the speakers will talk about? Make three predictions.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_

**2 Read each question and circle the correct answer.**  
**Use your notes to help you.**

1. How can listening to music before and during exercise make you feel?
  - a. more excited
  - b. more energetic
2. Which parts of the brain are connected to hearing a rhythm?
  - a. the same parts that help us think
  - b. the same parts that help us move
3. Why does listening to upbeat music help you to exercise longer?
  - a. because it improves your mood
  - b. because it plays without stopping
4. What kind of music should you avoid when you work or study?
  - a. music with a regular rhythm
  - b. music with lyrics
5. In one study, what helped people to remember information better?
  - a. listening to upbeat music
  - b. listening to quiet music
6. In another study, what helped the students to remember new vocabulary words better?
  - a. saying the words
  - b. singing the words
7. What is the best music to listen to before you sleep?
  - a. music that is not too loud or high in pitch
  - b. music that is not too loud or upbeat
8. What rhythm is the best for helping you to sleep better?
  - a. about 16 beats per minute
  - b. about 60 beats per minute

**USE YOUR NOTES**

Compare your notes with a partner's. How can you improve your notes next time?