

 Level Test – Listening #1



Listen to the audio and answer the questions below. The audio will be played twice.

1. Positive psychology focuses on people's problems.
2. The professor asks the students to think about what a happy life is.
3. Mihaly Csikszentmihalyi believes that external events are the main things that make us happy or sad.
4. Csikszentmihalyi believes that a happy life means being very focused on what you do.
5. Csikszentmihalyi studied depression, and from there learned about happiness.
6. Flow means being completely absorbed in what you are doing.
7. Csikszentmihalyi was influenced by watching creative people.
8. The rest of the lecture will look at what other psychologists think of this theory.