

LISTENING

You will hear an interview with Professor Jackson, a psychologist, talking about the science of happiness. For questions 1-7, choose the best answer (A, B or C).

1) Professor Jackson thinks surveys on happiness

- A. are accurate than other studies.
- B. will be used to measure the success of government.
- C. will become less useful in the future.

2) What does Professor Jackson suggest about diet?

- A. It is given more attention by happy people.
- B. People feel happier if they have a good diet.
- C. It has less effect on life expectancy than happiness.

3) What seems to be the relationship between standard of living and happiness?

- A. People are happier now than in the past.
- B. People in rich countries are getting happier.
- C. People need to achieve a basic income to be happy.

4) People who buy material goods to make them happy are

- A.** usually dissatisfied with their purchases.
- B.** confusing happiness with pleasure.
- C.** only happy for a short time.

5) What does Professor Jackson say about the effect of relationships on happiness?

- A.** Having strong friendships may improve health.
- B.** People with a lot of friends seems to be the happiest.
- C.** Close friends are more important for happiness than family.

6) What do recent studies say about happiness at school?

- A.** People need to feel useful.
- B.** People need to enjoy their students.
- C.** People need to have goals.

7) Professor Jackson says the easiest way to increase happiness is to

- A.** smile more often.
- B.** stop comparing yourself to others.
- C.** do something kind every day.