

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.