

MATERIALI PER IL CORSO DI

SEDA LINGUA ORALE

FACOLTÀ DI PSICOLOGIA

LIVELLO B1+

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Is your memory online?

¹ If you are trying to find out who invented algebra or what language they speak on the island of Aruba, do you ask a friend, go to the library, or look it up online? These days, most people will look it up online with a quick Internet search. "Just Google it," people say, using the name of the popular Internet search engine. As Internet users become more dependent on the Internet to store information, are people remembering less? If you know your computer will save information, why store it in your own personal memory, your brain? Experts are wondering if the Internet is changing what we remember and how.

² In a recent study, psychologist Betsy Sparrow of Columbia University in New York conducted four different experiments. She and her research team wanted to know how the Internet is changing memory. In the first experiment, they gave people 40 unimportant facts to type into a computer. The first group of people understood that the computer would save the information. The second group understood that the computer would not save it. Later, the second group remembered the information better. People in the first group knew they could find the information again, so they did not try to remember it.

³ In another experiment, the researchers gave people facts to remember. In addition, the researchers told them where to find the information on the computer. The information was in a specific computer folder. Surprisingly, people later remembered the folder location better than the facts. When people use the Internet, they do not remember the information. Rather, they remember how to find it.

⁴ This is called "transactive memory." In transactive memory, we remember where to find the information, but we don't remember the information. Before the Internet, people used transactive memory to remember which person or book had the information they needed. Now, instead of asking a friend or classmate for information, people use the Internet. With the Internet, endless information is available. We don't have to remember the information, but we do have to remember where it is stored.

⁵ According to Sparrow, we are not becoming people with poor memories as a result of the Internet. Instead, computer users are developing stronger transactive memories; that is, people are learning how to organize huge quantities of information so that they are able to access it at a later date. This doesn't mean we are becoming either more or less intelligent, but there is no doubt that the way we use memory is changing.

Close reading

Read a student's notes about *Is your memory online?* Find eight errors and correct them.

Notes on "Is Your Memory Online?"

1 *Psychologist at Columbia University conducted 3 experiments*

Aim: How is the Internet changing students?

2 *Experiment: people typed words into a computer*

1st group: knew computer wouldn't save information 2nd group: knew computer would save information

Result: 1st group remembered the info better

3 *Experiment: gave people info to remember and where to find the folder with the information on the computer*

Result: later, people remembered the location of the info better than the name of the folder

4 *Transactive memory: we forget where to find the information we need*

5 *Conclusion: because of the Internet, our transactive memory is becoming weaker*

How does the

BRAIN MULTITASK?

¹In a university library, a student is writing an essay on his laptop. But that's not all. He's also reading instant messages online, listening to his music with headphones, and checking text messages on his cell phone. He is the picture of high-tech multitasking. In today's world, people use a wide variety of electronic media to multitask, doing several things at the same time. Neuroscientists are studying the brain to see what happens during multitasking and to see if multitasking affects the quality of what we do.

²Using Magnetic Resonance Imaging (MRI) to view the brain in action, scientists have found that when people do tasks that require concentration, multitasking takes place in the prefrontal cortex. Data shows that the prefrontal cortex, located in the front of the brain, is the area for problem solving, decision making, planning, and emotions.

³In a multitasking study conducted by French scientists Etienne Koechlin and Sylvain Charron, people were given one task requiring concentration (sorting letters and shapes). Brain images showed that both the left and right prefrontal cortex were active as people worked. However, when they gave a person a second task to do at the same time, the left prefrontal cortex took one task, and the right took the other. When doing two tasks, MRI images showed that the brain was rapidly switching between the first and the second task. The brain was not working on both tasks at the same time. These experiments, and others like them, show that the brain is not paying attention to two tasks simultaneously. When multitasking, the brain is concentrating on one task and then switching to the other, in sequence.

⁴In order to switch attention from one task to another, the brain must use its working memory. This is the brain's ability to temporarily hold information while it does something else. When you multitask, you "leave" a task that is not finished. It is as if you are reading a book and your brain puts in a bookmark when you leave the task. The first task is stored in your working memory. Your brain goes to the second task, but when

it returns to the first task, it must restart the task, using working memory. Because working memory declines with age, older people do not multitask as well as teenagers and young adults. Young children also do not multitask well because their working memory is not fully developed.

⁵Although we think we are getting more done when we multitask, evidence shows that we do not. Researchers have found that people take longer to complete tasks and make more mistakes. Furthermore, doing more tasks seems to result in less efficiency. When the French researchers expanded their experiment to include three tasks, surprisingly, the brain seemed to completely drop one task and only focus on two tasks. The French team concluded that the brain could not focus on more than two tasks at a time. Perhaps there is a limit to how much information the brain can temporarily store in working memory.

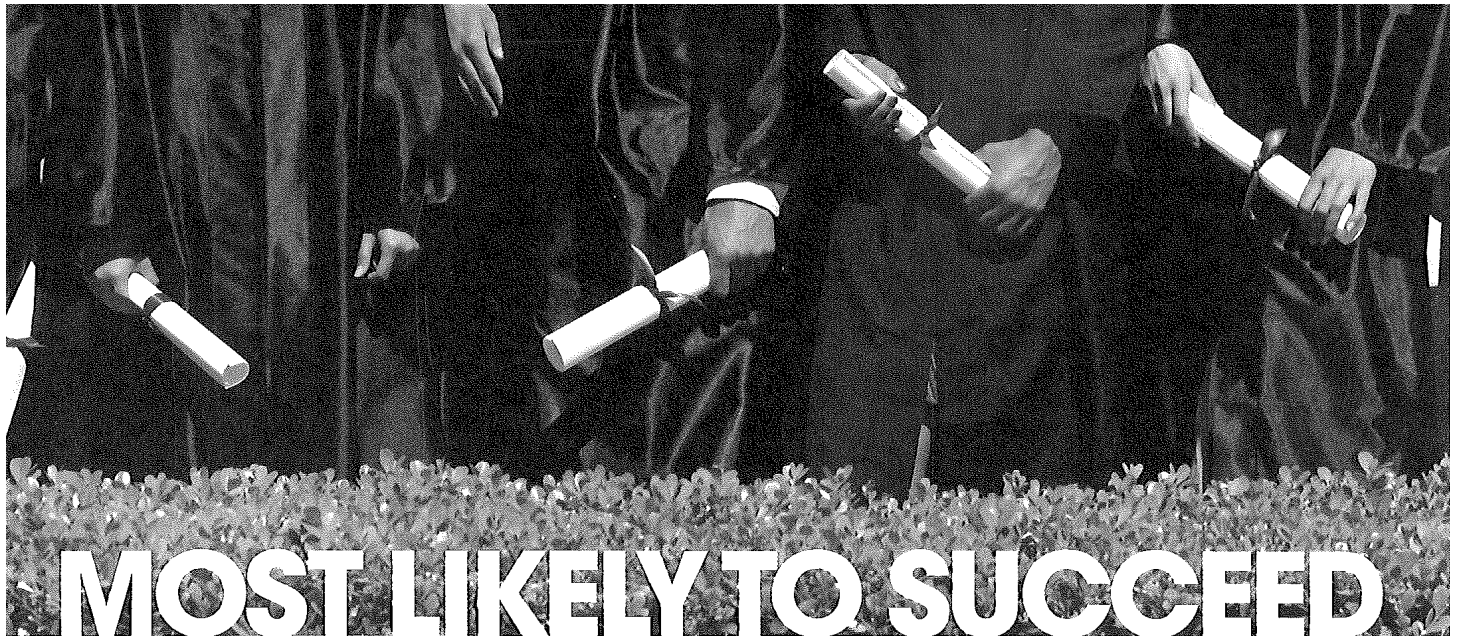
⁶More experiments are needed to see how multitasking works in different real-life situations. Students multitask as they study, office workers constantly check e-mail while they work, and drivers talk on the phone or text. Of course, certain tasks such as listening to music do not require as much concentration as others. Data shows that studying while listening to music without lyrics usually does not affect performance. Some daily tasks such as driving, cooking, or washing dishes, become almost automatic with practice, requiring less concentration. However, when a driver is multitasking, the seconds lost when mentally switching tasks can result in an accident.

⁷Researchers have shown that when we multitask, we are not really getting more done because we are losing speed and accuracy as we quickly switch from task to task. Experts say that for a task that requires your concentration, it's better to just focus on that one task until you are done. The challenge in today's world of 24/7 connection to electronic media is how to control our desire to do many things at once.



ACADEMIC KEYWORDS

concentration	(n)	/,kənsən'treɪʃ(ə)n/
decline	(v)	/dɪ'klaɪn/
evidence	(n)	/'eɪvɪdəns/



When it comes to ambition, no two people are alike. Every class has its straight-A students, every company its go-getters, and every family its overachievers. Yet, for every one of these success-hunters, there's someone else who's perfectly satisfied with whatever life brings. What is it that sets us apart? What drives some people to study late into the night, work 80 hours a week, or practice a piano concerto until their fingers ache?

Researchers say it's a combination of factors that determine a person's desire to achieve. Psychologist Larry Nas, from Northfork University, says, "It's important to have drive. But we won't get anywhere if we don't know how to set clear goals." Nas says that people may have goals, but without the ambition to get started, they end up simply talking about their plans for greatness, but never taking the first steps to achieve them. Similarly, those with inherent ambition and drive but no clear goals tend to begin numerous projects, but don't ever follow them to completion. In other words, without the right combination of personal characteristics and clear goals, we just spin our wheels.

It's unclear whether ambition is guided more by genetics, or by outside factors like economic status and education, but psychologists believe that the trait is both genetic and learned. A recent study published in the *Worthington University Journal* measured *persistence*—the ability to stay focused on a task until it has been completed properly. In the

study, researchers asked students to perform tasks, such as sorting photos. Those students who were the most persistent—those who felt strongly about completing the task and performing it well—had a significantly higher level of activity in the same area of the brain: the part which controls emotions. Despite these results, it's clear that persistence is more than just a brain function; it's also a learned habit.

There aren't any strict rules about how to "teach" ambition or about the outside factors that influence it. However, many high achievers do share some things in common. Most psychologists agree that it helps to have parents who encourage us to try new challenges, and who praise our successes and accept our failures. Jane West of the popular parenting website, *best4kidz.net*, says these types of home environments produce kids with much higher confidence levels, who learn how to set goals, work hard for them, and keep trying until they achieve them.

In addition, economics plays an interesting role. In developed societies, a large proportion of successful people come from middle class backgrounds. According to an article in the December issue of *Hour Magazine*, the reason for this is what's known as "status anxiety." Middle-classers tend to have the right level of financial stress—a little, but not so much that they feel hopeless. This bit of stress actually helps drive middle-classers to improve their status and work extra hard to avoid falling down the socio-economic ladder.

Unfortunately, the drive for success can create its own stress. Sixteen-hour work days, fast food meals, and pressure to out-perform colleagues can lead to stress-related illnesses, such as sleep problems, stomach pain, and heart attacks. These days, even teens and young adults are feeling the pressure. Competition to get into good colleges and eventually find good jobs has high school students pushing themselves harder than ever. The Owen State University website recently published the results of its survey of 600 high school students at a top-ranking high school. Most of the kids reported feeling pressure to take advanced-level courses, participate in sports or clubs, and do after-school jobs. Not surprisingly, about 70% of those surveyed reported that they felt stress some or all of the time.

So, on which side of the fence is the grass really greener? Is it better to get out of the rat race and avoid all that unhealthy stress? Or should we continue the quest to better ourselves and our lives at any cost? For many, it's difficult to find the balance. One trick may be to remember to appreciate our non-material wealth—family, friendship, and doing the things we enjoy. Most would agree that those treasures are far more valuable than any material wealth or success.

1
B

G auxiliary verbs; *the...the...+ comparatives*

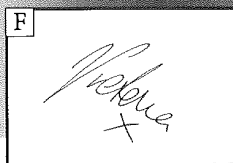
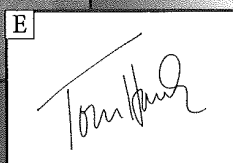
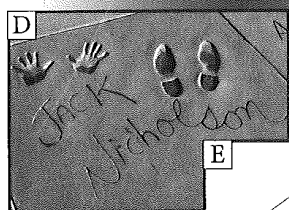
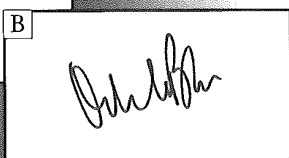
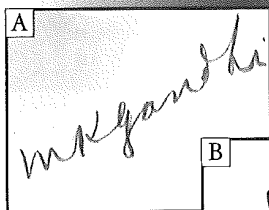
V personality

P using a dictionary to check word stress; intonation and sentence rhythm

Do you believe it?

1 READING & SPEAKING

a Look at the signatures. Can you identify any of the people?



What your signature says about you

Your signature is the part of your handwriting that says the most about your personality. It is quite normal for your signature to change during your life, as your signature reflects how you evolve as a person. It is also common to have several signatures, for example a more formal signature (name and surname) when you sign a credit card or passport, and an informal signature (just your first name) when you sign a birthday card.

Your formal signature A signature usually contains either a first name and a surname, or initials and a surname, or, less frequently a first name and initials. Your first name represents your private or family self, and your surname represents your public self, how you are socially and at work.

If your first name is more prominent in your signature, this implies that you have positive feelings about your childhood and that your 'private' self is more important to you than your 'public' self.

If your surname is more prominent, this means that your 'public' self is more important to you. The more space there is between your name and surname, the more you wish to keep your public and private self separate.

If you use only initials either for your first name or your surname in your signature, this means that you are more secretive about this part of your personality (your private or public persona).

Legibility A legible signature, where names can be clearly read, implies that you are a person with clear ideas and objectives. The more illegible your signature is, the less assertive you are as a person, and the more you tend to avoid conflict.

Angle Most signatures are horizontal, rising, or descending. A rising signature means that you are the kind of person who, when faced with problems, will work to overcome them. Usually optimistic, you are in control and ambitious. A descending signature means that you have a tendency to get depressed and give up when faced with problems, and lack self-confidence. Some people's signatures go through a temporary phase where they go down, which shows that they are going through a hard time or an illness. A horizontal signature suggests an emotionally stable person who is well-balanced and generally satisfied with the way their life is going.

Size If your signature is bigger than the rest of the letter or document you have written, that means that you are self-confident and have quite a high opinion of yourself. Some people actually sign in capital letters, which suggests they are arrogant rather than self-confident. People whose signature is smaller than the rest of the text may be insecure and have low self-esteem.

b Read the first paragraph of an extract from a book about graphology. On a piece of paper, write the sentence *I look forward to hearing from you*, and then sign your name under the sentence.

c Now read the rest of the extract and answer the questions. According to the extract, which of the people A-F...?

- | | |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| 1 has / had no separation between their public and private self, and is / was not very assertive | 4 is / was probably rather arrogant |
| 2 is / was more identified with their public self, optimistic, and ambitious | 5 keeps / kept their public and private life separate, is / was ambitious, and has / had positive feelings about their childhood |
| 3 is / was more identified with their private self, and without much self confidence | 6 is / was secretive about their private life, and keeps / kept it very separate from their public life |

d Try to guess the meaning of the highlighted words and phrases from the context. Check with your dictionary or the teacher.

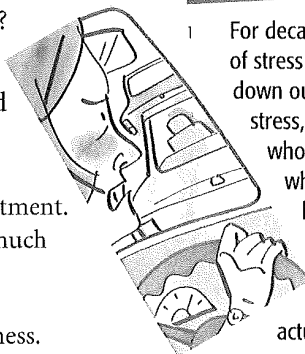
e Now look at your partner's piece of paper with his / her signature, and explain what it means.

f Did you agree with your partner's interpretation? Do you think graphology is a serious science? Why (not)?

6 READING

- a What symptoms do people have when they feel stressed?
- b Which *three* of these things do you think are the most stressful? Number them 1–3 (1 = the most stressful) and compare with a partner.
- Packing for a trip at the last minute.
 - Being stuck in a traffic jam when you have an appointment.
 - Writing a report for your boss when you don't have much time to finish it.
 - Running for a bus or train.
 - Looking after a family member who has a chronic illness.
 - Shopping in your lunch break.
 - Programming a DVD player using the instruction manual.
- c Read the article once quite quickly and then tick (✓) the activities that are bad for your health. What does the article say about the others?
- d Read the article again more slowly. Circle the correct *main idea* for each paragraph.
- 1 a Being in traffic jams is bad for our health.
b Some people think that not all kinds of stress are bad for us.
c Doctors don't agree how we can reduce our levels of stress.
 - 2 a Young people suffer more from stress than older people.
b Alzheimer's is one of the illnesses many old people suffer from.
c Good stress stops us from getting ill.
 - 3 a Situations which produce good stress are always short term.
b Some stress can make our cells stronger.
c Too much protein can make us ill.
 - 4 a We need some stress to exercise our cells' self-repair mechanism.
b Doing physical exercise makes us feel less stressed.
c Packing your suitcase in a hurry is an example of good stress.
- e Complete the sentences using words from the article.
- 1 When we try to do less of something, we try to c_____ d_____ (paragraph 1).
 - 2 An illness that you have for a very long time is called a c_____ illness (1).
 - 3 Something which is good for us is b_____ (2).
 - 4 The verb to make something stronger is s_____ (2).
 - 5 Our body is made up of millions of c_____ (2).
 - 6 When we treat our body badly we d_____ it (3).
 - 7 Another word for illness is d_____ (3).
 - 8 Something which is bad for us is h_____ (3).
 - 9 Doing exercise helps to make our m_____ bigger and stronger (4).
- f Use your dictionary to check the pronunciation of the words in e
- g Discuss these questions with a partner.
- 1 Do you agree with what you have read in this article? Why (not)?
 - 2 What kinds of 'good stress' do you have in your life?
 - 3 What other health stories have you heard about recently? Do you pay much attention to them? Do you believe them?

Get stressed, stay young



1 For decades doctors have warned us about the dangers of stress and have given us advice about how to cut down our stress levels. Everyone agrees that long-term stress, for example having to look after someone who has a chronic illness, or stressful situations where there is nothing we can do, for example being stuck in a traffic jam, is bad for our health and should be avoided whenever possible. However, some medical experts now believe that certain kinds of stress may actually be good for us.

2 Dr Marios Kyriazis, an anti-ageing expert, claims that what he calls 'good stress' is beneficial to our health and may, in fact, help us stay young and attractive and even live longer. Dr Kyriazis says that 'good stress' can strengthen our natural defences which protect us from illnesses common among older people, such as Alzheimer's, arthritis, and heart problems. He believes that 'good stress' can increase the production of the proteins that help to repair the body's cells, including brain cells.

3 According to Dr Kyriazis, running for a bus or having to work to a deadline are examples of 'good stress', that is situations with short-term, low or moderate stress. The stress usually makes us react quickly and efficiently, and gives us a sense of achievement – we did it! However, in both these situations, the stress damages the cells in our body or brain and they start to break down. But then the cells' own repair mechanism 'switches on' and it produces proteins which repair the damaged cells and remove harmful chemicals that can gradually cause disease. In fact, the body's response is greater than is needed to repair the damage, so it actually makes the cells stronger than they were before.



4 'As the body gets older, this self-repair mechanism of the cells starts to slow down,' says Dr Kyriazis. 'The best way to keep the process working efficiently is to 'exercise' it, in the same way you would exercise your muscles to keep them strong. This means having a certain amount of stress in our lives.' Other stressful activities that Kyriazis recommends as being good stress include redecorating a room in your house over a weekend, packing your suitcase in a hurry to reach the airport on time, shopping for a dinner party during your lunch break or programming your DVD or video recorder by following the instruction manual.



From The Times

So next time your boss tells you that she wants to see that report finished and on her desk in 45 minutes, don't panic; just think of it as 'good stress' which will have benefits for your long-term health!

What can you do?

REVISE & CHECK

CAN YOU UNDERSTAND THIS TEXT?

- a Read the article and choose a, b, or c.
- The survey was paid for by ____.
a Dr Petrie b City University c CentralNic
 - If your password is 'family oriented', you ____.
a probably have a large family
b probably don't use a computer very often
c are likely to be an animal lover
 - If your password is 'Brad Pitt', you probably ____.
a want to identify yourself with a famous person
b watch a lot of TV
c go to the cinema very often
 - People who belong to the 'cryptic' group ____.
a worry about other people reading their emails
b don't spend much time trying to invent a password
c can't think of an interesting password
 - Passwords say something about our personalities because ____.
a we think for a long time before choosing one
b we choose words which we will remember easily
c we choose something without thinking about it consciously
- b Look at the highlighted words and phrases. Can you guess what they mean?

CAN YOU UNDERSTAND THESE PEOPLE?

- a **1.23** Listen and circle the correct answer, a, b, or c.
- How did the woman meet her current partner?
a By speed dating.
b Through a friend.
c On an Internet dating site.
 - How does the man describe the girl he met?
a shy
b extrovert
c hard-working
 - How will the man be travelling?
a By train and taxi.
b By bus and taxi.
c By train and bus.
 - What does the doctor tell Mr Strong to do?
a Take antibiotics.
b Drink a lot.
c Stay in bed.
 - What do the two commentators agree about?
a That the player won't be playing in the next match.
b That the player has twisted his ankle.
c That the player won't be able to play again for two months.

Passwords reveal your personality

THE WORD OR PHRASE that you use to open your email account may provide a key to your personality as well as to your correspondence, according to a British psychologist. Helen Petrie, professor of human / computer interaction at City University in London, analysed the responses of 1,200 Britons who participated in a survey funded by CentralNic, an Internet domain-name company. The results were recently published on CentralNic's website.

Petrie identifies three main password 'genres'. 'Family oriented' respondents numbered nearly half of those surveyed. These people use their own name or nickname, the name of a child, partner, or pet, or a birth date as their password. They tend to be occasional computer users and have strong family ties. 'They choose passwords that symbolize people or events with emotional value,' says Petrie. One third of respondents were 'fans', using the names of athletes, singers, movie stars, fictional characters, or sports teams. Petrie says fans are young and want to ally themselves with the lifestyle represented by a celebrity. Two of the most popular names were Madonna and Homer Simpson. The third main group of participants are 'cryptics' because they pick unintelligible passwords or a random string of letters, numerals, and symbols such as 'Jxa+157'. Petrie says cryptics are the most security-conscious group. They tend to make the safest but least interesting choices.

Passwords are revealing for two reasons. First, because they are invented on the spot. 'Since you are focused on getting into a system, for example your email account, you're likely to write down something that comes quickly to mind,' says Petrie. 'In this sense passwords tap into things that are just below the surface of consciousness. Also, to remember your password, you pick something that will stick in your mind. You may unconsciously choose something of particular emotional significance.'

- b **1.24** You will hear two women who visited a psychic talking about their experiences to a man from the Psychic Association. Answer the questions.
- Why did Lorenna go to a psychic?
 - What did the psychic tell her?
 - Was it good advice?
 - What's the man's opinion of the psychic Lorenna saw?
 - Why doesn't Alice agree with Lorenna?
 - What did the psychic tell her?
 - How did the psychic's advice help her?
 - What advice does the man give Alice?

CAN YOU SAY THIS IN ENGLISH?

Can you...?

- ask questions with or without auxiliaries and with prepositions
- describe your and your friends' / family's personalities
- talk about health problems and describe symptoms to a doctor

4

A

G unreal conditionals

V feelings

P sentence rhythm

Would you get out alive?

1 SPEAKING & READING

a Answer the questions with a partner.

1 How do you think *most* people react in a life or death disaster situation?

- a They panic and become hysterical.
- b They act coolly and calmly.
- c They 'freeze' and can't do anything.

2 What do you do when you are on a plane and the flight attendant starts to explain the safety procedures?

- a I don't listen. I've heard it so many times!
- b I listen but I don't take it very seriously.
- c I pay attention and also read the safety information in the seat pocket.

3 What would you do if you were in a hotel on the 5th floor and the fire alarm went off in the middle of the night?

- a I would pick up essential things like my passport and mobile and find the quickest way down to the lobby.
- b I would follow the emergency instructions on the back of the door, which I had read when I arrived.
- c I wouldn't pay any attention. I would think it was probably a fire drill.

b Read *How humans behave when the worst thing happens*, and check your answer to question 1 above. Then answer the questions below with a partner.

- 1 What two reasons are given to explain why a lot of people freeze in a crisis?
- 2 Is it possible to predict how people will react in a crisis?
- 3 What do you think *you* would do?

c A read about a survivor of the World Trade Center, and B read about a survivor from the Tenerife air crash. Then use the questions below to tell each other about what you read.

- A
- 1 Where was Elia on 11th September 2001?
 - 2 How did she react when the plane hit the World Trade Center?
 - 3 What saved her life?
 - 4 How quickly did she leave?
 - 5 How could more lives have been saved?

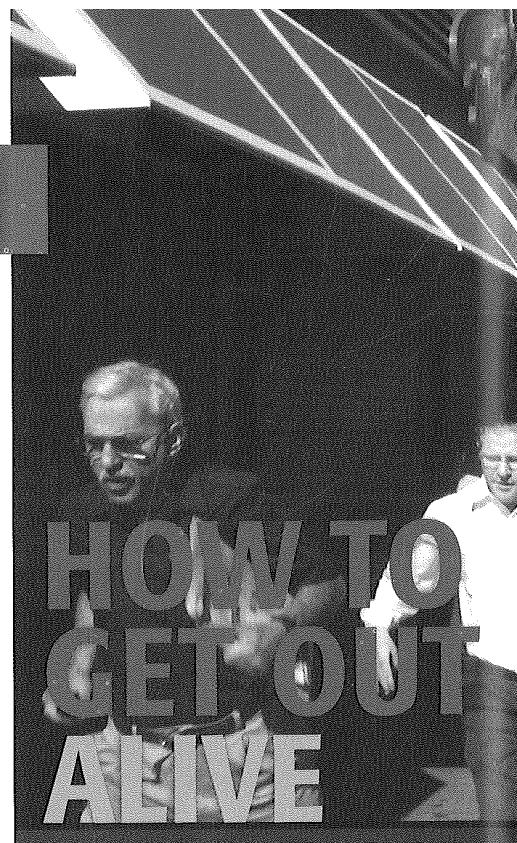
- B
- 1 Where was Paul Heck on 27th March 1977?
 - 2 How did the accident happen?
 - 3 How could more passengers have survived?
 - 4 Why did Paul Heck survive?
 - 5 What previous experience influenced Paul?

d Read the whole article and in pairs, mark the sentences true (T) or false (F).

- 1 Elia Zedeño's first instinct was to run.
- 2 If her colleague hadn't shouted, she might not have reacted how she did.
- 3 She took her time to leave because she didn't know where the exit was.
- 4 Some people who died in the WTC could have survived.
- 5 The 1977 Tenerife air crash happened in bad weather conditions.
- 6 The Pan Am passengers had plenty of time to escape.
- 7 Heck always worried about how he would be able to escape from places.
- 8 People don't read safety information because they aren't worried about crashing.

e Look at the highlighted words related to disasters. In pairs, try to work out the meaning from the context of the ones you didn't know.

f What survival tips have you learned from this article? Which were the best options in questions 2 and 3 in a?

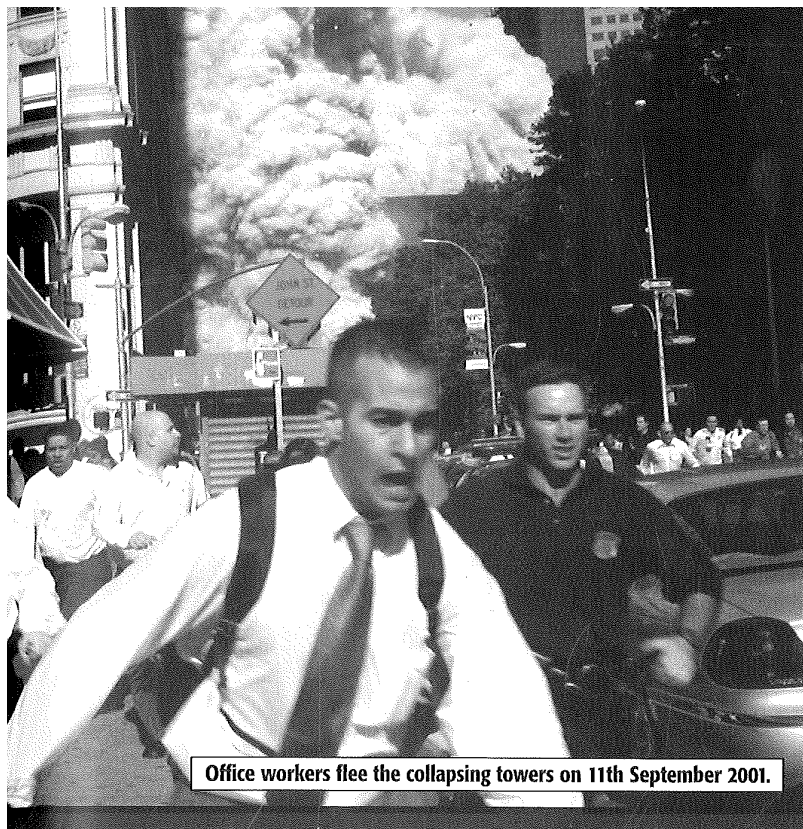


How humans behave when the worst thing happens...

WE ALWAYS THINK 'it will never happen to me' but disasters can strike any time anywhere – from hotel fires to train crashes to terrorist attacks. How would you cope if the unthinkable happened?

According to experts, people caught up in disasters tend to fall into three categories. About 10% to 15% remain calm and act quickly and efficiently. Another 15% completely panic, crying and screaming and obstructing the evacuation. But the vast majority (70%) of people do very little. They are 'stunned and confused,' says British psychologist John Leach.

Why is this? Research suggests that under great stress our minds take much longer to process information. So, in a crisis many people 'freeze' just at the moment when they need to act quickly. It also seems that a person's personality is not a good guide to how they might react – a normally decisive person may not act at all quickly in a crisis and vice versa. 'Most people go their entire lives without a disaster,' says Michael Lindell, a professor at Texas A&M University. 'So when something bad happens they are so shocked they just think, "This can't possibly be happening to me," instead of taking action.'



A

WHEN THE PLANE hit the World Trade Center on 11th September 2001, Elia Zedeño was working on the 73rd floor. She heard an explosion and felt the building actually move, as if it might fall over. Zedeño first shouted out, 'What's happening?' You might expect that her next instinct was to run. But she had the opposite reaction. 'What I really wanted was for someone to scream back, "Everything is OK! Don't worry!"'

Luckily, at least one of Zedeño's colleagues responded differently. He screamed, 'Get out of the building!' she remembers now. Years later, she still thinks about that command. 'My question is what would I have done if that person had said nothing?'

Even then Zedeño still did not immediately run. First she reached for her bag, and then she started walking in circles. 'I was looking for something to take with me. I remember I took my book. Then I kept looking around for other stuff to take. I felt as if I was in a trance.' When she finally left, she went slowly. 'It's strange because the sound of the explosion and the way the building shook should have made me go faster.' But Zedeño made it to safety. Experts have estimated that at least another 130 people would have got out of the World Trade Center alive if they had tried to leave the building sooner.

B

ON MARCH 27 1977 a Pan Am 747, which was waiting to take off from Tenerife airport, collided with a Dutch KLM 747 that was landing in the fog. It was the worst air crash in history. Everyone on the KLM plane was killed but 62 passengers on the Pan Am plane survived. Many more would have survived if they had got off the plane immediately.

One of the survivors was 65-year-old Paul Heck. He led his wife Floy towards the exit and they got out just before the plane caught fire, just 60 seconds after the collision. Why Paul Heck and not others? In the hours just before the crash Paul did something highly unusual. While he was waiting for the plane to take off, he studied the 747's safety diagram. He looked for the nearest exit and he pointed it out to his wife. He had been in a theatre fire as a boy, and ever since then, he always checked for the exits when he was in an unfamiliar environment. When the planes collided, Heck's brain had the data it needed. He could work on auto pilot, whereas other passengers froze, their minds paralysed by a storm of new information. Why don't more people read safety information on airplanes and fire escape information in hotels? The answer, according to research, is that people think it's not 'cool' to do so. So next time you fly or stay in a hotel or find yourself in any new environment forget about 'being cool' and take a few seconds to find out where the nearest emergency exit is. It may just save your life.



2 VOCABULARY feelings

a Look at *How humans behave when the worst thing happens* and find adjectives which mean...

- 1 unable to think clearly or understand what's happening. _____
- 2 not excited or nervous. _____
- 3 very surprised by something unpleasant. _____
- 4 so surprised that you can't move or react. _____

b **p.151 Vocabulary Bank Feelings.**

c Look at the pictures. Try to remember an adjective and an idiom to describe how each person feels.



d Choose two adjectives from below and tell your partner why you felt like that.

Can you remember a time when you felt...?

- amazed
- grateful
- delighted
- homesick
- exhausted
- terrified
- furious
- really fed up

Let your body do the talking

One of the areas of our body which conveys most about how we feel is how we move our hands and arms. Hand and arm gestures are sometimes deliberate, but most often they occur unconsciously and naturally.

Saying something important Open hands and arms, especially extended, and with palms up in front of the body at chest height, indicate that what you're saying is important, and, especially when people are speaking in public, a pointing finger or a hand waving above the shoulders emphasizes an individual point. However, research shows that people often find speakers who point their fingers a lot rather annoying.

Openness or honesty When people want to be open or honest they will often hold one or both of their palms out to the other person. Footballers who have just committed a foul often use this gesture to try to convince the referee that they didn't do it.

Nervousness If a person puts his hand to his mouth, this either indicates that he is hiding something, or that he is nervous. Fidgeting with your hands, for example tapping the table with your fingers also shows nervousness, and so does holding a bag or briefcase very tightly in front of the body.

Superiority People who feel superior to you often appear relaxed, with their hands clasped behind their heads. The chin and head is often held high. This gesture is typical of lawyers, accountants, and other professionals who feel they know more than you do. Another gesture of superiority is to put your hands in your pockets with the thumbs protruding.

Feeling defensive Arms folded tightly over the chest is a classic gesture of defensiveness and indicates that you are protecting yourself. It is often seen among strangers in queues or in lifts or anywhere where people feel a bit insecure. People also sometimes use this gesture when they are listening to someone, to show that they disagree with what is being said. However, this gesture can simply mean that the person is cold!

Thinking hard A hand-to-cheek gesture, where someone brings a hand to his face and extends his index finger along his cheek, with the remaining fingers positioned below the mouth, often shows that someone is thinking deeply. When someone strokes his chin, he is probably thinking about something important, or making a decision.

Attraction If men are attracted to someone, they sometimes play with one of their ear lobes, whereas women will play with a lock of hair or continually tuck their hair behind their ears.

Lying There are many gestures that indicate that someone is lying and in order to be sure you would expect a person to show more than one. Gestures include putting your hand in front of your mouth, touching your nose, rubbing your eyes, touching your ear, scratching your neck, pulling at your collar, or putting your finger or fingers in your mouth.

- d Focus on the highlighted words which describe more parts of the body or gestures and, in pairs, try to work out what they mean.
- e In pairs, read the article again paragraph by paragraph and try to do each of the gestures described. Do you use any of these gestures a lot?

6 SPEAKING

GET IT RIGHT describing pictures

When you are describing the pictures, use these expressions to explain precisely what / who you are referring to.

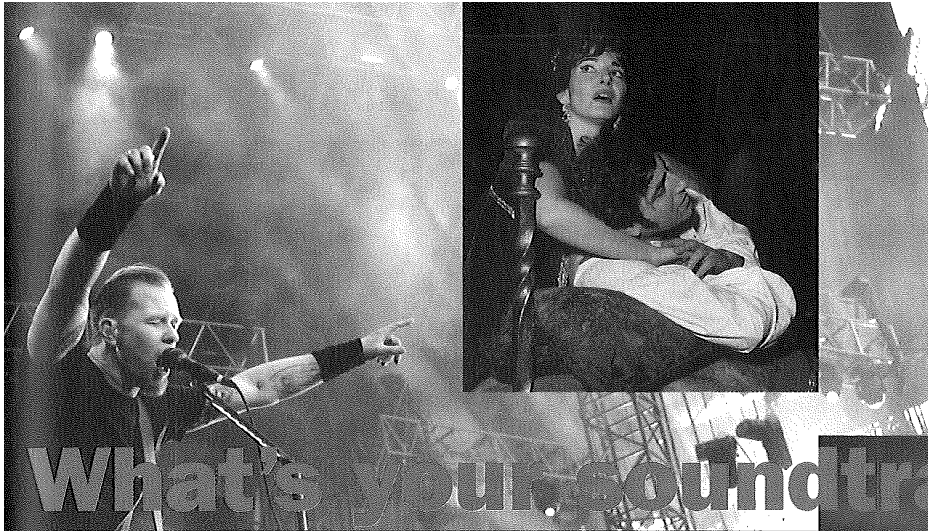
The woman... on the right / left / in the centre of the picture; ... in the background / foreground...

Remember you can also use *might be / may be / could be* for speculating, as well as *looks, looks as if*, etc.



Cape Cod Morning (1950) Edward Hopper

- a In pairs, look at the painting. Talk about where the woman is, how she is feeling, and what is happening or has happened. Use her body language to help you.
- b **Communication** *Two paintings A p.118 B p.120*. Describe your painting for your partner to visualize.
- p.157 Phrasal verbs in context File 4.**



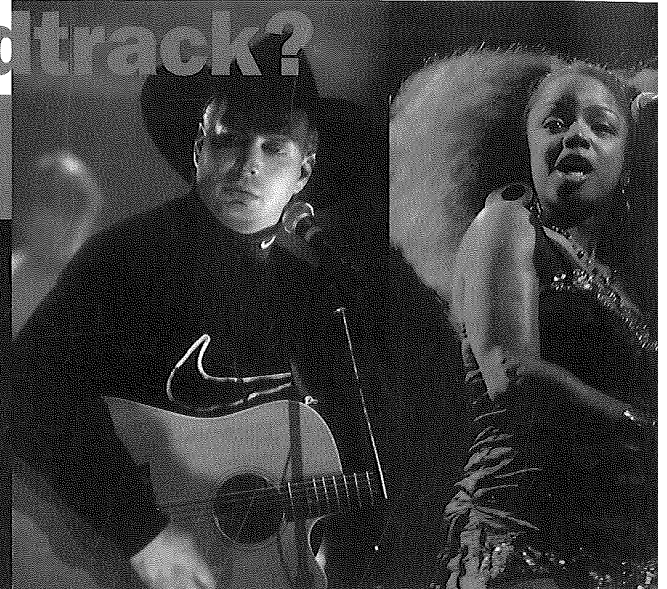
6 READING

- Do you think *What kind of music do you like?* is a good question when you are getting to know somebody? Why?
- Read the introduction to the article. Do you agree with the psychologists?
- Read the rest of the article. Which category(ies) do you fit into best?

What's your soundtrack?

Your taste in music can reveal a lot about you...

The question 'What kind of music do you like?' is very revealing. It is the number one topic of conversation among young adults who are getting to know each other, according to psychologists from the universities of Cambridge and Texas. Their research has shown that knowing another person's musical tastes can provide remarkably accurate personality predictions. For most people, music is a very important part of their lives and psychologists believe that their preferences reveal information about their character and their lifestyle. They think that personality clues are conveyed in the music's tempo, rhythm, and lyrics.



A Upbeat and simple music

Fans of 'Top 40' pop, country, and soundtrack music tend to be more conventional and conservative compared with fans of other genres; family and discipline are important life values. They are also typically cheerful, outgoing, and sociable kinds of people who enjoy helping people. In their free time they often enjoy doing or watching sport. They also enjoy watching major Hollywood films, especially comedies. According to the psychologists, 'People who like country and pop try to avoid making their lives unnecessarily complex.'

B Energetic and rhythmic music

Hip hop, funk, rap, soul, dance, and electronic music attracts people who are talkative, extrovert, and romantic and who tend to express their thoughts impulsively. They are the kind of people who love going to parties and for whom friendship and social recognition is very important. They tend to see themselves as physically attractive. When they go to the cinema, they typically enjoy watching action films, science fiction, gangster films, or comedies.

C Complex and reflective music

Fans of classical, jazz, and other 'complex' music typically have above-average intelligence. They tend to be creative and open to new experiences and lovers of classic or foreign films. Regarding lifestyle, fans of this kind of music tend to be politically liberal, are usually quite sophisticated, and often don't like sport. However, compared with other music fans, opera lovers are three times more likely to commit suicide, psychologists say. But don't blame *Madame Butterfly* – people with dramatic personalities, whose moods go up and down a lot, are attracted to opera, not influenced by it.

D Intense and rebellious music

Fans of alternative, heavy metal, rock music, and gangsta rap tend to be people who enjoy taking risks and having thrilling experiences. They are usually physically active. They are typically independent, curious about the world, and rebellious. They're the kind of people who are likely to enjoy watching action films, fantasy, war, and horror movies. Parents often worry that this kind of music promotes aggressive behaviour in teenagers, but research has found no direct link. In fact, younger fans of gangsta rap or heavy metal are often quieter and shyer than other young people.

- According to the article, what kind of music would these people like best? Write A, B, C, or D.

- Someone who is quite vain.
- Somebody who enjoys doing dangerous sports.
- A person who speaks their mind without thinking.
- Someone who watches subtitled films.
- A person who does voluntary work in the community.
- Somebody who enjoys the simple things in life.
- A person who might have been quiet as a child.
- Someone who is intellectual.

- Read the article again and underline five new words or phrases that you would like to learn, and compare with a partner.
- Think about people you know who like each kind of music. Do you agree with what the article says about their personalities?