

IELTS listening workshop



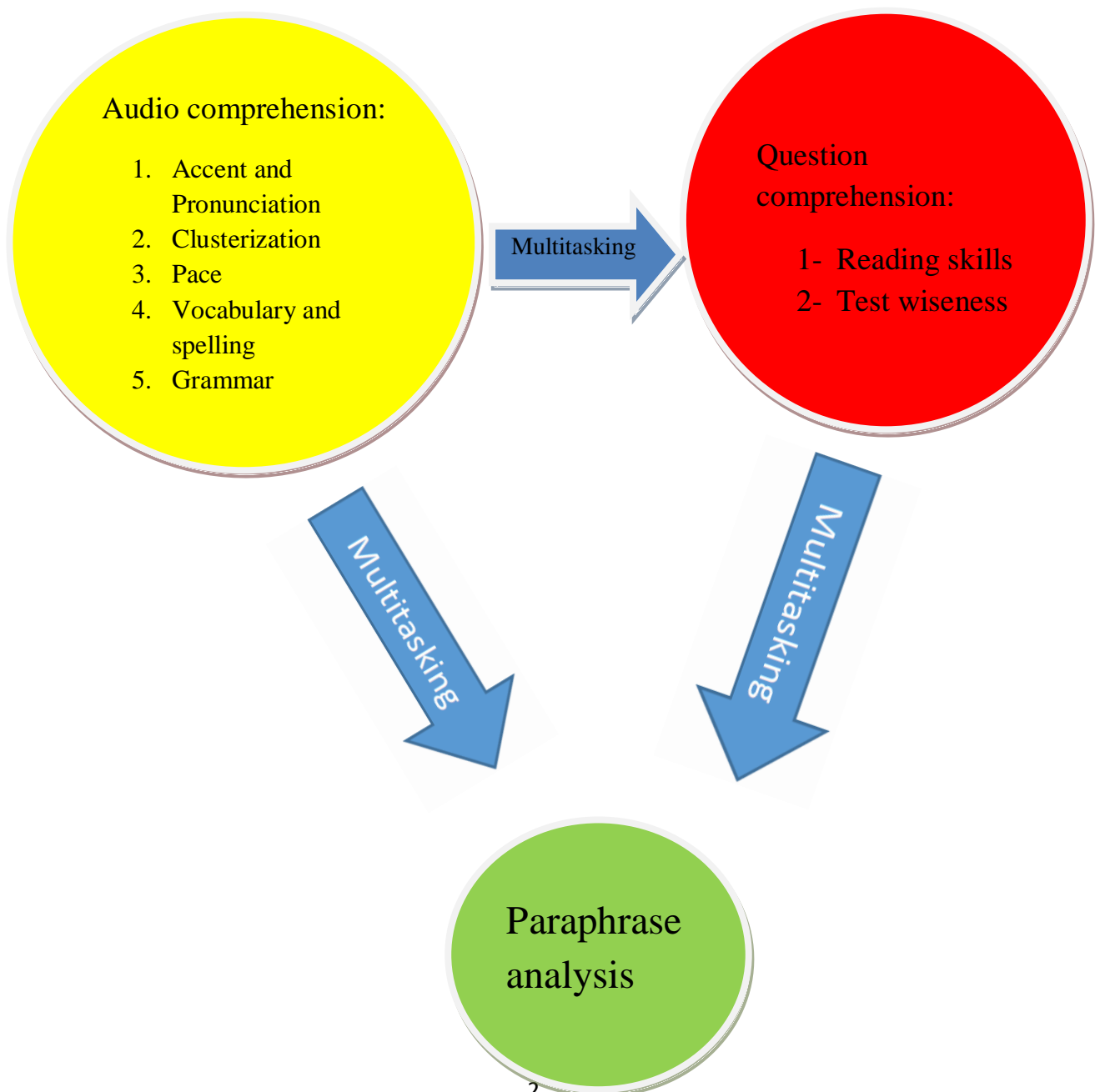
Strategies and techniques

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Chapter one:

Challenges and recommendation

When considering solving any problem, the first and the most essential step to take is to identify the challenges and find some solutions accordingly. In terms of IELTS Listening module, these challenges can be categorized as in the three areas below:



Recommendations:

1-Accent → Transcribe TED/ TEDED/ British and Australian accent video clips

2- Pace → shadowing practice

3- spelling

3.1- Learning the correct spelling for the frequently repeated words

3.2- Correcting the frequently misspelled words` spelling

3.3- Learning the most important spelling rules

3.4- Learning the correct spelling for new words we learn

4- Lexical resource → Essential words for IELTS (BARRONS) + transcription entry of vocabulary items

5- Grammar → Grammar for IELTS (CAMBRIDGE)

6- Reading comprehension → Summarization practice

7- Test wiseness → Practice each test type and its relevant strategies and techniques

8- Paraphrase analysis → Paraphrase analysis table

9- Multitasking → Note-taking practice + Tracking practice

Spelling

Spelling is huge concern for my IELTS students. Writing scores are 25% determined by vocabulary, which includes spelling accuracy. Too many spelling mistakes can also seriously bring down your score in IELTS Listening.

This list of common IELTS spelling mistakes includes some of the words most likely to appear in the test. Try to master these basic rules in order to minimize poor spelling in IELTS.

❖ Single and double consonants

Spelling mistakes are common when single or double consonants occur nearby in a word.

A single consonant is followed by a double consonant:

Across, Process, Harass, Disappoint, Recommend, Tomorrow, Professor, Necessary

A double consonant is followed by a single consonant:

Parallel, Apparent, Exaggerate, Occasion, Occur (but Occurred), Commit (but Committed)

Some common words with two pairs of consonants:

Success, Possess, Access, Assess, Address, Accommodation, Embarrass, Millennium

❖ Weak vowel sounds

Some words are difficult to spell because they contain the schwa or [ə], a weak vowel sound. It is almost impossible to know how to spell such words from their sound alone.

Examples of words containing more than one schwa include:

Separate (adj.), Definite, Desperate, Temperature, Literature, General, Relevant, Category

Other problematic schwa words include:

Describe, Decline, Despite; but Dispute, Discrete, Display

Capable, Achievable, Understandable; but Possible, Visible, Accessible

Performance, Attendance, Ignorance; but Independence, Sentence, Existence

Sometimes the schwa sound conceals a barely-pronounced [r]:

Opportunity, Pursue, Persuade, Surprise

❖ Changes of spelling when words change form

A consonant can change when a noun becomes an adjective:

Benefit > Beneficial; Influence > Influential; Circumstance > Circumstantial

A vowel can change or be lost when a verb becomes a noun:

Maintain > Maintenance; Pronounce > Pronunciation, Argue > Argument

A vowel may double when a noun becomes a verb:

Success > Succeed; Excess > Exceed; Process > Proceed

A final consonant is often doubled when a verb changes form:

Occur > Occurred; Refer > Referred; Begin > Beginning

❖ Silent letters in consonant clusters

[nm] in Environment, Government

[nm] in Column, Autumn

[sc] in Science, Conscious, Discipline, Fascinate, Ascend, Descend

[xc] in Excite, Exceed, Exception, Excellent, Excited

[dg] in Knowledge, Acknowledge (but just [g] in Privilege, Oblige)

[th] clusters in ordinals: Eighth, Twelfth, Hundredth

❖ Pairs of frequently confused spellings in IELTS

Till ≠ **Until** (not *untill)

Lose ≠ **Loose** (one is a verb; the other is an adjective)

Affect ≠ **Effect** (one is a common verb; the other is its noun form)

Forth ≠ **Fourth** (one means 'forward'; the other means 'number four')

Fourth but **Forty** (not *fourty)

High but **Height** (not *hight)

Great but **Grateful** (not *greatful)

Precede ≠ **Proceed** (one means 'go before'; the other means 'go ahead')

Principle ≠ **Principal** (one means 'truth'; the other means 'main')

Site ≠ **Sight** (one is a place; the other is something to see, as in sightseeing not *siteseeing)

Copywriter ≠ **Copyright** (one writes advertising; the other means 'intellectual property')

The 1200 most commonly repeated words in IELTS Listening Test

Days of the week:

Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday, weekdays, weekend

Months of the year:

January, February, March, April, May, June, July August, September, October, November, December

Money matters:

cash, debit, credit card, cheque, in advance, annual fee, monthly membership, interest rate, deposit, tuition fees, poverty, bank statement, money management, current account, student account, withdraw, low-risk investment, mortgage, grace period, budget deficit, retail voucher, coupon, counterfeit money, public money, taxpayers' money, debt, interest-free credit, purchase, partial refund, annuity, non-refundable, MasterCard, VISA, distribution costs, income, finance department, family finances, duty-free store.

Subjects:

science, politics, history, biology, architecture, law, geography, archaeology, literature, business management, agriculture, statistics, mathematics, logic, physics, psychology, anthropology, economics, philosophy, performing arts, visual arts, chemistry, humanities

Studying at college/university:

course outline, group discussion, handout, written work, report writing, research, Proofreading, experiment, experience, reference, textbook, dictionary, laptop, printer, student advisor, teamwork, module, topic, assessment, library, department, computer centre, classroom, lecture, tutor, main hall, attendance, deadline, give a talk, speech, computer laboratory, certificate, diploma, placement test, overseas students, full-time, facilities, college, dining room, specialist, knowledge, international, accommodation, home stay, primary, secondary, intermediate, media room, resources room, staff, commencement, dissertation, leaflet, faculty, pupils, pencil, feedback, tasks, outcomes, advanced, introductory, extra background, higher education, guidelines, post-secondary, supervisor, bachelor's degree, compound, vocabulary, student support services, student retention, publication,

foreign students, schedule, school reunion, registrar's office, stationery.

Marketing:

catalogue, interview, newsletter, competition, TV program, strategies, research method, entertainment industry, leadership, management, display, products, customer, special offer, collecting data, questionnaire, survey, mass media, statistic, profit margin, poll, business card, training, trainee, merchandise, manufacture, recruitment.

Health:

yoga, tai-chi, keep-fit, salad bar, vegetarian, outdoor activities, leisure time, disease, meal, protein, balanced diet, food pyramid, vitamin, carbohydrates, rice, pasta, potatoes, pizza, tomatoes, bread, cereals, **minerals**, zinc, meat, seafood, eggs, beans, milk, cheese, yoghurt, fruit, vegetables, citrus fruits, green pepper, blackcurrant, nuts, egg yolk, liver, medicine, treatment, remedy, nursing care, nursery, regular exercise.

Nature:

field, footbridge, environment, waterfall, river, mountain, forest, village, coast, reef, lake, valley, hill, cliff, island, peninsula, earthquake, avalanche, tornado, typhoon, desertification, volcano, disaster, catastrophe, erosion, landslides, storm, flood, hurricane, pond, jungle, oasis, dam, canyon

the environment:

greenhouse effect, acid rain, global warming, carbon dioxide, burning fossil, exhaust fumes, deforestation, nitrogen oxide, smog, climate, pollution, temperature, power plants, landfill, cattle, wind turbine, solar power, hydroelectric power, renewable, source of energy, reliable, solar panels, environmentally friendly, oxygen, chemical-free, desert, degradation, vegetation, sea level, ocean currents, soil conditioner, coal, fossil fuels, firewood, drought, contaminated.

The animal kingdom:

birds of prey, seabirds, poultry and game, mammals, cetacean, whale, primates, rodents, fish, amphibian, reptile, insects, octopus, phylum, class, order, family, genus, species, livestock, creature, lion, penguin,

plants:

mushroom, fungus, leaves, seed, core, bark, trunk, twig, branch, flower,

stem, roots, cluster, fertilizer

continents: South America, North America, Africa, Asia, Europe, Australia and Antarctica.

Countries:

Egypt, Mexico, France, Indonesia, Turkey, England, Germany, China, Greece, Brazil, India, North Korea, India, Malaysia, New Zealand, Nigeria, Pakistan, Singapore, Switzerland, United Kingdom, Italy, the dominican republic, the philippines, Denmark.

Languages:

linguistics, bilingual, trilingual, polyglot, Portuguese, Mandarin, Bengali, Chinese, Hindi, Russian, Japanese, German, Punjabi, Thai, Persian, Filipino, French, Italian, Greek, French,

Architecture and buildings:

dome, palace, fort, castle, glasshouse, pyramid, log cabin, lighthouse, hut, skyscraper, sculpture,

Homes:

semi-detached house, duplex, terraced house, town house, row house, bungalow, thatched cottage, mobile home, houseboat, block of flats, apartment building, condominium, chimney, bedroom, basement, landlord, tenant, rent, lease, neighborhood, suburb, sofa, coffee table, dormitory, storey, kitchen, refrigerator, microwave, ground floor, oven, hallway, insurance

In the city:

cities, street, lane, city centre, central station, car park, department store, bridge, temple, embassy, road system, hospital, garden, avenue,

Workplaces:

clinic, dentist, reception, appointment, staff selection, colleague, workshop, showroom, information desk, employer, employment, unemployed, technical cooperation, team leaders, stress, ability, vision, confidence, employee, internship

Rating and qualities:

reasonable, satisfactory, dangerous, safe, strongly recommended, poor quality, satisfied, disappointed, efficient, luxurious, colored, spotted, striped, expensive, cheap.

Touring:

tourist guided tour, ticket office, souvenir, trip, guest, reservation, view, culture, memorable, single double bedded room, picnic, tourist attraction, hostel, suite, aquarium,

Verbs:

train, develop, collect, supervise, mark, edit, revise, exhibit, donate, surpass, register, support, hunt, persuade, concentrate, discuss, suggest, arrange, borrow, immigrate, review, learn, touch.

Adjectives:

energetic, social, ancient, necessary, fantastic, exciting, fabulous, dull, comfortable, convenient, suitable, affordable, voluntary, mandatory, compulsory, temporary, permanent, Immense, vast, salty, extinct, vulnerable, pessimistic, optimistic, realistic, practical, knowledgeable, flexible, confident, Western, intensive, tranquil, spectacular, intact, various

hobbies:

orienteering, caving, spelunking, archery, ice skating, scuba-diving, snorkeling, skateboarding, bowls, darts, golf, billiards, photography, painting, pottery, woodcarving, gardening, stamp collection, embroidery, climbing, chess, parachute

sports:

cricket, baseball, basketball, rugby, soccer, american football, hockey, swimming, tennis, squash, badminton, ping-pong, field, court, pitch, stadium, team, the discus, the javelin, the hammer, the high jump, horse racing, show jumping, polo, cycling, gymnasium, athlete, gym, extreme sports, paragliding, hang-gliding, skydiving, abseiling, snowboarding, bungee jumping, surfing, windsurfing, jet-skiing, body-boarding, white-water rafting, kite-surfing, mountain biking, jogging, press-up, push-up, barbell, treadmill, judo, recreation, snooker, walking, championship, canoeing, refreshment

Shapes:

Square, rectangular, triangular, polygon, Oval, spherical, spiral, circular, curved, cylindrical,

Measurement:

width, length, altitude, imperial system, metric system, Mass, depth, breadth, height, three dimensions, frequency

Transportations:

cargo plane, shipment, container ship, boat, lifeboat,

ferry, hovercraft, hydrofoil, liner, canal boat, narrowboat, dinghy sailing, sailboat, paddle steamer, cabin cruiser, rowing boat, rowboat, kayak, canoe, punt, gondola, aircraft, helicopter, seaplane, airship, hot-air balloon, airport, crew, passenger, platform, hire a car, automobile

Vehicles:

double-decker bus, single-decker, minibus, school bus, coach, truck, tanker, van, lorry, transporter, forklift truck, tow truck, breakdown truck, pickup, jeep, caravan, camper, tractor, taxi, cab, tram, underground, subway, stream train, freight train, goods train,

Weather:

humid, hot, sticky, breeze, chilly, cold, cool, dry, dusty, freezing, hot, warm, wet, weather forecast, antenna, moisture,

Places:

local library, swimming pool, cafeteria, cottage, parliament, accommodation, restaurant, canteen, cafe, bookshop, sports centre, city council, dance studio, park, conversation club, kindergarten

equipment and tools:

helmet, light, musical instrument, cassette, silicon chip, digital monitor, gadget, device, screen, breaks, wheels, mechanical pencil, disk, backpack,

The arts and media:

Opera, Orchestra, concert, symphony, the press, conductor, vocalist, audience, festival, carnival, exhibition, classical music, theatre, cinemas, art gallery, museum, ballet, television, radio, graphics, newspaper

Materials:

fur, metal, steel, aluminum, copper, rubber, plastic, ceramics, glass, cement, stone, textile, cotton, fabric, wool, leather, bone, paper, lumber/wood, glue, composite, fiberglass, concrete, wax, paper, wood, silver, gold, feather

Works and jobs:

occupation, profession, designer, decorator, architect, engineer, manager, waitress, waiter, teacher, vacancy, professor, specialist, psychologist, volunteer, freelance, secretary, craftsman, work experience, curriculum vitae, mail address, receptionist, pilot, guard, flight attendant, lecturer, office assistant, clerk, accountant, cashier, captain

Color:

blue, white, orange, green, grey, black, red, yellow, purple, brown, pink

expressions and time: three times, three times per week, a gap year, fulltime, part-time, midday, midnight, millennium, century, decade, fortnight.

Other:

passport photo, state, government, individual, variety, private sector,,
 practice, gender, creativity, original inhabitant, indigenous, demonstration, strike,
 entrance, circuit, guarantee, dialogue , commerce, carriage, narrative, chocolate,
 satellite, decision, prototype, attitude, daily routine, personal fulfillment, activity,
 recipient, ultrasound, pedestrian safety, traffic jams, procedures, creation, prize,
 junior, senior, opportunity, driving license, process, literary, man-made, republicans,
 umbrella, frequently updated, waiting list, sewer systems, liberal democracy,
 democrats, lunar calendar, libertarian, burger, videos, nature conservation, life
 expectancy, fund-raising event, magnet, dialect, ramification, straight, farewell, welfare,
 encyclopedia, evolution, revolution, illiteracy, robot, proficiency, sufficient,

Misleading words in Cambridge IELTS tests

Cambridge 14

Traffic	Telegraph	Migration	Opera	Clouds	Cabins
Canadian	Microphone	Manager	Disturbing	Festival	Spring
Furniture	Exhibition	Knee	Clarinet	Comets	Tools
September	Wifi	Weeks	Diversity	Sky	Medical
Museum	Pool	Tennis	Physics	Instruments	Heavy
Blond	Airport	Running	Olympics	Thermometer	Marble
Industry	Clubs	Shoulder	Roses	Storm	Wine
Constant	Regional	Vitamins*	Trees	Bay	Violin
Direction	Carnival	Dances	Stage	Gates	Energy
Floor	Drummer	Survival	Speech	Fuel	Complex
Predictable	Parade				

Cambridge13

Choose	River	Holidays	Thursday	Reproduction	Museum
Private	Grandparents	College	Café	Control	Damage
Healthy	Handsworth	Location	Tongue	Duck	Side effect
Bones	Outdoor	Jeans	Plants	Cost	Bridge
Lecture	Logo	Smile	Snakes	Temporary	Confusion
Vegetarian	Bullying	Destruction	Tail*	Africa	Smartphone
Knife	Superiority	Universities	Injury	Cheese	Resources
Crow	Personality	Port	Finance	World	Appointment
Cliffs	Structural	Slaves/slavery	Math	Personal	Stamps
Speed	Absence	Sugar*	Business	Attention	Parking
BRAIN	Confidence	Night	Unnecessary	Network	Insect
FOOD	Vision	Mountain	Chocolate bar	Frequency	Safety
Behavior/behavior*	Democratic	Horse	Problem	Colour/color	Diary
Tail	Respect	Experience	Market share	Brain	Database
Permanent	Mediator	Helmet	Bike	Coffee	Band
Races	Teenager	Shops	Weekend	Leader	Scientist
Insurance*	Kitchen	Budget	Cinema	Route	Employment
Stadium	Worst	Slides	Hospital	Fountain	Social
Tuesday	Training	Culture	Issues	Cash	Lively
Classification	Nature				

Cambridge 11

Conservation	Surface	Oxygen/o2	Mammals	Consumption	Hostel
Waiter	Cycling	Cinema*	Disabled	Canal	Screen
Rubber	Curved	Curtains	Birds	Mushroom	Crying
Grass*	Scarf	Attitude	Comfortable	Analysis	Secondary
Flute	Roots	Moist	Variety	Cattle	Payment

Cambridge 10					
Theme	Tent	Castle	Flight	Dinner	Safety
Joining	Peak	Guests	Card	Gene	Stranger
Erosion	Reproduction	Methods	Expansion	Hairdresser	Lighting
Competition	Flexible	Leadership	Women	Thursday*	Achievement
Friend	Aspiration	Style	Innovation	Postbox	Glass*
Week	Fence	Guided tour	Ladder		
Cambridge 9					
October	Running	Tide	Hearing	Feeding	Noise
Nursing	Bedsit	Theatre	Mature*	Town	Shared
Workbook	Timetable	Effectively	Responsibility	Sunshade	Balcony
Missed	Note-taking	Confidence	Support	Insulation	Electricity
Concrete	Babies	Evening	Approach	interest	Group
Education	Frog	Predator	Seed		
Cambridge 8					
Drink/refreshment	Pianist	December	Car-park	Urban	Pattern
Distortion	Weather	Laboratory	Wings	Reliable	Garage
Noisy	Classical	Concert	Planned	City council	Break
Meal	Jacket	Mid-day	Reference		
Cambridge 7					
Taxi/cab	Reserve	Stress/strain	April	Intact	Northern star
Brother-in-law	Newtown	Restaurant	Confident*	Correction	Balance
Business	Kitchen	chocolate	Tennis	Afternoon	Biology lesson
Viewing shelter	Assessed	Embassy	Meat	Common	Bitterness
Mineral					
Cambridge 6					
Keep-fit	Swimming	Yoga	October	Monday	Thursday
Nursery	Annual fee	Tutor	Laptop	Printer	Individual
Leather	Restrictions	Ship	Green button	Library	Castles
Bottle tops	Undersea world	Catalog/catalogue	Checklist	Classroom	Robbery
Riverside	Engineer	Footbridge	Entertainment	Male/female	Viewpoint
Jazz	Tops	Conference	Textbook	Overdue books	Disease
Wealthy prince	Attach				
Cambridge 5					
Minibus	Pallisades	Brakes	Satisfactory	Wheel	Full-time
Nursing care	Low-risk investment	Slang	Cooperating	Persuading	Science
Platform	Pollution	Automatic	Message	Lion	Reasonable
Outline	Discussion	Handout	Written	Drop-off	Cooking
Between	Intermediate	March	Clubhouse	Picnic	Prizes
Wednesday	Sunday	Collect	Newsletter	Supervise	

Cambridge 4, 3					
Shopping	Notice board	Firewood	Craftsmen	Woodside	Ticket office
Gift shop	Workshop	Showroom	Cottage	Humid	Shady
Ground	Cathedral	Gallery	Mass media	Unaware	Illegal
Deposit	Questionnaire	Approximately	Dining room	Office staff	December
Music tapes	Speech	Balloons	Crystals	String	White
Bottom	Daughter	Homesick	Favorite/favourite	Recommend	Osteoporosis
Placement	Staff room	Deadline	Colleagues	Chinese	Technique
Overlapping/overlap	Dimension	Grey	Brown	Underside	November
Annual	Squash court	Fitness room	Weekdays	Pieces	Rabbit
Beef	Weak light	Middle	Difficult	Rewrite	Sight
Housewives	Ceiling	Vocational	Attendance	Percussion	Eskimos
Boats	Musical instrument	Despite			

Most frequently misspelled words

1. absence	33. deceive	70. interrupt	107. prevalent
2. abundance	34. definitely	71. jealousy	108. privilege
3. accidentally	35. dependent	72. jewelry	109. procedure
4. accommodate	36. depot	73. judgment	110. proceed
5. acknowledge	37. descend	74. leisure	111. prominent
6. acquaintance	38. desperate	75. length	112. pronunciation
7. aggravate	39. development	76. lenient	113. quandary
8. alibi	40. dilemma	77. liaison	114. questionnaire
9. alleged	41. discrepancy	78. lieutenant	115. receipt
10. ambiguous	42. eighth	79. lightning	116. receive
11. analysis	43. eligible	80. loophole	117. recommend
12. annual	44. embarrass	81. losing	118. reference
13. argument	45. equivalent	82. maintenance	119. referred
14. awkward	46. euphoria	83. maneuver	120. regardless
15. basically	47. existence	84. mathematics	121. relevant
16. boundary	48. exuberance	85. millennium	122. religious
17. bulletin	49. feasible	86. minuscule	123. remembrance
18. calendar	50. February	87. miscellaneous	124. reservoir
19. canceled	51. fifth	88. misspell	125. responsible
20. cannot	52. forcibly	89. negotiable	126. restaurant
21. cemetery	53. forfeit	90. ninth	127. rhythm
22. coincidence	54. formerly	91. occasionally	128. ridiculous
23. collectible	55. fourth	92. occurred	129. roommate
24. committee	56. fulfill	93. omission	130. scary
25. comparative	57. grateful	94. opportunity	131. scissors
26. completely	58. grievance	95. outrageous	132. secretary
27. condemn	59. guarantee	96. pamphlet	133. separate
28. congratulations	60. guidance	97. parallel	134. souvenir
29. conscientious	61. harass	98. perceive	135. specifically
30. consistent	62. hindrance	99. permanent	136. sufficient
31. convenient	63. ideally	100. perseverance	137. supersede
32. correspondence	64. implement	101. personnel	138. temperament
	65. independence	102. possess	139. temperature
	66. indispensable	103. potato	140. truly
	67. inoculate	104. precede	
	68. insufficient	105. preferred	
	69. interference	106. prejudice	
141- twelfth	142- ubiquitous	143- unanimous	144- usually
145 - usurp	146- vacuum	147- vengeance	148- visible
149- Wednesday	150- wherever		

Spelling and pronunciation practice

Listen carefully and write down the words in the following blanks for each unit

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |
| 21. _____ | 22. _____ |
| 23. _____ | 24. _____ |
| 25. _____ | |

Listening – Spelling and Pronunciation 1

1. Ambition 2. Ambitious 3. Achievement 4. Ambition
 5. Erosion 6. Innovation 7. Erosion 8. Achievement
 9. Innovation 10. Ambitious 11. Genre 12. Gene
 13. Theme 14. Gene 15. Theme 16. Entry
 17. Grant 18. Entry 19. Genre 20. Grant

Listening – Spelling and Pronunciation 2

1. Hearing-aid 2. Ladder 3. Walk 4. Walk
 5. Bedsit 6. Work 7. Work 8. Ladder
 9. Bedsit 10. Hearing-aid 11. Mature 12. Concrete
 13. Insulation 14. Accommodation 15. Predator 16. Concrete
 18. Mature 19. Predator 20. Accommodation 21. Insulation

Listening – Spelling and Pronunciation 3

1. Council 2. Weather 3. Surface 4. Consult
 5. Councilor/Counsellor 6. Consultant 7. Consultant 8. Consult
 9. Counsellor 10. Council 11. Weather 12. Surface
 13. Harbor 14. Mineral 15. Shark 16. Volcanic
 17. Volcano 18. Consistent 19. Consistent 20. Volcano
 21. Harbor 22. Volcanic 23. Mineral 24. Shark

Listening – Spelling and Pronunciation 4

- 1) Approximate 2) Analysis 3) Athletic 4) Assessment
 5) Athlete 6) Assessment 7) approximate 8) analysis
 9) Athletic 10) Bracelet 11) Athlete 12) Bracelet
 13) Volunteer 14) Voluntary 15) Campus 16) Attitude
 17) Campus 18) Lounge 19) Volunteer 20) Attitude
 21) Lounge 22) Voluntary

Listening – Spelling and Pronunciation 5

- 1) Checkbook 2) Colleague 3) Literate 4) Career
 5) Illiterate 6) Career 7) Checkbook 8) Colleague
 9) Carrier 10) Literate 11) Carrier 12) Illiterate
 13) Cone 14) Contemporary 15) Continent 16) Cooperative
 17) Conservation 18) Contemporary 19) Conservation 20) Cone
 21) Cooperative 22) Continent

Listening – Spelling and Pronunciation 6

- 1) Receive 2) Receipt 3) Ministry 4) Real-Estate
 5) Minister 6) Minister 7) Receipt 8) Ministry
 9) Real-Estate 10) Reception 11) Receive 12) Reception
 13) Footage 14) Species 15) Genre 16) Funding
 17) Glacier 18) Footage 19) Species 20) Genre
 21) Glacier 22) Funding

Listening – Spelling and Pronunciation 7

- 1) Hall 2) Hall 3) Ornamental 4) Whole/Hole
 5) Piracy 6) Handout 7) Ornamental 8) Piracy
 9) Whole/Hole 10) Handout 11) Scratch 12) Offshore
 13) Species 14) Scratch 15) Offshore 16) Separate
 17) Species 18) Northern 19) Assistance 20) Separate
 21) Species 22) Assistance 23) Northern

Listening – Spelling and Pronunciation 8

- 1) voucher 2) nursery 3) overdue 4) vegetarian
 5) taught 6) thought 7) nursery 8) overdue
 9) taught 10) thought 11) vegetarian 12) voucher
 13) injury 14) inherited 15) curtain 16) diagnosis
 17) discipline 18) instal(l)ment 19) injury 20) install(l)ment
 21) inherited 22) discipline 23) diagnosis 24) curtain

Listening – Spelling and Pronunciation 9

- 1) Status symbol 2) Warehouse 3) Subside 4) Priority

- 5) Written 6) Warehouse 7) Status symbol 8) Subside
 9) Priority 10) Written 11) Methodology 12) Lane
 13) Thesis 14) Submarine 15) Poisonous 16) Methodology
 17) Thesis 18) Lane 19) Submarine 20) Poisonous

Listening – Spelling and Pronunciation 10

- 1) Garage 2) Frigid 3) Newsletter 4) Uphill
 5) Embassy 6) Garage 7) Uphill 8) Newsletter
 9) Embassy 10) Frigid 11) Souvenir 12) Bilingual
 13) Seismic 14) Bilingual 15) Monolingual 16) Schedule
 17) Seismic 18) Monolingual 19) Souvenir 20) Schedule

Listening – Spelling and Pronunciation 11

- 1) Crystal 2) Transmitter 3) Antenna 4) Battery
 5) Crown 6) Antenna 7) Crystal 8) Transmitter
 9) Battery 10) Crown 11) Triangular 12) Gridlock
 13) Village 14) Guidance 15) Tutorial 16) Guidance
 17) Village 18) Gridlock 19) Triangular 20) Tutorial

Listening – Spelling and Pronunciation 12

- 1) Habitat 2) Nought = Zero 3) Nought = Zero 4) Withdraw(al)
 5) Withdraw(al) 6) Courage 7) Habitat 8) Suite
 9) Cottage 10) Suite 11) Illegal 12) Pottery
 13) Poetry 14) Dimension 15) Questionnaire 16) Poetry
 17) Dimension 18) Pottery 19) Illegal 20) Questionnaire

Listening – Spelling and Pronunciation 13

- 1) Patch 2) Submission 3) Storey 4) Hillside
 5) Gasworks 6) Patch 7) Storey 8) Hillside
 9) Gasworks 10) Submission 11) Commercial 12) Pesticide
 13) Welfare 14) Commercial 15) Clothing 16) Insecticide
 17) Crop 18) Insecticide 19) Crop 20) Welfare
 21) Clothing 22) Pesticide

Listening – Spelling and Pronunciation 14

- 1) Leather 2) Journalism 3) Olive 4) Immune
 5) Rectangular 6) Leather 7) Olive 8) Journalism
 9) Rectangular 10) Immune 11) Antique 12) Encyclopedia
 13) Anthropology 14) Cathedral 15) Encyclopedia 16) Scholarship
 17) Anthropology 18) Antique 19) Scholarship 20) Cathedral

Listening – Spelling and Pronunciation 15

- 1) Pricey 2) Tidy 3) Pricey 4) Embarrassed

5) Tension 6) Surveyor 7) Tension 8) Embarrassed
9) Tidy 10) Surveyor 11) Occasion 12) Vocation
13) Continent 14) Vocation 15) Crisis 16) Vacation
17) Route 18) Crisis 19) Route 20) Continent

Section 1

Personal information:

Name:

❖ Sound clusters :

Sound clusters: R/A M/N I/E A/E O/E G/J B/D/P/V

Rasa Rezania

Lavender

Blumengasse

Library

Birthday:

1 st	21 st	➔	21 st <i>of</i> July	December 21 st
2 nd	22 nd		21 July	
3 rd	23 rd		July 21	
4 th	24 th			
5 th	25 th			

Address:

-- Number --, --Name of street (spell)--, --Name of city /country--

Postcode:

2 LETTERS + 2/3 NUMBERS+ 2 LETTERS ➔ RA 245 ST

▪ **Occupation:**

- | | |
|--------------------------|---------------|
| ▪ accountant | engineer |
| ▪ actor | electrician |
| ▪ actress | editor |
| ▪ air traffic controller | economist |
| ▪ artist | architect |
| ▪ bartender | banker |
| ▪ bookkeeper | barber |
| ▪ builder | businessman |
| ▪ businessperson | businesswoman |
| ▪ carpenter | butcher |
| ▪ chef | cashier |
| ▪ dental hygienist | coach |
| ▪ designer | dentist |
| ▪ dietician | developer |
| ▪ doctor | |

Education:

Accounting and Finance

Aeronautical and Manufacturing Engineering

Agriculture and Forestry

Anatomy and Physiology

Anthropology

Archaeology

Architecture

Art and Design

Biological Sciences

Building

Business and Management Studies

Chemical Engineering

Chemistry

Civil Engineering

Classics and Ancient History

Communication and Media Studies

Complementary Medicine

Computer Science

Counselling
Creative Writing
Criminology
Dentistry
Drama Dance and Cinematics
Economics
Education
Electrical and Electronic Engineering
English
Fashion
Film Making
Food Science
Forensic Science
General Engineering
Geography and Environmental Sciences
Geology
Health And Social Care
History
History of Art Architecture and Design
Hospitality Leisure Recreation and Tourism
Information Technology
Land and Property Management
Law
Linguistics
Marketing
Materials Technology
Mathematics
Mechanical Engineering
Medical Technology
Medicine
Music
Nursing
Occupational Therapy
Pharmacology and Pharmacy
Philosophy
Physics and Astronomy
Physiotherapy
Politics
Psychology
Robotics
Social Policy
Social Work
Sociology
Sports Science
Veterinary Medicine
Youth Work

Nationalities and languages:

- - United Kingdom – British – English
- Scotland – Scottish – English / Gaelic
- Northern Ireland – Irish – English
- Wales – Welsh – English
- Denmark – Danish – Danish
- Finland – Finnish – Finnish
- Norway – Norwegian – Norwegian
- Sweden – Swedish – Swedish
- Switzerland – Swiss – German / French / Italian
- Estonia – Estonian – Estonian
- Latvia – Latvian – Latvian
- Lithuania – Lithuanian – Lithuanian
- Austria – Austrian – Austrian
- Belgium – Belgian – French / Flemish
- France – French – French
- Germany – German – German
- Italy – Italian – Italian
- Netherlands – Dutch – Dutch
- United States – American – English
- Canada – Canadian – English / French
- Mexico – Mexican – Spanish
- Ukraine – Ukrainian – Ukrainian
- Russia – Russian – Russian
- Belarus – Belarusian – Belarusian
- Poland – Polish – Polish
- Czech Republic – Czech – Czech
- Slovakia – Slovak / Slovakian – Slovakian
- Hungary – Hungarian – Hungarian
- Romania – Romanian – Romanian
- Bulgaria – Bulgarian – Bulgarian
- Greece – Greek – Greek
- Spain – Spanish – Spanish

SECTION 1 Questions 1–10

Complete the notes below.

Write **ONE WORD AND/OR A NUMBER** for each answer.

Transport Survey

Example

Travelled to town today: by bus

Name: Luisa 1

Address: 2 White Stone Rd

Area: Bradfield

Postcode: 3

Occupation: 4

Reason for visit to town: to go to the 5

Suggestions for improvement:

- better 6
- have more footpaths
- more frequent 7

Things that would encourage cycling to work:

- having 8 parking places for bicycles
- being able to use a 9 at work
- the opportunity to have cycling 10 on busy roads

SECTION 1 Questions 1–10

Questions 1–6

Complete the notes below.

Write **ONE WORD** for each answer.

SELF-DRIVE TOURS IN THE USA	
<i>Example</i>	
Name:	Andrea Brown
Address:	24 1 Road
Postcode:	BH5 2OP
Phone:	(mobile) 077 8664 3091
Heard about company from:	2
Possible self-drive tours	
Trip One:	
<ul style="list-style-type: none"> • Los Angeles: customer wants to visit some 3 parks with her children • Yosemite Park: customer wants to stay in a lodge, not a 4 	
Trip Two:	
<ul style="list-style-type: none"> • Customer wants to see the 5 on the way to Cambria • At Santa Monica: not interested in shopping • At San Diego, wants to spend time on the 6 	

Questions 7–10

Complete the table below.

Write **ONE WORD AND/OR A NUMBER** for each answer.

	Number of days	Total distance	Price (per person)	Includes
Trip One	12 days	7 km	£525	<ul style="list-style-type: none"> • accommodation • car • one 8
Trip Two	9 days	980 km	9 £	<ul style="list-style-type: none"> • accommodation • car • 10

SECTION 1 Questions 1–10

Complete the notes below.

Write **ONE WORD AND/OR A NUMBER** for each answer.

Events during Kenton Festival

Example

Start date: 16th May

Opening ceremony (first day)

- In town centre, starting at 1
The mayor will make a speech
A 2 will perform
Performance of a 3 about Helen Tungate (a 4)
Evening fireworks display situated across the 5

Other events

- Videos about relationships that children have with their 6
Venue: 7 House
- Performance of 8 dances
Venue: the 9 market in the town centre
Time: 2 and 5 pm every day except 1st day of festival
- Several professional concerts and one by children
Venue: library
Time: 6.30 pm on the 18th

Tickets available online from festival box office and from shops which have the festival 10 in their windows

SECTION 1 Questions 1–10

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

PUBLIC LIBRARY

Example

The library re-opened last month

The library now has

- a seating area with magazines
- an expanded section for books on 1
- a new section on local 2
- a community room for meetings (also possible to 3 there)
- a new section of books for 4

For younger children

- the next Science Club meeting: experiments using things from your 5
- Reading Challenge: read six books during the holidays

For adults

- this Friday: a local author talks about a novel based on a real 6
- IT support is available on Tuesdays – no 7 is necessary
- free check of blood 8 and cholesterol levels (over 60s only)

Other information

- the library shop sells wall-charts, cards and 9
- evenings and weekends: free 10 is available

SECTION 1 Questions 1–10

Complete the notes below.

Write **ONE WORD AND/OR A NUMBER** for each answer.

Cycle tour leader: Applicant enquiry

Example

Name: Margaret Smith

About the applicant:

- wants a **1** job
- will soon start work as a **2**
- has led cycle trips in **3**
- interested in being a leader of a cycling trip for families
- is currently doing voluntary work with members of a **4** club
- available for five months from the 1st of **5**
- can't eat **6**

Contact details:

- address: 27 **7** Place, Dumfries
- postcode: **8**

Interview:

- interview at 2.30 pm on **9**
- will plan a short **10** about being a tour guide

SECTION 1 Questions 1–10

Complete the notes below.

Write **ONE WORD AND/OR A NUMBER** for each answer.

FAMILY EXCURSIONS

Cruise on a lake

Example

- Travel on an old *steamship*

- Can take photos of the **1** that surround the lake

Farm visit

- Children can help feed the sheep
- Visit can include a 40-minute ride on a **2**
- Visitors can walk in the farm's **3** by the lake
- **4** is available at extra cost

Cycling trips

- Cyclists explore the Back Road
- A **5** is provided
- Only suitable for cyclists who have some **6**
 - Bikes can be hired from **7** (near the Cruise Ship Terminal)

- Cyclists need:
 - a repair kit
 - food and drink
 - a **8** (can be hired)
- There are no **9** or accommodation in the area

Cost

- Total cost for whole family of cruise and farm visit: **10** \$

SECTION 1 Questions 1–10

Questions 1–6

Choose the correct letter, **A**, **B** or **C**.

Free activities in the Burnham area

Example

The caller wants to find out about events on

- A** 27 June.
- B** 28 June.
- (C)** 29 June.

- | | |
|---|--|
| <p>1 The 'Family Welcome' event in the art gallery begins at</p> <ul style="list-style-type: none"> A 10 am. B 10.30 am. C 2 pm. | <p>4 Where will the 4 pm concert of Latin American music take place?</p> <ul style="list-style-type: none"> A in a museum B in a theatre C in a library |
| <p>2 The film that is now shown in the 'Family Welcome' event is about</p> <ul style="list-style-type: none"> A sculpture. B painting. C ceramics. | <p>5 The boat race begins at</p> <ul style="list-style-type: none"> A Summer Pool. B Charlesworth Bridge. C Offord Marina. |
| <p>3 When do most of the free concerts take place?</p> <ul style="list-style-type: none"> A in the morning B at lunchtime C in the evening | <p>6 One of the boat race teams</p> <ul style="list-style-type: none"> A won a regional competition earlier this year. B has represented the region in a national competition. C has won several regional competitions. |

Questions 7–10

Complete the sentences below.

Write **ONE WORD ONLY** for each answer.

Paxton Nature Reserve

- 7** Paxton is a good place for seeing rare all year round.
- 8** This is a particularly good time for seeing certain unusual
- 9** Visitors will be able to learn about and then collect some.
- 10** Part of the has been made suitable for swimming.

Section 2

Common Problems

1. Not being aware of the vocabulary and functional language used to describe locations and directions. See our useful language section below.
2. Too much information. This question requires you to not only listen, but to also follow a description or directions, understand the map or diagram and write short notes, all at the same time.
3. Spelling. A common problem in all IELTS listening questions, but particularly in this type of question because you have to do so many things at the same time.
- 4.** Visualization. This refers to your ability to form mental visual images. You will be sitting in an exam room and the person talking will be describing a plan you have never seen before. Unless you can imagine what it looks like it is very difficult to answer these questions.

Useful Language

Below is a selection of vocabulary and phrases you should be aware of before doing the listening test:

- at the top/at the bottom
- on the left/on the right/on the far side
- North/South/East/West
- to the north/to the west
- slightly west of
- in the southwest/in the northeast
- in the middle of/in the centre of
- above/below
- inside/outside
- opposite/in front of
- left hand side/right hand side
- clockwise/anticlockwise
- a little beyond
- just past
- before you get to
- adjoining
- enter via
- runs alongside

If you don't understand any of these, please look them up and practice using them.

Listening Strategy

1. Read the question carefully. Understand the map or plan and its features.
2. Ask yourself where things are in relation to the questions. This should help you predict the answers and follow the talk.
3. Think about where the person might begin their talk from. What is to their right and left? What is in front of and behind them?
4. Look at the major parts of the map or plan to help you understand and navigate your way around.
5. Predict what type of words might be the answer i.e. will it be a place, room, street, building etc.
6. Listen to the beginning of the talk carefully because this will help you understand the context and help you follow the talk more easily.
7. Visualize the place they are describing whilst the person is talking. Note down any possible answers, but be careful with distractors e.g. ‘this **was** the library but we decided to **move it** down to the end of the corridor’.
8. Use signposting language like ‘The next room we are about to see is...’, or ‘If you now follow me to....’, to help you understand each stage of the talk.
9. Make short notes on the question paper and then transfer your answers at the end using correct spelling.

Giving direction on a map



F: in/at/on the corner of the car park

I: next to the entrance that leads to the car park

G: opposite the new barn / across from the new barn / on the other side of the road from the new barn



H: turn right on the side path

and the building is on the first turn/bend

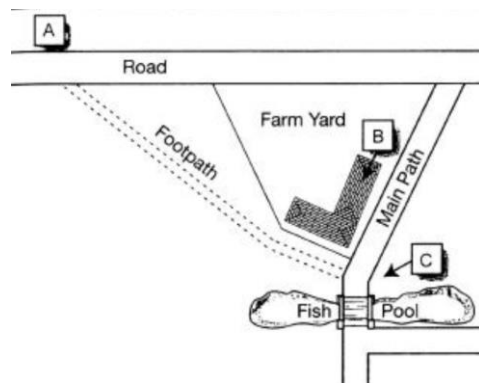
E: the building is on the near side of the building on the first turn on your right

D: the building is on the far side of the building on the first turn on your right

C: Go straight ahead on the main path and as you cross/ go beyond/ pass over/ pass the bridge it is immediately on your right.

B: As you cross the bridge, as we are looking at the plan it is in the L-shaped farm yard.

A: As you go beyond the fish pool, the footpath to the left takes you/ goes/ leads/ends to the building





E: Behind / at the back of the education center



A: The winding footpath takes you to the building

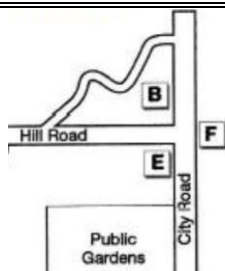


lower lake

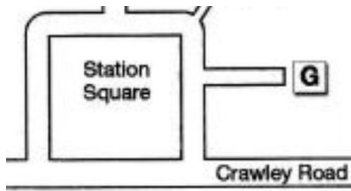
C: It is on that side of the bridge to the north of the

D: It is on that side of the bridge on the far west of the area

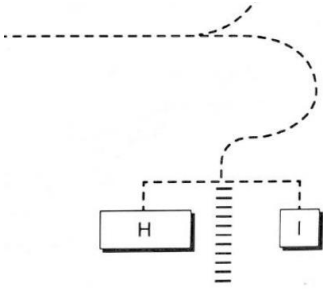
E: on this side of the bridge



E: It is on the other side of the road from the public gardens immediately facing the **junction/intersection** with the Hill road



G: The building is the end of the little road that **branches off/ turns off/ leads off** the station square; the road ends at the building it does not go anywhere.



I: At the end of the footpath, you see two buildings divided by a bamboo fence and the building is on **your left**

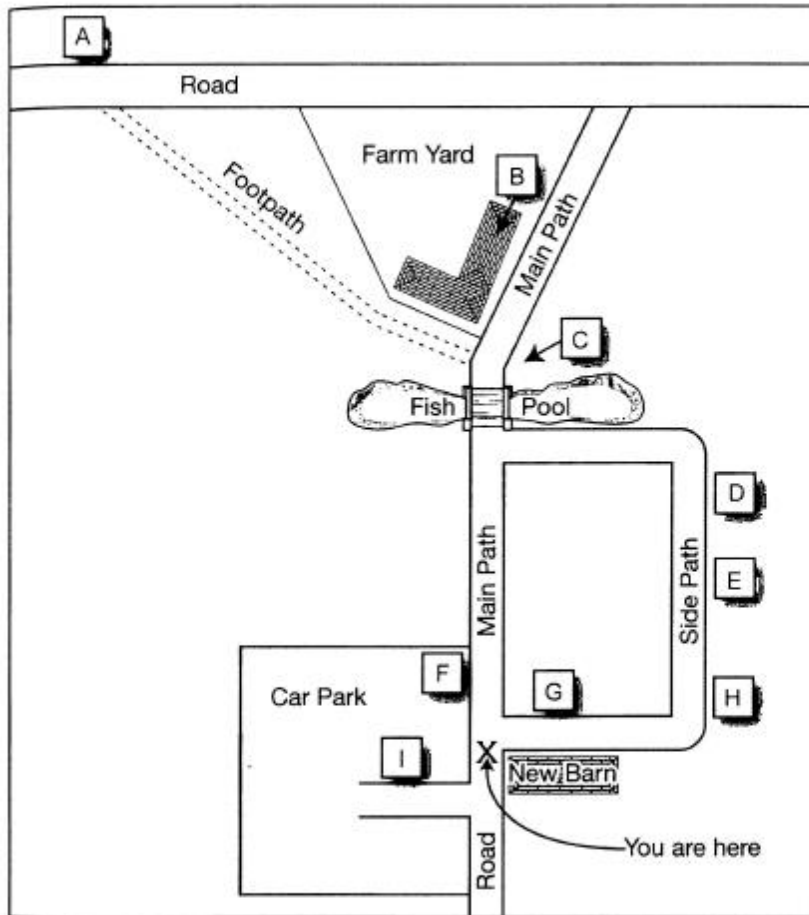
I: At the end of the footpath, you see two buildings divided by a bamboo fence, and **as we are looking at the plan** it is the building on the right of the fence

Map questions

Questions 15–20

Label the map below.

Write the correct letter A–I, next to Questions 15–20.



- | | |
|--------------------|------------------------------|
| 15 Scarecrow | 18 Black Barn |
| 16 Maze | 19 Covered picnic area |
| 17 Café | 20 Fiddy House |

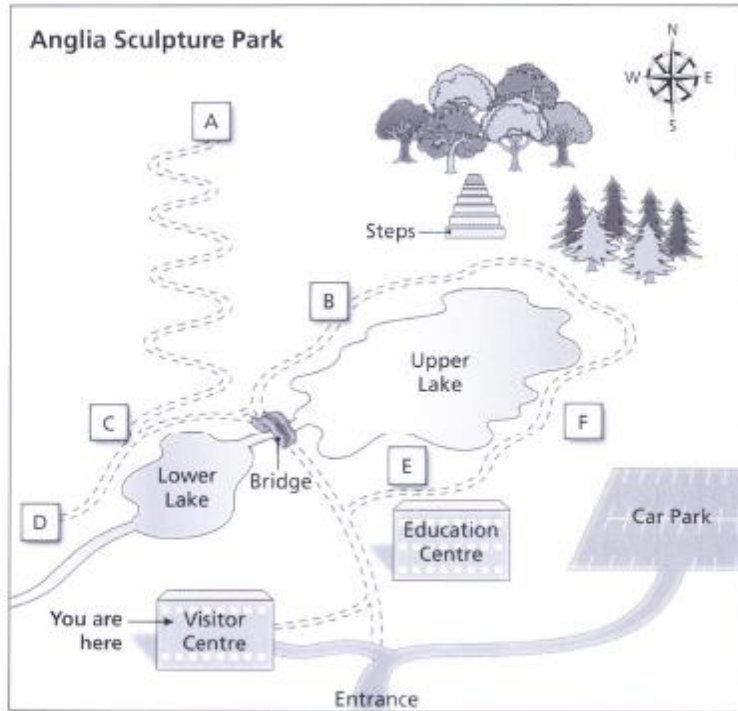
This type of question could appear in any of the four listening sections but it is most likely to appear in section 2. In section 2 you will listen to just one person talking about a non-academic topic. It is often someone giving information to an audience about an event or showing them around a building, such as a university or hotel. This section is a little more difficult than section 1.

Labeling a Map or Plan

Questions 17–20

Label the map below.

Write the correct letter, **A–F**, next to Questions 17–20.



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- 17 Joe Tremain sculptures
- 18 Giorgio Catalucci bird sculptures
- 19 Garden Gallery
- 20 Long House

This type of question requires you to identify the different parts of the map or plan by listening to and understanding a description or following directions. You will therefore be listening to a person describing a map or plan or to someone showing a group of people around and you have to follow their directions.

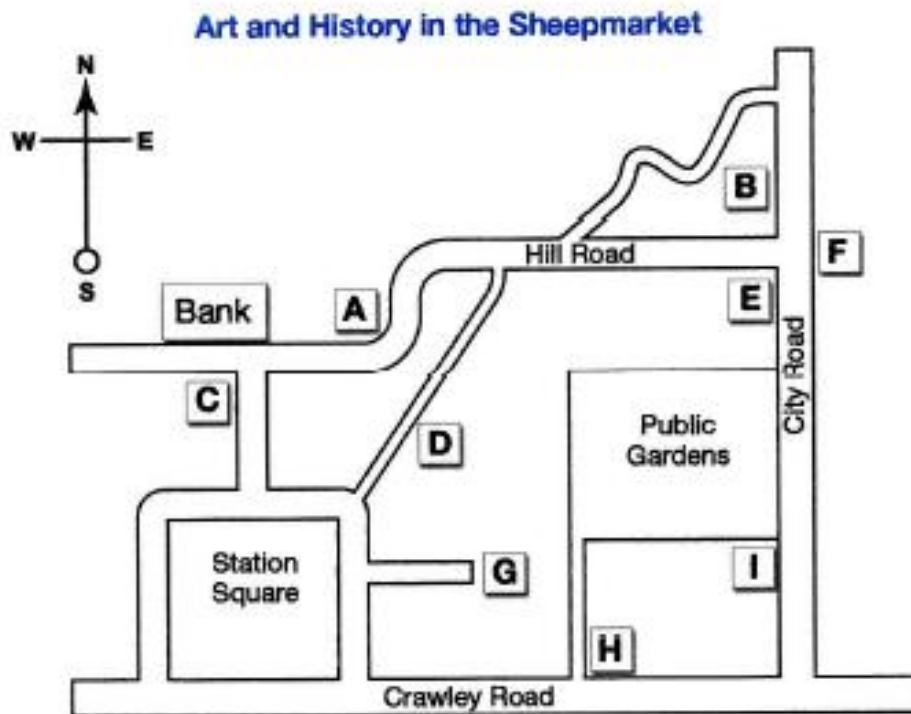
You might be given a list of possible answers, like above, or not and in this case you will have to select the answer from the recording itself.

The information you need to answer the questions is in the same order as on the recording.

Questions 15–20

Label the map below.

Write the correct letter, **A–I**, next to Questions 15–20.



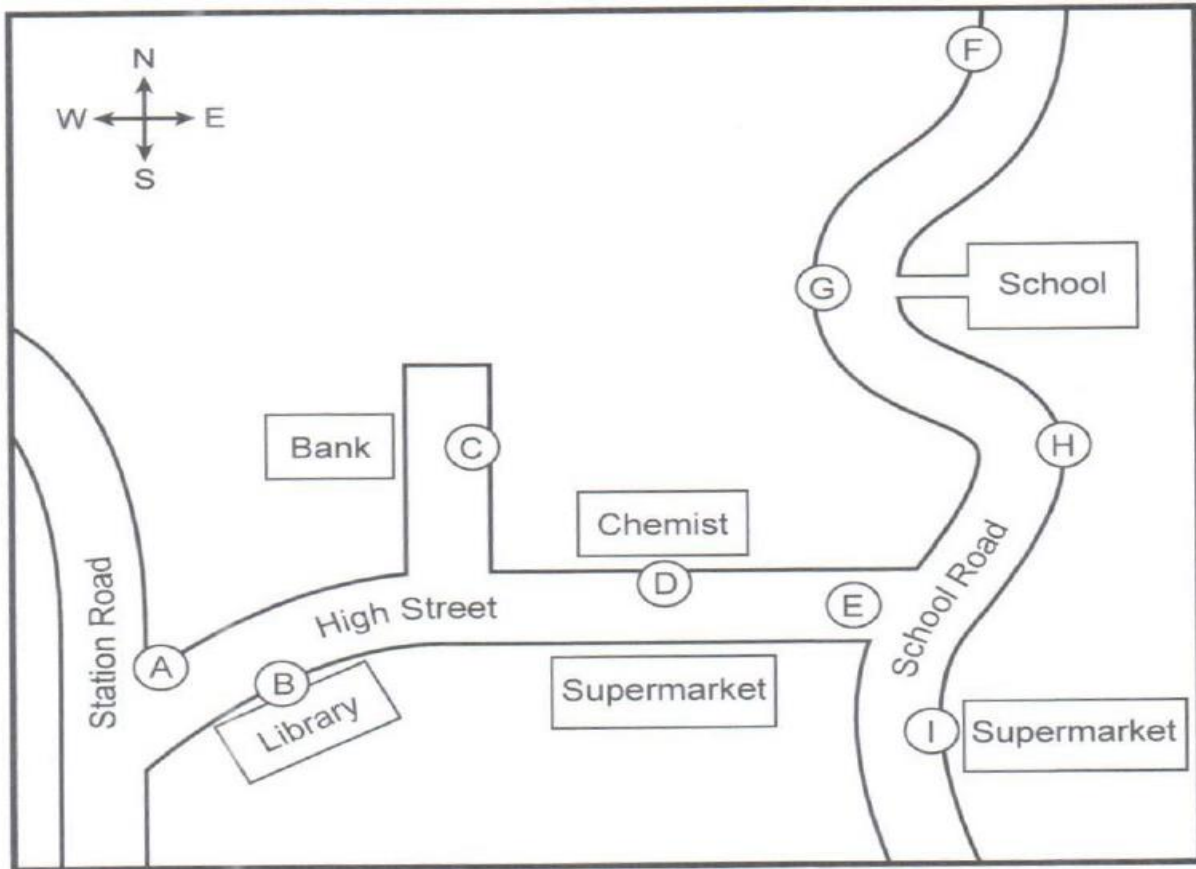
- | | | |
|-----------|------------------------------|-------|
| 15 | The Reynolds House | |
| 16 | The Thumb | |
| 17 | The Museum | |
| 18 | The Contemporary Art Gallery | |
| 19 | The Warner Gallery | |
| 20 | Nucleus | |

Questions 14–20

Label the map below.

Write the correct letter, **A–I**, next to Questions 14–20.

Proposed traffic changes in Granford



- | | | |
|----|--------------------------------------|-------|
| 14 | New traffic lights | |
| 15 | Pedestrian crossing | |
| 16 | Parking allowed | |
| 17 | New 'No Parking' sign | |
| 18 | New disabled parking spaces | |
| 19 | Widened pavement | |
| 20 | Lorry loading/unloading restrictions | |

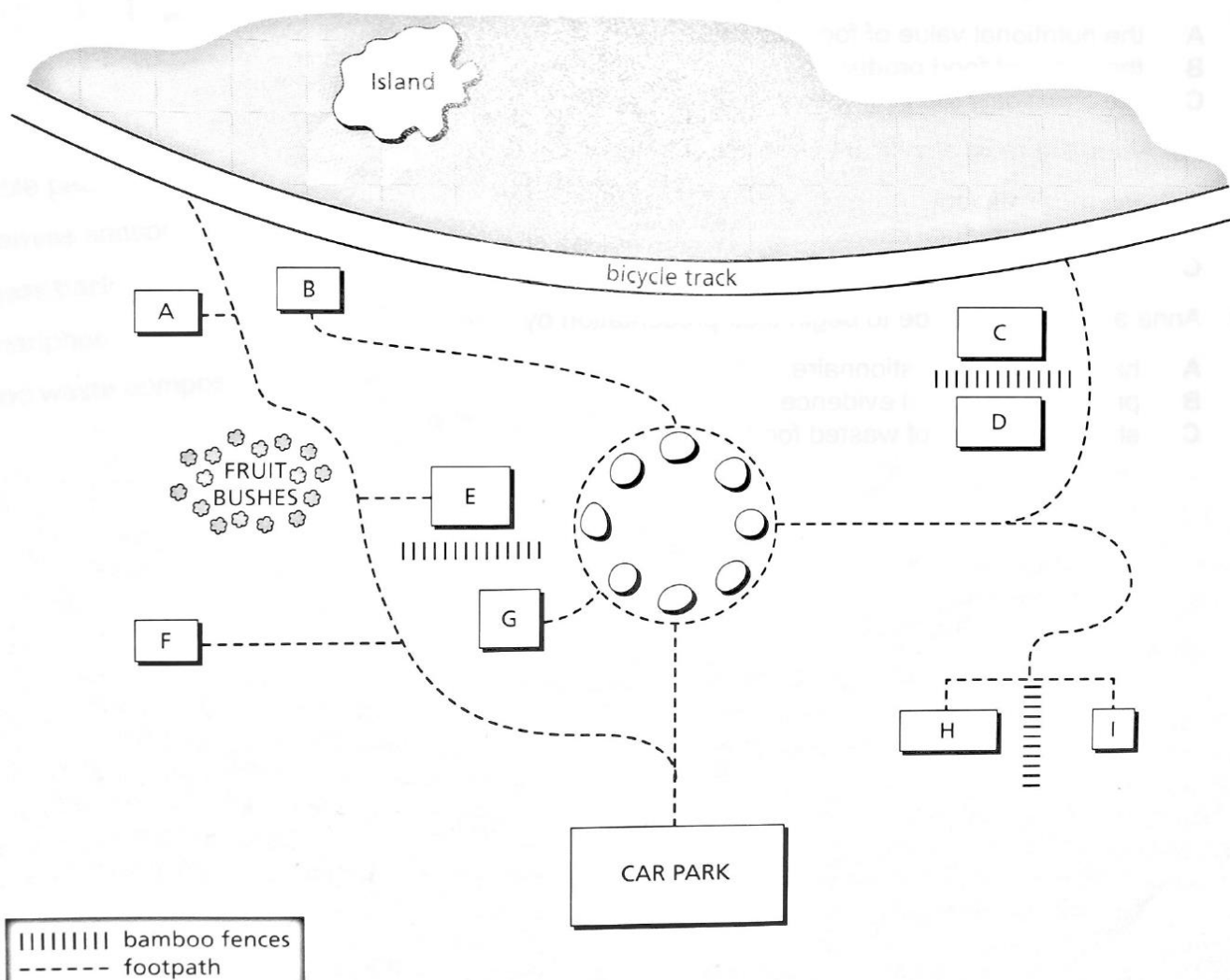
Questions 15–20

Label the plan below.

Write the correct letter, **A–I**, next to Questions 15–20.

- 15 Vegetable beds
- 16 Bee hives
- 17 Seating
- 18 Adventure playground
- 19 Sand area
- 20 Pond

Hadley Park Community Gardens Project



Section 3

Multiple-choice questions` strategies and techniques

1. **Understanding the determiner:** each question contains one word that can determine the correct answer. Pay attention that this word is different from the keyword.

Example:

- 12 What is unusual about Brackenside pool?
- A its architectural style
 - B its heating system
 - C its method of water treatment





In this question, the word “**unusual**” is the determiner. While all the three given choices can be true about the Brackenside pool as the keyword, only one could be unusual and as a result the answer.

NB: If the determiner is repeated exactly, this could be a trap!!!

2. **Grammar:** in order to reject a choice, it could be written in an unreal grammatical structure

Example:

- 12 What is unusual about Brackenside pool?
- A its architectural style
 - B its heating system
 - C its method of water treatment

- I wish an unusual architectural style had been designed for the new pool. 
- The architectural style could have been unusual. 
- You would suppose the architectural style is unusual. 
- If the architectural style had been unusual, it would help to attract more people. 

3. **Agreement / disagreement:** in case of a conversation, pay attention to the response given by the second speaker as they agree or disagree on the proposed choice.


Example:

12 What is unusual about Brackenside pool?

- A its architectural style
- B its heating system
- C its method of water treatment

Speaker A: I heard the new pool is more attractive because of its unusual style, is that right?

Speaker B: well actually..../ ummmmm...../ in fact...../ → disagreement → 

Speaker B: yes definitely.../ that is the idea/ absolutely .../ → agreement → 

4. **Negation:** sometimes one of the choices given is repeated by the speakers entirely or partially paraphrased, but the verb of the sentence is negative, making the choice wrong.

Example:

12 What is unusual about Brackenside pool?

- A its architectural style
- B its heating system
- C its method of water treatment

Speaker A: I heard the heating system **isn't** really unusual. → the word "**isn't**" would be pronounced as **isn** (T deletion) and the only way to realize this is by paying attention to the intonation of the speaker.

5. **Golden words:** the linking words used between two choices can be a good guide to find the answer.

5.a: If contrast-makers such as but, although, however, while... are used it means that if the first choice is the answer the second one is false and reverse.

Choice A  **But** Choice B 

Although Choice A , Choice B 

5.b: If addition linking expressions are used, both choices are either false (3-choice questions) or true (5-choice questions)

Choice A  **And** Choice B 


6. **Paraphrase:** In multiple-choice questions, if the given choice is repeated exactly by the speakers, it is less likely to be the answer. In contrast, when a choice is completely paraphrased, it is more likely to be the answer.

Example:

12 What is unusual about Brackenside pool?

- A its architectural style
- B its heating system
- C its method of water treatment

Speaker A: the heating system used in this new pool is quite commonplace in the world. 

But, the way water is recycled now is one of a kind all around the globe. 

7. **Comparison:** sometimes in multiple choice questions one of the options is eliminated by comparing it with another option, normally the correct one

12 What is unusual about Brackenside pool?

- A its architectural style
- B its heating system
- C its method of water treatment

Speaker A: The way water is recycled at this pool is one of a kind in the world and is more unusual than its architectural style.

8. Elimination technique: in this technique which is mostly used for the questions with very long choices you can eliminate the longest choice as preference. Then, you have to determine which of the either choices remaining could be the answer. If either of the remaining choices are correct, you choose them as your final choice; otherwise the eliminated choice would be correct.

12 What is unusual about Brackenside pool?

- A its architectural style
- B its heating system
- C its method of water treatment

SECTION 2 Questions 11–20

Questions 11–14

Choose the correct letter, **A**, **B** or **C**.

New city developments

- 11** The idea for the two new developments in the city came from
- A** local people.
 - B** the City Council.
 - C** the SWRDC.
- 12** What is unusual about Brackenside pool?
- A** its architectural style
 - B** its heating system
 - C** its method of water treatment
- 13** Local newspapers have raised worries about
- A** the late opening date.
 - B** the cost of the project.
 - C** the size of the facilities.
- 14** What decision has not yet been made about the pool?
- A** whose statue will be at the door
 - B** the exact opening times
 - C** who will open it

Questions 15–20

Which feature is related to each of the following areas of the world represented in the playground?

Choose **SIX** answers from the box and write the correct letter, **A–I**, next to questions 15–20.

Features

- A** ancient forts
- B** waterways
- C** ice and snow
- D** jewels
- E** local animals
- F** mountains
- G** music and film
- H** space travel
- I** volcanoes

Areas of the world

- 15** Asia
- 16** Antarctica
- 17** South America
- 18** North America
- 19** Europe
- 20** Africa

SECTION 3 Questions 21–30

Questions 21 and 22

Choose **TWO** letters, **A–E**.

Which **TWO** hobbies was Thor Heyerdahl very interested in as a youth?

- A** camping
- B** climbing
- C** collecting
- D** hunting
- E** reading

Questions 23 and 24

Choose **TWO** letters, **A–E**.

Which do the speakers say are the **TWO** reasons why Heyerdahl went to live on an island?

- A** to examine ancient carvings
- B** to experience an isolated place
- C** to formulate a new theory
- D** to learn survival skills
- E** to study the impact of an extreme environment

Questions 25–30

Choose the correct letter, **A**, **B** or **C**.

The later life of Thor Heyerdahl

- 25** According to Victor and Olivia, academics thought that Polynesian migration from the east was impossible due to
- A** the fact that Eastern countries were far away.
 - B** the lack of materials for boat building.
 - C** the direction of the winds and currents.
- 26** Which do the speakers agree was the main reason for Heyerdahl's raft journey?
- A** to overcome a research setback
 - B** to demonstrate a personal quality
 - C** to test a new theory
- 27** What was most important to Heyerdahl about his raft journey?
- A** the fact that he was the first person to do it
 - B** the speed of crossing the Pacific
 - C** the use of authentic construction methods
- 28** Why did Heyerdahl go to Easter Island?
- A** to build a stone statue
 - B** to sail a reed boat
 - C** to learn the local language
- 29** In Olivia's opinion, Heyerdahl's greatest influence was on
- A** theories about Polynesian origins.
 - B** the development of archaeological methodology.
 - C** establishing archaeology as an academic subject.
- 30** Which criticism do the speakers make of William Oliver's textbook?
- A** Its style is out of date.
 - B** Its content is over-simplified.
 - C** Its methodology is flawed.

SECTION 3 Questions 21–30**Questions 21–25**

Choose the correct letter, **A**, **B** or **C**.

Scandinavian Studies

- 21** James chose to take Scandinavian Studies because when he was a child
- A** he was often taken to Denmark.
 - B** his mother spoke to him in Danish.
 - C** a number of Danish people visited his family.
- 22** When he graduates, James would like to
- A** take a postgraduate course.
 - B** work in the media.
 - C** become a translator.
- 23** Which course will end this term?
- A** Swedish cinema
 - B** Danish television programmes
 - C** Scandinavian literature
- 24** They agree that James's literature paper this term will be on
- A** 19th century playwrights.
 - B** the Icelandic sagas.
 - C** modern Scandinavian novels.
- 25** Beth recommends that James's paper should be
- A** a historical overview of the genre.
 - B** an in-depth analysis of a single writer.
 - C** a study of the social background to the literature.

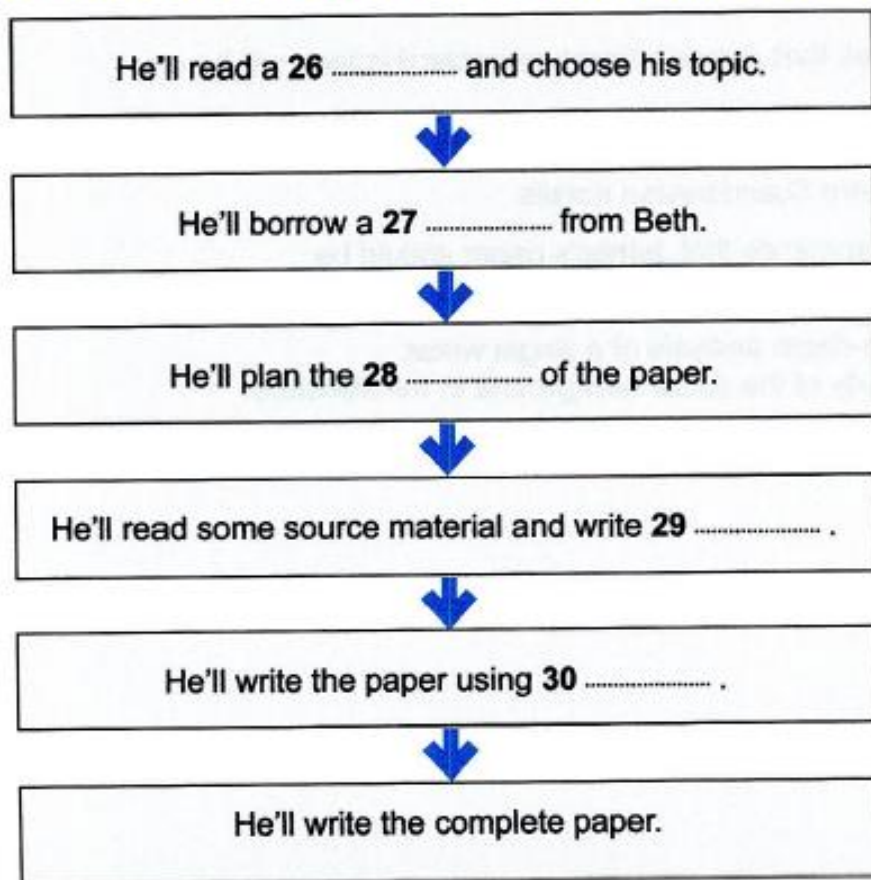
Questions 26–30

Complete the flow-chart below.

Choose **FIVE** answers from the box and write the correct letter, **A–G**, next to Questions 26–30.

- | | |
|----------|---------------|
| A | bullet points |
| B | film |
| C | notes |
| D | structure |
| E | student paper |
| F | textbook |
| G | documentary |

How James will write his paper on the Vikings



SECTION 3 Questions 21–30

Questions 21–24

Complete the table below.

Write **ONE WORD ONLY** for each answer.

Presentation on film adaptations of Shakespeare's plays

Stages of presentation	Work still to be done
Introduce Giannetti's book containing a 21 of adaptations	Organise notes
Ask class to suggest the 22 adaptations	No further work needed
Present Rachel Malchow's ideas	Prepare some 23
Discuss relationship between adaptations and 24 at the time of making the film	No further work needed

Questions 25–30

What do the speakers say about each of the following films?

Choose **SIX** answers from the box and write the correct letter, **A–G**, next to questions 25–30.

Comments

- A** clearly shows the historical period
- B** contains only parts of the play
- C** is too similar to another kind of film
- D** turned out to be unpopular with audiences
- E** presents the play in a different period from the original
- F** sets the original in a different country
- G** incorporates a variety of art forms

Films

- 25** *Ran*
- 26** *Much Ado About Nothing*
- 27** *Romeo & Juliet*
- 28** *Hamlet*
- 29** *Prospero's Books*
- 30** *Looking for Richard*

SECTION 3 Questions 21–30

Questions 21 and 22

Choose **TWO** letters, **A–E**.

Which **TWO** skills did Laura improve as a result of her work placement?

- A** communication
- B** design
- C** IT
- D** marketing
- E** organisation

Questions 23 and 24

Choose **TWO** letters, **A–E**.

Which **TWO** immediate benefits did the company get from Laura's work placement?

- A** updates for its software
- B** cost savings
- C** an improved image
- D** new clients
- E** a growth in sales

Questions 25–30

What source of information should Tim use at each of the following stages of the work placement?

Choose **SIX** answers from the box and write the correct letter, **A–G**, next to questions 25–30.

Sources of information

- A** company manager
- B** company's personnel department
- C** personal tutor
- D** psychology department
- E** mentor
- F** university careers officer
- G** internet

Stages of the work placement procedure

- 25** obtaining booklet
- 26** discussing options
- 27** getting updates
- 28** responding to invitation for interview
- 29** informing about outcome of interview
- 30** requesting a reference

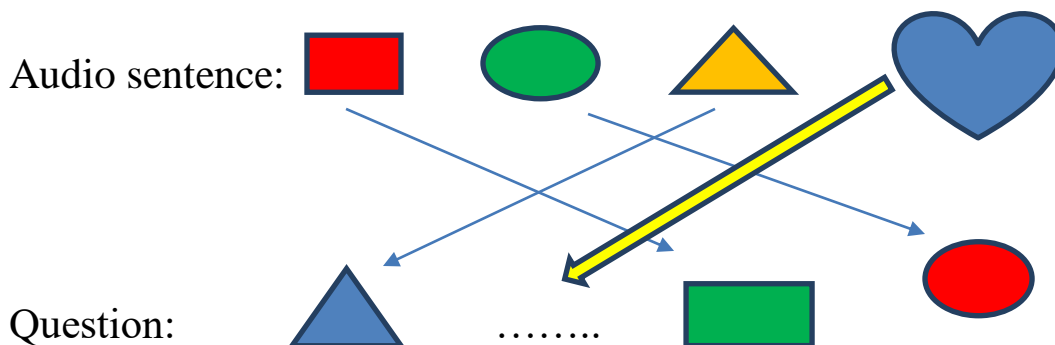
Section 4

Sentence completion questions

1. Note-taking

- A-** Parts of speech (most keywords are Noun and Adjective).
- B-** Keywords are pronounced louder and are stressed.
- C-** Keywords mostly appear in the latter half of the sentence, particularly at the end.
- D-** The main concept of the sentence revolves around that one keyword.

2. Tracking: This strategy requires paraphrase analysis competency. By matching the paraphrase of the words from the audio with the sentence given it would be very simple to find the missing word which is the answer.



3. Guessing:

A: Guess the parts of speech of the blank (N & ADJ)

B: focus on the prepositions before and after the blank

C: the main concept of the sentence can help you guess the answer

D: paying attention collocations can help a lot to make a better guess

❖ **Guessing:**

In the sentence completion questions, based on the structure of the sentence, you can guess the parts of speech of the word required in the blank.

- have made people realize that the noise is a **32** issue that must be dealt with

In this example, the word in the blank has to be an adjective which according to the article “A” before the blank starts with a consonant sound.

Spirit bear

General facts:

-
-
-
-

Habitat:

-
-
-
-

Threats:

-
-
-

Going forward:

-
-

Paraphrase analysis

SECTION 4 Questions 31–40

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

The effects of environmental change on birds

Mercury (Hg)

- Highly toxic
- Released into the atmosphere from coal
- In water it may be consumed by fish
- It has also recently been found to affect birds which feed on **31**



Research on effects of mercury on birds

- Claire Varian-Ramos is investigating:
 - the effects on birds' **32** or mental processes, e.g. memory
 - the effects on bird song (usually learned from a bird's **33**)
- Findings:
 - songs learned by birds exposed to mercury are less **34**
 - this may have a negative effect on birds' **35**
- Lab-based studies:
 - allow more **36** for the experimenter

Implications for humans

- Migrating birds such as **37** containing mercury may be eaten by humans
- Mercury also causes problems in learning **38**
- Mercury in a mother's body from **39** may affect the unborn child
- New regulations for mercury emissions will affect everyone's energy **40**

	Audio sentence	<u>Paraphrase</u>
<u>1</u>	Rivers and lakes	Water
<u>2</u>	Ingested	Consumed
<u>3</u>	It has been known for some time that those who eat insects can also be affected	It has also recently been found to affect birds which feed on <u>insects</u> (test 31)
<u>4</u>	These may be to do with the behavior of the birds	The effects on birds <u>behavior</u> (test 32)
<u>5</u>	The way their brain works	Mental processes
<u>6</u>	A young bird seems to acquire this skill(singing) by listening to the songs produced by its father	Usually learned from a bird`s <u>father</u> (test33)
<u>7</u>	If they eat food contaminated with mercury then the songs they produce are not as complex as the songs produced by other birds	Songs produced by birds exposed to mercury are less <u>complex</u> (test 34)
<u>8</u>	It can affect their chances of reproduction	This may have a negative effect on bird`s <u>reproduction</u> (test 35)
<u>9</u>	The experimenter has a much higher level of control	Allow more <u>control</u> for the experimenter (test 36)
<u>10</u>	For example ducks who had been feeding at a contaminated sites were later shot by hunters over a thousand kilometers away and presumably eaten	Migrating birds such as <u>ducks</u> containing mercury may be eaten by humans (test 37)
<u>11</u>	We also know that in humans mercury causes developmental delays in acquisition of language	Mercury also causes problems in learning <u>language</u> (test 38)
<u>12</u>	It is now known that an unborn child can be affected if the food eaten by its mother contains high levels of mercury	Mercury in mothers body from <u>food</u> may affect the unborn child (test 39)
<u>13</u>	It is true that there are regulations for mercury emissions from power plants, but these will need billions of dollars to implement, and will increase cost for everyone.	New regulations for mercury emissions will affect everyone`s energy <u>cost</u> (Test 40)

Listen to the following lecture and write down the original phrase for the paraphrased words which appear in highlight in the audio script:

Section 4 (paraphrase analysis)

This lecture will be about the science of acoustics, **to learn more about** sound, **in terms of** **civic** environments such as cities. As an acoustic engineer myself, I think this is an area where we are likely to see **big alternations**. In the past, researching urban soundscapes was simple. **Sound levels were measured in decibels**, so I used to take my sound meter and I measured the noise somewhere, and then I might ask a sample of people to say at what level the sound become **irritating**.

With **information** like this, acoustic engineers have been able to build up what we call noise maps, maps of the sound environment. But actually these are not a lot of use. What they do **reveal** is that the highest noise levels are generally on roads-well, **which is not a new phenomenon**. But there is quite a lot going on that these map don't show, because they can't capture the **complicated** way that sound changes over time. So they **neglect** important issues such as the noise someone might hear from the open windows or gardens of their neighbors, and this sort of noise can be quite **noticeable** in summer. **There is no databases** on this sort of information. As well as that, these records of sound levels take no account of the fact that people vary in their **understanding** of noise- so someone like me with years of working in acoustics might be very different from you in that regard.

But anyway, even though these noise maps are fairly **approximate**, they've been useful in providing information and **making people aware** of the fact that noise matters, we need to deal with it and so it's a political matter. And that's important – we need rules and regulation because noise can **lead to a number of difficulties**.

Those of you who are city **inhabitants** know that things go on 24 hours a day, so city – dwellers often suffer from interrupted sleep. It's also known that noise can **cause higher stress levels**, because of physical changes in the body **impacting the formation** of the blood. And there are other problems as well, for instance if school children don't have a quiet place to study, **their efficiency will be lower**.

Now, one **concern** with decibel measurement is that It doesn't differentiate between different type of noise. Some types of sounds that most people would probably think of as **pleasant and enjoyable** might well score quite highly in decibel **measures** – think of the sound made by a fountain in a town square, for example, **we don't have to control or reduce this noise**. So maybe researchers should consider these sorts of sounds in **city planning**. This is going to be **difficult to deal with** because just measuring decibel levels isn't going to help us here. Instead, many researchers are using social science techniques, studying people's emotional **reactions** to sound **by asking them to answer a number of questions**.

So what exactly do people want to hear in an urban environment? Some **new** interdisciplinary research has come out with result that **initially** it seemed contradictory- a city needs to be **livelihood**. So it needs to be **active**, with sounds like the clack of high heels on a pavement or the hiss of a coffee machine, but these must not be too **interruptive**. Because **simultaneously** we need to be able to relax.

One of the major **challenges** in achieving this will be **convincing** architects and town planners to use the research. Apart from studying the basics of acoustics, these people receive **are unaccustomed with this issue**. But in fact they should be regarding sound as an opportunity to add to the experience of urban living, whereas at present they tend to see it as something to be **prevented** or **lowered as far as possible**, or something that's just a job for engineers like the street drainage system.

The **biggest requirement** is for noise in cities to be regarded as an aesthetic quality, as something that has the **conditions** of an art form. If we **agree with** this, then we necessarily need to know what **controls** it and how designers can work with it. We need to develop a complex **comprehension** of many factors. What is the relationship between sound and culture? What can we learn from disciplines such as psychology about the way that sound can **affect** the human development and **societal** relationship, and the way that sound can possibly change **the way we think and our emotions**? Can we learn anything from physics about the nature of sound itself?

Nowadays we can benefit from powerful technologies. To show us their ideas and help us to imagine the **impact** their buildings will have, architects and town planners already use virtual reality – but these programs are silent. In the future such programs could use realistic sounds, meaning that soundscapes could be **recognized** before being **produced**. So hopefully, **utilizing** the best technology we can lay our hands on, **modern cities** will be a pleasure to the ears as well as the eyes.

Section 2

Welcome to this podcast about the sheepmarket, which is one of the oldest part of city.

As its name suggests, there was **basically** a market here where farmers brought their sheep, but now it's been **modified** to a buzzing, **lively** zone of the city, which is also home one of the city's **most rapid**-growing communities. The nearby university has always meant the area **is of pupils' interest**, who come in to enjoy the lively nightlife, but now graduates **starting jobs** in the worlds of fashion and design are **purchasing** the new **accommodations** recently **constructed** here to replace the **tiny flats** where the market workers used to live.

The narrow old side streets are **niche** for finding **authentic** pictures, jewelry and ceramics which won't break the bank, as well as local produce like fruit and vegetables. There is also lots of pavement café where you can **enjoy a drink** and watch **international travelers**. The oldest buildings in the area are on the main streets, including the first city's department store, **constructed** in the 1880s, which is still **in public use**.

The sheepmarket is a **centerpiece of** fashion, and there's a policy of **motivating** new young designers. The young fashion competition is **targeting** local young people **who have great enthusiasm for fashion and design**. This year **the subject was** to design **an item of clothing** based on ideas **everyday music and technologies**, **using a range of artificial and natural material**. The garments will be judged by a **jury consist of fashion designers and professionals**, and the winning entries will be modeled at a special gala evening.

There are plenty of parking spots at the sheepmarket. There numerous pay and display car parking spaces on the roadsides which are suitable for a short stay, but if you want to spend the day there it's better to park in one of the four underground car parks it's not costly and it is completely free if you purchase an item from the local stores. After six pm many of car parks raise the fee slightly.

The sheepmarket is one of the main centers for art and history in the entire country, if you look at our map, you can find the major tourist attractions. Most visitors start from Crawley road at the bottom of the map. The Reynolds house is one of the oldest houses in the city and is open to the public. It's next the footpath that ends up to the public gardens next to the Crawley Road.

The area's particularly interesting for its unique sculptures. The thump is just what its name suggests but it's about 10 meters high, it is located on Hill Road, exactly opposite the road from the bank.

The museum's got particularly fine gathering of New Zealand landscapes. You have to head to the east of sheepmarket on city road. It's across from the road from the public gardens, just facing the junction with Hill Road.

The contemporary Art gallery is on a little road that strays off station square, at a short distance from the public gardens. The road leads to the gallery –it doesn't go anywhere else. It is possible to visit it all days of the week, but not on Mondays. The Warner gallery focuses on in 19th –century art. It's on city road, next to the intersection with Crawley road, on the same side of the road as the public gardens. It's open on weekdays from 9 to 5 and there is no charge for the visitors. Finally if you are searching to buy some high quality artwork, don't

forget to visit NUCLEUS. Walk ahead from Crawley road and pass through station square and east along Hill Road until you get to zigzagging road turning off. Go up there and you can see it on your right side –don't go too far or you get to city road.

SECTION 4 Questions 31–40

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

THE SPIRIT BEAR

General facts

- It is a white bear belonging to the black bear family.
- Its colour comes from an uncommon **31**
- Local people believe that it has unusual **32**
- They protect the bear from **33**

Habitat

- The bear's relationship with the forest is complex.
- Tree roots stop **34** along salmon streams.
- The bears' feeding habits provide nutrients for forest vegetation.
- It is currently found on a small number of **35**

Threats

- Habitat is being lost due to deforestation and construction of **36** by logging companies.
- Unrestricted **37** is affecting the salmon supply.
- The bears' existence is also threatened by their low rate of **38**

Going forward

- Interested parties are working together.
- Logging companies must improve their **39** of logging.
- Maintenance and **40** of the spirit bears' territory is needed.

SECTION 4 Questions 31–40

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

'Self-regulatory focus theory' and leadership

Self-regulatory focus theory

People's focus is to approach pleasure or avoid pain

Promotion goals focus on **31**

Prevention goals emphasise avoiding punishment

Factors that affect people's focus

The Chronic Factor

- comes from one's **32**

The **33** Factor

- we are more likely to focus on promotion goals when with a **34**
- we are more likely to focus on prevention goals with our boss

How people's focus affects them

Promotion Focus: People think about an ideal version of themselves, their **35** and their gains.

Prevention Focus: People think about their 'ought' self and their obligations

Leaders

Leadership behaviour and **36** affects people's focus

Transformational Leaders:

- pay special attention to the **37** of their followers
- passionately communicate a clear **38**
- inspire promotion focus in followers

Transactional Leaders:

- create **39** to make expectations clear
- emphasise the results of a mistake
- inspire prevention focus in followers

Conclusion

Promotion Focus is good for jobs requiring **40**

Prevention Focus is good for work such as a surgeon

Leaders' actions affect which focus people use

SECTION 4 Questions 31–40

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

THE FUTURE OF MANAGEMENT

Business markets

- greater **31** among companies
- increase in power of large **32** companies
- rising **33** in certain countries

External influences on businesses

- more discussion with **34** before making business decisions
- environmental concerns which may lead to more **35**

Business structures

- more teams will be formed to work on a particular **36**
- businesses may need to offer hours that are **37** , or the chance to work remotely

Management styles

- increasing need for managers to provide good **38**
- changes influenced by **39** taking senior roles

Changes in the economy

- service sector continues to be important
- increasing value of intellectual property
- more and more **40** workers

The biggest challenge in the forth section which is an academic lecture is the lexical resource and recognizing the paraphrases of these words.

Please carefully study the vocabulary lists below and pay attention to the spell of these words.

IELTS Academic Wordlist

List 1

Words 1-10	Words 11-20	Words 21-30	Words 31-40	Words 41-50
achieve	authority	consistent	distinction	factors
administration	available	constitutional	economic	feature
affect	benefit	consumer	element	final
analysis	category	context	environment	financial
approach	community	create	error	focus
appropriate	complex	culture	equation	function
area	concerning	data	establish	global
aspects	conclusion	definition	estimate	identify
assistance	conduct	destructive	evaluation	impact
assume	consequence	discovery	evidence	income
Words 51-60	Words 61-70	Words 71-80	Words 81-90	Words 91-100
indicate	media	policy	regulations	similar
individual	method	positive	relevant	solution
injury	modern	potential	require	source
investment	normal	previous	research	specific
involve	obtain	primary	resident	strategy
issue	restrict	process	resources	structure
item	occur	purchase	response	theory
legal	participation	range	sector	threat
maintenance	percent	recent	security	traditional
major	period	region	significant	transport

List 2

Words 1-10	Words 11-20	Words 21-30	Words 31-40	Words 41-50
access	attitude	constant	demonstrate	ensure
activity	aware	contact	despite	equivalent
alter	capacity	contribution	dimension	evolution
alternative	challenge	core	domestic	exclude
amendment	circumstance	correspond	dominant	exposure
annual	comment	criteria	emerge	external
apparent	communication	cycle	emphasis	facilitate
application	concentration	debate	enable	fundamental
approximate	conflict	decline	energy	funds
artificial	considerable	deduction	enforcement	generation
Words 51-60	Words 61-70	Words 71-80	Words 81-90	Words 91-100
hence	location	occupation	project	sufficient
hypothesis	logic	option	promote	summary
illustrate	marginal	orientation	proportion	supply
image	maximum	outcome	psychology	task
immigration	mechanism	overall	reaction	technique
implement	medical	parallel	remove	technology
initial	mental	perspective	resolution	transition
integration	modification	philosophy	specify	trend
layer	negative	precise	stability	version
legislation	network	predict	subsequent	volume

List 3

Words 1-10	Words 11-20	Words 21-30	Words 31-40	Words 41-50
abstract	author	definite	exceed	identical
accurate	brief	deny	expansion	ignorance
acknowledge	capable	discrimination	expert	imply
adaptation	civil	disposal	fees	incentive
adequate	classical	diversity	flexibility	incorporated
adjust	comprehensive	domain	foundation	index
adult	contrary	dynamic	gender	infrastructure
advocate	coordination	eliminate	global	inhibition
aid	couple	equipment	grade	innovation
attribute	decades	estate	guarantee	instance
Words 51-60	Words 61-70	Words 71-80	Words 81-90	Words 91-100
instruction	minimum	pursue	simulation	sustainable
intelligence	monitoring	rational	solely	symbolic
interact	motivation	recovery	somewhat	topic
interval	neutral	reject	status	trace
investigation	obvious	release	stress	transformation
isolated	overseas	reveal	style	ultimate
justification	parameter	role	substitution	underline
lecture	phenomenon	satisfy	successive	unique
liberal	prohibit	scope	survey	utility
migration	publish	sequence	survive	visible

List 4

Words 1-10	Words 11-20	Words 21-30	Words 31-40	Words 41-50
accommodation	behalf	contradict	devote	exhibit
accompany	bias	controversy	differentiation	explicit
advance	cease	conversely	diminish	exploitation
analogous	chart	cooperate	displacement	extract
anticipate	clarity	crucial	display	federal
appendix	coherence	currency	distorted	fluctuations
appreciate	coincide	denote	dramatic	format
arbitrary	commodity	detect	duration	founded
assure	confirm	deviation	ethical	guidelines
automatically	contemporary	device	eventually	highlighted
Words 51-60	Words 61-70	Words 71-80	Words 81-90	Words 91-100
implicit	medium	portion	revision	theme
incompatible	military	precede	revolution	thereby
induce	mutual	predominantly	scenario	uniform
inevitably	norms	priority	schedule	validity
inherent	notion	prospect	sphere	vehicle
intensity	nuclear	qualitative	suspended	via
intermediate	objective	radical	target	violation
internal	paragraph	random	team	virtual
manual	passive	reinforce	temporary	vision
mature	perceive	relax	tension	widespread

List 5

Words 1-10	Words 11-20	Words 21-30	Words 31-40	Words 41-50
abandon	assembly	compile	creditable	encounter
abate	assessment	complement	deceive	enhance
abrupt	assign	comprise	depression	enormous
accumulation	attain	conceive	derive	entirely
acquisition	avert	concurrent	distribution	entrepreneur
adjacent	coal	confined	divergent	erosion
aggregate	collapse	conform	doubt	forbearance
albeit	colleagues	confuse	drastic	forthcoming
ambiguous	combat	consciousness	election	frustration
ancestor	commit	convinced	empirical	goal
Words 51-60	Words 61-70	Words 71-80	Words 81-90	Words 91-100
homogenous	invoke	ongoing	reluctant	substantiate
inclination	justify	overlap	restore	supplementary
indulge	likewise	persistent	restraint	sympathy
infer	link	pose	rigid	termination
initiative	manage	possess	route	transmission
insight	manipulation	preliminary	sacrifice	undergo
inspection	merge	presumption	scale	unify
integral	nonetheless	ratio	so-called	vital
intervention	notwithstanding	refine	straightforward	voluntary
intrinsic	odd	relate	subordinate	whereby

Cloze test practices

How to stay calm under pressure

Your favorite ----- closes in for a victorious win. The crowd holds its -----, and, at the crucial moment, she misses the shot.

00:15

That ----- just experienced the phenomenon known as "-----," where despite months, even years, of practice, a person fails right when it matters most. Choking is common in sports, where ----- often occurs under intense pressure and depends on key moments. And yet, performance ----- also haunts public speakers, ----- in spelling bees, and even world-famous musicians. Most people intuitively blame it on their nerves, but why does being nervous undermine expert -----?

00:46

There are two sets of theories, which both say that -----, choking under pressure boils down to focus.

00:54

First, there are the ----- theories. These suggest that performance suffers when the mind is ----- with worries, doubts, or fears, instead of focusing its attention on performing the task at hand. When relevant and ----- thoughts compete for the same attention, something has to give. The brain can only process so much information at once.

01:16

Tasks that challenge working memory, the mental "scratch pad" we use to ----- store phone numbers and grocery lists, are especially vulnerable to pressure. In a 2004 study, a group of university students were asked to perform math problems, some easy, others more ----- and memory-intensive. Half the

students completed both problem types with nothing at stake, while the others completed them when ----- and under pressure. While everyone did well on the easy problems, those who were stressed performed ----- on the more difficult, memory-intensive tasks.

01:52

Explicit monitoring theories make up the second group of ----- for choking under pressure. They're concerned with how ----- can cause people to overanalyze the task at hand. Here, the logic goes that ----- a skill becomes automatic, thinking about its precise mechanics ----- with your ability to do it.

02:11

Tasks we do unconsciously seem to be most ----- to this kind of choking. A study on competitive golfers compared their performance when instructed to simply focus on putting as ----- as possible, versus when they were primed to be acutely aware of the mechanics of their putting stroke. Golfers usually perform this action -----, so those who suddenly tuned in to the ----- details of their own moves also became worse at making accurate shots.

02:39

Choking may not be ----- for everyone though. Research suggests that some are more ----- than others, especially those who are self-conscious, anxious, and afraid of being judged negatively by others.

02:52

So, how can we ----- choking when it really counts?

02:55

First, it helps to practice under stressful conditions. In a study on expert dart players, researchers found that those who hadn't practiced under stress performed worse when anxious, compared to those who had become ----- to pressure.

03:10

Secondly, many performers extol the virtues of a pre-performance routine, whether it's taking a few deep -----, repeating a cue word, or doing a -----

sequence of movements. Studies on golfing, bowling, and ----- find that short rituals can lead to more consistent and accurate performance under pressure.

03:30

And thirdly, researchers have shown that having an external focus on the -----
- goal works better than an ----- focus, where someone is tuned into the mechanics of what they're doing. A study of experienced golfers revealed that those who hit ----- shots while focused on the flight of the ball performed significantly better than those who focused on the motion of their arms.

03:51

So, perhaps we can modify that age-old saying: practice, under pressure, with focus, and with that ----- end goal in sight, makes perfect.

The benefits of a good posture

Has anyone ever told you, "Stand up -----!" or scolded you for slouching at a family dinner? Comments like that might be annoying, but they're not wrong. Your -----, the way you hold your body when you're sitting or standing, is the ----- for every movement your body makes, and can ----- how well your body adapts to the stresses on it. These ----- can be things like carrying weight, or sitting in an awkward position. And the big one we all experience all day every day: ----- . If your posture isn't -----, your muscles have to work harder to keep you upright and balanced. Some muscles will become tight and ----- . Others will be inhibited. Over time, these dysfunctional ----- impair your body's ability to deal with the forces on it. Poor posture inflicts extra wear and tear on your joints and ligaments, increases the likelihood of -----, and makes some organs, like your -----, less efficient. Researchers have linked poor posture to scoliosis, tension headaches, and back pain, though it isn't the exclusive cause of any of them. Posture can even influence your ----- state and your sensitivity to ----- . So there are a lot of reasons to aim for good posture. But it's getting harder these days. Sitting in an awkward position for a long time can promote ----- posture, and so can using computers or mobile devices, which encourage you to look ----- . Many studies suggest that, on average, posture is getting worse. So what does good posture look like? When you look at the ----- from the front or the back, all 33 vertebrae should appear stacked in a ----- line. From the side, the spine should have three curves: one at your neck, one at your -----, and one at the small of your back. You ----- born with this s-shaped spine. Babies' spines just have one curve like a "c." The other curves usually develop by 12-18 months as the muscles ----- . These curves help us stay upright and absorb some of the stress from activities like walking and jumping. If they are ----- properly, when you're standing up, you should be able to draw a straight line from a point just in front of your shoulders, to behind your -----, to the front of your knee, to a few inches in front of your ankle. This keeps your center of gravity directly over your base of support, which allows you to move efficiently with the least amount of ----- and muscle strain. If you're sitting, your neck should be -----, not tilted forward. Your shoulders should be relaxed with your arms close to your trunk. Your knees should be at a right angle with your feet flat on the floor. But what if your posture isn't that great? Try redesigning your environment. ----- your screen so it's at or slightly below ----- . Make sure all parts of your body, like your elbows and -----, are supported, using ergonomic aids if you need to. Try sleeping on your side with your neck supported and with a ----- between your legs. Wear shoes with low heels and good arch support, and use a ----- for phone calls. It's also not enough to just have good posture. Keeping your muscles and joints moving is extremely important. In fact, being ----- for long periods with good posture can be worse than regular movement with bad posture. When you do move, move smartly. Keep anything you're carrying close to your body. ----- should be in contact with your back carried ----- . If you sit a lot, get up and move around on occasion, and be sure to exercise. Using your muscles will keep them strong enough to support you effectively, on top of all the other benefits to your joints, -----, brain and heart. And if you're really worried, check with a physical -----, because yes, you really should stand up straight.

How playing an instrument benefits your brain

Did you know that every time musicians pick up their instruments, there are -----
 ---- going off all over their brain? On the outside, they may look calm and
 focused, reading the music and making the ----- and practiced movements
 required. But inside their brains, there's a party going on.

00:30

How do we know this? Well, in the last few decades, ----- have made
 enormous breakthroughs in understanding how our brains work by ----- them
 in real time with instruments like fMRI and PET ----- . When people are -----
 ----- to these machines, tasks, such as reading or doing ----- problems, each
 have corresponding areas of the brain where activity can be observed. But when
 researchers got the participants to listen to music, they saw ----- . Multiple
 areas of their brains were lighting up at once, as they ----- the sound, took it
 apart to understand elements like melody and ----- , and then put it all back
 together into unified musical experience. And our brains do all this work in the split
 second between when we first hear the music and when our foot starts to tap along.

01:17

But when scientists turned from observing the brains of music listeners to those of --
 ----- , the little backyard fireworks became a jubilee. It turns out that while
 listening to music ----- the brain in some pretty interesting activities, playing
 music is the brain's ----- of a full-body workout. The neuroscientists saw
 multiple areas of the brain light up, simultaneously processing different
 information in intricate, ----- , and astonishingly fast sequences.

01:46

But what is it about making music that sets the brain alight? The research is still
 fairly new, but neuroscientists have a pretty good idea. Playing a musical
 instrument engages ----- every area of the brain at once, especially the visual,
 ----- , and motor cortices. As with any other workout, disciplined, structured
 practice in playing music strengthens those brain functions, allowing us to apply that
 ----- to other activities.

02:13

The most obvious difference between listening to music and playing it is that the ----- requires fine motor skills, which are controlled in both hemispheres of the brain. It also combines the ----- and mathematical precision, in which the left --- ----- is more involved, with the novel and creative content that the right excels in. For these reasons, playing music has been found to increase the volume and activity in the brain's corpus callosum, the ----- between the two hemispheres, allowing messages to get across the brain faster and through more diverse routes. This may allow musicians to solve problems more effectively and --- -----, in both academic and social settings.

02:52

Because making music also involves crafting and understanding its ----- content and message, musicians often have higher levels of ----- function, a category of interlinked tasks that includes planning, strategizing, and attention to detail and requires simultaneous analysis of both ----- and emotional aspects. This ability also has an impact on how our memory systems work. And, indeed, musicians exhibit ----- memory functions, creating, storing, and retrieving memories more quickly and efficiently. Studies have found that musicians appear to use their highly connected brains to give each memory multiple tags, such as a ----- tag, an emotional tag, an audio tag, and a ----- tag, like a good Internet search engine.

03:39

How do we know that all these benefits are unique to music, as opposed to, say, sports or painting? Or could it be that people who go into music were already smarter to begin with? Neuroscientists have ----- these issues, but so far, they have found that the artistic and ----- aspects of learning to play a musical instrument are different from any other activity studied, including other arts. And several ----- studies of participants, who showed the same levels of cognitive function and neural processing at the start, found that those who were exposed to a period of music learning showed enhancement in multiple brain areas, compared to the others.

04:16

This recent research about the mental benefits of playing music has ----- our understanding of mental function, revealing the inner rhythms and complex interplay that make up the amazing ----- of our brain.

The history of the world according to cats

00:06

On May 27th, 1941, the ----- battleship Bismarck sank in a ----- firefight, leaving only 118 of her 2,200 crew members alive. But when a British ----- came to collect the prisoners, they found an unexpected ----- - a black and white cat clinging to a floating plank. For the next several months this cat hunted rats and raised British ----- - until a sudden torpedo strike ----- the hull and sank the ship. But, miraculously, not the cat. Nicknamed Unsinkable Sam, he rode to Gibraltar with the rescued crew and ----- as a ship cat on three more vessels – one of which also sank - before retiring to the Belfast Home for Sailors.

Many may not think of cats as serviceable -----, or cooperative companions of any kind. But cats have been working alongside humans for thousands of years - helping us just as often as we help them. So how did these solitary ----- go from wild ----- to naval officer to sofa sidekick?

01:12

The domestication of the modern house cat can be traced back to more than 10,000 years ago in the ----- Crescent, at the start of the Neolithic era. People were learning to bend nature to their will, producing much more food than farmers could eat at one time. These Neolithic ----- stored their excess grain in large pits and short, clay silos. But these stores of food attracted ----- of rodents, as well as their predator, *Felis silvestris lybica* - the wildcat found across North Africa and Southwest Asia.

01:42

These wildcats were fast, fierce, ----- hunters. And they were remarkably similar in size and ----- to today's domestic cats. The main differences being that ancient wildcats were more muscular, had striped coats, and were less social ----- other cats and humans.

01:59

The abundance of prey in rodent-infested granaries drew in these typically solitary animals. And as the wildcats learned to tolerate the ----- of humans and other cats during mealtime, we think that farmers likewise tolerated the cats in exchange for free pest control. The relationship was so beneficial that the cats migrated with Neolithic farmers from Anatolia into Europe and the -----.

02:25

Vermin were a major scourge of the seven seas. They ate provisions and gnawed at lines of rope, so cats had long since become ----- sailing companions.

02:34

Around the same time these Anatolian globe trotting cats set sail, the ----- domesticated their own local cats. Revered for their ability to dispatch venomous snakes, catch birds, and kill rats, domestic cats became important to Egyptian religious ----- . They gained immortality in frescos, hieroglyphs, ----- , and even tombs, mummified alongside their owners. Egyptian ship cats cruised the Nile, holding poisonous river snakes at bay. And after graduating to ----- vessels, they too began to migrate from ----- to port. During the time of the Roman Empire, ships traveling between India and Egypt carried the lineage of the central Asian wildcat *F. s. ornata*. Centuries later, in the Middle Ages, Egyptian cats voyaged up to the Baltic Sea on the ships of Viking ----- . And both the Near Eastern and North African wildcats – probably tamed at this point -- continued to travel ----- Europe, eventually setting sail for Australia and the Americas. Today, most house cats have descended from either the Near Eastern or the Egyptian lineage of *F.s.lybica*. But close analysis of the ----- and coat patterns of modern cats tells us that unlike dogs, which have ----- centuries of selective breeding, modern cats are genetically very similar to ancient cats. And apart from making them more social and docile, we've done little to alter their natural ----- . In other words, cats today are more or less as they've always been: Wild animals. Fierce hunters. Creatures that don't see us as their ----- . And given our long history together, they might not be wrong.

Margaret Heffernan: The human skills we need in an unpredictable world

00:04

Recently, the leadership team of an American -----chain decided that their business needed to get a lot more efficient. So they embraced their digital ----- with zeal. Out went the teams supervising meat, veg, -----, and in came an algorithmic task --- ----- . Now, instead of people working together, each employee went, clocked in, got assigned a task, did it, came back for more. This was scientific management on steroids, standardizing and allocating work. It was super efficient.

00:42

Well, not quite, because the task allocator ----- when a customer was going to drop a box of eggs, couldn't predict when some crazy kid was ----- knock over a display, or when the local high school decided that everybody needed to bring in ----- the next day.

00:58

(Laughter)

00:59

Efficiency works really well when you can predict exactly what you're going to need. But when the anomalous or ----- comes along -- kids, customers, coconuts -- well, then efficiency is no longer your friend.

01:15

This has become a really crucial -----, this ability to deal with the unexpected, because the unexpected is becoming the norm. It's why experts and ----- are reluctant to predict anything more than 400 days out. Why? Because over the last 20 or 30 years, much of the world has gone from being complicated to being ----- -- which means that yes, there are patterns, but they don't repeat themselves ----- . It means that very small changes can make a disproportionate impact. And it means that expertise won't always suffice, because the system just keeps changing too fast.

01:59

So what that means is that there's a huge amount in the world that kind of ----- forecasting now. It's why the Bank of England will say yes, there will be another ----- , but we don't know why or when. We know that climate change is real, but we -----

predict where forest fires will break out, and we don't know which factories are going to flood. It's why companies are blindsided when plastic ----- and bags and bottled ----- go from staples to rejects overnight, and baffled when a change in social mores turns stars into pariahs and colleagues into outcasts: ineradicable ----- . In an environment that defies so much forecasting, efficiency won't just not help us, it specifically undermines and ----- our capacity to adapt and respond.

03:07

So if efficiency is no longer our guiding -----, how should we address the future? What kind of thinking is really going to help us? What sort of talents must we be sure to defend? I think that, where in the past we used to think a lot about just in time management, now we have to start thinking about just in case, ----- for events that are generally ----- but specifically remain ambiguous.

03:36

One example of this is the Coalition for Epidemic Preparedness, CEPI. We know there will be more ----- in future, but we don't know where or when or what. So we can't plan. But we can prepare. So CEPI's developing multiple ----- for multiple diseases, knowing that they can't predict which vaccines are going to work or which diseases will break out. So ----- vaccines will never be used. That's inefficient. But it's -----, because it provides more options, and it means that we don't depend on a single technological solution. Epidemic ----- also depends hugely on people who know and trust each other. But those relationships take time to develop, time that is always in short supply when an epidemic breaks out. So CEPI is developing relationships, friendships, ----- now knowing that some of those may never be used. That's -----, a waste of time, perhaps, but it's robust.

04:50

You can see robust thinking in financial services, too. In the past, banks used to hold much less ----- than they're required to today, because holding so little capital, being too efficient with it, is what made the banks so fragile in the first place. Now, holding more capital looks and is inefficient. But it's robust, because it ----- the financial system against surprises.

05:20

Countries that are really serious about climate change know that they have to ----- multiple solutions, multiple forms of ----- energy, not just one. The countries that are most advanced have been working for years now, changing their water and food supply and healthcare systems, because they recognize that by the time they have certain prediction, that ----- may very well come too late.

05:48

You can take the same approach to trade wars, and many countries do. Instead of depending on a single huge trading -----, they try to be everybody's friends, because they know they can't predict which ----- might suddenly become unstable. It's ----- and expensive, negotiating all these deals, but it's robust because it makes their whole economy better defended against shocks. It's particularly a strategy adopted by small countries that know they'll never have the market muscle to call the shots, so it's just better to have too many friends. But if you're stuck in one of these organizations that's still kind of captured by the efficiency -----, how do you start to change it? Try some experiments.

06:41

In the Netherlands, home care nursing used to be run pretty much like the supermarket: ----- and prescribed work to the minute: nine minutes on Monday, seven minutes on Wednesday, eight minutes on Friday. The ----- hated it. So one of them, Jos de Blok, proposed an experiment. Since every patient is different, and we don't quite know exactly what they'll need, why don't we just leave it to the nurses to decide?

07:12

Sound reckless?

07:14

(Laughter)

07:15

(Applause)

07:17

In his -----, Jos found the patients got better in half the time, and costs fell by 30 ----- -. When I asked Jos what had surprised him about his experiment, he just kind of ----- and he said, "Well, I had no idea it could be so easy to find such a huge improvement, because this isn't the kind of thing you can know or predict sitting at a desk or staring at a ----- ----." So now this form of nursing has proliferated across the Netherlands and around the world. But in every new country it still starts with experiments, because each place is slightly and unpredictably different.

08:02

Of course, not all experiments work. Jos tried a similar approach to the fire service and found it didn't work because the service is just too ----- . Failed experiments look inefficient, but they're often the only way you can figure out how the real world works. So now he's trying teachers. Experiments like that require ----- and not a little bravery.

08:33

In England -- I was about to say in the UK, but in England --

08:38

(Laughter)

08:40

(Applause)

08:44

In England, the leading rugby team, or one of the leading rugby teams, is Saracens. The manager and the coach there realized that all the physical ----- they do and the data-driven conditioning that they do has become generic; really, all the teams do exactly the same thing. So they risked an experiment. They took the ----- team away, even in match season, on ski trips and to look at social projects in Chicago. This was expensive, it was time-consuming, and it ----- risky putting a whole bunch of rugby players on a ----- slope, right?

09:23

(Laughter)

09:24

But what they found was that the players came back with ----- bonds of loyalty and solidarity. And now when they're on the pitch under incredible -----, they manifest what the manager calls "poise" -- an unflinching, unwavering dedication to each other. Their ----- are in awe of this, but still too in thrall to efficiency to try it.

09:57

At a London tech company, Verve, the CEO measures just about everything that moves, but she couldn't find anything that made any ----- to the company's productivity. So she devised an experiment that she calls "Love Week": a whole week where each employee has to look for really clever, helpful, ----- things that a counterpart does, call it out and celebrate it. It takes a huge amount of time and effort; lots of people would call it ----- . But it really energizes the business and makes the whole company more -----.

10:35

Preparedness, coalition-building, imagination, experiments, ----- -- in an unpredictable age, these are tremendous sources of ----- and strength. They aren't efficient, but they give us limitless capacity for adaptation, ----- and invention. And the less we know about the future, the more we're going to need these tremendous sources of human, -----, unpredictable skills.

11:18

But in our growing ----- on technology, we're asset-stripping those skills. Every time we use technology to nudge us through a ----- or a choice or to interpret how somebody's feeling or to guide us through a -----, we outsource to a machine what we could, can do ourselves, and it's an expensive trade-off. The more we let machines think for us, the less we can think ----- . The more --

11:58

(Applause)

12:02

The more time doctors spend staring at digital medical records, the less time they spend looking at their ----- . The more we use parenting apps, the less we know our kids. The more time we spend with people that we're predicted and ----- to like, the less we can connect with people who are different from ourselves. And the less ----- we need, the less compassion we have.

12:33

What all of these technologies attempt to do is to force-fit a standardized model of a predictable reality onto a ----- that is infinitely surprising. What gets left out? Anything that can't be measured -- which is just about everything that counts.

12:57

(Applause)

13:06

Our growing dependence on technology risks us becoming ----- , more vulnerable to the deep and growing ----- of the real world.

13:21

Now, as I was thinking about the extremes of stress and turbulence that we know we will have to confront, I went and I talked to a number of chief executives whose own businesses had gone through ----- crises, when they teetered on the brink of ----- . These were frank, gut-wrenching conversations. Many men wept just remembering. So I asked them: "What ----- going through this?"

13:56

And they all had exactly the same answer. "It wasn't data or technology," they said. "It was my friends and my colleagues who kept me going."

14:08

One added, "It was pretty much the ----- of the gig economy."

14:15

But then I went and I talked to a group of young, rising -----, and I asked them, "Who are your friends at work?" And they just looked blank.

14:25

"There's no time."

14:27

"They're too busy."

14:28

"It's not efficient."

14:31

Who, I wondered, is going to give them imagination and ----- and bravery when the storms come?

14:43

Anyone who tries to tell you that they know the future is just trying to own it, a spurious kind of manifest ----- . The -----, deeper truth is that the future is uncharted, that we can't map it till we get there.

15:02

But that's OK, because we have so much imagination -- if we use it. We have deep talents of inventiveness and ----- -- if we apply them. We are brave enough to invent things we've never seen before. Lose those skills, and we are adrift. But ----- and develop them, we can make any future we choose.

15:35

Thank you.

Forget the pecking order at work

00:09

An evolutionary biologist at Purdue ----- named William Muir studied chickens. He was interested in productivity -- I think it's something that concerns all of us -- but it's easy to measure in chickens because you just count the eggs. (Laughter) He ----- know what could make his chickens more productive, so he ----- a beautiful experiment. Chickens live in groups, so first of all, he selected just an average flock, and he let it alone for six -----
----- . But then he created a second group of the ----- most productive chickens -- you could call them superchickens -- and he put them together in a superflock, and each generation, he selected only the most ----- for breeding.

00:53

After six generations had passed, what did he find? Well, the first group, the ----- group, was doing just fine. They were all plump and fully ----- and egg production had increased dramatically. What about the second group? Well, all but three were dead. They'd pecked the rest to death. (Laughter) The individually productive chickens had only -----
-- their success by ----- the productivity of the rest.

01:27

Now, as ----- around the world talking about this and telling this story in all sorts of organizations and companies, people have seen the ----- almost instantly, and they come up and they say things to me like, "That superflock, that's my company." (Laughter) Or, "That's my country." Or, "That's my life."

01:49

All my life I've been told that the way we have to get ahead is to -----: get into the right school, get into the right job, get to the top, and I've really never found it very inspiring. I've started and run businesses because ----- is a joy, and because working alongside brilliant, creative people is its own ----- . And I've never really felt very motivated by pecking orders or by superchickens or by ----- . But for the past 50 years, we've run most organizations and some ----- along the superchicken model. We've thought that success is achieved by picking the superstars, the brightest men, or ----- women, in the room, and giving them all the resources and all the ----- . And the result has been just the same as in William Muir's experiment: ----- , dysfunction and waste. If the only way the most productive can be successful is by suppressing the productivity of the rest, then we badly need to find ----- way to work and a richer way to live. (Applause)

03:07

So what is it that makes some groups ----- more successful and more productive than others? Well, that's the question a team at MIT took to research. They brought in hundreds of ---

-----, they put them into groups, and they gave them very hard problems to solve. And what happened was exactly what you'd expect, that some groups were very much more successful than others, but what was really interesting was that the ----- groups were not those where they had one or two people with spectacularly high I.Q. Nor were the most successful groups the ones that had the highest ----- I.Q. Instead, they had three characteristics, the really successful teams. First of all, they showed high degrees of ----- to each other. This is measured by something called the Reading the Mind in the ----- Test. It's broadly considered a test for empathy, and the groups that scored highly on this did better. Secondly, the successful groups gave roughly equal ----- to each other, so that no one voice dominated, but neither were there any passengers. And thirdly, the more successful groups had more ----- in them. (Applause) Now, was this because women typically score more highly on the Reading the Mind in the Eyes Test, so you're getting a doubling down on the ----- quotient? Or was it because they brought a more diverse perspective? We don't really know, but the striking thing about this ----- is that it showed what we know, which is some groups do better than others, but what's key to that is their social ----- to each other.

04:52

So how does this play out in the real world? Well, it means that what happens ----- people really counts, because in groups that are highly attuned and ----- to each other, ideas can flow and grow. People don't get stuck. They don't waste energy down dead ends.

05:11

An example: Arup is one of the world's most successful engineering firms, and it was commissioned to build the equestrian center for the Beijing Olympics. Now, this building had to receive two and a half thousand really highly strung thoroughbred horses that were coming off long-haul flights, highly jet-lagged, not feeling their ----- . And the problem the engineer confronted was, what ----- of waste to cater for? Now, you don't get taught this in engineering ----- -- (Laughter) -- and it's not really the kind of thing you want to get -- -----, so he could have spent months talking to vets, doing the research, tweaking the ----- . Instead, he asked for help and he found someone who had designed the Jockey Club in New York. The problem was solved in less than a day. Arup believes that the culture of ----- is central to their success.

06:11

Now, helpfulness sounds really anemic, but it's absolutely core to successful teams, and it routinely outperforms individual ----- . Helpfulness means I don't have to know everything, I just have to work among people who are good at getting and giving help. At SAP, they reckon that you can answer any question in 17 minutes. But there isn't a single high-tech company I've worked with that imagines for a moment that this is a ----- issue, because what drives helpfulness is people getting to know each other. Now that sounds so obvious, and we ----- it'll just happen normally, but it doesn't. When I was ----- my

first software company, I realized that we were getting stuck. There was a lot of -----, but not much else, and I gradually realized the brilliant, creative people that I'd hired didn't know each other. They were so focused on their own individual work, they didn't even know who they were ----- next to, and it was only when I insisted that we stop working and invest time in getting to know each other that we achieved real -----.

07:33

Now, that was 20 years ago, and now I visit companies that have banned coffee cups at desks because they want people to hang out around the coffee machines and talk to each other. The Swedes even have a special term for this. They call it fika, which means more than a coffee break. It means collective ----- . At Idexx, a company up in Maine, they've created vegetable ----- on campus so that people from different parts of the business can work together and get to know the whole business that way. Have they all gone mad? Quite the opposite -- they've ----- out that when the going gets tough, and it always will get tough if you're doing breakthrough work that really matters, what people need is social support, and they need to know who to ask for help. Companies don't have ideas; only people do. And what motivates people are the ----- and loyalty and trust they develop between each other. What matters is the mortar, not just the -----.

08:42

Now, when you put all of this together, what you get is something called social capital. Social capital is the reliance and interdependency that builds trust. The term comes from ----- - who were studying communities that proved particularly ----- in times of stress. Social capital is what gives companies -----, and social capital is what makes companies robust. What does this mean in practical terms? It means that time is everything, because social capital ----- with time. So teams that work together longer get better, because it takes time to develop the trust you need for real candor and ----- --. And time is what builds value. When Alex Pentland suggested to one company that they synchronize coffee breaks so that people would have time to talk to each other, ----- went up 15 million dollars, and employee ----- went up 10 percent. Not a bad return on social capital, which compounds even as you spend it. Now, this isn't about chumminess, and it's no charter for slackers, because people who work this way tend to be kind of -----, impatient, absolutely ----- to think for themselves because that's what their contribution is. Conflict is frequent because candor is safe. And that's how good ideas turn into great ideas, because no idea is born fully formed. It ----- a little bit as a child is born, kind of messy and confused, but full of ----- . And it's only through the generous contribution, faith and challenge that they achieve their potential. And that's what social capital supports.

10:58

Now, we aren't really used to talking about this, about -----, about creativity, in this way. We're used to talking about stars. So I started to wonder, well, if we start working this way, does that mean no more stars? So I went and I sat in on the ----- at the Royal Academy of Dramatic Art in London. And what I saw there really surprised me, because the teachers ----- looking for individual pyrotechnics. They were looking for what happened between the students, because that's where the ----- is. And when I talked to producers of hit albums, they said, "Oh sure, we have lots of superstars in music. It's just, they don't last very long. It's the outstanding collaborators who enjoy the long careers, because bringing out the best in others is how they found the best in themselves." And when I went to visit companies that are ----- for their ingenuity and creativity, I couldn't even see any superstars, because everybody there really ----- . And when I reflected on my own career, and the extraordinary people I've had the privilege to work with, I realized how much more we could give each other if we just stopped trying to be superchickens. (Laughter) (Applause) Once you ----- truly how social work is, a lot of things have to change. Management by talent contest has routinely pitted employees against each other. Now, -- ----- has to be replaced by social capital. For decades, we've tried to motivate people with money, even though we've got a vast amount of research that shows that money erodes social connectedness. Now, we need to let people motivate each other. And for years, we've thought that leaders were ----- soloists who were expected, all by themselves, to solve complex problems. Now, we need to redefine leadership as an activity in which conditions are created in which everyone can do their most ----- thinking together.

13:32

We know that this works. When the Montreal Protocol called for the phasing out of CFCs, the chlorofluorocarbons ----- in the hole in the ozone layer, the risks were immense. CFCs were everywhere, and nobody knew if a ----- could be found. But one team that rose to the challenge adopted three key principles. The first was the head of engineering, Frank Maslen, said, there will be no stars in this team. We need everybody. Everybody has a valid perspective. Second, we work to one standard only: the best ----- . And third, he told his boss, Geoff Tudhope, that he had to butt out, because he knew how ----- power can be. Now, this didn't mean Tudhope did nothing. He gave the team air cover, and he listened to ensure that they honored their principles. And it worked: Ahead of all the other companies ---- ----- this hard problem, this group cracked it first. And to date, the Montreal Protocol is the most successful international ----- agreement ever implemented.

14:57

There was a lot at stake then, and there's a lot at stake now, and we won't solve our problems if we expect it to be solved by a few supermen or superwomen. Now we need everybody, because it is only when we accept that everybody has ----- that we will liberate the energy and imagination and ----- we need to create the best beyond measure.

Thank you.

Lessons from the longest study on human development

00:05

Today I want to confess something to you, but ----- of all I'm going to ask you a couple of questions. How many people ----- have children? And how many of you are confident that you know how to ----- up your children in exactly the right way?

00:20

(Laughter)

00:23

OK, I don't see too many hands going up on that second one, and that's my confession, too. I've got three boys; they're three, nine and 12. And like you, and like most -----, the honest truth is I have pretty much no idea what I'm doing. I want them to be happy and healthy in their lives, but I don't know what I'm ----- to do to make sure they are happy and healthy. There's so many books offering all kinds of ----- advice, it can be really overwhelming. So I've spent most of their lives just making it up as I go along. However, something changed me a few ----- ago, when I came across a little secret that we have in Britain. It's helped me become more confident about how I bring up my own children, and it's revealed a lot about how we as a society can help all children. I want to ----- that secret with you today.

01:09

For the last 70 years, scientists in Britain have been following thousands of children through their lives as part of an ----- scientific study. There's nothing quite like it anywhere else in the world. Collecting information on thousands of children is a really powerful thing to do, because it means we can compare the ones who say, do well at school or end up healthy or happy or ----- as adults, and the ones who struggle much more, and then we can sift through all the information we've collected and try to work out why their lives ----- out different.

01:39

This British study -- it's actually a kind of crazy story. So it all starts back in 1946, just a few months after the end of the -----, when scientists wanted to know what it was like for a woman to have a baby at the time. They carried out this huge survey of mothers and ended up ----- the birth of nearly every baby ----- in England, Scotland and Wales in one week. That was nearly 14,000 babies. The questions they asked these women are very different than the ones we might ask today. They sound really old-fashioned now. They asked them things like, "----- pregnancy, did you get your full extra ration of a pint of milk a day?" "How

much did you spend on smocks, corsets, nightdresses, knickers and brassieres?" And this is my --
 ----- one: "Who looked after your husband while you were in bed with this baby?"

02:29

(Laughter)

02:33

Now, this ----- study actually ended up being so successful that scientists did it again. They recorded the births of thousands of babies born in 1958 and thousands more in 1970. They did it again in the early 1990s, and again at the turn of the ----- . Altogether, more than 70,000 children have been involved in these studies across those five generations. They're called the British birth cohorts, and scientists have gone back and recorded more information on all of these people every few years ever since. The amount of ----- that's now been collected on these people is just completely mind-boggling. It includes thousands of paper questionnaires and terabytes' worth of computer data. Scientists have also built up a huge bank of tissue samples, which includes locks of hair, nail clippings, baby ----- and DNA. They've even collected 9,000 placentas from some of the births, which are now pickled in plastic buckets in a secure storage warehouse. This whole project has become ----- -- so, no other country in the world is tracking generations of children in quite this detail. These are some of the best-studied people on the planet, and the data has become ----- valuable for scientists, generating well over 6,000 academic papers and books. But today I want to focus on just one finding -- ----- the most important discovery to come from this remarkable study. And it's also the one that spoke to me personally, because it's about how to use science to do the best for our children.

04:02

So, let's get the bad news out of the way first. Perhaps the biggest message from this remarkable study is this: don't be born into poverty or into -----, because if you are, you're far more likely to walk a difficult path in life. Many children in this study were born into poor families or into working-class families that had cramped homes or other problems, and it's ----- now that those disadvantaged children have been more likely to struggle on almost every ----- . They've been more likely to do worse at school, to end up with worse jobs and to earn less money. Now, maybe that sounds really obvious, but some of the results have been really ----- ----, so children who had a tough start in life are also more likely to end up unhealthy as adults. They're more likely to be -----, to have high blood pressure, and then decades down the line, more likely to have a failing memory, poor health and even to die -----.

04:57

Now, I talked about what happens later, but some of these differences emerge at a really shockingly ----- . In one study, children who were growing up in poverty were almost a year behind the richer children on educational tests, and that was by the age of just three. These

types of ----- have been found again and again across the generations. It means that our early circumstances have a profound ----- on the way that the rest of our lives play out. And working out why that is is one of the most difficult questions that we face today.

05:29

So there we have it. The first lesson for successful life, everyone, is this: choose your parents very -----.

05:35

(Laughter)

05:36

Don't be born into a poor family or into a struggling family. Now, I'm sure you can see the small ----- here. We can't choose our parents or how much they earn, but this British study has also struck a real note of optimism by showing that not everyone who has a disadvantaged start ends up in difficult ----- . As you know, many people have a tough start in life, but they end up doing very well on some ----- nevertheless, and this study starts to explain how.

06:04

So the second lesson is this: parents really ----- . In this study, children who had engaged, interested parents, ones who had ambition for their ----- , were more likely to escape from a difficult start. It seems that parents and what they do are really, really important, especially in the first few years of life.

06:24

Let me give you an example of that. In one study, scientists looked at about 17,000 children who ----- born in 1970. They sifted all the mountains of data that they had collected to try to work out what allowed the children who'd had a difficult ----- in life to go on and do well at school nevertheless. In other words, which ones beat the odds. The data showed that what ----- more than anything else was parents. Having engaged, interested parents in those first few years of life was strongly linked to children going on to do well at school later on. In fact, quite small things that parents do are associated with good outcomes for children. Talking and listening to a child, responding to them ----- , teaching them their letters and ----- , taking them on trips and visits. Reading to children every day seems to be really important, too. So in one study, children whose parents were reading to them daily when they were five and then showing an interest in their education at the age of 10, were significantly less likely to be in ----- at the age of 30 than those whose parents weren't doing those things.

07:28

Now, there are huge challenges with interpreting this type of science. These studies show that certain things that parents do are ----- with good outcomes for children, but we don't necessarily know those behaviors caused the good outcomes, or whether some other factor is getting in the way. For example, we have to take ----- into account, and that's a whole other talk in itself.

07:48

But scientists working with this British study are working really hard to get at causes, and this is one study I particularly love. In this one, they looked at the bedtime routines of about 10,000 children born at the turn of the millennium. Were the children going to bed at ----- times, or did they go to bed at different times during the week? The data showed that those children who were going to bed at different times were more likely to have behavioral problems, and then those that switched to having regular bedtimes often showed an improvement in -----, and that was really crucial, because it suggested it was the bedtime routines that were really helping things get better for those kids.

08:24

Here's another one to think about. In this one, scientists looked at children who were reading for ----- . That means that they picked up a magazine, a picture book, a story book. The data showed that children who were reading for pleasure at the ages of five and 10 were more likely to go on in school better, on average, on school tests later in their lives. And not just tests of reading, but tests of ----- and maths as well. This study tried to control for all the confounding factors, so it looked at children who were equally intelligent and from the same social-class -----, so it seemed as if it was the reading which really helped those children go on and score better on those school tests later in their lives.

09:05

Now at the start, I said the first lesson from this study was not to be born into poverty or into disadvantage, because those children tend to follow more difficult ----- in their lives. But then I said that parenting matters, and that good parenting, if you can call it that, helps children beat the odds and overcome some of those early disadvantages. So wait, does that actually mean, then, that poverty doesn't matter after all? You could ----- it doesn't matter if a child is born poor -- as long as their parents are good parents, they're going to do just fine. I don't believe that's true. ----- shows that poverty and parenting matter. And one study actually put figures on that, so it looked at children growing up in persistent poverty and how well they were doing at school. The data showed that even when their parents were doing everything right -- putting them to bed on time and reading to them every day and everything else -- that only got those children so far. Good parenting only ----- the educational gap between the rich and poor children by about 50 percent. Now that means that poverty leaves a really lasting -----, and it means that if we really want to ensure the success and well-being of the next generation, then tackling child poverty is an incredibly ----- thing to do.

10:19

Now, what does all this mean for you and me? Are there lessons here we can all take home and use? As a scientist and a -----, I like to have some science to inform my parenting ... and I can tell you that when you're shouting at your kids to go to bed on time, it really helps to have the scientific ----- on your side.

10:36

(Laughter)

10:37

And wouldn't it be great to think that all we had to do to have happy, successful children was to talk to them, be ----- in their future, put them to bed on time, and give them a book to read? Our job would be done.

10:48

Now, as you can imagine, the answers ----- quite as simple as that. For one thing, this study looks at what happens to thousands and thousands of children on average, but that doesn't necessarily say what will help my child or your child or any individual child. In the end, each of our children is going to walk their own path, and that's partly defined by the genes they ----- and of course all the experiences they have through their lives, including their interactions with us, their parents.

11:14

I will tell you what I did after I learned all this. It's a bit ----- . I realized I was so busy working, and -----, learning and writing about this incredible study of British children, that there were days when I hardly even spoke to my own British children. So at home, we introduced talking time, which is just 15 minutes at the end of the day when we talk and listen to the boys. I try better now to ask them what they did today, and to show that I value what they do ----- . Of course, I make sure they always have a book to read. I tell them I'm ambitious for their future, and I think they can be happy and do great things. I don't know that any of that will make a difference, but I'm ----- confident it won't do them any harm, and it might even do them some good.

12:01

Ultimately, if we want happy children, all we can do is listen to the -----, and of course, listen to our children themselves.

12:09

Thank you.