<Workbook 7>
M: **Track 01**
M: Blueprint Book 7 advanced, Copyright 2020 Compass Publishing. All rights reserved.
M: **Track 02**
M: Dear Mrs Banks, I'm writing to thank you for being such a positive influence in my life. Your strong leadership, support, and enthusiasm have inspired me to become a better person. As my teacher, all the way through school, you helped reassure me when my self-esteem was low. I've watched you aid students in need, and this has taught me the value of giving. Now, as a student in university, studying to be a school counsellor, I have you as a model to emulate. I hope to one day be as competent, caring, supportive and loving as you. You are my idol!

M: **Track 03**
M: So Monica, you're here to talk about your new book *The Future of Earth: Who do We Follow?* I've read it, and let me say, it wasn't quite what I was expecting!
W: Well, what were you expecting?
M: Well, I thought you'd be talking about the men and women working toward developing sustainable technologies and the role models we should be emulating, not about children!
W: Well, who else is the future for if not for the children? And who knows better than they do what they want it to hold? In my book, I argue that children are the true role models of the future. Of course, the scientists and business leaders like Elon Musk will help us get there, but they should be listening to the children of our planet, not pursuing their own notions of sustainability.
M: Doesn't the idea of saving the planet with technology align with the needs of the children who will inherit it?
W: Not necessarily. It was technology, after all, that got us to this place. We need to rethink our core ideals. How do we recover the world that we've lost?
M: Well, solar energy is helping to reduce greenhouse gas emissions. Scientists are working to solve the problems we've created.
W: Yes, but how do we know that we won't just cause new problems with all this new technology? Our planet was sustainable before. It can be again.
M: And you think children can lead us there?
W: Well, the adults aren't doing a great job of it. Children grow up knowing how to care for our planet. They enjoy nature. Just watch a young child at the beach or in a forest. Their eyes light up with wonder. It's this appreciation that we lose as adults. Children can show us how to work together with our planet, rather than against it.
M: Okay, everybody, that was Monica Sanders, talking about her new book *The Future of Earth: Who do We Follow?* Thank you for sharing your insights with us, Monica.
W: And thanks for having me on the show, Stevie!

M: **Track 04**
W: Hey, Matt. What have you been up to?
M: I've been helping my brother. We've been busy with his car.
W: You've been working on that for a while now. When did you start tinkering with that old thing?
M: We started rebuilding it in May. We've committed to finishing it before the snow falls.

W: You guys are so persistent! Well, good luck. If you ever finish with that car, you two should go into business!
M: Funny that you would say that. We've just applied for a business loan. We want to start our own garage.
W: That's amazing! If I had a car, I'd bring it to you for sure.
M: Well, we can help you find one if you've got the desire.
W: [laughs] No thanks, I prefer to ride my bike!

M: **Track 05**
W: Oh my gosh, are you Jake Murray?
M: Why, yes, I am.
W: I'm your biggest fan. I've seen all your films. You are such a fabulous actor! "Do it or don't!" That's my favourite line!
M: Thank you, madam. And what is your name?
W: Jenny Carceloni. I live here in London. Do you come here often?
M: Every now and then. I'm looking for a good sandwich shop.
W: Oh, I know the perfect place. Have you ever been to Colucci's? They have the best meatball sandwiches!
M: Well, I don't know if I could handle something that heavy right now. I'm trying to lose weight for an upcoming role.
W: Oh my gosh, that's so exciting! How about a vegetarian sandwich? Everything is fresh, and they bake their own bread, too.
M: I'm sold! How close is it?
W: Just a few blocks away. I can walk you there if you want.
M: That would be excellent. Thank you for your kindness. Perhaps you can join me?
W: Yes!

M: **Track 06**
W: There is a big issue with poverty in my city. Almost five percent of the population are homeless. Last weekend, everyone came together to stand up for these downtrodden people. We had a large march to the centre of the city. It drew thousands of protesters, and everyone was united in the cause. I was impressed by how many people showed up. News channel reporters were there to cover the event and interview people. Even newsreaders in regions far away from our city announced the march on TV! My favourite part of the march was when we had local homeless people came up on stage to tell their stories. It isn't often that they are given a chance to voice their concerns and ideas. They had some good suggestions for how to improve the situation. They also expressed gratitude that so many people had come out to support their cause. If it weren't for us, they said, no one would be listening to them!

M: **Track 07**
M: listening 1
W: He is a gifted child, but even talented people sometimes need a push.
M: What would you recommend he work on at home to help him become more disciplined?
W: An hour of practice every day would help.
M: listening 2

M: Did you see how high he just jumped? He's such an intense player. I wish I could play football like that.
W: That's not even that difficult. I could jump that high at school.
M: Yeah, but you can't do it now as an adult. He has perseverance. That's why I admire him.
M: listening 3
W: The Wright Brothers are role models for innovation. The world wouldn't be the same if they hadn't kept trying to create the plane.
M: I know it's slower, but couldn't we have just used trains and boats to get around?
W: Imagine all the things that wouldn't be possible, though, like organ transplants from long distances or food distribution.

M: **Track 08**
W: Georgie, why weren't you at school yesterday?
M: I'm sorry, I was ill yesterday.
W: Is that so? I spoke with your father yesterday, and he told me you were at school. It seems you weren't where either of us thought.
M: Oh no! Did you tell him I didn't go to school?
W: No, I didn't. I wanted to speak with you first. You know I am one of the last fluent speakers of our language, right?
M: I do.
W: And you know my responsibilities as an elder of the tribe, right?
M: I do. You work to preserve the traditions, culture, and language of our people.
W: OK, so how do you feel about preserving our language?
M: I think it's really important! I do. I just don't feel engaged when I'm in class. It feels monotonous to have to repeat these words over and over. I don't think I'll ever learn them!
W: It took me a long time to learn, too. Do you know that I didn't learn to speak the language until I was 18?
M: Really? It took that long?
W: Yes, and I was instructed night and day by my grandfather, but I still struggled with it. You know a lot more than I did when I was your age!
M: Really? I guess I don't feel so bad then. I'm sorry I skipped class. I won't do that again. You won't tell my father, right?
W: I won't, but you will! I may have motivated you to come to class, but you still need to tell your father the truth. You can tell him about our conversation, and tell him we've reached an understanding.
M: Okay, teacher. Thank you.

M: **Track 09**
W: Halloween was my favourite holiday when I was a kid. I dressed up as all sorts of things—a dragon and a witch, and one year I even went as a pumpkin. When I was eleven, I was feeling particularly motivated, so I made my costume myself. I covered a cardboard box in tinfoil and went as a robot. It was so simple and basic, but the crazy thing is... I won a prize for best costume that year. This year, I had been planning to dress up as Beyoncé, but when I went to the store they had run out of sequins. So, I

picked another costume. It's traditional to dress as something ghoulish, so I had thought about going as a vampire, but last year my best friend wore that costume. In the end, I settled on being a skeleton. It's a classic, and besides, it made me look fantastic!

M: **Track 10**
M: For the twentieth year in a row, the International Food Festival is coming to Thompson's Park. Stop by this weekend to taste food from around the world. We will have everything from pizza to French pastry. In addition to our 100 food stalls, we will have 38 stalls with exotic fresh produce. There will also be an area where you can learn to cook dishes from other cultures. Grandma Giannini will show you how to make hearty lasagne, and Peter the fisherman will show you how to make a tasty lobster roll. It's fun to celebrate food from other cultures. It teaches people about different cultures and backgrounds and helps us appreciate our diversity. We will also have a £1,000 raffle, games, and activities for children. Buy your ticket today!

M: **Track 11**
M: Lobster
M: How do I eat this? Can I use my knife to break its shell?
W: No, I suggest that you use the special tool the waiter provided.
M: Which part should I eat first?
W: The instructions advise you to twist the claws off with your hands and use a small fork to pull out the meat.
M: This is delicious! Should I eat this orange thing?
W: That thing is called the tomalley, and people who love lobster demand that everyone try it at least once.

M: Surstromming
W: Ew! This dish really smells. I hope that you don't expect me to eat all of it.
M: It's supposed to be good. [laughs] Why not try plugging your nose with that napkin before you take a bite?
W: That's not what I had in mind. Can't we just send this back? It's starting to put me off.
M: Let's give it a try. The waiter said that it tastes better if you sprinkle salt on the fish.
W: How's salt going to make it smell less terrible?
M: Come on. I'm just asking that you give it a try. Here, I'll take the first bite.

M: Sloppy Joes
M: I took a bite, and half of the meat fell on my lap!
W: I insist that you use a napkin so that you don't make such a mess!
M: What side dishes taste good with Sloppy Joes?
W: The menu recommends that we order coleslaw or potato chips for an "authentic American experience."
M: I wish we were at an authentic BBQ restaurant in Texas.

M: **Track 12**

M: Hey, Sally! Did you hear about the protest last weekend? There were hundreds of people.
W: Yeah, my sister was there. She got arrested!
M: Really? I heard that a lot of people were arrested. There was some violence, right?
W: Yeah, one of the protesters threw a rock. Then the other side got angry. My sister got caught in the middle.
M: The mayor condemned the violence. He said that all forms of hatred and intolerance would not be tolerated.
W: My sister condemned it too! She just got unlucky and was stuck in the group of violent people when they were all arrested. She was hoping the protest would help people unite for the cause.
M: So, I assume she's supportive of the old mayor, not the new candidate?
W: Yeah, she's a big fan. She was hoping his supporters could unite to keep him in office.
M: He's got quite the legacy already. He's been in office for nine years!
W: Yeah, I'm not sure he needs to stay. We could use some diversity in the city government.
M: I agree. We've never had a British-Asian mayor. I think the new candidate would be a refreshing change.

M: **Track 13**
M: Listening 1
W: Speaker A
W: Every year at Christmas, my family has a tradition. We play the Christmas sausage game. I love telling people about this tradition because it sounds so absurd. There is a Christmas tree ornament shaped like a sausage. This ornament is hidden in the tree. The first person to find the ornament wins a special present. My family takes this game very seriously, and my siblings and I often get into competitive squabbles. The funniest part is that the gift you win usually isn't even all that great!
M: Listening 2
M: Speaker B
M: My favourite thing about my birthday is that my mother makes different treats for me every year. As a child, she would make me cakes. She would produce delicious baked goods that I would devour in seconds. Several years ago, she got into making pastries. As we both get older, she has tended to make heartier food such as soda bread. I can't wait to see what she makes this year.

M: **Track 14**
M: A
M: Can you believe that Will Smith wasn't nominated for an Oscar?
W: No way! He's my idol. I think that's pure racism.
M: I don't know. Maybe they just had a different vision this year.
W: I don't think so. He was the best actor by far.
M: B
W: Cindy invested so much in that endeavour.
M: I know. She deserves all the praise she can get.
W: I don't know someone more gifted or disciplined.
M: I agree. I think the boss needs to step down and let Cindy take his place!
M: C

W: Our team is so diverse!
M: I don't know. Proportionally, we have a low number of people of colour.
W: But we have so many people of different races!
M: Sure, but they're not in leadership positions. That's not true diversity.

M: **Track 15**
W: Advancements in medical science are exciting to hear about, but have we placed overly high expectations on future medical care? State-of-the-art drugs may help extend patients' lifespans, and lab-grown organs may one day eliminate the need for finding compatible organ donors, but will these treatments radically change medicine overnight? I don't think so. Early versions of any technology are bound to be both less perfect and less widely accessible than they might seem on the surface. It's reasonable to be optimistic that one day these new developments will revolutionise our lives, but patients shouldn't take this as a given. We still need to take care of ourselves and work towards living healthier lives. A hopeful but uncertain future is no substitute for exercising reasonable caution in the present.

M: **Track 16**
M: The video game industry always relies on imaginative new concepts, and each new development makes video games a bigger part of our everyday lives. This makes the industry more prosperous and increases the number of personnel that video game companies employ. But could there be unforeseen long-term consequences to a video game industry that is capable of becoming as central to mainstream culture as television or the internet?

M: **Track 17**
W: That concludes my presentation. Does anyone have any questions?
M: Sorry, I came in late and missed your explanation of how we can create artificial limbs that we control with our mind. Can you explain it again?
W: Sure, I can. Mind-controlled prosthetics make up a very new field. First, a programmer creates software that is based on how the human mind works. The software identifies which parts of the brain control certain motor functions, such as moving your little finger or wrist. Next, the software is installed in an artificial limb and is controlled by sensors attached to the user's body. Now the artificial limb is compatible with the user's mind!
M: Who will benefit from this technology?
W: Most funding for this research is provided by militaries. They want to help soldiers who have lost limbs in war. However, this research is still in the initial stages.
M: What are your predictions for the future of this technology?
W: I consider myself an optimist, and I would like to say that this will be widely available in the next ten years. It's plausible that anyone with a missing limb will be able to utilise this technology in the next two decades. However, it will be very expensive and will still not be fully developed. We still don't fully understand how to effectively connect motors and sensory data to the parts of the brain that control movement. We are also still working on a viable power source. Mind-controlled prosthetics take more than brain power to function.

M: **Track 18**

M: Did you read that article about the device that can monitor your health from home? They're calling it the Portable Doctor.
W: I did hear about that! I'm a little sceptical, though. It must involve some complicated mechanisms. I bet it's really expensive.
M: Well, it's still being developed, but someday it might be as common as any other appliance in your home. It connects to your home network and automatically transmits your medical data to your doctor.
W: That is kind of amazing. Did you read about the new type of blood test that can detect cancer in the early stages?
M: No. That's great! That could even be a component of the Portable Doctor!
W: It could. You know, if people get blood tests regularly, then we may be able to eliminate cancer altogether.
M: That sure would be something. I think the people of the future are going to be a lot healthier because of the research being done today.

M: **Track 19**
M: listening 1
W: Are you interested in the new AmazaPhone?
M: Yes, I am. I hear it has many new features. Can you tell me why the AmazaPhone is better than the other phones available on the market?
W: The AmazaPhone maintains a constant link to AmazaNet. Now, all of your Amazing products can be controlled through your phone. You can turn on your lights, change the channels on your television, and even unlock your front door, all with the AmazaPhone.
M: Wow! Sign me up for the five-year plan!
M: listening 2
W: I think we need a new car.
M: What? Why? Our car is only six years old, and it only has 30,000 miles on it. We don't need a new car at all.
W: You want me to be safe, right?
M: Of course I do!
W: New cars have many safety features that our car doesn't. For example, this new car has sensors that tell if there's another car close by. It has a backup camera so I can see behind me. And, there's a sensor on the front that will engage the brakes if I'm about to hit something.
M: Hmm. But a new car is so expensive.
M: listening 3
W: I want to be one of the first people to live on Mars.
M: Really? Why would you want to do that?
W: It would be just like the pioneers who went to live in the New World.
M: No, it wouldn't. How would you breathe on Mars?
W: There's technology for that. We'll have plenty of air in our habitat.
M: But it would be so boring. It's not like you could go for a walk outside. What would you do all day?
W: I'm sure there will be technology for that too!

M: **Track 20**

W: People have always believed that certain items have the power to bring their owners luck. These items are collectively known as lucky charms. It is highly unlikely that there is any validity to these beliefs; the items don't appear to carry any real power. People's belief that they do is a type of superstition. How did the superstition of lucky charms develop? How did people conclude that carrying a certain item brings a certain outcome? An upturned horseshoe is associated with the power of the horse. If a horseshoe is hung on the wall or above the door, the home will stand strong, like a horse. The horseshoe is supposed to carry the special magic of a horse's strength and thereby protect the home. If you see a coin on the ground lying face-up, you should pick it up. People believe that these coins are lucky charms. Picking up a face-up coin is thought to bring good fortune, and people often sew lucky coins into jackets, coats, or shoes. While it is lucky to find coins because they have actual value, the idea that these coins could bring future luck is superstitious.
A rabbit's foot is a common lucky charm found in many cultures. Only the hind feet are believed to be lucky, and one belief is that carrying a rabbit's foot can help people become parents. Rabbits are known to have many babies, so many people think that there is a valid connection between fertility and carrying this lucky charm. Understanding why people believe in different lucky charms can give us a unique cultural insight. Superstitions often reveal what is most valued in a society, and they may sometimes provide psychological benefits. Lucky charms might not really have a causal relationship to luck, but they often influence the way people behave. When people believe in their lucky charms, lucky events reinforce their belief in superstitions. Having these beliefs may give people a sense of confidence and control in this chaotic world that we live in.

M: **Track 21**
M: Hey, what did you do last night?
W: I spent all night on the internet reading about a new conspiracy theory.
M: A conspiracy theory? Come on…
W: Dude, it's completely plausible. I saw it on the news first. Then I did my own research.
M: I didn't know the news covered hoaxes and myths.
W: It's not a myth. There is a lot of evidence to support it.
M: Okay, cool. Can you send me a link? I've got to get to class now, but I'd like to check up on the claims myself later on.
W: Yeah, totally.

M: **Track 22**
M: How animals feel has long been a mystery to humans. It's not like we can ask them! Instead we assume that animals close to us, like cats and dogs, feel emotions like ours. Some might say that this is taking empathy a little too far, but some scientists might argue that we're not taking it far enough. Recent research into the most unlikely of animals has given us insights into the emotional world of animals. Scientists have analysed pet fish and made a surprising discovery. They can feel depressed! Depressed fish exhibit many of the same symptoms as depressed people. They have low energy, lose interest in food, and become withdrawn. Scientists gained this insight into the brain of fish by intentionally making fish feel distress. They conducted experiments by observing the behaviour of the fish. They discovered that depressed fish spent most of their time near the bottom of the bowl, while the other fish spent most of their time near the top. The happy fish swam around more!

The solution to fish depression? Don't neglect your fish! To help your depressed fish heal, place it in a large environment with plants, toys, and other fish so that it has many things to do. It's no wonder a fish might feel loneliness or frustration stuck in a tiny bowl with nothing to do all day. You would, too!

M: **Track 23**
M: Probably every human since the dawn of civilisation has thought about what happens to us when we die. Some say that we simply cease to exist when our bodies die. Others argue that we go to another place such as heaven or hell, based on how we acted in life. Still others argue that we are reborn into other bodies to live another life here on earth.
I would like to offer a different argument: When we die our bodies decompose, but our souls live on as spirits that drift through the world and behave well or badly based on how we were in life. I will explore the evidence for my belief in greater detail later in this book.
In short: First, I have photographic evidence of white wisps that are not visible to the naked eye but visible when exposed to the bright flash of the camera. Second, I have weighed bodies the moment before death and again the moment after death. The bodies are lighter after death. This could only mean that spirits are escaping their bodies. Third, I have explored old houses where many people have lived and died, and I've recorded thumps, creaks, and groans that could only have been made by invisible spirits.

M: **Track 24**
M: listening 1
M: What was that noise?
W: It was nothing. Don't worry about it.
M: I can't believe you talked me into going into this frightening tomb. I'm terrified!
W: We're here to determine whether there's any validity to the claims that spirits exist in this tomb. Now help me look for evidence.
M: But I heard that spirits can devour your happiness and leave you with an unending sense of loneliness.
W: No, that's just a myth.
M: listening 2
M: This is the year we will prove that Bigfoot is real.
W: You've held this belief in Bigfoot for years. When are you going to accept that Bigfoot is just a myth?
M: How can you say that when there's so much evidence that Bigfoot is real. No, I'm convinced that Bigfoot is real, and this is the year I'll present indisputable evidence at the Bigfoot Convention.
W: Look, I'm open-minded. I understand the uncertainty that exists in the unknown. I'm just upset that you often neglect your family to look for Bigfoot.
M: I understand your frustration, but just imagine how proud you'll be when I'm the man to prove that Bigfoot exists.
W: Please just be careful not to jump to conclusions.

M: **Track 25**
M: A
W: There don't seem to be many people working in this factory.

M: We used to employ over a thousand people. They worked on the line, assembling the cars. But now, we have just over one hundred employees.
W: Why did you shrink your workforce by so much?
M: We use automation to make the cars. Robots do many of the more dangerous jobs.
W: But what about the people who used to work here? What do they do now?
M: Hopefully, they're doing something safer than this job. Automation is faster and safer than using human employees.
M: B
W: What do you have there, Roy?
M: Oh, nothing. It's nothing.
W: Don't play games. It's a coin. That's really pretty. Where did you get it?
M: I got it in Ireland when I was on holiday there.
W: That trip was a long time ago. Why are you carrying it around?
M: Well, I always carry it around. I feel that it brings me luck.
W: Oh, come on. I didn't know you were superstitious.
M: What? No, I'm not superstitious.
W: Roy! You have a lucky charm. You're obviously superstitious.
M: C
M: Did you hear that there may have been a picture taken of the thylacine?
W: What's that?
M: The thylacine is a predatory animal that used to live in Australia. It was long thought to be extinct.
W: If it is extinct, how do they know what it looks like?
M: Well, the last thylacine documented by science died in 1936. There's a film of it, and its body was preserved after death.
W: So, these things might still be around?
M: It's possible. If this photo turns out to be real, there may still be thylacines alive in the wild.

M: **Track 26**
M:
My name is Glenn. I'm an art auctioneer. I lead auctions to sell art to the highest bidder.
We begin an art auction by placing the art on show. Potential buyers can view the art in a relaxed setting and appreciate the aesthetics of the pieces. It allows them to consider which pieces they might want to bid on. Most bidders use this opportunity to consult the internet or their personal sales consultants to work out the maximum amount of money they are willing to bid for a particular piece of art.
The people who are selling the pieces can direct their sales as well. If they anticipate a low turnout for an auction, they can place a reserve on their pieces of art. A reserve is the lowest amount of money a seller would be willing to sell for.
Auctions are fast and exciting. As an auctioneer, I try to keep bid amounts increasing, and I have to keep a careful eye on bidders, who submit their bids by raising their number cards high. They have to be careful, too, because once they have made a bid, they are required to honour it.

M: **Track 27**
W: I'm going to get a tattoo. I've thought long and hard about what I want, and I've finally determined what my tattoo will be. I'm going to get a fox hiding among some flowers. It's going to be quite

elaborate, with lots of detail in each of the flowers. The flowers will represent my love of nature, and the fox will depict my mischievous spirit.

I have to be very selective about who will do my tattoo. I want an artist who has honed his or her skills for years. I want to make sure that they apply my vision for the tattoo accurately. It's my intention to consider several tattoo artists before I decide on which one I will go with.

It's going to be a big tattoo, so completion may take several months. On the first visit, the artist will make all the outlines in black. Then, on the next few visits he or she will fill in the outlines with colours. It takes a long time, but I'd say it's worth it, wouldn't you?

M**: Track 28**

M: After twenty years of meticulous work by hundreds of brilliant minds, we are proud to announce the completion of our restoration. These frescoes, painted by Michelangelo, represent not only the finest work of the Renaissance movement, but some of the finest work in Western art. The composition features brilliant colours, and dynamic motion of the human body that we can appreciate for the first time. No wonder so many artists sought to imitate this work! The nine pictures in the centre, depicting scenes from the Book of Genesis, evoke the universal human experience of wondering about our origins.

M: **Track 29**

W: Today, I went to a new gallery in what has always been a rather poor part of the city. However, the area is now seeing drastic changes. The government is trying to regenerate the area. Since they built the gallery, other new buildings have started to appear there too. They are mostly luxury flats. I find this alarming because many poorer, local people don't have anywhere to live. The flats are often bought by wealthy investors abroad. They don't come to live there, so the area is very quiet. Property like this is now a global commodity. In fact, the whole area feels like evidence of globalism. Inside the gallery, I found some work that I liked. One film told the story of the artist's grandmother. She was born in the city eighty years ago. She was talking about how much it had changed in both good and bad ways. She worries that we are losing some of our own values. I'm not sure. Usually, I like to think that people all over the world are quite similar; and in many ways national boundaries are not a good thing. But my day out made me think: Maybe a globalised world is more complicated and can also be unfair.

M: **Track 30**

M: Look at all this art on show. It's fantastic.
W: This art isn't just for people to look at. You can buy it, too.
M: Really? They're all so nice, but look pretty expensive.
W: Well, they could be expensive. The art is in an auction. People will make money bids, and the person who bids the most wins the art. That's how they determine the winner.
M: You mean, if someone bids one pound, and no one offers a higher bid, they get the art for a pound?
W: Yep.
M: I want to bid for this piece. It's so expressive and elaborate.
W: Okay. Consider how much you're willing to bid. The auction will start this afternoon around 2.00 p.m.
M: Oh, my intention was just to bid a pound.
W: You might need to bid a bit more than that. This note says they anticipate this piece will go for between five thousand and ten thousand pounds.

M: Wow! I can't afford that.
W: You could take out a line of credit.
M: That's a bit drastic, don't you think?

M: **Track 31**
W: Dear Kimmy,
You're graduating from university! I'm so proud of you. You've worked so hard over the past four years, and you've enriched your life with so many experiences. You kept up with all your classes while you continued to volunteer at the psychological residency facility in our community. Now, you're well on your way to becoming a real psychologist.
I'm sure that the University of Birmingham will accept you into their graduate programme. You will be a great asset to them. But first, you need to power though the obligatory application process and pass your exams. You'll do fine. Just show the admissions board all of the amazing material you've created during your undergraduate studies, and I know they'll let you in. I'm only concerned about how far away you are going to be! I know it won't be easy to undertake this next step. Please know that if you need anything at all, from money to just someone to talk to, let me know, and I will be your provider! I love you so very much! I know that you'll continue to make me proud.
Grandma Mina

M: **Track 32**
M: Can I get everyone's attention please? Thank you. When Bridget and Andy asked me to be part of their wedding, I was elated. They have been such good friends to me over the past fifteen years that I would happily do anything they needed from me. It's so clear that they are made for each other that it is hard for me to choose just one story to illustrate this fact. Maybe I'm being idealistic, but when I look at them, I believe in marriage. Although I know that not every moment in a marriage can be pleasurable, I know that these two can make it. So, raise your glasses with me and applaud the happy couple. Here's a toast to Bridget and Andy!

M: **Track 33**
M: Hey Susan, congratulations! I can't believe we're graduating tomorrow!
W: Josh! I can't believe it either. It feels like only yesterday that we met each other as first-years!
M: I know! We've accomplished so much in that time. The way you were committed to your pottery really paid off. Now you're starting your own studio!
W: You know that's been my dream for a long time. It's amazing that I get to realise it so soon after graduation. How about you, what's your plan?
M: I'm going to live with my parents for a while, but I doubt I'll be there for long. My focus will be to plan my next step. I really don't know what I want to do next!
W: Well whatever you do, I'm sure you'll do it successfully!

M: **Track 34**
W: I'm worried about David's future.
M: Why are you concerned?

W: Well, it's almost time for him to go to university, and he still doesn't know what he wants to do with his life.
M: Well, he's very musical.
W: Do you really think he can make it as a musician?
M: I don't think that has any significance. Why does he have to be a professional?
W: He has to eat! If he pursues music, I'll support him, but I honestly don't think he could dedicate himself to something like that. His priorities are all out of order.
M: He's still young. Part of university will be figuring out what inspires him. We just have to support him and guide him in the right direction when the time comes.
W: I suppose you're right. As long as he's happy, I won't be worried.

M: **Track 35**
W: Tomorrow is the big election. Do you know who you will be voting for?
M: I've been thinking about it a lot. We need someone who can provide real leadership. Our community has been moving in the wrong direction for too long.
W: Are you thinking about voting for Rodger Casey then?
M: Casey? No, not at all. He has a history filled with corruption. I can't believe he's still even in the race.
W: I really like him. He has so much charisma. And, he says that he's concerned for everyone's wellbeing.
M: I have serious doubts that he will be able to accomplish anything significant. He tends to generalise way too much. Trying to appeal to everyone is a clear sign that you don't appeal to anyone.
W: Who were you thinking of voting for then?
M: Easy. Meredith Manning.
W: That's interesting. Why do you think she will be a good leader?
M: She has the best plan to help the middle class. She'll be a spokesperson for people like me. I think she'll be very influential in changing laws to allow the middle class to prosper.
W: Well, I don't agree with you. But no matter who ultimately wins, what is important is that we can disagree and still remain friends.
M: We both want people to be happy and prosperous. We only disagree about how to get there.

M: **Track 36**
M1: I have to go home next month to do my national service.

M2: Really? I can't imagine having to do national service. There is a reason I didn't join the military.
M1: I don't know. I think it's important to serve your country in times of need.
M2: Yeah, but wouldn't it be better if people actually wanted to join? I can't believe there aren't more cases of refusal. Besides, people would be more motivated if it was their decision and not something being enforced.
M1: I have family members who have dedicated themselves to the service of this country and none of them have regrets. Sometimes people just need a push.
M2: I guess. I just think that just because you're eligible for something doesn't mean you will be competent.

M: **Track 37**
M: Every Saturday afternoon, I volunteer at the local soup kitchen. This organisation provides hot meals to all kinds of people—adults, children, and families—with no questions asked, no chance of rejection. It's important to be polite and considerate to every visitor because one mission of the soup kitchen is to preserve human dignity.
I am privileged to never have to worry about where my next meal is coming from. But there are people in my community who aren't so lucky. Imagine being a kid at school. If you're hungry you'll probably lose focus in class, or act out and be disruptive. It's not fair to have your education affected by poverty! The soup kitchen helps give underprivileged kids a chance at health and success.
Some people my age wouldn't want to give up their entire Saturdays to do unpaid work. But I've seen first-hand how the benefits outweigh the loss of my leisure time. The people who visit the soup kitchen really value the time and effort that the volunteers put in. This is the kind of philanthropy that can really make a difference.

M: **Track 38**
W: Liz Olson here, your candidate for head girl at Colchester School. Today, I'd like to talk about an issue that's very important to me: philanthropy. It is my goal to have two school-wide events each year that raise money for a local cause. Whether it be a sponsored walk, car wash, or other fundraiser, I know that we can mobilise our school community to do great things. My opponents might say that's too much time to spend worrying about others when there are problems within our school. But I know that our reputation in the community is important. If we prove that we care about the world outside these walls, then our town will know that Colchester School students care about morals, ethics, and taking care of others. That being said, I am very mindful of the problems faced by the students here. I value your ideas and look forward to making them a reality when I become head girl.

M: **Track 39**
W: I just watched a fascinating film on the subject of climate change.
M: Really? What did it have to say?
W: The most overwhelming thing it said is that the sea levels could rise 20 feet in the next 50 years!
M: That's terrifying! Did it say what we could do to stop that from happening?
W: One of the biggest points was that it is imperative for us to use sustainable energy.
M: You mean like solar, hydropower, that sort of thing?
W: Exactly! Even though we've made big advances in those technologies, fossil fuel emissions are still through the roof!
M: I've been thinking of buying an electric car, but now I almost definitely will.
W: That's good. In my opinion it is irresponsible to buy a car that uses a lot of gas. But what we really need is for companies to accelerate and start making changes.
M: Considering their monetary interests, that's going to be hard to do. I doubt that we can convince them to make a change any time soon.
W: Well, we'll have to try! I'm not giving up just yet.

M: **Track 40**
M: listening 1
W: Before you can adopt a pet, you need to read this pamphlet about animal abuse.

M: But I'm not an irresponsible pet owner. Why should I read this?
W: Abuse isn't always done on purpose. You could accidentally neglect your pet's needs by feeding them the wrong food, or by not knowing how to interpret their body language. This pamphlet will teach you how to treat your new pet with care and love.

M: listening 2
M: Thank you for coming to help. Hundreds of homeless people depend on this shelter for a hot meal every day. Though I know it can be overwhelming on the first day…
W: No problem. It's my civic duty! And even though we can't get rid of hunger, at least we can make a difference to some people.
M: listening 3
W1: So, what are some ways we can make the world a better and fairer place for everyone?
M1: By being considerate and respectful of everyone's point of view.
W1: Yes, it's important to listen to everyone. What else can we do?
M2: We can choose the careers where we'll do the most good. Hopefully, I'll get to work for an organisation that protects the world's ecosystems.

M: **Track 41**
M: The first time someone told a lie about me, I didn't care. I was certain that none of my friends would believe the allegations, and I honestly didn't care about what anyone else thought. But when the next lie came out, the rumours really started. The rumours persisted, and the more they were repeated, the more people believed them. It seemed as if an operation was underway to destroy my life. My friends were suddenly nowhere to be found. A girl whom I had known since kindergarten told me that the stories must be true, because so many people were telling them. I was devastated. I hadn't done any of these things, and I wasn't the person that they were making me out to be. Whenever I objected to the claims, people said that my objections only showed that I was guilty. I eventually had to take my case to a civil court to sue for defamation of character. The case was settled in court and the final ruling was in my favour, but it would take years for me to recover my confidence. Because of my experience with lies, I will never treat anyone poorly based on the rumours that people tell.

M: **Track 42**
W: When the men came for my father, they said that it was because he had broken laws against the state. That was a lie. They simply thought he was inferior because of his heritage and culture. I was an only child and helpless to save my father from the injustice that had consumed our country. The soldiers rounded up almost the whole village, including most of the men and half of the women. The children were left to starve. Those who survived would never see their parents again. It would be many years before I could come to terms with the cruelties that my people had to endure during those years. Today, I try to forgive those soldiers because it is the key to my sanity. My father's gentle heart would have wanted that for me. I keep my bond with him alive in this way. I've learned many things from those dark experiences: always be thoughtful of others and never fail to appreciate a humanitarian act, no matter how insignificant it seems.

M: **Track 43**

W: I don't have the same credentials as some of the other panellists, but I do have a personal experience with this issue. My father was murdered in cold blood by a criminal who had planned for weeks to break into my father's home and steal his belongings. When he finally did it and my father tried to stop him, the criminal shot him and left him there, dead. Why would such a man be allowed to live when he stole my father's life? Some people call the death penalty revenge, but I call it justice.
M1: While Miranda's story is heartbreaking, her argument is emotional rather than logical. If we're being practical, we should see that the death penalty has no place in our society. How can we be confident that those convicted are really guilty? In the USA, 160 death-row prisoners have been freed since 1973 due to new evidence showing their innocence. Additionally, the death penalty is not a deterrent. Murder rates do not go down in countries with the death penalty, so it clearly provides no benefit to society. It's more practical to contain criminals, and possibly rehabilitate them so that they can have a chance to make up for the crimes they committed.
M2: I think Harold's argument brushes aside concerns about a fair society. Those who want to abolish the death penalty care more about the criminals than the victims. If my father were murdered, I would want justice as well. Most executions are carried out by lethal injection, which is a far more humane death than most murder victims suffer. Also, those serving life in prison may be more likely to kill fellow prisoners because they know that they will face no other consequences. Many murderers who are released for good behaviour kill people again. People who have already damaged society shouldn't be given a chance to damage it more.

M: **Track 44**
M1: Please, sir, can you spare some change?
M2: No way. Why don't you get a job?
M1: I can't get a job. When you experience homelessness and live on the street, you don't look like a person anybody wants to hire.
M2: I don't have a large budget to spend on helping people. I don't have any change for you.
M1: The stock market crash of 2008 ruined my finances and made me lose my job, and then a hurricane ruined my property. I'vehad to deal with one catastrophe after another.
M2: I haven't had the easiest life either, but now I'm rich. Why do I thrive but you can't provide for yourself?
M1: I try to better myself, but I've also made some bad choices that I can't fix. Now, people are cruel, even brutal sometimes.
M2: A little bit of my change isn't going to cure your problems.
M1: Perhaps not, but the noble thing to do is to help someone who is suffering.
M2: Fine! Here's ten pounds.
M1: God bless you, sir!

M: **Track 45**
I was in prison for over fifteen years. In that time, I saw no recovery. I repeatedly looked into programs that would help me change, but I continually found nothing. Getting out seemed like a blessing, but in the time between my imprisonment and my release the world had become remarkably different. I tried to reconstruct my life, but I was turned away from everywhere I tried to get a job or an apartment. I found myself in a dilemma. I ended up on the streets, feeling like people would never see me as anything more than an inmate. It was at that moment when I felt my lowest that my luck began to

change. I met a counsellor who reached out to help me. He set me up with specific interviews where people knew I had been an inmate and wouldn't care. Once I had a job, my life became noticeably better. Not everyone may be able to make it in the world outside of prison, so I thank my luck every day.

M: **Track 46**
M: listening 1
W: Do you remember when we tried to throw a surprise birthday party for Ronan?
M: Yes. I especially remember how nobody showed up. It was brutal!
W: We hadn't realised that a blizzard would be such a deterrent. I guess people don't like driving in the snow.
M: Well, if we had known the weather would be so bad, we wouldn't have put in all that effort.
M: listening 2
M: Hey, Katie. I noticed you have a large music collection on your laptop. How can you afford to buy so much music?
W: I found a website where I can download music without paying for it. I think it's justified because, when I really enjoy an artist, I spend money on concert tickets.
M: If I illegally downloaded that much music, I would spend all my time worrying about the record labels trying to sue me.