New Listen Up 3
Audio Script

Track 001 (Copyright)

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Unit 1 Meeting Old Friends

Track 002

Unit 1 Meeting Old Friends	
Vocabulary	
1	to give up to quit trying
2	exchange student a student who studies in another country
3	true calling the job you are meant to do in this life
4	to take over to take control of something
5	to drift apart to slowly become less close to someone
6	to break up to end a relationship
7	free spirit a person who is not afraid to follow his or her dreams
8	to end up how a situation turns out
9	to get over to start to feel better about something
10	to get away to go someplace relaxing

Track 003

Listen for Specific Vocabulary	
1	My parents wanted me to study finance. In college, I found out that my **true calling** is to be a writer. After high school, my girlfriend Melissa and I went to different colleges. After a while, we just **drifted apart**.
2	In my junior year of college, I lived in Europe as an **exchange student**. I needed a change and wanted to **get away** from it all. Afterward, I **ended up** going back to New York for graduate school.
3	My dad owns a flower shop. He always wanted me to **take over** for him when he retired, but I don't want to. He was unhappy at first, but he **got over** it. I just can't **give up** my dream so easily.
4	As a teenager, I was a **free spirit** while my boyfriend Brad was very conservative. Everyone was surprised when we got married—they thought we'd eventually **break up**.

Track 004

Listening Task 1
Number 1
W: Jake Sutton! Is that you, man? How are you? M: Hey, Andrea! I didn't recognize you for a moment. Long time no see! W: Yeah, wow, I haven't seen you since high school graduation! What've you been up to?

M: I've been back East, at college.
W: College? Where?
M: Boston. B.U.
W: Oh, cool.
M: And this past year, I got to go to Spain as an exchange student.
W: Spain? No kidding? I remember you always hoped for an international lifestyle.
M: Exactly.
W: So how was it, amigo?
M: Oh, man, it was so great. I got to see a lot of Europe.
W: Yeah? Like where?
M: All over. Italy, France, Greece, and my homestay family was really nice. They've invited me back again if I want to go to graduate school there.
W: Sounds like we won't be seeing you for another few more years then, eh?
M: I dunno. Half of me wants to go. Half of me wants to stay here. You know, when I was there, I missed home a lot more than I thought I would.
W: I can imagine.

Track 005

Number 2

W: So, Terry, how have you been?
M: Good, good.
W: How are things going? Did you graduate this year?
M: Me? Nah! I went to State, but after my second year, I realized that what I really want to do is learn to bake. So, I took some time to learn.
W: Oh, that's right. Your family owns a little restaurant. Well, I mean, it's not so little, but ...
M: So I came back home, and after I learned to bake, I started apprenticing as a chef.
W: Really? That is so cool! You know, now that I think about it, it makes perfect sense for you. Even back in high school, you could cook up a storm. So, how is it being in the business?
M: Well, I love to cook, but, man, I have a lot to learn about running a business. I'm really glad my mom's around to teach me.
W: Well, I'll have to come by to try your cooking. What nights do you work?
M: Take your pick. I'm there seven nights a week.

Track 006

Number 3

M1: Ken? Ken Mackney, is that you?
M2: Uh, yeah, I'm Ken Mackney.
M1: It's me. Barry Simmons. You know, Mr. Jones' calculus class, senior year?
M2: Um, so, how's it going? What are you up to these days?
M1: I'm pretty busy. I'm working as an accountant in the city.
M2: Oh, that's great! It sounds like you really put your math skills to good use.
M1: Yeah. And I got married last fall. Hey, you might actually know my wife, Tina Chan, Jason Chan's little sister?
M2: Tina. Is she the one who went to Harvard Medical School?
M1: No, that was Lisa Fong. Tina went to art school.
M2: Oh! Well, I guess you and Tina are a good match, then. You were always into art, too, weren't you?
M1: No, not really. That's my brother, Tom, you're thinking of. You don't remember very much from high school, do you?
M2: No, I guess not! It's been a long time!

Track 007

Number 4

W: Hi, Ben. It's me, Cindy Lohan. You remember me, don't you?
M: Cindy ... I can't seem to place the name. Oh, my gosh, yes! I do remember you! But ...
W: But what?
M: Well, it's just that you don't look like the free-spirited Cindy I remember. You look so, so normal.

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W: Normal? I guess you're referring to my hair?
M: Yeah. I mean, you're just a regular brunette now. When I knew you, you always had your hair dyed some interesting color. Blue one day, pink the next.
W: Well, I'm a lawyer now. Most judges have a thing against pink hair, so ...
M: I can see your sense of humor hasn't changed much!

Track 008

Listening and Pronunciation Tips

Example:

graduate (v.)
graduation (n.)
present (n.)
present (v.)

Your Turn:

1	Europe	**2**	European
3	Italy	**4**	Italian
5	recognize	**6**	recognition
7	imagine	**8**	imagination
9	execute	**10**	executive
11	advertise	**12**	advertisement
13	record (v.)	**14**	record (n.)
15	object (n.)	**16**	object (v.)

Track 009

Listening Task 2

(music)
W1: Karen, I can't get over how gorgeous you look. I guess you must've become an actress, like you always wanted.
W2: Thanks, but you're not going to believe this.
W1: What?
W2: Well, I moved to Hollywood and did the usual waitress thing for a while.
W1: Yeah?
W2: Eventually, I got a small part in a horror movie, and that's when I discovered my true calling.
W1: What is that? Playing zombies?
W2: Nope. I've become a movie makeup artist!
W1: No way! That is so amazing! But what made you give up acting?
W2: I guess I just prefer working behind the scenes. But enough about me. How are you and Craig?
W1: Craig? Oh, him. Yeah, we really wanted to get married. But you know, we broke up about a year after you left town.
W2: Oh, I'm sorry. It just seemed like you two were so eager to get married and start a family.
W1: Funny how that ended up. I was too busy with school and then my job, and then we just sort of drifted apart. Afterward, I moved to Toronto. I love it!
W2: Huh! So what've you been doing all this time, Charisse?
W1: Well, a few years ago I got a great job as a writer for a magazine. And guess what?
W2: What?
W1: They've just promoted me. I'm a chief editor now!
W2: Wow, pretty impressive.

Track 010

Conversation Model

M: **Is that you**, Marina?
W: It is! Long time no see. Mark, you look amazing.
M: Thanks! You too. I didn't recognize you. Your hair is shorter than your profile picture on social media, and you look so fashionable.
W: Yeah, that picture is pretty old. It's from when I was an **exchange student** in Paris. Anyway, **what have you been up to**?

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M: **I was planning to** move to Tokyo next year, but I got my dream job here! I have always wanted to live abroad, so it was a big decision. Now, I'm working as a fashion designer. How about you? W: Wow, that's terrific. After college, I opened a bakery. Jim and I got married, but you probably saw that on social media.

Unit 2 We Are All Unique

Track 011

Unit 2 We Are All Unique	
Vocabulary	
1	nerd a boring person who may have excessive interest in science and computers
2	romantic related to love or a loving relationship
3	sense of humor the ability to understand funny things
4	fame (n.); famous (adj.) being known or recognized by people
5	jock someone who loves sports a lot
6	passionate having strong feelings or emotions about something
7	private preferring not to talk about your thoughts and feelings with others
8	to make it big to become successful
9	straight A student a student who maintains the highest grades in all subjects
10	to go pro to start to do something as a job rather than as a hobby

Track 012

Listen for Specific Vocabulary	
1	Ms. Kelsey is a librarian, but she's **passionate** about sports cars.
2	Kris rides a motorcycle, but she's also a **nerd** when it comes to science.
3	Dave's friends thought that **making it big** in Hollywood would change him, but Dave is still just a regular guy. **Fame** hasn't changed him.
4	Jonathan might be the best basketball player in the state, but he doesn't have any dreams of **going pro**. He just wants to play for fun.
5	Terry is a **jock**, but when he's not on the football field, he's watching **romantic** movies.
6	Everybody assumes Carrie is a serious person because she's quiet. But she's really got a great **sense of humor**.
7	Jordan is very friendly and open with everyone, but she keeps some things about her life **private**.
8	Mark is very intelligent, but he's not a **straight A student**. He hates to study!

Track 013

Listening Task 1
Number 1
W: Oh, my gosh. You won't believe this! M: What? What happened, Katie? W: You know that guy Brett, from the football team? M: Oh, yeah, the big, dumb jock. What did he do this time? W: He gave me a poem.

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M: A poem?
W: I mean, it's beautiful! It's romantic and it's full of imagery. I just couldn't believe it came from him.
M: You got that right. I didn't even think he could read.
W: I just found out he plays two musical instruments and speaks French fluently!
M: Hmm. Well, maybe there's more to Brett than meets the eye!

Track 014

Number 2

W: Hey, Jeff, I didn't know you took dance lessons.
M: What? How did you know that?
W: Your girlfriend showed me some pictures of you dancing.
M: Man, I told her not to show those to people!
W: Aw, come on. Actually, I think it's pretty cool. I wish there was something I felt that passionate about.
M: Really? You know, I love to dance, but I don't tell my friends about it. Dancing is a private thing for me. It's just something I do for myself.

Track 015

Number 3

M: Hey, Kayla. Can I borrow your notes from today's math class?
W: Yeah, sure. Just make sure to give them back to me before my band plays tonight. I need time to study.
M: Did you say your "band"?
W: Yeah. I'm in a band called Rock Hard. I play the drums.
M: You're kidding! You play the drums for a rock band? I never would've guessed.
W: Why? 'Cause I'm a straight A student?
M: Yeah. I mean, you're the one everyone comes to for math help. I just assumed you were a ...
W: A nerd?
M: Well, I don't know about that.
W: Don't worry. I'm not offended. I am a nerd. But who says nerds can't play the drums?

Track 016

Listening and Pronunciation Tips

Example:
Whasup, dude?

Your Turn:

1	Yeah, <u>sorta</u>.	**2**	Your life is <u>kinda</u> different now
3	So, <u>whatya</u> gonna do?	**4**	I <u>dunno</u> how I feel about it.
5	<u>Didya</u> hear the news?	**6**	I <u>wanna</u> have my old life back.

Track 017

Listening Task 2

(music)
W: TJ! How's it goin'?
M: Hey, Carrie. What's up, dude?
W: Oh, not much. But you, you're all over the place. I saw you on TV last week. The Pro-Am skateboarding championship. Man, you tore it up on the half-pipe.
M: I guess I did OK. I got second place.
W: That flip you did was totally awesome. Anyway, I can't believe you've gone pro. You've totally made it.
M: Yeah, I know. Contests, sponsorships, kids asking for my autograph all the time. It's weird.
W: Sounds like it. But good weird.
M: Yeah. And you won't even believe what the latest is.
W: What?
M: Nike wants me to do a commercial. They've been calling my agent.
W: Wow! I don't believe that. That's crazy. You've got it made.
M: Yeah, sorta.
W: What's wrong?

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M: Well, you know the fame and fortune are great, but sometimes I just want to have my old life back again.
W: Why? With the way things are going for you?
M: No, but it's my family and my friends, like you. They think I'm too good for them now. They think I don't have time for the stuff we used to do, like go to movies and just hang out.
W: Wow, that's rough. But you know, your life is kinda different now.
M: Sure, I mean, people recognize me and stuff, but I'm still the same person I was before I went pro. I just wish everyone would understand that.
W: Don't you like all the attention you're getting?
M: I dunno, man. The truth is, it's kind of embarrassing. I guess I'm shy or something.
W: You? No way, TJ. I thought you lived for the crowds.
M: Nah, it's the sport I love. I can live without the spectators.
W: So what are you gonna do?
M: Just keep doing what I'm doing. I've gotta be true to myself, no matter what anyone else thinks about it.

Track 018

Conversation Model
W: You remember that girl Sachi from our Japanese class? M: Yeah, she is the **straight A** student with a great sense of **humor**, right? W: Yep, that's her. Well, apparently she has been doing ballet since she was five. She is about to make it big. She got an offer from a famous dance company. M: **You're kidding**! That's awesome. **I never would have guessed**. **I didn't know** she was so **passionate** about dance. W: There is definitely **more to her than meets the eye**. Hey, did you see the time? I'm going to be late for my yoga class. M: OK, I need to go to band practice anyway. Catch ya later! W: See you tomorrow at school.

Unit 3 Giving and Getting Advice

Track 019

Unit 3 Giving and Getting Advice	
Vocabulary	
1	possessive wanting to have all of someone's love and attention for yourself
2	folks another word for "parents"
3	to get in the way to interfere with someone's life
4	to blame someone for something to say someone is responsible for something
5	to spank to hit a child on the bottom
6	blind date a date that is arranged with someone that you haven't met
7	to stick to it to keep doing or using something
8	to discipline to train a child to obey the rules, often by punishment
9	tantrum an uncontrolled outburst usually by an angry child
10	to fix someone up to introduce two people who have never met

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Track 020

Listen for Specific Vocabulary	
1	M: My four-year-old daughter has horrible **tantrums**. How do I get her to stop crying? Should I **spank** her? W: Well, you need to **discipline** her. Some people aren't comfortable **disciplining** their kids. Try taking away something special—maybe a toy. Whatever you do, pick one method and **stick to it**. Use the same method all the time.
2	W: Whenever I disagree with my parents about my future, we always end up arguing. What should I do? M: Don't **blame** your **folks** for having different opinions.
3	M: One of my friends wants to **fix** me **up** with her neighbor. She thinks we would be a great match. Should I agree to a date even though we've never met? W: **Blind dates** are kind of scary; you don't know what to expect. But I say: Go for it!
4	W1: My best friend is very **possessive**. She always **gets in the way** when I try to make new friends. What can I do? W2: You should talk to her honestly about how you feel.

Track 021

Listening Task 1
Number 1
M: So, Amy, how many kids do you and Tom have? W: Uh, kids, none. Not yet. M: Not yet? Did you say "not yet"? Are you and Tom still unsure about having kids? You must be, what, 35 by now. Clock's a' tickin'. Tick-tock, tick-tock, you know? W: Yeah, I think we're aware of all that, but it's kind of complicated. We've got our careers right now, and ... M: Complicated? You think you're the only people who are trying to juggle careers and family? W: No, no. I'm sure we're not. Just, it's kind of a personal thing.

Track 022

Number 2
W: So, Jerry, have you thought about where you're going to live after you graduate in June? M: Uh, yeah. I think I'm going to move back in with my folks, save a little money, you know. W: Your folks? You gotta be kidding! Don't you think it's time to leave the nest? M: Um, yeah, I guess. But it's not like it's gonna be forever. Just until I can save up enough money to ... W: I gotta say, man, I think it's a mistake. M: Well, I've thought about it a lot, and I really think it's the best decision for me right now. W: But you need to go out on your own, get your own place, find yourself. Your parents are just going to get in the way. M: Well, you know, I'm not the only one moving back home after college. Seems like half the people I know are doing it.

Track 023

Number 3
(a boy's crying) M: Excuse me, ma'am. W: Yes? M: Your son's tantrum is disturbing everyone. W: I know, I know. I'm trying to calm him down. Bobby, please be a good little boy for Mommy. I'll give you a nice, yummy cookie if you stop crying. M: If you ask me, what your son needs is a little good old-fashioned discipline. A nice spanking will do the job! You know what they say: Spare the rod and spoil the child! W: Listen. How I raise my son is none of your business. We don't believe in using physical violence with our children.

Track 024

Number 4
M: So, Lucy, do you have anyone special in your life?

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W: No. Not right now. It's been a while since I've dated anybody.
M: Well, what have you been doing about it? You know, you can't meet someone sitting at home on your couch on Friday nights eating chocolate ice cream. You've got to get yourself out there, girl!
W: Well, I don't know. Meeting someone at a bar or club just isn't for me.
M: I know! I'm fixing you up with a friend of mine. He's perfect for you.
W: That's OK. I'm not really into blind dates.
M: Don't be ridiculous! You're gonna love him!
W: You know, I'm not sure I really want to be dating anyone right now.

Track 025

Listening and Pronunciation Tips
Example: How do you make those cookies? → How do you (dya) make those cookies?
Your Turn:
1. Yeah, **I** think **we're** aware of that. **2. I'm** trying to calm **him** down. **3. Do you** have anyone special in **your** life? **4.** Well, **I don't** know. **5. You've** got to get **yourself** out there.

Track 026

Listening Task 2
Part 1. Andrea talks to Jackie.
(music) W1: Andrea Price on "Who Needs Advice." What's your problem? W2: Hi, I'm Jackie, from Toronto. W1: Jackie, what's your problem? W2: My parents are driving me crazy! I'm in college, and my parents make me come home before midnight. Plus ... W1: Just a second, Jackie. Slow down. You're in college, you're living at home, your parents want you home at midnight. What's wrong with that? W2: Well, it's not only that. They always want to know who I'm going out with, and if I've done my homework. How can I get them to leave me alone? W1: Jackie, grow up already. If you live at home, you should follow their rules, or move out of their house. Clear enough?

Track 027

Part 2. Andrea talks to Beatrice.
W1: Andrea Price on "Who Needs Advice." W3: This is Beatrice from Atlanta. W1: OK, Beatrice. What's your problem? W3: I need some advice about dieting. Every time I go on a diet, I lose a few pounds, but it only lasts a little while. W1: Uh huh. Go on. W3: Once I start eating normally again, I always gain the weight back. W1: Do you exercise regularly? W3: No. W1: There's your problem. You can't lose weight without exercise. Talk to your doctor about an exercise plan, and stick to it.

Track 028

Part 3. Andrea talks to Pete.
W1: Andrea Price on "Who Needs Advice." M: This is Pete, from Denver. W1: What's your problem? M: Could I ask you something?

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W1: That's what I'm here for.
M: Well, my car has been making funny noises lately. Like this—fffft fffft fffft fffft—but only when it's moving. When it's idle, it makes sounds sort of like, vvvttt, vvvtttt, vvvttt. I really don't know what to do.
W1: Look, Pete, I give advice about people, not cars. You need to call a mechanic.

Track 029

Conversation Model
M: Hey, Angela! I had so much fun with Jenny on our **blind date**. Thanks for **fixing** us **up**.
W: Good, I knew you would like her. **I think** you two are great for each other. Her last boyfriend was too **possessive**.
M: Yeah, she is very nice. However, my parents are **getting in the way** too much already. They are always inviting her over for dinner. What should I do?
W: Don't blame your folks for being interested in your life. They care about you. **Why don't you** talk to them about it?
M: OK, I will. Thanks for the advice, Angela.

Review 1

Track 030

Review 1
Part 1
A. to start to feel better about something
B. someone who loves sports a lot
C. to introduce two people who have never met
D. a person who is not afraid to follow his or her dreams
E. the ability to understand funny things
F. to train a child to obey the rules, often by punishment

Track 031

Part 2
1. After our band got some popularity, we **drifted apart**, and now we're each going our own way.
2. I've just realized what my **true calling** is. I'm going to be a radio announcer!
3. My parents hope my brother will **take over** for them in the noodle shop, but he wants to be a pro golfer.
4. You would assume that Carrie wasn't a very good student since she's such a star tennis player. But she's getting **straight As**.
5. Everyone who ever picks up a guitar dreams of **making it big**, but most never even get a chance.
6. I thought Michael would give up poetry within a month, but he's really **sticking to** it.
7. My boyfriend is so **possessive**. He won't even let me join a study group if there's another guy in it.
8. She has a **tantrum** if I smile and say "hi" to someone else.

Track 032

Part 3
Question Number 1
W: Oh, my gosh. You won't believe this!
M: What? What happened, Jessie?
W: You know that guy Oliver, from the football team?
M: Oh, yeah, tall, big, dumb jock. What did he do this time?
W: He gave me a poem.
M: A poem?
W: I mean, it's beautiful! It's romantic and it's full of imagery. I just couldn't believe it came from him.
Question Number 1:

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What surprises Jessie about Oliver?
a. He is athletic.
b. He writes poetry.
c. He is very tall.

Track 033

Question Number 2
W: So, Robert, how have you been? M: Good, good. W: How are things going? Did you graduate this year? M: Me? Nah! I went to State, but after my second year, I realized that what I really want to do is to take over for my mom in the restaurant. W: Oh, that's right. Your family owns a little restaurant. Well, I mean, it's not so little, but … M: So I came back home and started apprenticing as a chef. W: Really? That is so cool! Question Number 2: Why did Robert leave university? a. He failed his exams. b. He moved away. c. He wanted to work in his family business.

Track 034

Question Number 3
W: So, Johnny, do you have anyone special in your life? M: No. Not right now. It's been a while since I've dated anybody. W: Well, what have you been doing about it? You know, you can't meet someone sitting at home on your couch every night eating pizza and drinking beer. You've got to get yourself out there, man! M: Well, I don't know. Meeting someone at a bar or nightclub just isn't for me. Question Number 3: What does Johnny's friend suggest he do? a. get a new job b. meet people at social events c. stay home more

Track 035

Question Number 4
M: You remember that boy from our French class? W: Yeah, he is the straight A student with a great sense of humor, right? M: Yep, that's him, Jeremy. I heard that he has been playing the drums recently. He will make it big. He got an offer from Universal Music. W: You're kidding! That's awesome. Question Number 4: What is surprising about Jeremy? a. He plays drums professionally. b. He is very quiet. c. He has dropped out.

Track 036

Question Number 5
W: Hi, Daniel. It's me, Kate Johnson. You remember me, don't you? M: Kate, Kate. I can't seem to place the name. Oh, my gosh, yes! I do remember you! But ... W: But what?

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M: Well, it's just that you don't look like the free-spirited Kate I remember. You look so, so normal.
W: Normal? I guess you're referring to my hair?
M: Yeah. I mean, you're just a regular brunette now. When I knew you, you always had your hair dyed some interesting color. Purple one day, green the next.
W: Well, I'm a teacher now. Most parents have a thing against green hair.
M: I can see your sense of humor hasn't changed much!

Question Number 5:
How has Kate changed since Daniel last saw her?
a. Her hair color is different.
b. She got taller.
c. She is more serious.

Track 037

Question Number 6

M: Hey, Sophie, how have you been?
W: Hi, Karim! Nothing special. Besides school, I have nowhere to go.
M: How come? Let's go out after school today. I can introduce some friends to you.
W: Well, I don't know. Meeting new people just isn't for me. It's really awkward.
M: I know. I'm fixing you up with a friend of mine. I think he's perfect for you.
W: That's OK. I'm not really into blind dates and I'm not sure I really want to be dating someone now.

Question Number 6:
Why does Sophie turn down Karim's suggestion?
a. She is busy studying.
b. She doesn't like blind dates.
c. She is moving.

Track 038

Part 4

Listening 1

W: Lucas! I almost didn't recognize you! You look so different!
M: Mia! Wow, it's been ages. What are you doing here?
W: I just moved back to town. I finally decided to give up my job in finance.
M: Really? But you always said you wanted to be a banker.
W: I know, but after five years, I realized it wasn't my true calling.
M: So what are you doing now?
W: I've been traveling around Southeast Asia. And I started a travel blog.
M: No way! That's amazing. How did your parents react?
W: At first, they were shocked. But they slowly got over it. They actually read my blog now!
M: That's incredible. What about your boyfriend, Ryan?
W: We broke up about a year ago. We just drifted apart after I started traveling.
M: Oh, I'm sorry to hear that.
W: It's OK. I've gotten over it. What about you? Are you still teaching?
M: Actually, no. I took over my uncle's restaurant last spring.
W: You're kidding! But you were such a free spirit—I never thought you'd settle down!
M: I know! Life is full of surprises. The restaurant is actually doing really well.
W: Wow. It sounds like we've both ended up in unexpected places.
M: Ha! I guess we have. Let me treat you to dinner at the restaurant.
W: I'd love that!

Track 039

Listening 2

W: You will not believe what I just found out about Owen!
M: What? The quiet guy from our chemistry class?

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W: Yes! You know everyone thinks he is such a nerd, right?
M: Yeah, he's always studying and getting straight As. He seems so private.
W: Well, apparently, he has been training as a professional boxer for three years! He trains five days a week at City Gym.
M: No way! That is insane. I never would have guessed. He looks so ... normal.
W: I know! And get this, his roommate says Owen is actually the funniest person he knows. He's got a great sense of humor.
M: Are you serious? I always assumed he had zero personality and no life outside of books.
W: That's exactly what I thought, Sam! But there's more. He speaks three languages fluently—Spanish, Japanese, and French.
M: Wow. There's definitely more to him than meets the eye.
W: Right? Oh, and a boxing promoter saw him compete last month and wants him to go pro.
M: Is he going to do it?
W: Not yet. He told his roommate he wants to finish university first. He says fame doesn't really interest him—he just wants to box for the love of the sport.
M: That's actually really cool. Kind of makes you wonder how well we really know the people around us.
W: Totally. I feel bad for assuming he was just a boring nerd.
M: Me too. He's way more passionate about life than I thought. Maybe I should actually talk to him sometime!

Track 040

Listening 3

Number 1

M: Hey, Hannah! You look unhappy. What's wrong?
W: After a long day at school, it's hard to come home knowing I still have a ton of homework waiting in my backpack. But it happens, so I gotta deal with it.
M: I know. And if you don't finish, the teachers won't be happy about it.
W: Yeah! What can I do?
M: Give yourself a short break from the books by doing something physical as soon as you get home. When you're done, you'll feel more awake, focused, and have more energy to tackle the work.
W: Good idea! I never tried this before. But what if my homework is way too much? And it's impossible to finish before bedtime.
M: If your homework is way too much, talk to your parents. Maybe they can speak with your teachers and figure out how to fix things.
W: OK! I will try.
M: Also, ask yourself if you're making the best use of your time at school. Sometimes the more you can get done in school, the less work you'll have when you get home.

Track 041

Number 2

M: Wow, Kelly! Lots of photos here, but which ones are the photos of your real boyfriend who you keep talking about?
W: Oh! You mean this one?
M: Yeah, I saw him walking with you in the school last week. How would you describe him?
W: He has a great sense of humor, but he is too romantic.
M: Isn't that good? It's what all girls want.
W: Not really! He always gives me flowers, which I think is a waste of money.
M: Oh! It's a bit too much.
W: I still want to keep this relationship because he is a jock, and he is hard-working, too.
M: Hmm! Maybe you can think more about his advantages. If you don't like him being too romantic, try to talk to him in a soft way and tell him what you want him to do.
W: Thanks! I'll try.

Track 042

Number 3

W: Hi! Are you the new student?

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M: Yeah, I am an exchange student. I'm from Spain.
W: Welcome to our school. What's your name?
M: Antonio. And your name, please?
W: I'm Janet. You look a bit stressed. Do you have any problems that I can help with?
M: Oh! You can read my mind. I have problems making friends here. I think the students here are not friendly to me. I feel disappointed and almost want to give up.
W: Please don't. Since you're new, I guess you'll need to know about different crowds and where they hang out.
M: Maybe!
W: Don't worry! Do you like sports?
M: Yes, I play tennis and soccer.
W: Great! I am a member of the sports team. We have a party tonight. Come with me, so I can introduce some new friends to you. I know many nice and friendly people there.
M: Sounds great! Thank you so much! I hope I can get over it really quickly.

Unit 4 Family

Track 043

Unit 4 Family	
Vocabulary	
1	fanatic having a lot of enthusiasm or devotion for something
2	devoted showing great love or joy toward something or someone
3	irritating annoying or disturbing
4	to freak out to panic or get stressed out about something
5	nuts crazy or strange
6	vegan a strict vegetarian who does not eat meat and dairy products
7	relative a family member or someone related by blood or marriage
8	extreme going beyond a normal or expected amount
9	strict demanding rules to be followed

Track 044

Listen for Specific Vocabulary	
1	My family is a little unusual. Some people might even say we're **nuts**.
2	My mother is **extreme** when it comes to neatness. She can't stand to see even a speck of dust in the house.
3	Mom is really **strict** with us when it comes to household chores. Every day, we have to do a couple of hours of chores to keep things neat.
4	My father loves to barbecue. He's definitely a **fanatic**. He can't live without his barbecue grill.
5	One time, I accidentally broke Dad's grill. He completely **freaked out**. He was so upset; he couldn't even wait a day to buy another one.
6	My sister, Alicia, is a **vegan**. She not only avoids meat, but also any animal products, like milk and eggs.
7	Sometimes Alicia and Dad argue because they have opposite interests. She's as **devoted** to her vegetarianism as he is to his barbecuing.
8	Some of my other **relatives** are a little strange, too. I've got an aunt who thinks she can see the future and a cousin who does four hours of bodybuilding exercises every day!

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9	My family might be a little **irritating** to some people, but they don't bother me much. After all, they're the only family I've got.

Track 045

Listening Task 1
Number 1
My sister is a really strict vegan. It's not for religious or health reasons. It's just she's a little nuts. Every time she comes over for a family dinner we have to make a special dish just for her. And if, like, the fork we've used to serve some meat even touches her plate for a split second, she freaks out and has to get another plate. Recently, she started this new thing where she can't even eat any vegetables that are cooked. They have to be raw. And she put her cat on a vegan diet, too. The poor thing only eats vegetables. Every time I go over to her place, the cat looks at me with these sad eyes, like, "Meat ... please?"

Track 046

Number 2
My cousin Pat is a professional clown. He goes by the name Patty Cakes. He gets hired to do special events like kids' birthday parties. The thing about Pat is that he just can't stop being a clown even when he's not working. He'll show up at his friend's house and start making balloon hats for everyone. And then there's his pet duck, Phoebe. Pat uses Phoebe in his clown act, but sometimes he doesn't have time to take her home after work, so he just brings her along wherever he's going. It's just so strange to see Pat walk in somewhere with Phoebe following behind him wearing a diaper.

Track 047

Number 3
My Aunt Samantha collects dolls. She's a real fanatic. Most people have hobbies, you know, like sports or music or movies, but Aunt Samantha spends all her money on dolls. She has one room in her apartment completely devoted to dolls. I mean, the whole room is wall-to-wall dolls! She's got over a thousand of them lined up on shelves from floor to ceiling. The dolls are all in perfect condition. She stores them in their boxes and never takes them out. It's kind of scary, actually. When you walk into that room, you just feel surrounded by them. It's like they're all watching you or something.

Track 048

Number 4
My brother Andrew is really into TV and movies and, um ... How can I put this nicely? He can get pretty extreme about it. He's always pretending to be a character from a movie or TV show. Now, when he was twelve or thirteen, he used to watch the TV show Star Trek all the time, and he'd go around talking exactly like Mr. Spock. Like if I'd say, "Andrew, get out of my room. I'm studying. You're so irritating." And he'd say, "Irritating? Ah, yes, one of your earthling emotions." Stuff like that, a line right out of Star Trek. Now, sometimes, it's funny. Like now he's doing Harry Potter voices. But we worry about him a lot. I mean, does he even know who he is? He's always acting like someone else.

Track 049

Listening and Pronunciation Tips
Example: She's nuts! Some people say we are a little unusual.
Your Turn:
1. My mom's really strict. **2.** He completely freaked out! **3.** Some of my relatives are a little strange. **4.** My cousin is a total clown! **5.** The whole room is wall-to-wall Barbies! **6.** He is always acting like someone else.

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Track 050

Listening Task 2

(music)

W: OK, Greg, I got the wedding invitations back from the printers. Let's do this!
M: OK, I'm ready.
W: Got your list?
M: Yeah, I just have a short list, though. Just my parents, and my brother Tim, and his wife, and my sister Tanya, and Jamie, my friend from college, and that's about it. I can't think of anyone else that I really want to invite.
W: Greg, that's like, what, ten people? Are you joking? This is our wedding.
M: Well, I guess we could invite my mom's cousin Abigail. She lives nearby, but I don't know her very well, and she's kind of crazy. She has, like, fifteen cats.
W: Greg, if she's family, you should invite her.
M: I guess.
W: So, including your mom's cousin Abigail, you've now got a grand total of eleven guests. That just isn't enough to fill up a reception room.
M: Well, how many people are you inviting?
W: Um, let's see. Here's my list. I've got my brother and his wife.
M: Right.
W: And her parents and relatives.
M: You're inviting your sister-in-law's relatives, too?
W: Greg, this is a family event. Can't leave anyone out.
M: Can't leave anyone out?
W: And then there's my mother's two brothers and their families.
M: They'll come all the way from San Francisco for this?
W: Oh, absolutely. And then my aunt Chia-Lin.
M: I thought she lived in Shanghai.
W: She does, but she'll come for the wedding.
M: Really?
W: She wouldn't miss it for the world, and besides, my mother would never forgive her if she didn't come to my wedding.
M: Ah.
W: And then my father will want to invite all his close friends from work.
M: Wait a sec. Your father's friends from work are coming? How many is that?
W: Oh, Greg, he's in the restaurant business. He's got so many friends. There must be like, one, two, three, eight people who work in the restaurant alone, and then the suppliers, and all of his regular big customers. Maybe eighty or ninety. Something like that.
M: Eighty people!
W: There's no way he wouldn't invite all of them to his daughter's wedding. It'd be an insult!
M: But I thought we were just inviting family and close friends.
W: Believe me, my father's business associates are like family.
M: Wow! How many people are on that list there?
W: Oh, just a few. This is just like three or four hundred people. I'm trying to keep it small.
M: Gosh, Lydia, where are we going to have this wedding, in Yankee Stadium?

Track 051

Conversation Model

W: I ran into your brother on the subway. It was the one with long hair. Is that Terrence?
M: Oh, no, that's my older brother Ted.
W: Doesn't he own a restaurant?
M: No, he recently opened a coffee shop downtown. He **can't live without** coffee. He used to have a great job in finance, but he suddenly quit to study coffee. **Some people think** he has lost his mind.
W: Ha, ha. That **sounds extreme**. What about your sister, Anastasia?
M: That's another story. She is a **fanatic about** traveling. She started her own travel blog. Actually, because of it she has become quite famous, and she makes a lot of money from it.
W: Wow, that is so cool. How can I **put this nicely**? My family is super boring and traditional compared to yours. Your family sounds a little **nuts**, but at least they aren't boring!

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Unit 5 Making Up Your Mind

Track 052

Unit 5 Making Up Your Mind	
Vocabulary	
1	to figure out to discover or find out
2	to lean toward to be likely to choose something
3	stay-at-home staying at home to take care of children instead of going out to work
4	to major in to focus on a particular subject at college or university
5	to decide to make up your mind to do something
6	to realize to begin to understand something
7	to weigh (the options) to look at options and determine which is the best
8	downside a negative aspect about something
9	heart-to-heart having an honest conversation about something

Track 053

Listen for Specific Vocabulary	
1	Pamela is pregnant with her first child. She has to decide whether she wants to be a working mom or a **stay-at-home** mom.
2	The Yamamotos are planning a vacation. They have to **figure out** which airline offers the cheapest rates.
3	Stan is unhappy at work, but he makes a good salary. He's going to **weigh** the pros and cons of getting a lower-paying job that he likes better.
4	Kelsey is **leaning toward** going to Harvard because she has family near Boston, but she also really likes Yale.
5	Ben just **decided** to propose to his girlfriend, Laura. He's going to have an airplane write "Will you marry me?" in the sky.
6	Mrs. Lai's company wants to transfer her to another country. She's going to have a **heart-to-heart** conversation with her husband about it tonight.
7	Katherine isn't sure whether she wants to **major in** medicine or law.
8	Jeremy and Priscilla didn't **realize** until they got engaged how difficult it is to plan a wedding.
9	For Roland, the **downside** of buying a new car is that he has to do lots of research to make the best decision.

Track 054

Listening Task 1
Number 1
W: Honey, I've been thinking. M: Huh? W: I've been thinking. I think I'd like to go back to work. M: Really? Why, Pamela? W: Well, the kids are growing up. Jenny is off to university, and Ted is going to be in high school next year. M: Uh huh, yeah? W: Well, I just don't think I need to be a stay-at-home mom anymore. M: But, but who's going to make dinner and do the laundry, and who's going to clean the house?

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W: I don't know, honey, but we'll figure it out. I've been weighing the pros and cons, and now it just seems like the best time to make a change.

Track 055

Number 2

W: Hey, how's it going, Frank?
M: Oh, not too sure.
W: Oh, what's the problem?
M: It's not really a problem. It's kind of a good thing, I guess.
W: You guess?
M: Well, I applied for a job with a really good engineering firm a couple of months ago, and I talked to the boss yesterday.
W: Yeah?
M: And they want to hire me.
W: That's great news.
M: Well, sort of. But the downside is the job's in Texas. I would have to move. And they want me to start in six weeks.
W: Ooh, Texas. That's really far away. What are you leaning toward?
M: At this point, I'm seriously considering accepting the offer. But I have until next week to let them know.

Track 056

Number 3

M: Hey, Jamie, you look stressed out. What's wrong?
W: Oh, I have to choose my major this month, and I'm still undecided.
M: I thought you were majoring in theater. Didn't you say you wanted to be the next Angelina Jolie?
W: Yeah, but I changed my mind last semester and started taking more psychology classes.
M: Well, why don't you do that? You could be the next Sigmund Freud, the female version.
W: I would, but I don't know. I'm taking a really great physics class this semester. I totally love it.
M: Then why not do physics?
W: So I could be the next Albert Einstein, right? I don't know about that, either. And I mean, theater still is really fun.

Track 057

Number 4

M: What's up, Gina?
W: Rick, what do you think about getting a puppy?
M: A puppy? Why would we do that?
W: Well, I was at the supermarket today, and there was this guy with a box of Labrador puppies out front, and they were so cute.
M: Yeah, of course they're cute. Puppies are always cute. But they're messy, too.
W: I know, but you should have seen them. Their little tails and their little faces.
M: The problem with a puppy is that it eventually becomes a dog, a big dog. What's a big dog gonna do in our little apartment?
W: We'll take it for walks. It'll be great. C'mon.
M: I don't know. I'll think about it. Why don't we get a cat instead?

Track 058

Listening and Pronunciation Tips

Example:

She wants to <u>be a</u> working mom.

Your Turn:

1. He **makes a** good salary.
2. He's going to weigh the pros and **cons of** getting a new job.
3. She is leaning toward **going to** Harvard.
4. She **wants to major in** physics.

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5. They **have to figure out** which airline is the cheapest.
6. I think I'd **like to go back to** work.

Track 059

Listening Task 2

(music)
Our topic today is decision-making. We make decisions every day, right? Maybe about simple, personal things like which train to take to work or should you get a puppy as a pet, and also more complex things like what to major in at college or whether to take a job offer in a new city. We're going to look at four dimensions of the decision-making process, OK? Approach, information, risk, and decisiveness. The first dimension is approach, or the way that you view the decision-making process. There are two types of decision makers here: originators and adapters. Adapters tend to think in terms of the minimum change necessary to produce the results they want. They stick with ideas that have worked in the past. Originators, on the other hand, tend to produce decisions that are less similar to past ideas. They make decisions that seem unique and creative.

The second dimension is information. What kind of information do you need to make a decision? Are you a concrete information processor or an abstract information processor? Concrete information processors need complete and detailed information before making a decision. They prefer to work with clear, absolute, and exact facts and values. Abstract information processors, on the other hand, focus on the big picture and general information before they make their decision.

The third dimension is risk. What kind of risk taker are you when you make a big decision? How do you deal with struggles and challenges when you face a tough decision? Two types of risk takers here: conciliators and challengers. Conciliators prefer to be cautious and avoid risks. They avoid taking actions that might involve losing too much. The other type is the challenger. And a challenger will take a more extreme and risky choice in order to get a greater gain, even if the situation has a good chance of turning out badly.

The fourth dimension is decisiveness—how fast you make the decision, and how quickly you take steps toward implementing your decision. For this dimension, the two types of decision makers are called organized and flexible. Organized decision makers are quick to choose—bang, come on, make a decision—and also quick to act upon their decisions: OK, let's do it! They commit their energy and time sooner than others. Flexible decision makers, on the other hand, are slow to choose and also slow to act upon their decisions. They tend to change plans frequently, and they also procrastinate or postpone their plans unless they become absolutely necessary.

So that's the theory: four dimensions of decision-making. Where do you stand in each dimension? There's no right or wrong way to make a decision, but by understanding our own decision-making styles, we can make more effective, well-informed, and conscious decisions.

Track 060

Conversation Model

M: Did you decide where you're going to go for your winter vacation?
W: **I'm still undecided**. I am really **having trouble making up my mind**. I was thinking of Japan or Thailand. What do you think?
M: Well, it sounds like you really need to **weigh your options**. It depends on what kind of vacation you want. If you want a beach vacation and sunny weather, Thailand might be best. If you want delicious food and cold weather, Japan would be better.
W: You're right. I need to **consider the pros and cons**. I've just been so busy lately with school and work. I think I want a relaxing beach vacation.
M: Sounds like you already have the answer: Thailand!
W: I am **seriously considering it**. Thanks for listening. How about you? Any plans?
M: Unfortunately, I have to work.

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Unit 6 Learning Languages

Track 061

Unit 6 Learning Languages	
Vocabulary	
1	expert someone who has an advanced knowledge or skill
2	slang words or expressions (usually informal) that have a special meaning for a group of speakers of that language
3	to apply to ask for something formally, usually in writing
4	dialect a version of a language spoken in a specific region or by a group of people
5	to come in handy to be useful
6	to pick up to learn a language or something else
7	native (language) the language you spoke when you first learned to speak
8	accent a way of pronouncing words in a particular region or country
9	amazing extremely surprising; difficult to believe
10	to hire to employ someone to do a particular job

Track 062

Listen for Specific Vocabulary	
1	I think teachers who work in the US and the UK should be **native** speakers of English.
2	There are so many varieties of English that I can never be an **expert** in all of them.
3	English has a lot of **slang**. How am I supposed to know that a “hot” pair of jeans means the same thing as a “cool” pair of jeans?
4	I would be worried about **applying** for a job in the United States. What if they didn’t think my English was good enough?
5	I don’t mind if my teacher has a different **accent** than I’m used to, as long as I can understand what he or she is saying.
6	I think it’s useful to have some knowledge of different **dialects** of English. That knowledge will **come in handy** when I travel.
7	The large number of slang words in English is **amazing**. There is a lot to **pick up**!
8	I think companies should **hire** non-native speakers of English if they are qualified to do the job.

Track 063

Listening Task 1
Number 1
W: Hey, Andrew! You’re back from Australia. M: Yeah, just got back yesterday. W: Well, g’day, mate! How did you like my homeland? M: Oh, man, it was great! The people were so friendly. The weather was great. And some of the Australian slang you taught me really came in handy. W: Oh, yeah. I bet you picked up some more while you were there. M: Yep. Mm, Iemme see. I know “mozzies” are “mosquitoes,” and “tucker” means “food.” And, of course, Australian English is called “Strine.” W: Not bad, mate! A few more trips down under and you’ll be an expert in Strine!

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Track 064

Number 2
W: So, how did you like Professor Lee's class? M: Man, I don't know. W: What do you mean? M: I mean, it's hard to pick up what she's saying. Her English is so hard to understand. W: You think so? M: Yeah. She has a strong accent, you know. W: Well, yeah, but everyone has an accent. Even you have an accent! Hers is just different from yours, that's all. M: Sure is. W: Don't worry about it, though. You'll get used to how she talks. M: Maybe, but I'm having a really hard time understanding her right now. W: Well, maybe you should just pay attention to what she writes on the board. She writes on the board a lot. I think she knows that some people need to get used to her.

Track 065

Number 3
M: OK. Places everyone! "Gone with the Wind," scene 25, take 2. And action! W: Rhett, I only know that I love ... M: Cut! Cut! Cut! Julia, you've got to work on your southern accent. You just don't sound like Scarlet. W: I know, I know. I'm just not getting it for some reason. M: OK. It's not that hard. Now, listen. In the southern dialect of American English, the pronoun "I" sounds like "Ah." I love you, Rhett. W: OK. Lemme try this again. Aaaah. I only know that I love you. M: Better. Now, another thing. "R" sounds at the end of words are often dropped. So, for example, you say "suga'," not "sugar." W: OK. Don't botha me anymo'. And don't call me suga'! M: Much better! All right, places everyone! We're going to try this again. Lights, camera, action!

Track 066

Listening and Pronunciation Tips
Example: You're back from Australia.
Your Turn:
1. The people were so friendly. **2.** Her English is so hard to understand. **3.** Don't worry about it though. **4.** I'm having a really hard time understanding her. **5.** Tell me about your background and experience. **6.** I worked for one of the top travel companies in Japan.

Track 067

Listening Task 2
(music) **Part 1. Sumi interviews for the job.**
M1: Tell me about how your background and experience have prepared you to be a department manager in our travel company. W: Well, as my résumé shows, I have a bachelor's degree in travel industry management from an American university, and I worked for five years in one of the top travel companies in Japan. After two years, I was promoted to a management position that was very similar to the job you are offering here. M1: I see. So you have supervised people in your previous position? W: Yes. Actually, I supervised a staff of about twenty people.

Track 068

Part 2. Sumi gets an offer.

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(The phone rings.)
W: Hello?
M1: I'm calling for Sumi Wilson.
W: This is Sumi.
M1: Hi! This is James Bates of World Trek travel agency. I'm calling with what I hope will be good news.
W: Yes?
M1: We'd like to offer you a position as a customer service representative.
W: Sorry, but did you just say customer service? I was applying for the management position.
M1: Yes, I know. Actually, we've hired someone else for the management position, but we really liked you, so we'd like to hire you in customer service.
W: I see. Well, since I was hoping to get the management position, I think I'll need to think about this. Could I call you back tomorrow?

Track 069

Part 3. Sumi talks to her husband.

(Phone button pressing and ring sound)
M2: Hello?
W: It's me. World Trek called.
M2: So, did you get the job?
W: No, but they offered me a job as a customer service representative, selling and leading tours to various places in Asia.
M2: That's not fair! You were perfect for the management job!
W: That's what I thought, too. But I honestly think they were worried about my English. I'm sure they want a native speaker to be the manager.
M2: But that's ridiculous! Your English is great. You know, if that's their attitude, I'm glad you're not going to be working there.
W: Actually, I've been thinking about it a lot, and I really want to accept the job as a customer service rep.
M2: What? Why?
W: Well, it's a good chance to show them how much I know, what I can do. And they can see for themselves how good my English is, too! Then, whenever the next management position comes up, they'll know I'm the perfect choice!
M2: Well, in that case, go for it! And let's go out for dinner tonight to celebrate!

Track 070

Conversation Model

M: Hey, Yuki. Guess what? I'm going to spend six months in America. I plan to **apply for** some jobs while I am there. However, I'm worried that my English isn't good enough.
W: That's great, Jules. I am so happy for you. Don't worry about your English. You are practically an **expert**. All of those years of studying English will **come in handy**.
M: You're right. However, I'm a little worried since there are so many different dialects and slang used in America. Some people have such a **heavy accent** that I have a **hard time understanding**.
W: You'll be fine. I'm sure you'll **pick up** a lot of **slang** when you are there, and you'll get used to their accent.

Review 2

Track 071

Review 2

Part 1

A. to be likely to choose something
B. to look at options and determine which is the best
C. having a lot of enthusiasm or devotion for something
D. to be useful
E. annoying or disturbing

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F. the language you spoke when you first learned to speak

Track 072

Part 2

1. My brother is insanely **devoted** to Seattle Mariners baseball.
2. I'm glad to see Michelle so happy with her new boyfriend, but the **downside** is that she never has time for her friends anymore.
3. If you can't **make up your mind** about which bicycle to buy, try weighing the pros and cons of each type.
4. I was surprised to find out how many different **dialects** there are just for American English!
5. Did you hear? Tracie's family is **applying** for a job as a host family.
6. He was watching a game, and when I asked to see my favorite program, he completely **freaked out**.
7. Right now, I'm **leaning toward** taking biology class, but I kind of want to take photography, too.
8. In high school I was interested in math, but in college I **majored** in chemistry.

Track 073

Part 3

Question Number 1

W: So, how did you like Professor Werner's class?
M: Well, I don't know.
W: What do you mean?
M: I mean it's hard to pick up what she's saying. I have a hard time understanding her English. She has a strong German accent, you know.
W: Well, yeah, she does. But, the truth is that everyone has an accent. Even you have an accent! Don't worry about it though; you'll get used to it.
M: Sure.

Question Number 1:
What kind of accent does Professor Werner have?
a. German
b. Spanish
c. British

Track 074

Question Number 2

My cousin is a really strict vegan. It's not for religious or health reasons. It's just she's a little nuts. Every time she comes over for a family dinner, we have to make a special dish just for her. And if, like, the knife we've used to serve some steak even touches her plate for a split second, she freaks out and has to get another plate. Recently, she started this new thing where she can't even eat any vegetables that are cooked. They have to be raw.

Question Number 2:
What does the speaker have to do when her cousin comes for dinner?
a. go to a vegan restaurant
b. cook all dishes without meat
c. make a special dish just for her

Track 075

Question Number 3

W: So, William, have you thought about where you're going to live after you find a job?
M: Uh, yeah. I think I'm going to move back in with my folks, save a little money, you know.
W: Your folks? You gotta be kidding! Don't you think it's time to leave the nest?
M: Um, yeah, I guess. But it's not like it's gonna be forever. Just until I can save up enough money to ...
W: I gotta say, man, I think it's a mistake.

Question Number 3:
What does the woman think about William's plan?

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a. She thinks it's a great idea.
b. She thinks it will save a lot of money.
c. She thinks it's a mistake.

Track 076

Question Number 4

M: OK. Places everyone! "My Fair Lady," Scene 35, take 5. And action!
W: The rain in Spain stays mainly in the plain.
M: Cut! Cut! Cut! Teresa, you've got to work on your Cockney accent. You just don't sound like Eliza.
W: I know, I know. I'm just not getting it for some reason.
M: OK. It's not that hard. Now, listen. In the Cockney dialect of British English, the vowels "ai" sound like "i." The rain in Spain ...
W: OK. Let me try this again. The rain in Spain stays mainly in the plain.
M: Better.

Question Number 4:
What dialect is Teresa practicing for the play?
a. Cockney
b. Scottish
c. Welsh

Track 077

Question Number 5

W: Honey, I've been thinking.
M: What?
W: I've been thinking about going back to work.
M: Really? Why?
W: Well, our kids have grown up. Melisa has already moved out and Mariana will be off to university next month.
M: Uh huh, yeah?
W: Well, I guess I'm just tired of being a stay-at-home mom.

Question Number 5:
Why does the woman want to go back to work?
a. She needs more money.
b. She's tired of being a stay-at-home mom.
c. Her children are moving back home.

Track 078

Question Number 6

My friend Timo is really into fiction novels and movies and, um ... How can I put this nicely? He can get pretty extreme about it. He's always pretending to be a character from a movie or novel. Now, when he was twelve or thirteen, he used to watch the movie *Harry Potter* all the time, and he'd go around talking exactly like Harry Potter.

Question Number 6:
What does Timo always do?
a. He writes stories based on movies.
b. He watches fiction movies all day.
c. He pretends to be a character from a movie or novel.

Track 079

Part 4

Listening 1

W: Did I tell you, Tom? My cousin Anna is getting married next month!
M: Oh wow! Are you excited, Maya?
W: Yes, but I'm also a little nervous. My whole family will be there.

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M: Why nervous?
W: Well, my uncle Frank is a total fanatic about giving speeches. He gave one at the last three family weddings. They all went on forever.
M: Ha! That sounds a little irritating.
W: It really is. And my aunt Sue is really strict about seating. Last time she freaked out because she wasn't at the main table.
M: She sounds a bit extreme.
W: She is. But she's devoted to the family, so I understand. She would never miss a wedding for the world.
M: What about you—what kind of wedding do you prefer?
W: Honestly? Small and simple. You can't leave out the relatives, but with a smaller guest list, it just feels more personal.
M: That makes sense. I feel the same way.

Track 080

Listening 2

Today, we are going to hear Emma's story about one of the biggest decisions of her life—choosing her major at university.

Emma had always loved art, but her parents wanted her to major in business. She had been trying to figure out what to do for weeks. She was leaning toward art, but she was not sure.

Emma decided to weigh the pros and cons. The upside of majoring in art was that she loved it and was good at it. The downside was that it was hard to find a stable job. Business, on the other hand, had more job opportunities, but Emma realized she was not passionate about it at all.

Finally, Emma had a heart-to-heart talk with her parents. She told them how she really felt. In the end, her parents agreed to support her choice. Emma decided to major in art—and she has never looked back.

Emma's story shows us that big decisions are never easy. But if you take time to weigh your options and talk them over with someone you trust, you can make a decision that feels right for you.

Track 081

Listening 3

When people are asked how many languages they think there are in the world, the answers vary quite a bit. Actually, there are more than 2,000 languages and more than 7,000 individual dialects spoken around the world today. People are amazed by how many languages are actually spoken that had previously been under described.

Taking the United States as an example, over 250 languages are spoken in this country, but South Africa still holds the record for the country with the most languages. The most widely spoken languages are Chinese, Spanish, English, and Hindi, in that order. However, the hardest languages are Arabic, Chinese, and Russian. What languages do you speak? And what other languages are you trying to pick up? Don't worry! If you really like languages, there are always enough out there for you to learn.

Unit 7 Relationships

Track 082

Unit 7 Relationships	
Vocabulary	
1	to click to instantly get on with someone really well
2	to fall for someone to be attracted to someone or to be in love with someone
3	attractive

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	being appealing due to physical appearance or other personal qualities
4	blown away inspired and impressed by someone
5	income the amount of money you make monthly or yearly
6	sensitive being susceptible to the attitudes, feelings, or circumstances of others
7	quality time meaningful time you spend with someone, giving them your full attention
8	commitment a promise to take the relationship to another level
9	to warm up to someone to slowly get used to someone or begin to feel a connection to them

Track 083

Listen for Specific Vocabulary	
1	The guy has to be **attractive** or I won't date him.
2	I don't need to be **blown away** by the girl's looks, but she should have a nice smile.
3	I like to spend money, so I need someone with a good **income**.
4	It takes me a few months to **warm up to** people; then, I start to feel comfortable with them.
5	I can usually tell within the first few minutes of meeting someone whether or not we **click**.
6	I want a guy who's **sensitive**. He should consider my feelings and opinions.
7	I tend to **fall for** women who have a sense of humor.
8	I'm not interested in making a **commitment** at this point in my life. I just want to have fun!
9	I don't want somebody who's so busy with work that he can't spend **quality time** with me.

Track 084

Listening Task 1
Number 1
Hi! I'm Michael. I'm a 32-year-old white male. I'm divorced, and I want to try again with the right lady. I like rock music, dancing, and surfing. I'm looking for an attractive woman who likes to party as much as I do. Surfing experience is a plus, but not necessary. If you're willing to learn, I'm willing to teach you!

Track 085

Number 2
I'm Anita and I'm a 34-year-old African-American woman. I'm single and I work for a major corporation. I'm also very involved with the environmental organization Greenpeace, so respect for nature is a must. I'm looking for a single professional man, 35 to 40, who already has his own life but wants to share quality time. He has to be honest above all else.

Track 086

Number 3
Hi, my name is Jack. I'm a sensitive 28-year-old guy. I'm ready for someone who wants a lifetime of commitment. I'm into bodybuilding, movies, and golf. I have a great job with a good income, so you don't have to be rich, just fun to be with. But I'm hopeless in the kitchen, so you have to be able to cook. Let's get to know each other and enjoy life together!

Track 087

Number 4
My name is Cora, and I'm a single Chinese-American woman. I'm in my mid-twenties. If you love long walks on the beach, candlelight dinners, and intelligent conversation, I'd like to meet you. I want a man who comes from a good family, likes to read, and has a good sense of humor.

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Track 088

Listening and Pronunciation Tips
Example: He is very attractive. (↘) You didn't, did you? (↗)
Your Turn:
1. Wow, isn't he handsome? (↗) **2.** I'd like to meet you. (↘) **3.** He just wasn't my type. (↘) **4.** Really? (↗) **5.** I'm so happy for you! (↘) **6.** It wasn't love at first sight? (↗) **7.** She's a great girl, isn't she? (↗) **8.** He dresses well. (↘)

Track 089

Listening Task 2
Part 1. Amy talks about Luis.
(music) W1: I know I have a picture of Luis around here somewhere. Oh, here it is. W2: Wow, he's so handsome! He looks like a Greek statue. W1: Yeah, he is very attractive. But I didn't think so when I first met him. W2: You didn't? W1: No. You know what I noticed when I first met him? He has really hairy hands. W2: What? W1: Yeah. His hands are just really hairy. Plus, his clothes were way more fashionable than I usually like. He just wasn't my type. And on top of all of that, he was shorter than me. W2: So how come you went out with him? W1: Well, he was just really sweet and funny, and I was so comfortable just hanging out with him. And the first time we went out he just swept me away with his personality. W2: Really? How? W1: He was just really easy to talk to. W2: But still, if all those things bothered you, about his hands and all. W1: Well, you know, none of that was important once I got to know him more. His personality and the way we got along just made it clear to me that he is "the one." W2: So, when's the big day?

Track 090

Part 2. Luis talks about Amy.
M1: Luis, I'm so happy for you and Amy. M2: Thanks. She's a great girl. And she's perfect for me. We just "click," you know? M1: So then I guess you just always knew she was the person for you? M2: Well, not exactly. M1: It wasn't love at first sight? M2: No. But don't tell Amy that. She's such a romantic. She'd probably like it if I said I fell for her immediately. M1: But you didn't? M2: No. It took me a while to warm up to Amy. She just wasn't my type. M1: Really? Why? Didn't you think she was attractive? M2: Well, she was so thin and athletic. I usually like a girl with a few curves. M1: Then what made you decide to ask her out? M2: I didn't. She asked me out! M1: She did? And how did you feel about that? M2: I wasn't sure at first. But you know, I ended up really liking that part of her personality. She's independent and she goes after what she wants. And once I started looking at her more, I really liked her physically. M1: Well, you two sure make a great couple!

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Track 091

Conversation Model
M: So, you have been single for a while now. Em, you haven't **clicked with** anyone? W: Well, no, but I think I am ready for a commitment. I just haven't found anyone interesting or **attractive** lately. M: What about that guy from the dating site with the killer income and good sense of humor? W: Well, to be honest, he's not exactly **my type**. Sure, he was funny, but he's not really my type. I think he is a little boring. M: Hmmm, I have a friend who **might be** the one. He's handsome, loves all the same things as you, and is a great cook. W: Really, tell me more. He might be **"the one"**! What's his name? M: It's someone you really like to **spend quality time with**. It's ... W: You! Hans, you're like my brother. I am not sure we could date!

Unit 8 Technology

Track 092

Unit 8 Technology	
Vocabulary	
1	identity theft a situation when someone steals your identity information and uses it to buy things with your credit cards
2	to delete to remove something
3	virus a program that damages digital devices
4	obsession something or someone you are unable to stop thinking about
5	forward (v.) (n.) to send or pass a message or other information to someone
6	addictive dependent on or devoted to a particular thing or activity
7	incompatible not able to work well together
8	clogged up stuck or stopped from too much of something
9	spam unwanted and unasked-for e-mail messages, text messages, or Internet posts
10	update a new version of something

Track 093

Listen for Specific Vocabulary	
1	Hidden Expenses: Better save up some cash. Program developers are constantly changing their software, and you may need to pay to get the newest **updates**. Getting ready to buy a new computer? You might find that the programs you already own are **incompatible** with your new system.
2	Security: The Internet has made shopping easy. But it is possible to steal online credit information. That's why insurance companies are offering **identity theft** policies. You also have to worry about **viruses** that could damage your computer.
3	Incoming Messages: Your e-mail inbox can get so **clogged up** with **spam** that you spend all your time **deleting** them. And what about those funny posts people **forward** to you on social media? They might seem entertaining to some people, but they're annoying to most.

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4	Mental Health: Smartphones are very entertaining, but have people become too attached? For some, the smartphone has become an **obsession**. Mobile games and online gambling are **addictive** activities that can make you a prisoner of your smartphone.

Track 094

Listening Task 1
Number 1
W: How's that new computer working out? M: Well, hard to say. It's definitely a cool machine, top of the line. It's got way more memory than my old computer, and it's way faster. The thing is, none of my old software works with it. W: Really? M: Yeah, it's a new operating system, so nothing is compatible. W: Wow. M: So now I have to buy all the upgrades for all my programs, all the new versions of everything. W: That's gonna be expensive. M: Yep. It's really lame.

Track 095

Number 2
W: You wouldn't believe what happened to me. M: What? W: Well, I got my credit card bill yesterday, and I was looking it over, and there were all these charges for things I didn't buy. There was a fur coat from some expensive website, and, like, fifty phone calls to Paris. M: Oh, no. Did someone steal your credit card? W: No, I still have the card, but someone must have gotten the number. Sometimes that's all you need to buy something over the phone or on the Internet. M: Wow, that's scary. W: Yeah, but I called the credit card company. They have identity theft insurance, so they're going to give me a new card, a new number, and I don't have to pay for any of that stuff.

Track 096

Number 3
M: Hey, did you see the funny video I forwarded to you on social media? W: Yeah, I saw it. But honestly, I wish you would stop sending me so many forwards. M: Oh, really? I thought you'd find them funny. W: Maybe, but my feed is always so clogged up with forwards and spam ads. I end up hiding them every day. M: Hiding them? I didn't realize it was that bad. W: Yeah, I spend so much time hiding forwards and spam every day. It's really annoying. M: I'm sorry. I didn't know. I'll stop forwarding things to you. W: Thanks. I appreciate it.

Track 097

Number 4
W: John, you've been playing that video game for hours. M: I know, I know. It's just that I have to get to level five before I can take a break. W: Well, you've been playing nonstop every day like this for the past week. M: Yeah. This game is really addictive. But I promise I'll stop just as soon as I get into the secret room. W: The secret room? M: Yeah, but first I've got to get a hold of the golden key. W: John, just listen to yourself! I think this game is messing with your head.

Track 098

Listening and Pronunciation Tips
Example: They <u>could damage</u> your computer.

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I've played the game before.

Your Turn:

1. The **Internet has** made shopping easier.
2. Most people **could live** without spam.
3. You won't believe **what happened to** me.
4. Did you **get the e-mail** I sent you today?
5. I **don't even** have time to read my e-mails.
6. Most of them are saying it's too violent.

Track 099

Listening Task 2

(music)

W: Hello, this is "Tech Trek," and I'm your host, Georgina McFee. Today we're going to review three new video games that everyone's talking about. First, there's "The Butcher." The player is an undercover cop who used to be a butcher. Imagine that. Super violent, super fast game. Next is "Pirate Party," which is based on last summer's hit movie about a band of pirates that attacks cruise ships and beach resorts. Last is "Marooned on Mars," a video game that takes place in 2250 in an abandoned colony on Mars. The object of the game is to construct a spaceship to get back to Earth. OK, before we get to the reviews, we have a special guest on "Tech Trek"—Jeff Townsend, developer of "The Butcher." Jeff, thanks for coming in today.
M: My pleasure, Georgina.
W: So, Jeff. "The Butcher." A lot of people are talking about your game, and most of them are saying it might be too violent.
M: Well, it is violent. I mean, it's about a cop, who was once a butcher, who hunts down criminals and chops them up into steaks. There's a lot of blood, a lot of body parts.
W: Right. I've played that game. There is a lot of blood, and some people have a problem with that. A lot of people think that video games like "The Butcher" actually cause violence, that they're a bad influence on children.
M: Yeah, I hear that a lot. But I don't know. To me, video games are just entertainment. I think people can tell the difference between a video game and real life.
W: Even kids?
M: Even kids. I don't think anyone is going to play "The Butcher" and then go out and make criminals into hamburger. You're not going to become more violent if you play "The Butcher."
W: Maybe so, but ...
M: In fact, I was reading the newspaper, and there are some scientists who think that playing violent video games can actually make you less violent.
W: Hmm. That's interesting.
M: Yeah, they say that if you get all your anger and frustration out in a video game, you'll be a lot more relaxed in your regular life.
W: So if you are a really angry person, it might be a good idea to play "The Butcher," right? You could hack up criminals for an hour, and then go on with the rest of your day in a peaceful, happy mood.
M: Exactly. Playing a video game might be better than meditating or seeing a psychiatrist, or anything like that.
W: But what about this, Jeff? Some people say video games can become an obsession. Some kids play for hours every day. Are video games addictive?
M: Well, it's definitely hard not to play "The Butcher" all the time. It's so absorbing.
W: That it is. Anyway, thanks for joining us on "Tech Trek," Jeff.
M: Any time.

Track 100

Conversation Model

W: My personal information was leaked online. I think I will soon become a victim of **identity theft**.
M: How come? Oh! It's probably because you have been chatting with that AI chatbot nonstop. You are **obsessed with** it.
W: You are the one who is **hooked on** it, and you got me into it. I thought the chats were private, so I felt safe to share some personal details. I didn't know my information might go online. Now I'm worried. What should I do?
M: You should **delete your chat history** and clear your personal data from those AI tools. Maybe that will help. You also need to **update** all your privacy settings to make them **compatible** with the latest security standards.

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W: OK, I'll try that. Thanks.

Unit 9 Living Situations

Track 101

Unit 9 Living Situations	
Vocabulary	
1	to give someone space to allow someone privacy
2	dormitory a building at a school with student rooms
3	curfew a time limit (usually set by parents) to make sure that one is home at a specific time
4	concerned worried about
5	appreciative thankful for something someone does (or doesn't do)
6	to barge in to enter someone's room or private space without asking or knocking
7	to snore to make a snorting noise through one's nose or throat while sleeping
8	negative something that is bad or harmful
9	annoying bothersome; irritating

Track 102

Listen for Specific Vocabulary	
1	Now that Krista is in college, she doesn't live at home. She lives in a **dormitory** with other students.
2	Krista likes some of her new responsibilities, but she also thinks that college life has some major **negatives**.
3	One problem is that the students have a 10:00 p.m. **curfew** on weeknights.
4	Another problem is that Krista's roommate, Jasmine, has some **annoying** habits. For example, she leaves her books and clothes all over the floor.
5	Jasmine also **snores** when she sleeps, so Krista has trouble sleeping.
6	The worst part of dorm life is there isn't much privacy. Sometimes Krista's neighbors just **barge in** without knocking on the door.
7	Krista also had problems with her parents. When she first moved out, they called her every day. They were **concerned** about their daughter.
8	At first, Krista was very **appreciative** that her parents cared about her. But after a while, she wanted more freedom and more privacy.
9	Now, Krista's parents only call once or twice a month. They want to give her some **space**.

Track 103

Listening Task 1
Number 1
M: Hi, little sister. How's your first week away at school? W: Well, I have to say that dormitory living has some major negatives. M: Like what? You don't have a curfew, do you? W: No, and that's the one thing I do like. But it's kind of disgusting to have to share a bathroom and showers with thirty other people. And some of my neighbors party on school nights. The other night, I had my first exam, and I was trying to get a good night's sleep, but it was impossible, they were so noisy. M: Yeah, that sure sounds like dorm life! That's why I moved out my sophomore year.

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W: I think I will, too.

Track 104

Number 2

M: My parents can be so annoying. They don't give me any space. Last night my mom barged into my room while I was on the Internet and wanted to see what I was doing.
W: Wow! That's so different from my mom. She always respects my privacy. She always knocks before she comes into my room.
M: Wow. My mom and my dad are always snooping around my room, trying to figure out what I'm doing, and they look through my cell phone bill to see who I'm calling. My mom even called one of the phone numbers she found!
W: Oh, my mom never does that. If she wants to know who my friends are, she just asks me.
M: Man, you're lucky. You've got it good.
W: Maybe you can talk to your parents to see if they can change.

Track 105

Number 3

M1: Anthony! Kim! How are you two lovebirds? Have you adjusted to married life yet?
M2: Well, we're still working on it!
W: Yeah, right. We're working on it.
M1: I guess it takes a while to get used to each other's habits, huh?
W: Yeah, well, you know, I'm a bit of a neat freak.
M1: Yeah, I know.
W: And Anthony, well, let's just say he's a little on the messy side.
M2: Yeah, different styles, I guess. And then there's the little problem of sleeping at night. She talks in her sleep.
W: Or so he says.
M2: It's true. You do!
W: And he snores! Between the two of us, we can't seem to get much rest.
M1: Looks like you two still have a lot to get used to.

Track 106

Number 4

W: Have you been using my tablet again, Harry?
M: Alice! Don't get so uptight.
W: And my new headphones, too? You creep!
M: Well, OK, I was going to put them back. Anyway, what's the big deal?
W: The big deal is that it is so disrespectful to take things without asking.
M: Well, how about you? You're always borrowing my sweaters, and jerseys, and stuff.
W: Yeah, well, that's different.
M: I don't think so.

Track 107

Listening and Pronunciation Tips

Example:

She lives in a dormitory.
She leaves her books and clothes all over the floor.

Your Turn:

1. She snores when **she sleeps**.
2. Some of my **neighbors** party on **school nights**.
3. She **always knocks** before she **comes into** my room.
4. She **talks in** her sleep.
5. You shouldn't **take things** without asking.
6. Our **noisy neighbors are driving us crazy**.

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Track 108

Listening Task 2
Kara rents an apartment from the Johnsons, an elderly couple. One day she talks about her living situation with her friend, Steve.
W: Steve, remember the older couple that I rent my apartment from? M: Yeah? W: Well, the woman has been coming up to see how I'm doing. At first I was really appreciative, you know. It's nice to feel that people are concerned when you live alone. M: Yeah, that's really nice of her. W: Now, though, she comes every day, sometimes more than once! She always brings me homemade soup. M: Homemade soup! That sounds great, actually. W: Well, sure, having some home-cooked food is a treat, but she sits and watches me to make sure I eat it! Last time, I had just eaten dinner when she came over and insisted that I finish a whole bowl. She wouldn't leave until I did! M: I get that and it's a bit much. W: And every time I go out she leans out the door to ask where I'm going and when I'll be back. It's like I'm seventeen again! M: Yeah, that would bother me too. Maybe talk to her about it? W: Well, it's not only her. It's the old man, too—every time I get home, he's at the door asking about my day, my classes, my friends ... M: He probably just wants some company. W: Maybe, but sometimes I just want to walk in and breathe, you know? M: Yeah, coming home should feel like a break. W: Exactly. I think I need to talk to both of them soon. M: Just be kind about it—they clearly care about you.

Track 109

Conversation Model
M: Hey, Ariel! How was your first year at college? W: I loved it! My roommate is a **neat freak**, so I appreciate that. However, I don't really like living in the dormitory. Some people are really **annoying** because they're so loud at night, and I can't study or sleep well. M: What's **the big deal**? There can be some **negatives** about living in a dormitory. You just have to grin and bear it. W: I agree. When I go home for breaks, I really want more privacy. The other day, my parents **barged in** my room without knocking. They don't **give me any space**. M: You've **got it good!** At least you don't have a curfew like me. I have to be at home by 11:00 every night. My parents are always so concerned about where I am and what I am doing.

Review 3

Track 110

Review 3
Part 1
A. a time limit (usually set by parents) to make sure that one is home at a specific time **B.** a situation when someone steals your identity information and uses it to buy things with your credit cards **C.** to slowly get used to someone or begin to feel a connection to them **D.** being susceptible to the attitudes, feelings, or circumstances of others **E.** something or someone you are unable to stop thinking about **F.** to enter someone's room or private space without asking or knocking

Track 111

Part 2

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1. Don't you realize that getting a puppy is a fifteen-year **commitment**?
2. From the first time we met, somehow we just **clicked**.
3. I was so depressed when I found out the new game I got is **incompatible** with my computer.
4. After Kara and Ryan had their big fight, she decided to **give him some space**.
5. It's really **annoying** when you borrow my books without asking.
6. Ahhhh! All these messages asking me to buy new software are **clogging up** my inbox!
7. Try to book an hour of **quality time** with your partner every week.
8. You must focus on turning **negatives** into positives.

Track 112

Part 3

Question Number 1

W: Honey, you wouldn't believe what happened to me.
M: What?
W: Well, I just got my credit card bill, and I'm looking it over, and there are all these charges for things I didn't buy. There is a diamond ring from some kind of jewelry store, and, like, eighty phone calls to Germany.
M: Oh, no. Did you lose your credit card or have it stolen?
W: No, I still have it with me. It seems someone must have gotten the number.

Question Number 1:
Which is NOT true about the woman's situation?
a. Someone used her card number, not the card itself.
b. Someone stole her card to make purchases.
c. Her card was neither lost nor stolen.

Track 113

Question Number 2

W1: Tim! Tina! How have you been, you two lovebirds? Have you adjusted to married life yet?
W2: Well, we're still working on it!
M: Yeah, well, you know, I'm a bit of a neat freak and she's a little on the messy side.
W1: Yeah, I know.
W2: And he snores when he sleeps.
M: Only when I have a cold or a stuffy nose! And you talk in your sleep!
W1: Well, I guess it takes a little while to get used to each other's habits, huh?

Question Number 2:
What is the main challenge Tim and Tina face in their married life?
a. They argue about money.
b. They do not talk enough.
c. They are adjusting to each other's habits.

Track 114

Question Number 3

W: My parents can be so annoying. They don't respect my privacy at all. Yesterday my mom barged into my room at three, demanding to know where I'd been, simply because I didn't get home before ten.
M: Wow! That's so different from my parents. They give me some space and privacy. They always knock before entering my room.
W: My parents always snoop around my room, trying to find out what I'm doing. They even look through my credit card bill to see my spending.
M: Well, I guess you'll just have to grin and bear it before you're off to college.

Question Number 3:
How are the man's parents different from the woman's?
a. They respect his privacy and always knock.
b. They call him every day.

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c. They go through his belongings.

Track 115

Question Number 4

I'm Judy and I'm a 28-year-old Chinese American or American-born Chinese. I'm single and I work as a senior high school teacher. I'm looking for a single professional man, 30 to 40, who already has his own life, but would also like to make a commitment to children's education in the world's poorest countries.

Question Number 4:
What does Judy want most in a partner?
a. someone wealthy and attractive
b. someone older who lives with his parents
c. someone committed to helping children in poor countries

Track 116

Question Number 5

Hi! I'm John. I'm a 42-year-old Caucasian male. I'm divorced, and I want to try again with the right lady. I like to take extreme physical challenges, so I love doing a triathlon. I'm looking for an attractive woman who likes to do sports. Cycling, swimming, and running experience is a plus, but not necessary. If you're willing to learn, I'm willing to teach you!

Question Number 5:
What kind of woman is John most likely to ask out?
a. someone with triathlon experience
b. someone willing to try outdoor sports
c. someone who prefers quiet, indoor activities

Track 117

Question Number 6

M: Hey, did you see the funny video I forwarded to you on social media?
W: Yeah, I saw it. But honestly, I wish you would stop sending me so many forwards.
M: Oh, really? I thought you'd find them funny.
W: Maybe, but my social media feed is always so clogged up with forwards and spam. It's really annoying.
M: Clogged up with spam? I didn't realize it was that bad.
W: Yeah, I spend so much time hiding forwards and spam every day.
M: I'm sorry. I didn't know. I'll stop forwarding things to you.

Question Number 6:
When the man says "I'll stop forwarding things to you", what does this suggest?
a. He understands and wants to respect her feelings.
b. He is upset with the woman.
c. He thinks social media is useless.

Track 118

Part 4

Listening 1

W1: So, Clara, how did things start between you and Jake? Did you two click right away?
W2: Honestly? Not at all. I didn't even find him attractive at first. He was just ... there.
W1: Really? So what changed?
W2: I started to warm up to him after we worked together on a project. He's so sensitive—he actually listens, you know?
W1: That's rare. Did you fall for him quickly after that?
W2: Not overnight, Amy. But we started spending real quality time together—studying, grabbing coffee, just talking—and I was blown away by how much we had in common.
W1: That's sweet. Are you two thinking seriously? Like, a real commitment?

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W2: I think so. I mean, we still have two more years of school, and who knows what happens after graduation. But right now, it just feels right.
W1: I get that, Clara. Sometimes you don't need to have everything figured out.
W2: Exactly, Amy. I guess that's the thing about people—you can't really know someone from one look. The more time you spend with them, the more you see. My first impression of Jake was totally wrong, and I'm so glad I gave him a chance.

Track 119

Listening 2
M: Hey, Lisa. You look exhausted. Didn't you get any sleep last night? W: Not at all, Marcus. Honestly, living with my roommate is starting to feel like a real challenge. She snores so badly that even wearing earplugs doesn't help. M: That sounds really annoying. Have you talked to her about it? W: Not yet. And that's not even my only problem. She also barges into my side of the room whenever she wants—without asking. I have no privacy at all. M: Wow. She really needs to give you some space. Living in a dormitory means sharing, but everyone still deserves their own boundaries. W: Exactly. And on top of that, she keeps coming back to the dorm really late. Our curfew is at eleven, but she's always staying out past midnight. M: I can see why you're frustrated. Are you concerned that things will just keep getting worse? W: A little. I don't want to be negative about it, but I think I need to have a serious talk with her. Maybe I should talk to someone at the dormitory office. M: That's a good idea. It's better to address it early. I'm sure she'd be appreciative of your honesty—once she understands how it's affecting you.

Track 120

Listening 3
Is AI making our lives better—or worse?
AI tools have become part of everyday life remarkably fast. We use AI to write texts, build schedules, plan trips, or even just to figure out what to cook with whatever is left in the fridge. The technology is moving fast, so the real question is how we choose to live with it. That question puts responsibility on us. A hammer can build a house or break a window. AI works the same way. How we choose to use it shapes whether it helps or harms us. It is easy to love what AI gives us right away. It can save hours of routine work, give instant feedback on our writing, and help us plan a day when we are juggling work, friends, and family. Then there's the part we don't always notice at first. Some users keep going back to AI chatbots compulsively, dozens of times a day, and gradually lose confidence in their own thinking. When a tool always provides the answer, our critical thinking can slowly slip away. So where does that leave us? AI does not think, feel, or take responsibility. The judgment and the creativity still belong to the person using it. Used with awareness, AI can genuinely extend what we are capable of. Maybe the better question was never about AI at all. It was always about us.

Unit 10 Work

Track 121

Unit 10 Work	
Vocabulary	
1	casual Friday a day of the week when informal clothes can be worn to work
2	to snap

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	to suddenly become unable to control one's anger
3	uptight unable to relax
4	business attire formal clothing that is appropriate for business occasions
5	to get away with to do something (usually bad) without anyone finding out about it
6	sloppy messy or untidy
7	cubicle a desk with walls for privacy
8	to force something on to make someone do or accept something even though they do not want to
9	startled surprised by something or someone

Track 122

Listen for Specific Vocabulary	
1	There aren't enough offices at our company for everyone, so one big room is divided into small areas. Each worker has a **cubicle**.
2	The company requires that all employees wear **business attire** to work. The men have to wear suits, and the women have to wear suits or nice dresses.
3	The dress code is strict, but there's one day a week when we don't have to worry about it. I really look forward to "**casual Friday**."
4	The dress code at my last job was very relaxed all the time. My first day on the job I was really **startled** to see what people were wearing. I didn't expect them to dress so informally.
5	Some people feel that what you wear to work is very important. If you dress in a messy way, people may think your work is **sloppy**, too. If you dress well, they may think your work is good, too.
6	My boss has a lot of opinions that we don't agree with. Unfortunately, he tries to **force** them **on** us. He wants us to think the same way he does.
7	I'm getting really tired of my coworker Bob. If he keeps talking so much, I'm going to get angry and then I may **snap**. I might start yelling at him.
8	My boss is very **uptight** about being on time. She gets angry when we get to work ten minutes late.
9	My boss watches us very carefully. I can't **get away with** anything.

Track 123

Listening Task 1
Number 1
I had this boss at the research lab, Dr. Magnussen, who never did anything. Wouldn't even lift a finger. He'd always ask me to do things like sharpen his pencils. He'd say, "Researchers don't sharpen pencils." Oh, and sometimes it'd be, like, in the middle of the afternoon, and he'd get a mysterious phone call. A few minutes later he'd announce, "I'm going to the library to do some research." Well, I'd always peek out the window to watch him as he left, and he never walked toward the library. He'd always go in the opposite direction! Who knows what he was doing, but I'm willing to bet it wasn't work.

Track 124

Number 2
My supervisor is a lady named Nancy. The problem with Nancy is she's always forcing food on her employees. Candy, cupcakes, donuts, you name it. If it's sweet and fattening, Nancy will make you eat it. I gained four pounds just in the last two weeks! And if you refuse any of her food, she says, "Don't you like my cooking?" Yesterday, Nancy brought in a bunch of homemade cookies and insisted everybody have some. Well, they tasted awful, but we couldn't say anything. It would just hurt her feelings. And then, just when I thought the sugar party was over, Nancy brought in this huge seven-layer cake.

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Track 125

Number 3
Well, there's a girl I work with. She's the receptionist. Her name is Elizabeth, and she always comes to the office looking like a slob. I work at an insurance agency, and you have to dress pretty nice. It's got to be business attire. But Elizabeth doesn't really get it. She comes to work in jeans and a T-shirt while all the other women are wearing pant suits or dresses. Sometimes she wears the same clothes two days in a row. We usually get to wear more casual clothing on Fridays, "casual Fridays," you know. So what does Elizabeth do? On Fridays she comes to work in sweatpants! Last Friday, I think she was wearing pajamas.

Track 126

Listening and Pronunciation Tips
Example: Your cubicle is so messy. You should wear business attire to work.
Your Turn:
1. The room is divided into **small areas**. **2.** My **supervisor** is a lady named Mary. **3.** I don't like **sugar** in my coffee. **4.** We usually get to **wear casua**l clothes on Friday. **5.** We have a **formal** dress code. **6.** He **never really** tells me what he is thinking.

Track 127

Listening Task 2
Part 1. Steve talks about work.
(music) M1: Hey, Steve. How's it going? How's the new job in the promotions department? M2: I don't know, man. Sometimes I can't believe these people. M1: What do you mean? I thought you loved it here. M2: Yeah, I don't know. The work is good. I love promotions work. But, man, the system here is driving me nuts. They have so many rules! M1: Yeah, they kind of do. But it's just different, you know? You'll get used to it. I promise. M2: Really? Well, different is fine, but sometimes I think I'm going to snap. They're so strict, especially my boss. M1: Mr. Takahashi? M2: Yeah, I mean, he's a really good boss, very smart about business, but he never really tells me what he's thinking. M1: Sometimes bosses are quiet like that. M2: But I can feel his eyes, man. It's like he's watching me all the time. I have to be at work right on time, not a second late. M1: Yeah. Being on time is really important here. M2: And meeting people is so formal. That drives me nuts. I never know what to do. Should I bow? Should I shake hands? Should I shake hands and bow at the same time? Should I say *shi-tsu-rei-shi-ma-su*. M1: Actually, that might help if you learn a little Japanese. M2: It just seems that everyone is too polite all the time. Can't they just relax a little bit? Everyone here is so uptight. They all sort of run around and bow and shrink whenever Takahashi comes into the office. M1: Well, they just have different ways of doing things, I guess. And I think they'll relax after you get to know them a bit.

Track 128

Part 2. Takahashi talks about Steve.
M3: Takahashi-*san*, how is the new person in the promotions department doing? M4: You mean, Steve-*san*? M3: Yeah, Steve Jones. How's he doing? Is he adjusting to the company working style OK? M4: Mm. *Sou-desu-ne*. M3: So, still on a learning curve?

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M4: Mm. He's very talented, very intelligent. And good spirit. But I think his behavior is still a little, a little difficult.
M3: Hmm. Well, what does he do?
M4: I think perhaps he doesn't understand appearance very well. Sometimes he doesn't even wear a tie.
M3: Hmm. Maybe he thinks the promotions department should be more informal?
M4: Perhaps, perhaps, hmm.
M3: Well, how is he ... how is he about working hours?
M4: Ah, this is a little problem.
M3: Comes in late, huh?
M4: Well, perhaps he doesn't understand our working system. He usually comes in around 10 o'clock. Everyone is already at their desks, working.
M3: Mm. Well, does he get along with the other staff members?
M4: Ah. Interesting. He does, actually, so I don't want to interfere too much. They seem to like him and respect his ideas.
M3: Which is good.
M4: Yes, that's good.
M3: Does he deal with clients well?
M4: Mm. Clients *da-ne*. This is a problem. He's improving, but ...
M3: What do you mean? What does he do?
M4: Yesterday, we had a meeting with an important client. And I introduced Steve-*san*, and he didn't bow. He just stuck out his hand and said, "Hey, nice to meet you." And I think the clients were a little embarrassed.
M3: Which is not good.
M4: No, that's not good. Mm. *Ko-ma-ri-ma-shita-ne*.
M3: But he may improve.
M4: Yes, yes. He may improve. I hope.

Track 129

Conversation Model
W: Hey, I don't mean to gossip, but did you see what Laurel is wearing today?
M: You mean the pajamas with little flowers all over them? It is **casual Friday**, but she looks a little sloppy.
W: I agree. It looks like **a dress code is necessary**, but I don't like a lot of rules **forced on** me. Like I would be so angry if they said we couldn't check social media at work.
M: We definitely aren't supposed to check social media. How do you **get away with that**?
W: I think **they should let us** take a few minutes to check our social media. I am **more productive** if I **have some downtime**.
M: Maybe you are, but most people will just waste a lot of time, if we are allowed to use social media at work.

Unit 11 Lifestyle

Track 130

Unit 11 Lifestyle	
Vocabulary	
1	gradual happening slowly over a long period of time
2	to kick (a habit) to give up doing something harmful to yourself
3	to cut down on to do less of something; to reduce
4	gossip conversation about other people's lives or behavior
5	to scold to speak angrily to someone who has done something wrong
6	fast food food such as hamburgers that is prepared and served quickly

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7	to interrupt to say something that stops someone from speaking
8	addicted to unable to stop doing something as a habit
9	in public in front of other people
10	to eavesdrop to listen to a conversation in secret

Track 131

Listen for Specific Vocabulary	
1	It's definitely not going to be easy to **kick** my ten-year-old smoking habit!
2	When changing your diet, it's best to make **gradual** changes.
3	Ninety-five kilos! I guess I'm going to have to stop eating at McDonald's—no more **fast food**!
4	It's rude to talk when someone else is talking. But sometimes it's hard not to **interrupt**.
5	I think my children need to **cut down on** the time they spend talking to their friends on the phone.
6	My coworker and I enjoy learning juicy **gossip** about the other employees.
7	My best friend loves to listen in on other people's conversations. She can't stop **eavesdropping**!
8	I often **scold** my daughter for biting her fingernails.
9	I've heard of people being **addicted to** smoking or alcohol. Maybe I have the same problem with chocolate!
10	I can't stand it when people talk on their cell phones **in public**.

Track 132

Listening Task 1
Number 1
W: Hey, Dennis. Do you want to hear some really juicy gossip? M: Uh oh. It's not about me, I hope. W: Nope. It's about Mark and Sarah. They're breaking up! M: How do you know that? W: Well, I was walking by their apartment, and ... M: Oh, no. You haven't been eavesdropping outside their door again, have you? W: Just a little. I know I said I wouldn't, but this time was different. I was just walking innocently by their door when I accidentally overheard them arguing. I just had to stop and listen. M: Come on, Carrie. You've got to stop doing that. How would you feel if I listened to your private conversations?

Track 133

Number 2
M: Hi, honey. How was your girls' night out? W: Oh, it was fun. We went to the movies and saw this great movie called ... M: You went to the movies? I read about the new Russell Crowe movie in the newspaper today. We should see it. W: Anyway, after the movie, we all went out and had cheesecake for desse— M: Oh, that reminds me. Let's pick up something for dessert tonight. W: You know, it's really annoying when you do that! M: Do what? W: Interrupt. I feel like I can't ever finish my thought. M: Oh, sorry. I didn't even realize I was doing it.

Track 134

Number 3
M: So, Jill, tell me about yourself. What do you like to do for fun? W: Um. I really love outdoor sports, especially skiing. M: Wow, me too! Hey, Jill, did you get a new haircut recently or something? W: No. Why do you ask? M: It's just that you've been playing with your hair the entire evening.

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W: Oh, that! I always play with my hair when I get nervous, you know, twisting the ends around my fingers. I've been doing it since I was a little kid. Does it bother you?
M: A little. I just hope you're not too nervous around me. I'm having a great time on our date.

Track 135

Number 4

M1: This is a great restaurant. I'm so glad we came.
W: Yeah. The food is good, and it's quiet. For once, we can actually have a conversation.
M2: Hello? Yeah, I'm at Cesar's Italian Restaurant. So, dude, what's going on? You're kidding! No, I didn't tell her that!
W: Can you believe that? Where does he think he is?
M1: I know! I can't stand it when people talk loudly on their cell phones like that. I mean, this is a public place! He's just annoying everyone around him!
W: Well, do you think we should say something?

Track 136

Listening and Pronunciation Tips

Example:

Well, it's definitely not going to be easy to kick the habit.
Um, I think you need to cut down on the time you spend using social media.

Your Turn:

1. Anyway, I guess I need to make some changes in my diet.
2. You know, my children really need to cut down on the amount of fast food they eat.
3. Well, she just loves to interrupt me.
4. I mean, this is a public place.
5. Um, I really love outdoor sports, especially hiking.
6. Oh no, you haven't been eavesdropping again, have you?

Track 137

Listening Task 2

(music)

Part 1. Mr. Garcia talks to his doctor.

W1: Well, Mr. Garcia, your test results are in. You've got high cholesterol and a bit of a weight problem. I think we need to discuss some serious lifestyle changes.
M: All right, Doctor, I'm ready. Go ahead and scold me.
W1: I'm not here to scold you, Mr. Garcia, just encourage you.
M: That's a relief!
W1: But I would suggest making some gradual changes in your diet. For example, cutting down on the amount of fatty foods you eat.
M: It's going to be tough to change my diet. I think I'm addicted to fast food!
W1: Yes, well, unfortunately, you're going to have to. And it's more than just your diet you need to improve. I also want you to start exercising. Exercise is going to keep your heart healthy and help you lose some of those unwanted pounds.
M: Oh, no! I just knew you were going to tell me that! I can't stand exercising. It's so boring!
W1: I'm sure you can find some physical activity you enjoy. Now, about your stress level at work.
M: You can't just take a break when you're the CEO of an international company, you know! And even when I do get a day off from work, I've got three teenagers at home to keep me stressed out.
W1: Well, you're going to have to find some time somewhere in your schedule for relaxation. Your health depends on it.
M: OK. I think I get the message. I'll do my best, but you know what they say, Doctor, "Old habits die hard."

Track 138

Part 2. Mr. Garcia runs into a friend.

W2: David, is that you? I hardly even recognized you!
M: Yeah, it's the new and improved me!

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W2: Wow! You must have lost some weight.
M: Yeah, like fifty pounds.
W2: What have you been up to?
M: Well, for starters, I kicked my junk food habit—no more fast food.
W2: You're kidding! I thought you were addicted to those Big Macs!
M: I was, but not anymore. It's salads for lunch now. I've also started taking a ballroom dance class with my wife. It's a fun way to keep my weight under control, and my wife and I get to spend more time together.
W2: That's fantastic! And how's Fiberglass International?
M: Pretty good! I recently took a little break from work, and you know, the strangest thing happened! When I returned from my vacation, I found that I had a lot more energy at work. I think I'm going to go to Hawaii next month.
W2: Well, that's just wonderful. Keep up the good work!

Track 139

Conversation Model
W: How's your habit **kicking** going?
M: It's **driving me nuts**! I used to drink five cups of coffee daily. Then I started to drink one less cup per day. I cut coffee out of my diet for a few weeks and then I have a late night, and start the habit again. It seems that I can't stop drinking coffee. I have no **willpower**!
W: Have you tried hypnosis or meditation? I heard that they really work!
M: Maybe I should. I am just such **a creature of habit**. How can meditation or hypnosis help?
W: I am no expert, but both hypnosis and meditation will help you have better self-control. My dad used hypnosis to stop smoking. The key is you need to decide you really want to **make a change** in your life.
M: Hmm, both sound interesting. For now, I am just going to **cut down on** coffee. When I feel ready, I will try one of those things you mentioned.

Unit 12 Travel

Track 140

Unit 12 Travel	
Vocabulary	
1	persistent continuing doing something without giving up
2	to cheat to behave in a dishonest way in order to get an advantage
3	to refuse to say that you will not do or accept something
4	trek a long or difficult journey, usually on foot and in the mountains
5	booked up unable to offer any appointments or accept any reservations
6	to realize to understand something, sometimes suddenly
7	stranded stuck somewhere or left someplace you don't want to be
8	in advance before something happens or is expected to happen
9	to insist to demand that something should happen
10	soaked very wet
11	back to or into a previous place or condition

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Track 141

Listen for Specific Vocabulary	
1	We decided to go on a three-day **trek** in the Australian Outback.
2	The tour guide required that we pay **in advance** for the tour.
3	Later, we found out that the guide had changed the location of the tour. We thought he was trying to **cheat** us.
4	He **refused** to take us to the places where we had planned to go on the tour. He said the conditions were too difficult, but we were sure we could handle it.
5	We were going to ask for our money back and just get another guide. But all the other tours were already **booked up**.
6	So, we kept arguing with the tour guide for half an hour. We were very **persistent**.
7	We **insisted** that he take us where we wanted. He finally agreed to do it.
8	The first day of the trip the tour guide took us into an area where it was raining heavily. We got completely **soaked**.
9	By the second day of the trip, we were exhausted and moving slowly. We were worried that the tour guide might leave us behind and that we would be **stranded** in the middle of the wilderness.
10	We didn't think we were going to make it **back** to the hotel, but we finally did.
11	We **realized** that we should have listened to our tour guide. It's too bad when you make a fool of yourself in a foreign country, but at least we learned a lesson!

Track 142

Listening Task 1
Number 1
When I was in Guatemala, I decided to take a hiking trip up Tajumulco Volcano, the highest point in the country. I hired a tour guide, Edwin, who told me, "You're loca. You're the first female that I've ever taken by herself. I've taken lots of German, Spanish, and Italian men, but never a woman." So, Loca, "crazy" in Spanish, was my nickname for the rest of the trip. The hike turned out to be a total disaster. First of all, I was totally unprepared for the conditions on the mountain. I didn't bring enough warm clothes or water, and I had to carry my bag because I hadn't thought to get one that had a waist strap. By the time we got close to the top of the mountain, I was exhausted ... and it was raining! My pants were soaked. I couldn't even feel my fingers! I never got to see the world from atop Tajumulco. All I wanted to do was get off that mountain!

Track 143

Number 2
Once when I was traveling in Russia, I got to the train station in Moscow only to find out my hotel was booked up. I kept calling hotel after hotel to find a room. No luck. There was nothing available. There was a guy nearby who heard what was going on. His name was Yuri, and he said I could stay with his family. It seemed kind of weird. I mean, this was a total stranger. Like, I would never do that at home. But I didn't have anywhere to go, and he kept insisting it was fine. He was like: "Of course, we have a lot of room. Big house, big family." Well, he was so persistent I just couldn't refuse. I took him up on the offer. And it was great. I stayed with Yuri and his family for a week, and it was so much fun. I really got to see how regular Russians live. It turned out to be the best experience I've ever had.

Track 144

Number 3
Last spring, I took a trip from Tokyo to London. Well, I tried to. There was a massive typhoon hitting the region, and my direct flight got canceled right at the airport. Frustrating, but okay. I booked the next available flight. Then that one got delayed. And delayed again. Before I knew it, I'd been stuck in the airport for fifteen hours. By midnight, I was running on zero energy. I tried to find a hotel, but they were all full. I ended up lying down on a bench and somehow fell asleep. When I woke up, I reached for my backpack—and it was gone. Just like that. My passport, my money, everything. I'm pretty sure someone took it while I was sleeping. And if that wasn't enough, my stomach started acting up too. I think it was something I ate at the airport. I remember just sitting there, holding my stomach, with nothing left. Honestly, that whole trip was a complete nightmare.

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Track 145

Listening and Pronunciation Tips
Example: I ***thought he*** was trying to cheat us. I ***took him*** up on the offer.
Your Turn:
1. I stayed with Yuri **and his** family for a week. **2.** I wondered **if he** had been cheated by the travel agent. **3. If he** comes, please **give him** the bus tickets. **4.** I **should have** apologized to her. **5.** Things **couldn't have** gotten worse. **6.** We **should have** listened to the tour guide.

Track 146

Listening Task 2
(music) M: Amy! How was your trip to New York? W: It was absolutely incredible! But my parents and I had the most awkward experience at a steak house near Times Square. M: Really? Do tell! W: The food was outstanding, but the portions were enormous. When the steak arrived, my dad's jaw literally dropped—the piece of meat almost covered the entire plate. We did our best, but none of us could finish it. M: Ha! So what happened next? W: During the meal, my dad ordered a Coke. When he was about halfway through, the server came over to refill his glass. My dad immediately put his hand up and refused, saying, "No, no, it's fine!" He was convinced he'd be charged for every refill, so he kept turning her down. The server tried again later, but my dad insisted he didn't want any more. He was so persistent about it that she finally gave up. My poor dad sat there thirsty for the rest of the meal! M: Seriously?! Free refills are standard in America! W: I know! When I told him afterward, he couldn't believe it. He said, "You mean I turned down free drinks the whole time?!" But that wasn't the worst part. When it was time to settle the check, the total came to US$240 for the three of us. My dad paid by credit card, but the server just stood there and didn't leave. My dad had no idea what was going on. That's when I noticed a small line at the bottom of the check—"Tip not included." I nudged my dad and whispered, "Dad, we still need to leave a tip!" M: Don't tell me he thought he'd been cheated! W: Exactly! He went over the check again and again, convinced something was wrong. Luckily, a kind woman nearby stepped in and explained everything. She said free refills are completely normal in America, but tipping is non-negotiable—servers depend on it since their base salary is very low. The rule of thumb is 15 to 20 percent. My dad did the math—on US$240, that meant at least $36 extra. His face fell and he said, "What?! That much on top of everything else?!" But he left the tip and apologized. On the way out he said, "Next time, I'm doing my research in advance!" M: Free drinks but paid service—only in America! W: We ended up laughing about it for the rest of the trip!

Track 147

Conversation Model
W: Hey, Allen, nice to run into you! Didn't you just get back from India? M: Long time no see, Maria. Yeah, I got back three days ago. W: And ... how was it? I have heard India can be amazing. M: Overall it was. It wasn't always amazing, but it **turned out to be a great experience**. W: Tell me more! I can't wait to travel to Mexico next summer. My cousin invited me to stay with him and **I took him up on the offer**. Anyway, now I want to hear about your travels. M: Well, the food was spicy and delicious. Everything was so colorful and bright. Also, the Taj Mahal is beautiful and really beyond words. W: Sounds perfect.

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M: Hmm, it was mostly. I did get sick from the food and the bus to Delhi **never showed up**, so I had to take a slow train. I probably could have walked faster. I **ended up learning a lot** from the experience.

Review 4

Track 148

Review 4

Part 1

A. messy or untidy
B. to listen to a conversation in secret
C. to give up doing something harmful to yourself
D. formal clothing that is appropriate for business occasions
E. a long or difficult journey, usually on foot and in the mountains
F. to understand something, sometimes suddenly

Track 149

Part 2

1. You should have seen the **startled** look on the account manager's face when he saw my pink shirt with the purple necktie.
2. Today was so busy that I never left my **cubicle** all afternoon!
3. Don't get so **uptight** about a little mistake. Everyone makes mistakes at some time in their career.
4. I'm **gradually** reducing the amount of time I spend on video games.
5. My dentist said I really have to **cut down on** the amount of soda I drink.
6. The shopkeeper said she didn't want to lose money, but I was **persistent** about the price I was willing to pay.
7. I wonder if I'm **addicted** to chocolate. Do you think that's possible?
8. Because we missed the overnight bus by five minutes, we were **stranded** in the countryside for two more days.

Track 150

Part 3

Question Number 1

Well, there's a girl I work with. She's a kindergarten teacher. Her name is Natalie, and she always comes to the kindergarten looking like a professional businesswoman. Well, we normally don't dress in business attire in the kindergarten since we need to deal with kids. But Natalie doesn't really get it. She comes to work in a suit or dresses while all the other women are just wearing jeans and a T-shirt.

Question Number 1:
What does the speaker find unusual about Natalie's behavior?
a. Her clothing is too formal for her job.
b. She argues about the dress code.
c. She dresses too casually for work.

Track 151

Question Number 2

M: Hi, Beatrice. How was your girls' night out?
W: Oh, it was fun. We went to the pub. After that, we all ...
M: Oh, that reminds me that there is one pub I really want to go to.
W: Um, after that, we all went to a 24/7 fast food res—
M: Hey, I'm hungry. Let's go to pick up something for a snack.
W: You know, James, it's really annoying when you do that!
M: Do what?
W: Interrupt. I feel like I can't ever finish my thought.
M: Oh, sorry. I didn't even realize I was doing it.

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W: You definitely have to cut down on this.

Question Number 2:
What is the woman's main complaint about the man?
a. He never listens to her.
b. He keeps interrupting her.
c. He talks too much about food.

Track 152

Question Number 3

W: Hey, Daniel. Do you want to hear some really juicy gossip?
M: Uh oh. It's not about me, I hope.
W: Nope. It's about Mike and Sharon. They're getting divorced!
M: How do you know that?
W: Well, I was walking by their house, and ...
M: Oh, no. You haven't been eavesdropping outside their window again, have you?

Question Number 3:
How did the woman find out about the gossip?
a. A friend told her about it.
b. She read the couple's messages.
c. She accidentally heard the couple talking about it.

Track 153

Question Number 4

M: Hey, Julia, nice to run into you! Didn't you just get back from Peru?
W: Long time no see, Aaron. Yeah, I got back two days ago.
M: And ... how was it? I have heard Peru can be amazing.
W: Overall it was. It wasn't always amazing, but it turned out to be a great experience.
M: I can't wait to travel there next summer, but my cousins refused to go with me.
W: Why? It is such a great place to go once in your life.
M: I know! Unfortunately, they are persistent that it is kind of dangerous due to its high altitude.
W: Actually, it's not. I will try to persuade them.

Question Number 4:
Which best describes Julia's trip to Peru?
a. It was dangerous and disappointing.
b. It had some challenges but was a great experience.
c. It was perfect from start to finish.

Track 154

Question Number 5

W: Hey, Zack. Look at you. Nice business attire. How's the new job?
M: I don't know, man. I don't get along with those people. I have to stay uptight at work all the time.
W: What do you mean? I thought you loved it here.
M: Yeah, the work is good—I love promotions work. But the system here is driving me nuts. They have so many rules!
W: It's just different, you know? You'll get used to it. I promise.
M: Really? But sometimes I think I'm going to snap. They're so strict, especially my manager.
W: I think you need to get away from it for a few days.
M: I hope I can.

Question Number 5:
What bothers Zack most at work?
a. the strict rules and system

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b. his poor relationship with clients
c. the long working hours

Track 155

Question Number 6

Once when I was traveling in Spain, I got to the train station in Seville only to find out my hotel was booked up. I kept calling hotel after hotel to find a room. No vacancy. They were all occupied. There was a guy nearby who overheard. His name was Marco, and he said I could stay at his place. It seemed kind of weird—I mean, this was a total stranger. But I didn't have anywhere to go, and he kept insisting it was fine. He was so persistent I just couldn't turn him down. I took him up on the offer. And it was more than great. I stayed with Marco and his family for three days, and it turned out to be the best experience I've ever had.

Question Number 6:
How did the traveler feel about staying with Marco?
a. nervous the whole time
b. disappointed with the experience
c. weird at first but grateful in the end

Track 156

Part 4

Number 1

W: I don't know how much longer I can take this, Ryan.
M: What's going on, Sophie?
W: My coworker, Marcus. He does absolutely nothing all day. I mean nothing. He walks around the office, chats with everyone, makes coffee, chats some more—and somehow his assignments are always "almost done."
M: How does he get away with that?
W: That's exactly what I want to know! And when he actually does turn something in, the work is so sloppy. Last week, he handed in a report full of mistakes, and our supervisor just said, "Nice work, Marcus."
M: You're kidding me.
W: I wish I was. Meanwhile, I'm stuck in my cubicle working through lunch every day. I'm pretty uptight about deadlines, so watching him do nothing drives me crazy.
M: Have you said anything to your supervisor?
W: How can I? Marcus is always laughing and joking with him. They're like best friends.
M: That's so frustrating. No wonder you're about to snap.
W: Honestly, yesterday he came to my desk and started forcing his stories on me for twenty minutes while I was trying to meet a deadline. Twenty minutes, Ryan!
M: Okay, that's too much. You need to set some boundaries.
W: I know. But every time I try, he just laughs it off.

Track 157

Number 2

W: You look terrible, Leo. Did you sleep at all last night?
M: Maybe three hours. I was scrolling through social media again until three in the morning.
W: Again? Leo, you've been saying you want to fix this for months.
M: I know, I know. I think I'm genuinely addicted to social media. Once I start scrolling, I just can't stop.
W: Have you tried cutting down on screen time before bed?
M: I've tried, but I always end up going back. I'm such a creature of habit.
W: Maybe the problem is that you're trying to change everything at once. What about making gradual changes instead?
M: What do you mean?
W: For the first week, no phone after midnight. Then move your cutoff time to eleven. Slowly shift your whole routine.
M: That actually sounds more manageable than quitting cold turkey.
W: Exactly. Kicking a habit takes time. Don't be too hard on yourself.
M: Thanks, Dana. I'll give it a try. Starting tonight—well, maybe tomorrow night.

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W: Leo!

Track 158

Number 3

W: Okay, Chris, I have to tell you what happened to me at an airport in the US last month.
M: Oh no. What did you do, Megan?
W: Nothing! That's the thing. I had everything booked in advance—hotel, return flight, everything. But when I got to immigration, the officer kept asking me where I was staying.
M: And you told him?
W: I tried to! But my pronunciation was so bad that he couldn't understand the hotel name. He just kept shaking his head.
M: So what happened?
W: I was pretty persistent—I kept trying to explain, even using hand gestures. But he called over another officer, and suddenly there were three people looking at my passport. I thought I was going to be stranded at the airport forever.
M: That sounds terrifying!
W: I was sweating—basically soaked. Then I realized I should just show them my phone. I pulled up the booking confirmation and pointed at the address.
M: Did it work?
W: Immediately! The officer smiled and waved me through. I felt so stupid for not thinking of that sooner.
M: Honestly, that's a good lesson. Always keep your booking information saved on your phone.
W: Always!

Track 159

Part 5

Interesting Fact Number 1

Cheek kisses might feel very "French," but walk into the wrong office and you'll make things uncomfortable fast. "La bise" is real, but it's not a one-size-fits-all greeting. In professional settings, a handshake is actually the safer, more expected move. Whether cheek kisses happen at work depends on the company, the culture, and even where in France you are. So maybe hold off on kissing your new boss on the first day.

Track 160

Interesting Fact Number 2

Did you know a full moon might actually mess with your sleep? A study in 2021 tracked people across Argentina and found that in the three to five days before a full moon, people took up to 80 minutes longer to fall asleep and lost up to 90 minutes of total sleep. Researchers think the body may carry its own internal rhythm tied to the lunar cycle. The moon might know your schedule better than you do.

Track 161

Interesting Fact Number 3

In Japan, taking off your shoes at the door is just the beginning. Most homes keep a set of indoor slippers ready for guests, but those slippers don't go everywhere. There's a separate pair specifically for the bathroom. It's one small detail that often catches people off guard. A common tourist mistake is walking back into the living room while still wearing the bathroom slippers—instantly marking you as a newcomer.

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