

Listening Jump

for Better Speaking

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Transcripts

Transcripts

UNIT
01

Places

WARM-UP C

🎧 Track 1 ⌚ 00:46

- M What's the matter?
W I have so much to do! I feel stressed.
M You should take a break and relax.
W You're right, I should.
M Let's start by turning off your computer for a while.

BUILD-UP A

🎧 Track 2 ⌚ 03:01

- W Have you ever been to Thailand?
M Yes, I have. Isn't it fantastic?
W Yeah. We went last year. It was awesome!
M They have some nice beaches and scenery there.
W We went to Northern Thailand, near Chiang Mai. We hiked in the mountains and rode elephants.
M Elephant riding? That sounds fun. I've never been to Chiang Mai.
W Well, I highly recommend it.
M I'll check it out. I can't wait to visit Thailand again. It's gorgeous!
W Yeah, I could go to Thailand every year.
M Me, too.

BUILD-UP B

- 1 What did the woman do in Thailand?
(A) Visited a beach
(B) Swam
(C) Rode horses
(D) Went hiking
- 2 Which is NOT true about the man?
(A) He has been to Thailand.
(B) He has been to Chiang Mai.
(C) He has not hiked in the mountains.

(D) He has not ridden an elephant.

- 2 What does the man tell the woman he wants to do?
(A) Stop traveling
(B) Ride an elephant
(C) Visit Thailand again
(D) See the rest of the world

LISTENING TASKS A

🎧 Track 3 ⌚ 01:07

- W What do you think of New York?
M It's terrific, but it's not cheap. There are so many things to see and do. I feel overwhelmed.
W I can recommend some attractions for you.
M Thanks. I've been to Central Park, and yesterday I checked out the Empire State Building.
W OK. Well, you should visit the Statue of Liberty. And there are lots of outstanding museums, too.
M Thanks, but I'm not really interested in museums.
W That's OK. How about food? New York has awesome pizza.

LISTENING TASKS B

🎧 Track 4 ⌚ 01:15

- W Portland is a special place to live. It is a nice city, but it has the look and feel of a small town. The city is divided into several neighborhoods. These are almost like separate villages. There are attractions on all sides of the city, including beautiful parks, interesting shops, outstanding restaurants, and markets with cheap prices. Portland is surrounded by water and mountains. There is a river that runs through the downtown. You can go swimming or boating in this river. Outside of the city, within an hour, you can be relaxing on an ocean beach or hiking in the mountains. Portland is gorgeous!

ACTUAL LISTENING 1

🎧 Track 5 ⌚ 01:03

M Places have a special meaning for us. A city might seem crowded and dirty to an outsider. However, to a person who grew up there, it is their home. The feeling you get from a city is called a sense of place. A sense of place affects the lives of people there. Your sense of place can include the type of job you have or where you go to eat for dinner. A sense of place helps shape who we are. When people feel uncomfortable in new surroundings, they are often said to be out of place.

ACTUAL LISTENING 2

🎧 Track 6 ⌚ 00:45

M Hi, Martha! You look relaxed.
W Oh, hi, Max. Yeah, I'm relaxing here.
M This is a nice spot.
W I love this place. It's away from the rest of the beach and more private.
M Yeah, it's peaceful. Uh, can I join you?
W Sure. I like to come here when I feel stressed by work.
M I know what you mean. I like to sit beneath a tree in my neighborhood park.
W It's great to relax. Sometimes, it's good to do nothing for a while.

ACTUAL LISTENING 3

🎧 Track 7 ⌚ 00:55

W When teenagers are ready for college, they usually move away from home. Maybe they will live in a dorm at their universities. Or maybe they will rent an apartment. Either way, moving into a dorm or an apartment will cost parents money. The parents will need to buy furniture and other things to make their children's surroundings comfortable. Most families spend over \$600 on furniture the first year of college. The amount goes down after that. The second year, a family may spend around \$300.

ACTUAL LISTENING 4

🎧 Track 8 ⌚ 00:50

M Check out my hometown.
W It looks cool.
M It's small, but the people are friendly.
W What's this building?
M That's the history museum.
W And what's that alongside it?
M It's a pizza restaurant.
W I'd like to visit your hometown.
M That'd be great!
W It's different than mine. I'm from a big city.
M It's interesting how the places we're from affect our lives. I live in a city, but I'll always be a small-town guy at heart.
W Yeah, and I guess I'll always be a city girl.

ACTUAL LISTENING 5

🎧 Track 9 ⌚ 00:58

M Many years ago, we used to say that a woman's place was in the home. Women were expected to cook, raise children, and do the housework. Men went out of the house to a job and earned money. This has changed in recent years. Today a woman's place, increasingly, is in the office alongside men. And a man's place, increasingly, is in the home. This shift has affected many aspects of life today. Now men and women must both balance the work they get paid for—at the office—with the work they don't—inside their homes.

UNIT 02 Health

WARM-UP C

🎧 Track 10 ⌚ 00:35

M Can you tell me what happened to her?
W She fell down the stairs.

- M I will need to clean the cut. But I think she'll be all right.
- W That's good news. I'm glad my brother talked me into bringing her here.
- M He is a smart man.

BUILD-UP A

 Track 11  02:32

- W Isn't this mountain beautiful?
- M It sure is. I'm glad you talked me into coming along.
- W Well, I thought you needed a vacation.
- M I have been under a lot of stress lately.
- W You shouldn't be so ambitious. You work too hard to be successful.
- M Yes, you're probably right. I need to relax more.
- W Well, I'm an expert in relaxing. Just follow me.
- M I can feel my stress leaving already.

BUILD-UP B

- Why are the man and the woman on the mountain?
 - For work
 - To study nature
 - For pleasure
 - To hunt an animal
- Why did the woman invite the man to go with her?
 - She thought he was unhappy.
 - She thought he liked mountains.
 - She thought he needed a vacation.
 - She thought he was ambitious.
- What does the woman say she is an expert in?
 - Relaxing
 - Hiking
 - Stress
 - Mountain climbing

LISTENING TASKS A

 Track 12  00:58

- W John, I've been wanting to talk to you about your job.
- M What's wrong, boss? Don't I work hard enough?
- W Yes, you do. That's the problem. You've been working too hard.
- M Maybe you're right. I admit I do work my fingers to the bone sometimes.
- W John, it's good to be ambitious, but you need to learn how to rest, too.
- M So, can I take the rest of the day off and go to the beach?
- W Sure, but be careful not to get a sunburn.

LISTENING TASKS B

 Track 13  01:06

- M I don't know what's wrong with people these days. Everyone's so concerned with their health. People are wasting money on fitness centers and high-priced diet foods. You can see people running up and down the street or riding bicycles everywhere. They all remind me of little bugs running around everywhere. That kind of lifestyle is not for me. My wife tried to talk me into going on a diet and exercising. But diet food makes me break out in a rash, and exercise makes me want to watch TV.

ACTUAL LISTENING 1

 Track 14  01:01

- M How clean is your house? Is your bathroom cleaner than your kitchen? It just may be, according to a recent study. Scientists took samples from rooms in twenty different homes. They found something very surprising. The study found that 90 percent of kitchen cloths had more than 100,000 bacteria per square centimeter on them! They also found 46 percent of kitchen sinks and 38 percent of bathroom sinks had as much bacteria,

too. 14 percent of children's toys were just as dirty.

ACTUAL LISTENING 2

🎧 Track 15 ⌚ 00:48

W The Hope Well Lifestyle Center is an ambitious project that was started 18 months ago. It was scheduled to be completed in March this year. We are happy to report that the project was finished just in time. The center includes three gymnasiums, two dining rooms, and an indoor tennis court. In addition, there are three swimming pools on the grounds. Our aim is to help members form healthy lifestyle habits in both diet and exercise.

ACTUAL LISTENING 3

🎧 Track 16 ⌚ 00:41

- G** Whew . . .
- B** What's wrong?
- G** My mom gets angry and keeps telling me to clean my room.
- B** Oh, it will look better that way.
- G** I like it the way it is.
- B** There's nothing wrong with a neat room. I think your mom is right. What do you plan to do?
- G** I think I'll just leave it the way it is. Or maybe you can help me?
- B** Sure, I'll help you. But let's get some gloves first.

ACTUAL LISTENING 4

🎧 Track 17 ⌚ 00:51

- M** Now, Ms. Perry, after we finish today, you'll be all set for your vacation.
- W** I'm glad you talked me into seeing you before I go to China.
- M** Oh, I'm sure they also have good dentists in China. However, language might be a problem.
- W** What if I just needed that cavity filled in China? The dentist might have pulled out

my tooth by mistake!

- M** Well, I guess you don't have to worry. Your teeth are all fine now.
- W** I promise to brush them very carefully every day.
- M** That's what I wanted to hear.

ACTUAL LISTENING 5

🎧 Track 18 ⌚ 00:51

- W** William, don't forget to put sunscreen on before you go jogging.
- B** I never forget sunscreen. I don't want to get a sunburn.
- W** What makes you so ambitious these days? You're running every day.
- B** Well, it's that new girl in my class. She's really cute.
- W** So, you're trying to lose weight for the new girl in your class?
- B** No, Mom. She jogs around the park every day, and I'm trying to make friends with her.
- W** Well, I hope you do make friends with her. Maybe you can talk her into coming for dinner one night.
- B** That sounds great!

UNIT 03 Food

WARM-UP C

🎧 Track 19 ⌚ 00:33

- W** Oh, no! This dish has shellfish in it!
- M** It does? But that is what you ordered.
- W** I know. But I can't eat this.
- M** Why did you order it when you can't eat it?
- W** Because the sauce sounded good. That was why I picked out this dish.

BUILD-UP A

🎧 Track 20 ⌚ 02:32

- W Sorry, I'm late. Did you order already?
M Yes, I asked for the paella.
W What is that?
M It's a rice dish from Spain.
W What's in it?
M Rice, of course, and all types of seafood like shrimp and lobster.
W That sounds delicious. I wish I could try some of yours, but I'm allergic to shrimp.
M There's a beef version as well. It's also very tasty.
W Beef is fine for me. I think I'll try that.
M You'll really like it. You won't be sorry.

BUILD-UP B

- Where are the man and woman?
(A) At home
(B) At a restaurant
(C) In Spain
(D) In a grocery store
- Which is true about the woman?
(A) Beef is not something she eats.
(B) She has never tried shellfish.
(C) She thinks shrimp is disgusting.
(D) Shrimp makes her sick.
- Who will eat paella?
(A) The man
(B) The woman
(C) Both the man and the woman
(D) Neither the man nor the woman

LISTENING TASKS A

🎧 Track 21 ⌚ 01:00

- W What was that noise?
M That was my stomach. I forgot to eat lunch.
W You have to eat, Greg! It's not healthy to skip meals.

- M I know, but I have to get this work done. The deadline is tomorrow!
W Is there anything I can do to help?
M Do you mind going across the street and picking up some food for me?
W I don't mind at all. What would you like?
M Umm . . . a burger, fries, and a soda, please. Let me give you some money.

LISTENING TASKS B

🎧 Track 22 ⌚ 01:22

- W As a kid, there was one food I refused to eat. No matter how hard my parents tried, I resisted taking one bite of a mushroom. I thought that they would taste disgusting. Nothing made me want to try eating one. Many nights I went to bed hungry rather than eat a dinner that had mushrooms in it. Years later, I went out to eat with a friend. She ordered several different rolls of sushi for us to share. I picked out a tasty-looking roll, and tried one. It was delicious! I asked, "What's in this one?" It was, to my surprise, a roll containing a special kind of Japanese mushroom!

ACTUAL LISTENING 1

🎧 Track 23 ⌚ 01:13

- M The typical schedule of eating breakfast, lunch, and dinner is actually a fairly recent creation. Before the 1900s, most people ate only two meals a day: breakfast and dinner. Breakfast was a very small meal early in the morning. Dinner was a larger meal meant to keep a person full all day. In fact, dinner used to be eaten at about 11:00 a.m. Over time, the meal moved later and later in the day. As the time between breakfast and dinner continued to become longer, people started to need a meal between breakfast and dinner. Thus, lunch was created as the third meal.

ACTUAL LISTENING 2

🎧 Track 24 ⌚ 00:51

- W What do you want to do this weekend?
M How about grilling some steaks in the backyard?
W Don't you get tired of grilling every weekend?
M Maybe you're right. How about we go to Derek's?
W That new restaurant?
M Yeah. People say it's the best place in town.
W That sounds nice. But if it's so good, it must get crowded.
M It's a big place. There probably won't be a problem as long as we go there for an early or late lunch. I hear the pasta dishes are out of this world!
W That sounds wonderful.

ACTUAL LISTENING 3

🎧 Track 25 ⌚ 01:07

- W The "miracle fruit" is a small, red berry with an amazing quality. This fruit can make sour foods taste sweet! You just need to eat some before eating the sour food. During the 1970s, a businessman realized the value of the miracle fruit. He thought it could be used in foods instead of sugar. In one test, he created two iced desserts. One had no sugar but had miracle fruit in it. The second had sugar in it. When he gave the desserts to children, they all preferred the miracle fruit dessert. But before this man could produce and sell his miracle fruit dessert, his research was stolen!

ACTUAL LISTENING 4

🎧 Track 26 ⌚ 00:40

- M I feel awful!
W What's the matter, Bill?
M My stomach is killing me!
W What have you eaten lately?
M I had a ham sandwich for lunch and shellfish for dinner.

- W I bet you got food poisoning from the shellfish.
M I'm never going to eat shellfish again!
W You should probably go to the doctor's office. The doctor will know how to treat it.
M But I can barely move!
W Come on, I'll help you get there.

ACTUAL LISTENING 5

🎧 Track 27 ⌚ 00:59

- M This food is popular all over the world. People never seem to get tired of eating it. This is originally an Italian food although different cultures prepare it in very different ways. This food usually consists of a bread base covered in tomato sauce, cheese, and various toppings. The toppings may include many different types of meat, seafood, fruits, vegetables, and even nuts. This is almost always prepared by baking it in an oven. It is usually round in shape. After it is baked, it is cut into slices that people can hold and eat.

Review 1

Dialogs A

🎧 Track 28 ⌚ 01:27

- W Mason, have you ever been to Shanghai?
M No, I haven't. But it sounds like fun. Are you going?
W Well, my husband is trying to convince me to move there. He has a job offer.
M I see. Is it a good job?
W Oh, yes. He's very ambitious, and he would make a lot more money.
M I would think that the lifestyle in Shanghai is like any big city. And I know it has lots of famous attractions.
W Yeah, and I bet the food is delicious. We love Chinese food.

- M I like most of it, but some of it's disgusting—like chicken feet.
- W Well, we have some disgusting food here, too.
- M That's true. So have I talked you into going?
- W (*laughing*) Not yet. But thanks for your opinion.

Dialogs B

🎧 Track 29 ⌚ 01:15

- M Hi, Tallie. You look like you've been working hard.
- W I have. I'm trying to change my lifestyle. I'm exercising every day and trying to eat better.
- M Good for you! What made you decide to change?
- W I just got tired of the way I looked and felt. I barely had enough energy to get through the day.
- M Are you feeling better now?
- W Oh, yes. I'm a lot less stressed recently. And I don't skip meals anymore. It's made a huge difference!
- M You're looking better than the last time I saw you. Keep up the good work!
- W Thanks. I'll probably see you at Meg's party on Saturday.

Descriptive English

🎧 Track 30 ⌚ 01:18

- W This is one of my favorite places.
- M Mine, too! I love to shop for fresh fruit and vegetables. They come straight from the farms.
- W I know. I also love the seafood. It's alongside the water, so fishermen bring the fish right to the market's door.
- M Yes! And the shellfish is delicious!
- W My favorite thing, though, is the sign and the big clock. They've been attractions in this city for years.
- M Yeah, seeing those things always makes me want to go in and pick out some great food.
- W I like the market even better after dark, though.

- M Yeah, me too. When the lights are on, the sign and the clock are gorgeous.
- W They are. And the small shops inside the market all have their lights on, too. It looks so warm and friendly.

Statistical Information

🎧 Track 31 ⌚ 01:16

- M Look at that man! He's disgusting! People are too fat these days.
- W I agree. They don't live a healthy lifestyle.
- M I heard that there are recent changes to the healthy eating pyramid.
- W There are! It's much better now.
- M What changed?
- W First, exercise was put at the bottom of the pyramid. That's the most important thing.
- M It sure is!
- W Then, the next two layers are fruits, vegetables, bread, rice, and then healthy meats, like fish and eggs.
- M What about red meat and milk?
- W Those are at the top of the pyramid. We shouldn't eat very much of them.
- M Does the pyramid say how much?
- W No. For things like milk and cheese, no more than two servings a day. But for the other foods, they don't give an exact amount.

UNIT 04 Nature

WARM-UP C

🎧 Track 32 ⌚ 00:40

- W Hey! I can't see in the dark. Can I borrow your flashlight?
- M Oh, no. I think I left it at home.
- W What? How are we supposed to see at night while we are camping?
- M I'm sorry. I was so busy packing the food that I just forgot.

W OK, well let's build a fire. We will need some light.

BUILD-UP A

🎧 Track 33 ⌚ 03:06

- W It looks like a storm is coming. We'd better close all the windows before it starts to rain.
- M (*Boom*) Wow! That thunder is really loud.
- W I'm scared. I really don't like thunder.
- M Don't worry. It will move on in a few hours.
- W I think it's going to last a while. Look at those black clouds over there.
- M (*Boom*) Let's get the candles and flashlights just in case the power goes out.
- W Good idea. I'll meet you back in the kitchen.
- M OK, I'm going to make sure all the windows are shut tight.

BUILD-UP B

- 1 What is causing the loud noises?
(A) The window
(B) Thunder
(C) Rain
(D) Black clouds
- 2 Why does the woman think the storm will last a while?
(A) Because of the black clouds
(B) Because the man said it will
(C) Because of the loud thunder
(D) Because they need to shut the windows
- 3 What do the man and woman need in case the power goes out?
(A) Storm lights
(B) Flashlights
(C) Candles
(D) Both candles and flashlights

LISTENING TASKS A

🎧 Track 34 ⌚ 01:01

- M Um, Emma. What is all over your legs?
- W I think it's a rash.
- M It's more than just a rash! It's poison ivy. I had it on my arm last year.
- W Oh, no! How did I get it?
- M Were you playing outside recently?
- W I was playing soccer in the park the other day. I had to keep going into the tall grass to get the ball.
- M I think you touched a poison ivy plant. Let's go get it treated.
- W Thanks for your help, Jake.

LISTENING TASKS B

🎧 Track 35 ⌚ 01:02

- W Excuse me, sir. What kind of whale is that black and white one?
- M It's called a killer whale. It is actually a type of dolphin.
- W Really? I have seen dolphins before, and they look friendly.
- M Killer whales are friendly towards people. Some are trained to be in shows, like this one.
- W Hmm. So they don't eat people?
- M No, killer whales can normally just eat fish and marine mammals.
- W OK. I'm going to watch the show and see what this killer whale can do.
- M Great. Have a seat. It's about to start!

ACTUAL LISTENING 1

🎧 Track 36 ⌚ 01:03

- M The Venus flytrap is an interesting plant. It is well known because it catches insects and eats them. There are tiny "teeth" that grow along the edge of the leaves. It also has short hairs in its "mouth." When an insect lands on the Venus flytrap's leaf, it touches the hairs, and the leaf snaps shut. The insect is caught in the flytrap's leaf. A

red fluid comes out of the flytrap's leaf and digests the insect's body. The Venus flytrap dies after catching three or four insects in its trap.

ACTUAL LISTENING 2

🎧 Track 37 ⌚ 00:50

- W** If you could be any animal, what would you be?
- M** Probably an elephant. They are the largest mammals that live on land. What would you want to be?
- W** I'm not sure. I love polar bears. Did you know that they have fluffy white fur, but their skin is actually black?
- M** I didn't know that. Polar bears are cool, but they live in the Arctic. I don't like cold temperatures.
- W** I'm not really going to become a polar bear, Kevin. This is just a game!
- M** Yeah, but I really want to be an elephant!

ACTUAL LISTENING 3

🎧 Track 38 ⌚ 00:51

- W** The Great Barrier Reef is located off the northeastern coast of Australia. This reef consists of coral reefs and small islands in the Coral Sea. The Great Barrier Reef has been forming under the ocean for millions of years. It is the largest deposit of coral in the world, with over 300 species of hard coral. It is also home to all sorts of marine life. Off the northeastern coast of Australia, you can find lobsters, crabs, and a variety of fish.

ACTUAL LISTENING 4

🎧 Track 39 ⌚ 00:54

- M** Rainforests are home to about half of the world's species of plants and animals. They are also home to many people. The Amazon Rainforest is the largest rainforest on Earth. It produces 20 percent of the world's oxygen.

Sadly, the rainforests of the world are becoming smaller. Why? People are cutting down the trees. People want to use the trees to build things. This causes plants, animals, and insects to lose their homes. We need the rainforests to live, so we must keep an eye on them and try to keep them safe!

ACTUAL LISTENING 5

🎧 Track 40 ⌚ 00:53

- B** Hey! Sorry, I'm late. What did I miss?
- G** Mrs. Green was just talking about the Earth's oceans.
- B** Hmm. I only know that the Pacific Ocean is the largest in the world.
- G** That's right! About 70 percent of the Earth's surface is covered by oceans. Almost all of our water supply comes from the oceans.
- B** Cool, I didn't know that!
- G** Well, you would if you came to class on time.
- B** Ha, ha. OK, I'll come to class on time tomorrow.
- G** Good, because we are learning about the Earth's coral reefs!

UNIT

05

Fashion

WARM-UP C

🎧 Track 41 ⌚ 00:37

- W** What are you doing today?
- M** I thought I'd go window shopping down at the mall.
- W** That sounds fun. Can I join you?
- M** Sure. I also thought I'd browse through the music store.
- W** Great! There's a new CD I'd like to look for.

BUILD-UP A

🎧 Track 42 ⌚ 02:44

- M What are those drawings, Ina?
- W Oh, uh . . . they're just some designs.
- M Can I see? What are they of?
- W Clothes, jewelry . . . I want to be a fashion designer one day.
- M You do? These are fabulous! I think you'd be a good fashion designer!
- W Thanks. Actually, I make a lot of my own clothes and jewelry.
- M What about the skirt you're wearing? Is that hand-made?
- W Yes, I made it myself with some material I found while I was browsing in a used clothing store.
- M You're very talented.

BUILD-UP B

- 1 What does the man ask to see?
(A) Drawings
(B) Jewelry
(C) Material
(D) A skirt
- 2 Which is probably true about the woman?
(A) She likes music.
(B) She likes fashion.
(C) She likes shopping.
(D) She likes the man.
- 3 What is the woman's skirt made of?
(A) New material
(B) Old material
(C) Hand-made material
(D) Expensive material

LISTENING TASKS A

🎧 Track 43 ⌚ 00:59

- M Why are we at the mall? I really don't have any money to shop with.

- W I don't have much money, either. I just want to do some window shopping.
- M As long as we don't spend all day here . . .
- W Could we go into Shoes-Are-Us? I need a new pair of boots, and I wouldn't mind browsing to see what there is.
- M Sure. And maybe I can see if they have some cheap sneakers. Compared to other shoe stores, Shoes-Are-Us usually has good sale prices.

LISTENING TASKS B

🎧 Track 44 ⌚ 01:08

- W Stylish clothes can be new or second-hand clothing or jewelry that comes from any time in history. Celebrities make some clothes more popular when they wear them. But people have to remember that wearing stylish clothes does not have to be expensive. Some people don't like the idea of wearing used clothes. However, when you put on clothing and jewelry that is unique, fits your body, and is made from good quality materials, it will not matter how much it cost or whether the clothes are new or old.

ACTUAL LISTENING 1

🎧 Track 45 ⌚ 01:12

- W Many people are not sure how to dress for their body type. Everyone has a different body shape, and not all clothes look good on everyone. First, find out what body type you have. Then, learn to dress in styles that will make your body look better and hide your flaws. If you are tall and slim, don't wear dark colors. Dress in layers to look more bulky. If you are short, wear shoes with thick heels. Don't wear clothes with large patterns. If you're bulky or large, dress in vertical stripes and darker colors.

ACTUAL LISTENING 2

🎧 Track 46 ⌚ 00:57

- W Do these jeans make me look fat?

- M What? Of course not! I think they look good on you.
- W Thanks! I'm going to a party later, and I want to look nice. It's at the Fifth Street Club.
- M Wow! That's a nice place. I'm sure they'll have a dress code there.
- W Hmm, yeah, I hadn't thought of that. It's very popular and not easy to get inside.
- M I think you'll need something more stylish. Maybe jeans are too casual.
- W You're right. I'd better find something smarter to wear. Perhaps if I dress up, I could get to meet some celebrities there!

ACTUAL LISTENING 3

 Track 47  00:52

- M I'm a big believer in the expression, "You never get a second chance to make a first impression." I like to look my best all the time, no matter what I'm doing. If you dress in a careless or sloppy way, people might think you're lazy. Or they might think you don't care about yourself. I always take care to keep my clothes clean and neat. I also get a haircut and shine my shoes every month. I style my hair every day even if I'm relaxing at home. You never know when you might see someone and make a first impression!

ACTUAL LISTENING 4

 Track 48  00:43

- M Heather, are you wearing your sweater backwards?
- W Am I?
- M I'm sure of it. Look. Here is the tag.
- W Oh, no. I did it again!
- M Don't you pay attention when you're getting dressed?
- W Not really. I have other things to think about.
- M Look at your socks! They don't even match!

- W I didn't mean to dress in such a sloppy way this morning.
- M You should comb your hair, too. It's a mess!
- W Good thing you're here to make sure I don't leave the house like this!

ACTUAL LISTENING 5

 Track 49  00:54

- M Hey, Julie!
- W Whoa! What happened to your hair?
- M Don't you like it?
- W Well . . . it's blue! And your head has stripes shaved onto one side!
- M Isn't it great? Soon, this will be the new fashion.
- W I haven't seen any styles like that.
- M Then I'm the first! I think it looks cool!
- W What will your boss think? And what is your mom going to say?
- M After looking at it, they'll get used to it. Everyone will start following my style soon. Just watch!
- W Well, I'm sure of one thing. They'll certainly be looking at you!

UNIT
06

Holidays

WARM-UP C

 Track 50  00:33

- W Did you get any Valentine's Day cards?
- M No, I haven't gotten any.
- W The mailman lost them. I'm convinced of it!
- M Oh well. I have a card and a gift for you.
- W I didn't get you anything. I'm so embarrassed.

BUILD-UP A

 Track 51  02:22

- M What are you looking at?
- W I'm looking at my grandmother's recipe book.

- M It's amazing that you still have it.
 W I'm looking for her mashed potato recipe. Everyone is so fond of that recipe.
 M Didn't you make those last year?
 W Yes, I did. I make them every year.
 M Thanksgiving dinner wouldn't be the same without them.
 W Very true! Turkey, stuffing, and potatoes really represent a traditional Thanksgiving dinner.

BUILD-UP B

- What is the woman looking for?
 (A) Cooking instructions
 (B) Potatoes
 (C) Thanksgiving
 (D) The man's book
- How will the woman serve the potatoes?
 (A) Baked
 (B) Boiled
 (C) Fried
 (D) Mashed
- How often does the woman make this food?
 (A) Every week
 (B) Once a month
 (C) Several times a month
 (D) Only for Thanksgiving

LISTENING TASKS A

 Track 52  01:00

- B Well, I'm glad today is over. I was a bundle of nerves all day.
 G Why?
 B I asked Judy Parks to the prom.
 G I thought she had a boyfriend.
 B They broke up a couple of weeks ago. I thought she might need a date for the prom.
 G Smart thinking!

- B Well, I was a little embarrassed because we're good friends.
 G Tell me! What did she say?
 B She was slow to answer, but I better get my tuxedo ready.
 G I knew it!

LISTENING TASKS B

 Track 53  01:21

- W Many interesting wedding traditions are from ancient Greece. In ancient times, a bride's wedding veil was always red or yellow. These colors represented fire. It was believed that these colors protected the bride from evil. Wearing diamonds was another tradition. Diamonds were believed to be the tears of the gods. Reflections from them were a symbol of love. Even today many Greek brides carry a lump of sugar on their wedding day. This guarantees that they will have a sweet life. Also, there are good luck traditions followed at the reception. Dishes are smashed on the floor, and money is thrown at the musicians.

ACTUAL LISTENING 1

 Track 54  01:08

- M People are fond of trees. They give us shade on a summer day. Their leaves are beautiful in the fall when they turn red and orange. There is a special day to celebrate trees, which started in 1872 in Nebraska. On this day people planted trees. The idea has spread around the world. Now, on the last Friday in April, there are tree-planting events in many countries. In the United States, where it all began, the holiday is called Arbor Day. In other countries, it is called Tree Holiday or Tree Festival. The Japanese call it Greening Week. Whatever the name, the celebration is the same.

ACTUAL LISTENING 2

🎧 Track 55 ⌚ 00:50

- W I'm going to New Orleans for Mardi Gras. It's been a lifelong dream of mine to go.
- M I grew up in New Orleans. You'll have a great time.
- W What's it like?
- M There are lots of parades all over the city. People in the parades throw necklaces, candy, and toys to the crowds. Catch all you can!
- W That sounds like fun.
- M Oh, and be sure to try some king cake.
- W What's that?
- M It's a special dessert. It's a cake with a small plastic baby hidden in it. If you find the baby, you have to buy the next king cake.

ACTUAL LISTENING 3

🎧 Track 56 ⌚ 01:09

- W When I was young, I thought that Santa Claus visited my house on Christmas Eve. I was convinced of this fact after the test I made to see if he was for real. I heard that Santa liked to eat cookies that were left for him. So one Christmas Eve, I baked cookies for Santa. I left them on the table before I went to bed. In the morning, all of the cookies were gone! There was also a note on the empty plate. It said, "Thank you for the cookies. Merry Christmas, Santa." From then on, I really thought Santa came every year. Then I learned the truth when I was ten.

ACTUAL LISTENING 4

🎧 Track 57 ⌚ 00:50

- M Hi, Valerie. Did you hear the good news?
- W What good news?
- M Winter will soon be over. Only six more weeks!
- W How can anyone know when winter will end?

- M It's February 2nd, Groundhog Day.
- W Of course, and it was cloudy.
- M So he didn't see his shadow. That means only six more weeks.
- W Do you really believe that?
- M I want to believe it. It's better than if he had seen his shadow.
- W Wait until I tell the others. I am going to embarrass you.

ACTUAL LISTENING 5

🎧 Track 58 ⌚ 01:04

- W Are you going to Japan?
- M Yeah. I want to be there for the Cherry Blossom Festival. And I have to choose a date when the cherry blossoms are blooming.
- W You mean there isn't a set date for the festival?
- M Not really. In the south of Japan, the festival is in March. Cherry blossoms bloom early there.
- W But in the north it's different?
- M Yes. In the far north, cherry blossoms bloom in late April or May.
- W Well, you can't go at the end of April. Your daughter's prom is at that time.
- M Then maybe I'll go in early April. The cherry blossoms in Tokyo should be in bloom then.

Review 2

Dialogs A

🎧 Track 59 ⌚ 01:15

- M What are you going to do for the holiday?
- W We're taking the kids to Kellogg Island. It's about ten miles off the coast. We're very fond of it.
- M If you're lucky, you'll see a celebrity. I heard they go there sometimes.
- W Yeah, maybe. But it's more likely we'll see a killer whale. How about you?
- M We're not planning anything special. We'll

probably just relax. The kids will play, and my wife will go window shopping.

- W Keep an eye on her, or she'll spend all your money!
- M I will. You can be sure of that!

Dialogs B

🎧 Track 60 ⌚ 01:15

- G Wow, you look sharp in that tuxedo!
- B Thank you. You're pretty stylish yourself.
- G Thanks. This dress is hand-made. My aunt is a fashion designer.
- B I like the fluffy shoulders. They make you look like a celebrity.
- G Stop. You're embarrassing me!
- B You're gorgeous when you're embarrassed.
- G Actually, I'm a bundle of nerves. What time does the prom start?
- B Don't worry. We have plenty of time. We're not going to miss our prom!
- G Well, let's go. I want to give our food time to digest before we start dancing.

Descriptive English

🎧 Track 61 ⌚ 01:00

- M There's one. Look! Off to the left!
- W What's he doing? It's like he's standing up.
- M That's called spy hopping. Killer whales do that, so they can keep an eye on their surroundings.
- W So, if he's half in and half out of the water, it means he's basically checking us out?
- M Yes. He probably doesn't like our boat coming too close to him.
- W He can always swim away, can't he?
- M Oh yeah, you can be sure of that.
- W How fast do killer whales swim?
- M Up to 30 miles an hour. They're one of the fastest swimmers in the sea.

Statistical Information

🎧 Track 62 ⌚ 01:09

- W This book is interesting. Did you know people celebrate Christmas differently all over the world?
- M Really? How?
- W Well, in Holland they give gifts on December 6th, not December 25th like they do in the US. And they call it "Saint Nicholas Day."
- M Hmm . . . I didn't know that.
- W And in Sweden, they celebrate Christmas for a month, from December 13th to January 13th.
- M That would be fun!
- W In the Ukraine, Christmas is January 7th. That's because they follow an old calendar, which has changed over the years.
- M Wow, January 7th! That's way later than the 25th! Very interesting.

UNIT 07 Work

WARM-UP C

🎧 Track 63 ⌚ 00:41

- W Did you hear the news from yesterday's meeting?
- M No, I didn't. What happened?
- W The sales department is going to start using some new plans immediately.
- M Can you give me a quick rundown on what those plans are?
- W Not really. I am planning to ask Bob about them when I see him at our get-together on Friday night.

BUILD-UP A

🎧 Track 64 ⌚ 02:56

- M We really need to fill this job immediately.
- W Yes, I know.
- M How many applicants have applied?

- W Give me a moment, and I'll give you a quick rundown.
- M I think we have over 150 applications.
- W Let's see. It looks like we received 220 resumes. I've eliminated 120.
- M What's your plan?
- W First, I'll interview the 40 applicants who have the education and experience we want. Then, I'll choose the best ten for the final interview with you.
- M Good. I'm sure that will help me choose the best person for the job.

BUILD-UP B

- 1 Where are the man and the woman?
 (A) At home
 (B) In a restaurant
 (C) At the office
 (D) At an airport
- 2 How many applicants applied for the job?
 (A) 120
 (B) 150
 (C) 220
 (D) 340
- 3 Who will make the final decision on which applicant to give the job to?
 (A) The man
 (B) The woman
 (C) Both the man and the woman
 (D) Neither the man nor the woman

LISTENING TASKS A

 Track 65  01:18

- W University graduates are finding it difficult to get jobs. There are hundreds of applicants for each job. Here is a quick rundown on how to get that job you want. First, your resume is very important. There should be no mistakes. Include your education and work background. On the day of the interview,

be sure to arrive on time. Finally, dress to impress the interviewer. You need to wear business clothes, and check that your shoes are cleaned and polished. These are strategies you need to use to get the job you want.

LISTENING TASKS B

 Track 66  01:01

- W Tell me! Did you get the job?
- M I don't know yet.
- W It's been weeks.
- M Yes. Well, the interviewer was impressed with my resume. Mine stood out from the hundreds of applicants.
- W How many interviews have you had?
- M Just one at the education office. Hopefully, I'll have another one next week at the school.
- W What's your plan?
- M What do you mean?
- W How will you stand out then for the next interview?
- M I thought I'd just be myself.
- W Do you really want to teach next year or work at McDonald's?

ACTUAL LISTENING 1

 Track 67  01:00

- W Hello, John! Why are you here so early?
- M We'll begin the first part of our project today. In fact, I need to give you a quick rundown on today's schedule.
- W Sure. Let's have a get-together with the team.
- M I'm not sure we have time for that. We need to work fast today.
- W What's our plan and timeline?
- M Very simple . . . all company computers are turned off for two hours. We will put in the programs then. At 11 o'clock, all computers are working again.
- W Quick and simple! We'll have some unhappy people, but at 11 o'clock . . .

ACTUAL LISTENING 2

🎧 Track 68 ⌚ 00:46

- M Hi, Jean. How's your part-time job?
W Part-time job?
M Yes, aren't you tutoring in that online math website?
W Right! I love the job so much that I forget it is a job.
M I need that kind of part-time work!
W Well, aren't you a math genius, too?
M It's my best subject.
W Here's the address. Send in your resume.
M Thank you. I'll send it today.
W Maybe we'll be working together soon.
M I hope so. That would be exciting!

ACTUAL LISTENING 3

🎧 Track 69 ⌚ 00:38

- W Why are you kicking the photocopier, Fred?
M Oh, hi, Kim. I can't get it to work. I've been trying for the last ten minutes.
W May I help?
M Sure.
W The green light is flashing, so that means it's working. You've selected the paper size. Oh! The paper tray is empty!
M I feel so stupid.
W Don't worry. That's happened to me before, too.

ACTUAL LISTENING 4

🎧 Track 70 ⌚ 00:43

- W Did you enjoy Julie's get-together on Saturday night?
M Yeah. I had a great time.
W Me, too. By the way, are you ready for the meeting this morning?
M What meeting?
W The president called our boss late on Friday afternoon.
M Uh, oh. Do you think he called with good

news or bad news for our department?

- W I don't know. We need to be in the cafeteria in three minutes.
M Should we start fixing our resumes for a new job search?
W Let's find out.

ACTUAL LISTENING 5

🎧 Track 71 ⌚ 00:55

- M I'm doing a survey for Sarah's Store. May I ask you a few questions?
W Sure.
M Great. Have you shopped here before?
W Yes, I have.
M Is this the Sarah's Store location where you shop most often?
W No, not really. I usually shop at the Main Street location.
M I see. What was the last item of clothing that you bought there?
W I bought a red, no, green bathing suit that I have never worn.
M I see. I just have one more question. What is your opinion of the prices at Sarah's Store?
W They're wonderful. That's why I keep shopping here.

UNIT 08 Sports

WARM-UP C

🎧 Track 72 ⌚ 00:38

- W Did you see the fight between the two players?
M Yes, I saw the fight, but I didn't want to get in the way.
W You are the referee. You are supposed to stop the game!
M I know, but I didn't want to get hurt.
W You are not a very good referee if you are afraid of getting hurt!

BUILD-UP A

🎧 Track 73 ⌚ 02:49

- W I hear you are going to coach your son's team.
M Yes. I think it will be fun.
W It might be hard work! You should get some parents to help you.
M Don't you think their help will get in the way of my coaching?
W No, I don't think it will.
M Maybe you're right. I am sure some parents would love to help.
W With parents there, you really need to be a fair coach. You are going to let every child play, aren't you?
M I didn't think of that. I want our team to win, but I want to be fair, too.
W Well, that is part of being a coach! Good luck!

BUILD-UP B

- 1 What job is the man going to do?
(A) Teaching
(B) Coaching
(C) Lecturing
(D) Painting
- 2 What does the man think his new job will be like?
(A) Hard work
(B) Fun
(C) Boring
(D) Exciting
- 3 What does the woman think the man should do?
(A) Get help from parents
(B) Hire an assistant
(C) Get a new job
(D) Quit coaching

LISTENING TASKS A

🎧 Track 74 ⌚ 01:00

- W I can't wait to see the big game next week.
M I'm throwing a party for the Super Bowl! Why don't you come?
W Sure! Do you want to bet on the game?
M What do you want to bet?
W If my team wins, you have to do my chores for a day.
M Ha! Your team is not picked to win. In fact, the chances are slim that they will even score! I will take your bet and see you at my party.
W I'll be there with a list of my chores for you to do when I win!

LISTENING TASKS B

🎧 Track 75 ⌚ 00:57

- W Did you see the game last night?
M I couldn't believe the referee! He called the play wrong, and the team lost the championship!
W I know! Even the game announcers said he was wrong. You could clearly see that he made a bad call in the instant replay.
M I guess everyone makes mistakes. It was still too bad for the team.
W It is very bad when one bad call causes a team to lose a championship game! I think some mistakes are worse than others!

ACTUAL LISTENING 1

🎧 Track 76 ⌚ 00:50

- W Are you enjoying the baseball game so far?
M Yes, but why is the baseball coach wearing the same uniform as the players?
W I know. It's weird. In baseball, the coach is called a "manager." They wear a baseball uniform instead of regular clothes.
M I think the manager should wear normal clothes when he is coaching his baseball team. In a uniform, he looks like one of the players.
W I think a lot of people would agree with you!

ACTUAL LISTENING 2

🎧 Track 77 ⌚ 00:58

M “Instant replay” is a tool used in some sports. This allows the referees to review a call and see if it was made properly. If, after seeing the play again in slow motion, they believe a bad call was made, the referees might be able to turn the call around. In some games, a reversed call can make a big difference. It could mean the difference between a win or a loss! The instant replay tool is used in many sports. On the other hand, some say it is used too often in American football.

ACTUAL LISTENING 3

🎧 Track 78 ⌚ 00:51

W The Olympics are sporting competitions for amateur athletes from around the world. The tradition of the Olympic Games goes back to ancient times. They were held in Greece at that time. The winter Games feature winter sports. These include hockey and skiing. The summer Games feature warm-weather sports. The Olympics are held every four years in a different city each time. Gold, silver, and bronze medals are awarded in both team and individual sports.

ACTUAL LISTENING 4

🎧 Track 79 ⌚ 00:58

M Weather can be an important factor in a team sporting event. In baseball, rain often gets in the way of game play. Some stadiums have roofs that can open and close, but many do not. If it rains heavily, a game might have to be delayed. This is called a “rain delay.” In some cases, bad weather may cancel a baseball game entirely. On the other hand, football and soccer are often played in very tough conditions, including snow! Basketball, however, is always played indoors.

ACTUAL LISTENING 5

🎧 Track 80 ⌚ 01:04

W In the US, each professional sport has different rules for what coaches should wear. In American football, the coaches wear sweatshirts, shirts, or jackets. These clothes usually have the team’s symbol and name on them. Basketball coaches, on the other hand, have to wear more formal clothes. They wear suit jackets, dress shirts, and ties during the games. The managers of baseball teams wear uniforms like the players. Soccer coaches can wear whatever they want. Many soccer coaches wear suits during games. However, others wear team jackets or team uniforms.

UNIT 09 Communication

WARM-UP C

🎧 Track 81 ⌚ 00:46

- W** Hello, is this the registration office?
M Yes, it is. How may I help you?
W I was calling to ask about the new telephone registration system. How can I use it?
M Call the system at 720-4944. Then type in your student ID number.
W I see. That’s easy. It’s fantastic that we can register this way.

BUILD-UP A

🎧 Track 82 ⌚ 03:14

- M** Hold on a second, Linda. I’ve got a text message.
W Would you watch the road, please? It’s not safe to use your phone and drive.
M I can drive and text at the same time.
W Well, I would rather be safe than sorry.
M Stop worrying. It’s safe. I’ve never had . . .

- W Look out! Wow, you almost hit that man on that bicycle. Why don't you put your phone away until we stop?
- M Relax, Linda. I saw that man. I wasn't going to hit him.
- W I don't want to put up with your texting while you drive. Please stop the car. I want to get out.

BUILD-UP B

- 1 Which is true about the man and the woman?
- (A) They are buying a car.
 (B) They are fixing the car.
 (C) They are in a moving car.
 (D) They are on a bus together.
- 2 What is the man doing?
- (A) Drinking and driving
 (B) Eating and driving
 (C) Using his phone and driving
 (D) Reading a book and driving
- 3 What does the woman want the man to do?
- (A) Stop so she can get something to eat
 (B) Hurry up so she can get to school on time
 (C) Slow down because he's driving too fast
 (D) Stop sending text messages while he's driving

LISTENING TASKS A

 Track 83  01:20

- W It's a beautiful night, isn't it?
- M Yes, just look at all those stars. It's a fantastic sight.
- W Yeah, I can't get over how many stars there are. Hey, what's that light over there?
- M Where? Oh, yes, I see it. It's coming from those trees on that hill.
- W It looks like a flashing light.
- M Someone's probably playing with a lighter.

- W Wait. It looks like they are flashing some sort of code. Let's see . . . DOT-DOT-DOT, DASH-DASH-DASH, DOT-DOT-DOT. Hey, that's the international help signal—S.O.S.!
- M I think we should go look.

LISTENING TASKS B

 Track 84  01:02

- M Sandra, what are you doing with that phone?
- G I'm chatting with my friend, Lucy.
- M You spend a huge amount of time typing text into your cell phone! You have been texting for an hour!
- G But, Dad, I need to talk with my friends.
- M How many text messages do you think you send and receive in one day?
- G I don't know. Maybe two hundred.
- M Two hundred! I'm not going to put up with your wasting time sending that many text messages.

ACTUAL LISTENING 1

 Track 85  01:13

- W You have reached the office of Dr. Thomas Mellon. Our office is now closed. Regular office hours are Monday through Friday, 9:00 a.m. to 5:00 p.m. If you would like to schedule an appointment with Dr. Mellon, press "1." You will be given the option of choosing a time that is acceptable for you. To leave a message for Dr. Mellon, press the "pound" key. If you have an emergency and need to see the doctor right away, then please hang up and dial 1-800-555-4798. To hear these options again, press "0."

ACTUAL LISTENING 2

 Track 86  00:50

- W Have you heard about Ruth?
- M No, what happened to her?
- W Sally told me that Ruth is going to move to another city to live with her aunt. She will

- be going to an acting school there.
- M** That's fantastic! I never knew Ruth was interested in acting.
- W** Well, that's what Sally said. She said that Martha told her about it.
- M** Martha? Martha has a big problem with spreading rumors. And usually the rumors aren't true.
- W** Here comes Ruth now. Let's ask her.

ACTUAL LISTENING 3

 Track 87  01:06

(Ring ring)

- W** Hello, this is Seashore Medical Clinic. May I help you?
- M** Hi, this is John Colter. Is Dr. James available?
- W** I'm sorry, sir. Dr. James is occupied at the moment. Can I take a message?
- M** Yes. Could you ask him to call me at 339-309-4302, please? I am on my last pack and need to get new medicine.
- W** And what was your name again, sir?
- M** Colter. John Colter.
- W** Could you spell your last name for me, please?
- M** It's C-O-L-T-E-R.
- W** All right, I'll have Dr. James call you as soon as he comes in.
- M** Thank you very much.

ACTUAL LISTENING 4

 Track 88  01:03

- M** Remember that old saying: "The customer is king"? Well, the cell phone companies certainly aren't treating us that way. They know that we need their services, and they can charge us whatever they want to. Their whole business style is not very acceptable. They use long recordings in their messages. When we call with questions, they keep us on the line and occupy our time needlessly. Of course, to them, it's always about the

bottom line. It's about making us pay for more and more minutes. I'm tired of it. I'm not going to put up with it anymore. I'm going to cancel my service today.

ACTUAL LISTENING 5

 Track 89  01:06

- W** In the twentieth century, researchers did a study on rumors. One person was given a picture to look at carefully. The person was told to make an acceptable image of the picture in his mind. Then he described the picture to a second person. That person then told what he had heard to a third person. The researchers found that after passing information just five times, there were already mistakes. There was a huge difference in what the fifth person heard and the original image. 70 percent of the details of the image had been lost. This shows that rumors cannot be trusted.

Review 3

Dialogs A

 Track 90  01:18

- W** What do you think of the applicants?
- M** Well, none of them stand out so far.
- W** We need someone to start immediately. The bottom line is we're going to have to find someone by the end of the week.
- M** I know. But some of these applicants are unacceptable. One of them can barely type.
- W** How many more do you have to interview?
- M** We're interviewing three today, and two tomorrow.
- W** OK. Here's the plan. Send me the resumes of the top three when you're done. We'll make a final decision together.
- M** All right. That sounds good.

Dialogs B

🎧 Track 91 ⌚ 01:16

- M That was a bad call!
- W It sure was. Maybe they'll change it when they review the replay.
- M The chances are slim. How long do we have to put up with these referees?
- W They're human. Get over it; it's just one bad call.
- M It won't be the last one! The problem is refereeing is a part-time job. They should pay these referees full time.
- W Yeah, but football season is only five months. What would the referees do the rest of the year?
- M I don't know. They could do extra training. I'm sure they could make some kind of plan.

Descriptive English

🎧 Track 92 ⌚ 01:11

- W Look at that! Don't people ever turn off their cell phones?
- M I know. It's disgusting.
- W It's a fantastic day, and he's out here talking on the phone!
- M He really stands out in that business suit. He should be enjoying the sunshine and the feel of the grass.
- W Instead, it looks like he's working. Why doesn't he just relax, shut down his computer and turn that phone off?
- M I guess some people feel it's acceptable to talk in any location.
- W Not me. Sometimes, I need to switch off the phone, have quiet, and feel the grass under my feet.
- M I agree. When I go to the beach or a park, I leave my cell phone at home.

Statistical Information

🎧 Track 93 ⌚ 01:10

- B Mom, I've got a weird problem. I can't decide which sport I should play.

- W You're fantastic in baseball, but you're also great in basketball and football.
- B Thanks. I like all of them, but now that I'm in high school, I need to choose one.
- W Let's look online. Here's a quick rundown. It says here the average professional baseball player makes \$2.8 million a year.
- B Wow! That's a lot. How about football?
- W The average football player makes \$1.75 million a year, and the average professional basketball player makes \$5 million a year.
- B I think I'll choose basketball, then. Thanks, mom!

UNIT 10 Technology

WARM-UP C

🎧 Track 94 ⌚ 00:36

- W I'm getting all sorts of noise on this channel.
- M That is strange. Try switching to a different channel.
- W I already tried that. Nothing seems to fix the problem.
- M Can you return the device?
- W Yes, it came with a money back guarantee.

BUILD-UP A

🎧 Track 95 ⌚ 02:50

- W (*Breathing hard*) 120
- M Pardon?
- W Oh, sorry. I was just checking my heart rate.
- M On your watch?
- W Yeah. It shows how fast my heart is beating while I exercise. It's called a workout partner.
- M What else does it do?
- W It tells me how far I've run, how many calories I've burned, and how much weight I've lost. It even records my body temperature.
- M Was it expensive?
- W Maybe a little. But I use it all the time.

BUILD-UP B

- 1 What kind of device is the woman using?
(A) Something to check her heart rate
(B) Something to help her run faster
(C) Something to keep her temperature down
(D) Something to make her exercise harder
- 2 Which is true of the workout partner?
(A) It shows body temperature.
(B) It checks blood pressure.
(C) It records body fat.
(D) It lifts weights.
- 3 What can be inferred about the woman?
(A) She always wears a watch.
(B) She doesn't like to run.
(C) She exercises a lot.
(D) She likes to eat healthy foods.

LISTENING TASKS A

 Track 96  01:10

- W Hey, here's a cute jacket!
- M Hmm . . . \$35. We can find it cheaper online.
- W Online shopping isn't safe, is it?
- M It is if you use a secure browser.
- W What's that?
- M It's a browser that helps keep your information a secret. It mixes up the purchase information, so nobody can steal it.
- W How do you know which one is a secure browser?
- M With a secure browser, a safe site will show a symbol of an unbroken lock. You can also look for a web address that begins with "https." Make sure and look for that "s."

LISTENING TASKS B

 Track 97  01:13

- W Can technology be too realistic?

Researchers created life-like robots and made an interesting discovery. Most people find robots cute. But when the robots become too life-like, humans find them creepy. When does cute become creepy? When a robot looks very realistic, a person naturally compares it to a human being. People are amazed when the robot looks like a device, but not when it looks like a person. Instead, they start noticing all the things that are not quite right.

ACTUAL LISTENING 1

 Track 98  01:06

- M Almost everyone these days has a cell phone. Many people, in fact, have "smartphones." Do you know the basic difference between these devices? The bottom line is that a cell phone acts like a phone. You can use it for calling or texting. A smartphone acts like a phone and a computer. So with it, you can call, text, email, surf, and more! Smartphones definitely have more to offer. The next time you're in a store, here is an easy way to notice the smartphones. They should all have keyboards like computers on them or on their screens.

ACTUAL LISTENING 2

 Track 99  00:57

- M Look at this. Twenty-five emails, and most of them are spam!
- W Don't you have a firewall?
- M I don't think so. What's a firewall?
- W It's a program or a device. It looks at the information coming through your Internet connection. If the program sees a problem with a chunk of data, then it won't be allowed through.
- M Interesting. Uh, how does the firewall know what to block?
- W You tell it. You can program the firewall to block certain words or phrases, like "money back guarantee."

M I definitely need one of those!

ACTUAL LISTENING 3

🎧 Track 100 ⌚ 00:57

W Get ready! The flying car is almost here. Next year, a US company called Terrafugia is ready to start selling a car that people can drive or fly. The car will fly at 180 kilometers per hour and has a range of 800 kilometers in the air. It gets 15 kilometers per liter on the road and runs on standard gasoline. To fly, simply drive to the airport, fold out the wings, and take off. The car meets the safety rules for small airplanes.

ACTUAL LISTENING 4

🎧 Track 101 ⌚ 00:54

M Ashley, what are you doing?

W I just got this robot kit. I'm trying to build my very own robot.

M For real? Isn't that hard?

W The kit makes it easier. The motor has already been built and tested. That means I should be able to get it working in a couple hours.

M What's the robot made out of?

W Metal.

M That's fantastic! Most of them are plastic, which breaks more easily.

W Yeah. And this remote control is also easy to use. I can also add all sorts of other devices to my robot.

ACTUAL LISTENING 5

🎧 Track 102 ⌚ 00:58

M Should we try to send a man or woman to the moon? Should we try to send someone to Mars? I have heard many people give all sorts of answers to these questions. Some say it is important to explore new worlds. Others say it is just too dangerous. It is safer to send devices with special sensors to other worlds first. But I think there is an

easier answer to this question. It is too expensive! People in government should use the money we have to solve problems right here. We can explore other worlds in the future.

UNIT 11 School

WARM-UP C

🎧 Track 103 ⌚ 00:37

- B I have to study all weekend for my biology test.
G That's a bummer.
B Yeah, it is. I wanted to hang out with you guys.
G Well, this will be good for you in the long run.
B I know it will. I wish biology was an elective, though.

BUILD-UP A

🎧 Track 104 ⌚ 03:05

- B Hey, Maya, I'm heading to the mall to hang out with Tony. Do you want to come?
G I can't. I've got to study for this calculus exam—it counts as 35 percent of my grade.
B Bummer. Your school gives you lots of tests, doesn't it?
G It sure does. It seems like all we do is take exams. Doesn't your school do that?
B No, my school is easier than yours.
G Do you even take exams?
B Sure we do. But our teachers assess us on a number of factors. Tests are just one of them.

BUILD-UP B

- 1 Why can the girl NOT go with the boy?
(A) She is hanging out.
(B) She is going to volleyball tryouts.
(C) She has to go to school.
(D) She is studying for a test.

- 2 What does the girl say about her school?
 (A) It is easier than the boy's school.
 (B) It has many tests.
 (C) She likes it very much.
 (D) Calculators are important.
- 3 Which is NOT true of the boy's school?
 (A) It is easier than the girl's.
 (B) It assesses students on many things.
 (C) It is harder than the girl's.
 (D) It gives students exams.

LISTENING TASKS A

 Track 105  01:20

- G Parker, what's middle school like in the US?
 B It's different here. For one thing, we have less homework. And we have shorter school hours.
- G Wow! That sounds great. But . . . what do students do if they're not studying?
 B There are after-school activities. Kids can stay at school after classes are over.
- G What kinds of activities?
 B Well, there are different sports, and also things like chess club, math club, drama, newspaper, and debate. It depends on the school. Some offer more things than others.
- G That's wonderful! I wish my school had more activities.

LISTENING TASKS B

 Track 106  01:12

- M What's the ideal length for a school class? That question is being debated across the US. At most middle and high schools, classes last one hour. But some people argue that it's better to have two-hour classes. With shorter classes, students can study more subjects. With longer classes there are fewer subjects, but students have more time to learn them. Many schools are experimenting with longer classes. So far, the results are unclear. Longer might not

mean better. Maybe the ideal length is an hour and a half.

ACTUAL LISTENING 1

 Track 107  01:08

- W In the US, middle school students can choose some of their classes. There are some classes everyone has to take. There are other classes students do not have to take. They take them only if they want to. These classes are called electives. Students often take them for fun. Some students want to play music. Others want to study art. Some want to learn a different language. There is a wide variety of electives from which to choose. Is there an elective that you would like to take?

ACTUAL LISTENING 2

 Track 108  00:54

- G Hey, Jake.
 B Hi, Cassie. What have you got next period?
 G I've got Spanish with Ms. DeArias.
 B I had her last term. This term I've got Mr. Reed.
 G Oh, I heard he's nicer than Ms. DeArias.
 B He is. And he gives us less homework.
 G Tell me about it! Ms. DeArias makes us learn ten new verbs a week.
 B I know. I remember that. You know what, though, maybe that's better for us in the long run. Maybe Mr. Reed is too easy.
 G Really?
 B Yeah. I think I actually learned more last term.

ACTUAL LISTENING 3

 Track 109  01:01

- M The average size of US classes is growing. In 1980, there were 18 students for every teacher. By 2008, there were 16 students per teacher. Today there are about 25. Many people think smaller classes are better. Then the teacher can give more attention to

each student. But some countries have very large classes. China has about 50 students per teacher. Korea has about 30. These students are very smart. They score higher than US students in math and science tests. Maybe class size does not matter.

ACTUAL LISTENING 4

 Track 110  00:57

- B Where do you go to school?
- G At my house. I'm home schooled.
- B Home schooled? You mean you're taught by your mom and dad?
- G Yes. By my mom, mostly.
- B What does she teach you?
- G The same things you learn in your school: writing, history, math, science. We even have PE!
- B But your mother's not a teacher, is she?
- G No, she isn't, but she gets lots of help. There's an online program that teaches her how to teach.
- B Is it as good as regular school?
- G Better, actually. Almost all home-school students go on to college.

ACTUAL LISTENING 5

 Track 111  00:57

- W Many countries have a national test. Students must pass this test to enter high school. The US does not have a national high school exam. Some states give their own tests. But they are not required to. All students attend high school unless their grades are too low. Students must have at least a C average. If their grades are too low, they may have to repeat one level of middle school. When their grades reach the C level, they can enter high school.

UNIT 12 Entertainment

WARM-UP C

 Track 112  00:33

- M Who's playing in concert?
- W The Rolling Stones are going to play.
- M That's awesome! Where will it be held?
- W It will be in the Super Arena.
- M How in the world are we going to get tickets for that concert?

BUILD-UP A

 Track 113  02:51

- G Hey, Karl, I just found this new tune. Check it out!
- B Wow, that's fresh! Where did you get it?
- G I downloaded it yesterday. It just came out.
- B Great drums! And I love the guitar solo. It really rocks.
- G Yeah, it does. I like the lyrics, too. The singer's got an awesome voice.
- B Well, I'm going to add that to my playlist as soon as I get home.
- G What are you doing after school? Do you want to come over and download some tunes?
- B For sure! Let me check with my mom.

BUILD-UP B

- 1 Where did the girl get the song?
 - (A) From the store
 - (B) From the Internet
 - (C) From her brother
 - (D) From a friend
- 2 What does the boy like about the song?
 - (A) The lyrics
 - (B) The singer's voice
 - (C) The guitar solo
 - (D) The keyboards

- 3 What does the girl invite the boy to do?
- (A) Download songs
 - (B) Go to a concert
 - (C) Listen to music
 - (D) Check with his mom

LISTENING TASKS A

 Track 114  01:01

- B Hey, Alice, are you busy Saturday night?
- G No, I don't think so. Why?
- B I have two tickets to the Celine Dion concert.
- G No way!
- B Yep. Do you want to go with me?
- G Of course I do! Wow, how in the world did you get those? I heard it was sold out!
- B It is. But my dad's got a friend who works at the arena. He got a couple of free tickets.
- G Gosh, this is going to be awesome. I'm so pumped!

LISTENING TASKS B

 Track 115  01:09

- M It is simple to download music. But you have to make sure you are doing it legally. The laws vary from country to country. In the US, the laws are very strict. It is legal to buy a CD, then record it in your MP3 files. But it is illegal to upload those files to a friend. It is also illegal to sell the files. Punishment can be severe. You could go to prison for three years. You could also pay \$250,000 in fines. Downloading music is easy to do. But be careful!

ACTUAL LISTENING 1

 Track 116  01:08

- W There are many kinds of music. My favorite kind is jazz. I like jazz because it has different types of instruments. It uses horns, strings, and keyboards. Jazz is mellow. It relaxes me. Rock music is too loud, and classical music is too slow. I like blues music, but

the lyrics are too sad. The same goes for country music. I don't like to hear songs about people's problems. I listen to music to relax and be happy. That's why I like jazz the best.

ACTUAL LISTENING 2

 Track 117  00:49

- W Hi, Mark. I heard you went to the Pink Eyed Peas concert last night.
- M I sure did.
- W How was it?
- M It was awesome! They rocked!
- W Were there a lot of people there?
- M Yes, the arena was packed. Tickets sold out the first day they went on sale.
- W I know. I tried to get a pair, but it was too late. I think their new CD is coming out next week.
- M It is. They played a lot of songs from it. It's fresh!
- W Well, I'll see you later.
- M See you!

ACTUAL LISTENING 3

 Track 118  01:08

- M MTV began in 1981. Before then, there were no music videos. People had to go to concerts to see their favorite musicians. MTV changed that. MTV stands for music television. It showed musicians playing their songs, or acting while their songs were played. MTV made many bands famous. Then came the Internet. People could watch music videos online whenever they wanted. MTV started airing more TV shows. It showed fewer music videos. Now MTV has moved online. Its website, MTV.com, shows music videos. The site attracts about 53 million people each month.

ACTUAL LISTENING 4

🎧 Track 119 ⌚ 00:49

- B Hey, Meghan. Meghan? Meghan!
- G Oh, sorry. I was listening to my iPod.
- B I wish I had an iPod. The only way I can hear tunes is to download them to my computer. I have to turn it on and sit in front of the screen.
- G That's a bummer. Won't your parents buy you one?
- B I asked for one on my birthday, but I got a bike instead. They say I can get one if I save my own money.
- G Mine cost \$120.
- B Then I won't have one anytime soon.

ACTUAL LISTENING 5

🎧 Track 120 ⌚ 01:10

- W The two most popular kinds of music are pop and rock. Over the past ten years, sales of pop music were \$7.4 billion. Sales of rock music were \$6.5 billion. In 2009, pop and rock were 55 percent of all music sold, according to *Music & Copyright Magazine*. But their sales have dropped. Since 2000, pop sales fell 28 percent. For rock, sales fell 22 percent. However, sales of other kinds of music fell more. Total music sales dropped 31 percent. So, pop and rock remain popular.

Review 4

Dialogs A

🎧 Track 121 ⌚ 01:21

- M Look! There's one of those new electric cars that just came out.
- W Oh, yeah. I heard they can go up to 100 miles before the battery needs to be recharged.
- M Some can, but others go shorter distances. They have to be recharged more often.

- W You know, they're testing cars that can drive by themselves. In the future, we won't need to learn how to drive!
- M Really? How in the world can they do that?
- W They use computers. There are sensors and other devices that tell them where other cars are and stuff like that.
- M Wow! We're going to see all sorts of fresh technology in the next few years.

Dialogs B

🎧 Track 122 ⌚ 01:23

- G Hey, Ben, what are you taking this term?
- B I'm taking math, science, history, English, and I've got Spanish for an elective. How about you?
- G I've got science, social studies, English, health, and I'm taking cooking as my elective.
- B Are you participating in any after-school activities?
- G I'm doing chess club. What about you?
- B I'm playing basketball. Our team's really good. We rock!
- G I'll have to come watch you play.
- B So, are you still hanging out with Jess and Tammy?
- G Yeah. We're going to the dance together on Friday night. Are you going?
- B No, we've got a basketball game.
- G Bummer!

Descriptive English

🎧 Track 123 ⌚ 01:03

- B Mom, how did you used to get songs?
- W We purchased a 45 at a music store, then carried it home and played it on a turntable.
- B What's a 45?
- W It's a black disc, like a CD, but bigger.
- B Oh, yeah, Kevin's dad has some of those.
- W 45s were called singles, but there were actually two songs. The A-side had one track, and the B-side had another track.
- B Cool! You got two songs for the price of one!

W Yeah, and if you wanted more tracks, you had to buy a 78. That was an even bigger size.

Statistical Information

 Track 124  01:20

W This site might help you with your paper on web surfing. It's called Internet World Stats.

M Let's see . . . yes, it surely will! It's got all sorts of information.

W This is interesting. The number of Internet users in Asia has grown 42 percent over the past ten years.

M Yeah, and Europe's grown 24 percent. We've only grown 13.5 percent here in North America.

W Australia has grown the least—only 1.1 percent.

M They were already good surfers!

W Ha ha.

M Hmm. In Africa, only 11 percent of people use the Internet. They've got lots of surfing to do!