

## 21st Century Communication Level 3: Assessment Audio Scripts

### UNIT 1 ASSESSMENT

#### Listening Comprehension: Question 12

Track: [21cc2e\\_assessment\\_L3\\_U1\\_question12.mp3](#)

What leads to success in school? Is it talent? Intelligence? Or something else?

Angela Duckworth, a professor at the University of Pennsylvania, identified “grit” as one of the key elements. She defines this as a combination of “perseverance and passion” and it’s something she’s studied for a long time. She started her research when she was teaching in high school, asking thousands of high school students to take questionnaires about grit. Later, she analyzed the results against the students who graduated. The conclusion? Grittier kids were much more likely to graduate.

According to Duckworth, talent is *not* strongly related to grit. There are many talented people who fail to achieve because they did not work hard. In fact, according to her research, the more talented a person is, the less gritty they may be.

Naturally, in this case, the next question is: how do we *build* grit? We still don’t know much about this. However, a key idea seems to be the development of a “growth mindset.” This concept, made popular by psychologist Carol Dweck, is the belief that our abilities, intellect, and skills are not fixed. They are something we can practice and improve on. When kids with a growth mindset fail at something, they do not see themselves as failures. They see it as a chance to learn and develop their skills. Therefore, they are more likely to bounce back from failures, learn from challenges and ultimately succeed.

In recent years, more research has been done on developing grit. For instance, does connecting what we are doing to a higher purpose help us develop grit? There is some early evidence for this, and the idea makes sense. The fashion store assistant who sees their job as a boring way to earn money is less likely to be motivated to go on than the one who sees their job as helping customers look and feel great.

However, there has also been criticism of grit, because it puts a lot of responsibility on the individual. In reality, the world around us plays a huge role as well. Sometimes, no matter how determined we are, or how hard we work, there may be other factors getting in the way. So, we should remember that grit *may* help us succeed, but it is unlikely to be the only factor at work.

#### Pronunciation Skill: Question 14

Track: [21cc2e\\_assessment\\_L3\\_U1\\_question14.mp3](#)

Mei-Yuan ordered a burger, a large set of fries and a drink.

#### Pronunciation Skill: Question 15

Track: [21cc2e\\_assessment\\_L3\\_U1\\_question15.mp3](#)

Entrepreneurs need determination, hard work and a little bit of luck.

**Pronunciation Skill: Question 16**

[Track: 21cc2e\\_assessment\\_L3\\_U1\\_question16.mp3](#)

I hate attention so making presentations, giving training sessions, leading meetings ... I hate all of that.

**Pronunciation Skill: Question 17**

[Track: 21cc2e\\_assessment\\_L3\\_U1\\_question17.mp3](#)

Steve Jobs launched the iPod, the iPhone, and the iPad to increase Apple's sales.

**Pronunciation Skill: Question 18**

[Track: 21cc2e\\_assessment\\_L3\\_U1\\_question18.mp3](#)

My hands were shaking, my heart was beating like mad, and sweat was dripping down my forehead.

## UNIT 2 ASSESSMENT

### Listening Comprehension: Question 12

Track: [21cc2e\\_assessment\\_L3\\_U2\\_question12.mp3](#)

All around the world we have been seeing extreme weather events becoming more and more frequent. Global temperatures are increasing, polar ice is melting, sea waters are rising. It's undeniable: climate change is *real*. It's happening everywhere, and it affects habitats, ecosystems, and species—including us. And yet we are the ones who have caused it. Is it too late to do something about it? While governments around the world gather every few years to discuss solutions, we also live in a time when individuals can also do their part to accelerate progress. Take Vanessa Nakate, for example.

Nakate was born in Uganda, one of the countries most at risk from climate disasters. In some parts of Uganda, heavy rain has led to severe flooding, while in other parts, lack of rainfall has resulted in devastating droughts. Seeing how heavy rainfall and droughts were affecting farmers in her country, and all the people who depended upon them for food, Nakate knew something had to be done. She makes a crucial connection between poverty and climate change, saying: "How can we solve poverty without looking at this crisis? How can we achieve zero hunger if climate change is leaving millions of people with nothing to eat? We are going to see disaster after disaster, challenge after challenge, suffering after suffering (...) if nothing is done about this."

Since 2018, Nakate has been actively campaigning for decision makers to prioritize climate issues and has spoken multiple times at UN Climate Change Conferences. Her work has made her well-recognized and she is often in the press, but she doesn't want to be labelled as the face of the climate change movement in Africa. She explains: "When the focus is just on one person it erases other experiences and stories. The solution is not to put faces on the climate movement; it has millions of people who are doing incredible work and organizing in their communities." To this end, she founded Rise Up, an online platform for all those working for this cause in Africa to connect, share, and support each other.

Nakate's story is an inspiring one. Perhaps, with more people like her leading the way in every continent, there may be hope of slowing climate change before it is too late.

### Pronunciation Skill: Questions 14, 15, 16, and 17

Track: [21cc2e\\_assessment\\_L3\\_U2\\_questions14-17.mp3](#)

Everyone is welcome here. It doesn't matter if you are a local or a foreigner, working or studying.

## UNIT 3 ASSESSMENT

### Listening Comprehension: Question 12

Track: [21cc2e\\_assessment\\_L3\\_U3\\_question12.mp3](#)

Human beings use language to communicate in extraordinarily complex ways. We can use it to talk about real and imaginary events, tell stories, make plans, express regret, and lie. In short, we can use language in infinite combinations for any purpose we turn our minds to. So how did this amazing tool evolve?

We can only hypothesize, but some scientists see clues in the communication of our closest living cousins, chimpanzees. These great apes use more than 70 gestures to warn one another of danger, indicate the location of food, and share basic emotions, like joy, fear, or sadness. While they do use their voices as well, they are limited to only four basic call types. This suggests that gestures, rather than voice, may have been the starting point of human language.

It seems likely that further changes occurred about two million years ago, when our ancestors developed the ability to walk on two feet. This allowed them to use their hands more, leading to use of tools, as well as easier communication through gestures. Their cognitive abilities are thought to have developed to accommodate these new skills.

The vocal tract was another critical evolution that led to the development of speech. There are few creatures on earth who can produce the same variety of sounds as humans. With this combination of gesture and speech, and their hands free to use tools and transport objects, our ancestors could communicate and cooperate in ways that eventually led to our becoming the dominant species on earth.

Is it possible that other animals could ever develop the capacity for language that we have?

Researchers tend to think not. All animals communicate, but an animal's sound or gesture appears to be limited to a specific meaning in a specific situation. For example, if a bird knows a snake is nearby, they give a particular warning call. However, humans can send the message "Watch out for the snake" in countless different ways.

When human babies are born, they communicate in similar ways to animals, using gestures and cries to convey specific meanings. However, even a three-year-old child is able to communicate in vastly more complex ways than even the most well-trained chimpanzee. Although research continues, it does seem that language, as we understand it, is a phenomenon unique to humans.

### Pronunciation Skill: Question 14

Track: [21cc2e\\_assessment\\_L3\\_U3\\_question14.mp3](#)

feedback

### Pronunciation Skill: Question 15

Track: [21cc2e\\_assessment\\_L3\\_U3\\_question15.mp3](#)

headache

**Pronunciation Skill: Question 16**

[Track: 21cc2e\\_assessment\\_L3\\_U3\\_question16.mp3](#)

wireless

**Pronunciation Skill: Question 17**

[Track: 21cc2e\\_assessment\\_L3\\_U3\\_question17.mp3](#)

earthquake

**Pronunciation Skill: Question 18**

[Track: 21cc2e\\_assessment\\_L3\\_U3\\_question18.mp3](#)

butterfly

## UNIT 4 ASSESSMENT

### Listening Comprehension: Question 12

Track: [21cc2e\\_assessment\\_L3\\_U4\\_question12.mp3](#)

Stress has an impact on how well we perform in our lives, and nowhere is this clearer than in the case of athletes. They have been the subject of a great deal of research because not only do they regularly experience high levels of mental and physical stress, but also the impact on their performance is measurable. Athletes have been shown to perform better when they are able to reframe stress as useful, and worse when they are stuck in a “stress mindset”.

Patrick Nilsson is a Swedish endurance athlete who has experienced this personally. He found he was losing focus when trying to juggle life as a new father, moving to a new house, and his rigorous training schedule. However, over the years he found strategies that work for him.

A key factor, for Nilsson, was changing his mindset. He came to understand that the reaction in the body is the same if you get stressed, nervous, or excited. So now, when he is feeling stressed before a race, he reframes what he is feeling as excitement, and then he is able to channel his feelings more positively.

He has also learned that he has to open up to his wife and his coach when he is feeling stressed about something. His coach is able to change his training schedule to reduce his stress, and his wife is able to work with him to split their daily tasks more effectively—he just needs to speak up. He also finds that just by sharing his feelings he feels better, and remembers that what he is feeling is perfectly normal.

Another solution for Nilsson is often just to take his mind off what's bothering him. In the past, he used to be angry for a week after a bad training session. Now, he goes home to his family and enjoys watching a movie or playing with his son. Likewise, if he feels stress in his personal life, he takes his mind off it by training.

We might not be high performing athletes like Patrick Nilsson, but we all experience stress and we all need to perform at work or at school. So next time you feel like it's all too much, why not take Nilsson's advice? Reframe your thinking, share your feelings with others, or do something to take your mind off it. You might see a positive impact on your performance as well as your wellbeing.

### Pronunciation Skill: Question 14

Track: [21cc2e\\_assessment\\_L3\\_U4\\_question14.mp3](#)

There's no doubt / that long-term stress / is harmful to your health.

### Pronunciation Skill: Question 15

Track: [21cc2e\\_assessment\\_L3\\_U4\\_question15.mp3](#)

More and more people report / that they are being affected by stress.

### Pronunciation Skill: Question 16

Track: [21cc2e\\_assessment\\_L3\\_U4\\_question16.mp3](#)

One way to increase our resilience to stress / is to rethink the way we view stressful situations.

**Pronunciation Skill: Question 17**

[Track: 21cc2e\\_assessment\\_L3\\_U4\\_question17.mp3](#)

Regular meditation can help relieve stress / but people find it surprisingly hard to do.

**Pronunciation Skill: Question 18**

[Track: 21cc2e\\_assessment\\_L3\\_U4\\_question18.mp3](#)

It's been shown / that even a short massage / can help to reduce stress.

## MID-TERM ASSESSMENT

### Listening Comprehension: Question 22

Track: [21cc2e\\_assessment\\_L3\\_midterm\\_question22.mp3](#)

Do you speak more than one language? Do you know any words that cannot be easily translated into another language? It's actually quite common. With over 7,000 languages in the world, it's not surprising that different languages have unique words. Some words have very specific meanings and can't be easily translated into another language. For example, in Senegal, the word *teraanga* refers to the idea of being generous and sharing things with guests. Then there is *hygge*, the Danish word for feeling comfortable, cozy, and content.

Language expert Tim Lomas collects words related to emotions and desires. He's created a collection of words from many different languages and organized them by theme. What you may find surprising, is that basic concepts like happiness or sadness are not the same in every language. In fact, sometimes they don't even exist. For example, the word "happy" is translated as *szczęśliwy* in Polish, but the meaning is not the same. The Polish word is not used in a casual way as it can be in English. Instead, it is used to describe either very strong feelings of happiness, or satisfaction with something serious, such as the meaning of life.

Words also do more than just describe how we feel. They can actually influence how we see and understand the world. Researcher and neuroscientist Kristen Lindquist has found that the words we use help us turn an experience into emotions that we can understand. Lindquist explains that the brain automatically categorizes our experiences. By placing experiences into suitable categories, the brain helps us make sense of the world. For instance, when we visit a place we love, chat with our best friend, or play with our pet, the brain may place these experiences into the category of joy, which helps us understand them.

When you learn a new language, the categories may be different in some ways – some categories may be narrower, while others are broader. Knowing more than one language can therefore change the way you understand those categories. For example, you may start to understand "joy," "anger," or "love" in slightly different ways. In this way, language can help you to understand the human mind more fully. Words are truly powerful.

### Pronunciation Skill: Question 24

Track: [21cc2e\\_assessment\\_L3\\_midterm\\_question24.mp3](#)

I love my job as a personal trainer because I enjoy talking to people, having a flexible schedule, and exercising!

### Pronunciation Skill: Question 25

Track: [21cc2e\\_assessment\\_L3\\_midterm\\_question25.mp3](#)

Everyone can contribute in some way, by volunteering their time, donating some money, or taking small actions to protect the environment.



**Pronunciation Skill: Question 26**

[Track: 21cc2e\\_assessment\\_L3\\_midterm\\_question26.mp3](#)

I use a dictionary for looking up new words, checking my spelling, correcting my pronunciation – I can't study without it!

**Pronunciation Skill: Question 27**

[Track: 21cc2e\\_assessment\\_L3\\_midterm\\_question27.mp3](#)

Before going on stage to give my presentation to the entire school, I was so nervous, my palms were sweating, my heart was racing, and my throat was dry.

**Pronunciation Skill: Question 28**

[Track: 21cc2e\\_assessment\\_L3\\_midterm\\_question28.mp3](#)

There was a wide range of cuisines available at the buffet: Mexican, Japanese, French, you name it.

## UNIT 5 ASSESSMENT

### Listening Comprehension: Question 12

[Track: 21cc2e\\_assessment\\_L3\\_U5\\_question12.mp3](#)

The basic principle of voluntourism is straightforward: you get the opportunity to travel to a different country and at the same time, you help communities that are in need. Sounds like a win-win, right?

Well, it's actually not so simple. It might sound exciting to work on different projects from building houses, to teaching children. But should untrained volunteers really be building?

One group of volunteers spent a week building a library in Tanzania, working hard to put up walls each day—only for local workers to re-do their bad work every evening.

And should volunteers with no special skills and no knowledge of the language really be teaching? In many cases, the price a voluntourist pays for a two-week trip could pay a local teacher's salary for months.

And what about the group of voluntourists in Swaziland, who spent their time painting toilet walls that had been painted by another group of tourists a few weeks earlier? Voluntourism is a billion-dollar industry and sadly, there are some companies out there who will take advantage of you.

And it's not just that your work may not be particularly helpful—it may even be harmful. For example, collecting and distributing free goods, such as clothes or food, means that local businesses cannot compete. And in some places, such businesses never develop at all. These communities become completely dependent on foreign aid instead of empowered to develop their own sustainable, local solutions.

For voluntourism to work, you need to make a longer commitment than just a week or two. You need to get a better understanding of what is causing the problems in a particular place. You need to really get to know the context. And this means working closely with, or for, local stakeholders.

In short, research and think very carefully before buying into a voluntourism trip overseas. Look for non-profit organizations with a solid history of good work. And look closer: what is the organization doing to engage with the local community? Do local people run it? How does the community benefit? And then look closer still: what kind of work will *you* be doing? Is it *really* within your skill set?

If it isn't, and if you really want to make a difference, maybe consider making a direct donation instead, or getting involved in an organization closer to home.

### Pronunciation Skill: Question 16

[Track: 21cc2e\\_assessment\\_L3\\_U5\\_question16.mp3](#)

It's **never** too early to start thinking about your future.

### Pronunciation Skill: Question 17

[Track: 21cc2e\\_assessment\\_L3\\_U5\\_question17.mp3](#)

We need **everyone** to get involved.

**Pronunciation Skill: Question 18**

[Track: 21cc2e\\_assessment\\_L3\\_U5\\_question18.mp3](#)

It's time to start taking **real** action to tackle climate change.

**Pronunciation Skill: Question 19**

[Track: 21cc2e\\_assessment\\_L3\\_U5\\_question19.mp3](#)

We can have a real impact, but we have to act **now**.

**Pronunciation Skill: Question 20**

[Track: 21cc2e\\_assessment\\_L3\\_U5\\_question20.mp3](#)

Voluntourists can do a lot of good, **if** they choose their work responsibly.

## UNIT 6 ASSESSMENT

### Listening Comprehension: Question 11

Track: [21cc2e\\_assessment\\_L3\\_U6\\_question11.mp3](#)

When you're an entrepreneur, just starting out with your own business, there is a huge learning curve. It's not easy. Mistakes will be made, and things won't always work out. But perhaps I can give some advice based on what I've learned, that should help any aspiring business owners out there.

First, don't rush into things. Stop and think, and get advice from the right people. You can do this at any point, whether your business is simply an idea, is growing, or is not doing so well. Use your contacts to reach out to people with different areas of expertise—accountants, lawyers, and other business owners, for example. These people can give you tips in a range of areas and can stop you making mistakes before they happen. Their advice from their experience is invaluable.

Second, never put too much faith in one individual. It's easy to rely too heavily on one person when you're a small business, but this is a mistake. For example, restaurant owners often depend too much on the head chef. They trust the chef to bring in the entire staff—but then if the chef leaves, the staff may leave as well. In the end, no manager, leader, or head chef should have a stronger relationship with your employees than you. If you can get all your staff to share your vision, you won't risk losing them because one person decides to leave.

Finally, use the lessons from failure to become stronger. When things go wrong it doesn't feel great, but it's never wasted. My company once failed a crucial demonstration with a client, but we faced up to the cost of our error and looked for what we could learn from it. It taught us to search for errors in each phase leading up to the demonstration. And it gave everyone a greater sense of responsibility that supported the team members who were dealing directly with the client. And we also learned not to give up. Later, we won that account back, and now they are one of our biggest clients.

### Pronunciation Skill: Question 13

Track: [21cc2e\\_assessment\\_L3\\_U6\\_question13.mp3](#)

New business success depends a lot on luck, and timing, and hard work, and even then it's not guaranteed.

### Pronunciation Skill: Question 14

Track: [21cc2e\\_assessment\\_L3\\_U6\\_question14.mp3](#)

A high salary, a generous bonus scheme and excellent health insurance all make the job offer very interesting.

### Pronunciation Skill: Question 15

Track: [21cc2e\\_assessment\\_L3\\_U6\\_question15.mp3](#)

If you want to succeed as an entrepreneur you have to be dedicated, and work long hours, and it's quite stressful, so it can be tough.

**Pronunciation Skill: Question 16**

[Track: 21cc2e\\_assessment\\_L3\\_U6\\_question16.mp3](#)

I was only 23, and I didn't have much experience, and I certainly didn't have much money, but I had a great business idea.

## UNIT 7 ASSESSMENT

### Listening Comprehension: Question 8

Track: [21cc2e\\_assessment\\_L3\\_U7\\_question8.mp3](#)

Hi everyone! Thanks for joining me again. Last week we overviewed the three pillars of good health—diet, sleep, and exercise. Today we’re going to focus on diet and spotlight some top tips that can help you eat better without doing anything too complicated. So let’s dive in.

OK, the first thing is to try to eat in a more balanced way. We need to eat a wide variety of nutritious food in the right proportions, but how? An easy way for you to get this right is simply to divide your plate up into different sections. Half the plate should be filled with fruit or vegetables—for example a nice, big salad. One quarter of the plate should contain a healthy protein, such as fish, chicken or eggs. And the final quarter of the plate should contain carbohydrates such as brown rice or wholemeal bread. Perfect!

The second thing is to reduce your sugar intake. We know candies, cakes, and soft drinks contain lots of sugar—but don’t forget fruit or vegetable juices do as well. And you might be surprised how much sugar is hidden inside everyday foods that you may not think of as containing sugar. For example, did you know there are a whopping *four grams* of sugar in a single tablespoon of ketchup? So always read the label. And try to make sensible swaps. So for example, swap a sugary treat for some fresh fruit, a savory snack for some raw veggies, a soft drink or juice for sparkling water or green tea.

The last thing I wanted to mention today is about mindful eating. Did you know that how *quickly* you eat affects how *much* you eat? Research has shown that fast eaters are more likely to overeat and be overweight than slow eaters. It takes about 20 minutes for your brain to receive hormone signals to decide whether you are hungry or full. So eat more slowly—give your brain time to process what is happening as you eat and the time it needs to recognize that you are full. And give *yourself* time to simply enjoy the food you are eating!

I hope you found something useful in this week’s quick tips. It’s not always easy to eat well in today’s world, but if we are little more mindful about it, it doesn’t have to be difficult. If you enjoyed this podcast don’t forget to like and subscribe and I’ll see you next week!

### Pronunciation Skill: Question 14

Track: [21cc2e\\_assessment\\_L3\\_U7\\_question14.mp3](#)

classify

### Pronunciation Skill: Question 15

Track: [21cc2e\\_assessment\\_L3\\_U7\\_question15.mp3](#)

individual

### Pronunciation Skill: Question 16

Track: [21cc2e\\_assessment\\_L3\\_U7\\_question16.mp3](#)

damaging

**Pronunciation Skill: Question 17**

[Track: 21cc2e\\_assessment\\_L3\\_U7\\_question17.mp3](#)

evident

**Pronunciation Skill: Question 18**

[Track: 21cc2e\\_assessment\\_L3\\_U7\\_question18.mp3](#)

eliminated

## UNIT 8 ASSESSMENT

### Listening Comprehension: Question 8

Track: [21cc2e\\_assessment\\_L3\\_U8\\_question8.mp3](#)

In 2009, Boris Konrad received a gold medal for memorizing 280 words and 195 names and faces in 15 minutes during the German Memory Championships. Is he some kind of genius?

Not exactly. Konrad was an average student at school, and started investigating memory techniques because he hoped they might help him get better grades. He was amazed by how well they worked. His interest led him to start participating in memory competitions. Today, he is a famous “memory athlete”, neuroscientist, and public speaker.

So how *is* he able to remember so much? One of Konrad’s main methods is based on a surprisingly old memorization technique, called the method of loci. This method was used as far back as in the time of the ancient Greeks. It involves creating a mental picture of a space, or a series of connected spaces—a room full of objects, a house, or a street, for example. A user of this technique can mentally walk through the spaces, and each object or location in his journey can be connected to some information. Then, to recall the information, all you have to do is follow the route until you find what you want.

How does this work? Humans seem to have much better memory for visual images and places than for words, numbers, or facts. So by connecting the two together, we have a powerful memorization tool. Memory athletes add to their mental pictures using as many of their senses as possible—for example, they add a sound, a funny detail, or a feeling. These make the memory richer and help it to be recalled.

In memory competitions, an average competitor will already have memorized a few hundred mental places using the method of loci. They will then be ready to use these to remember facts in the competition. When they are recalling numbers, they already have mental images prepared for each number. To remember a sequence of numbers, they put the images together perhaps in a silly story.

Konrad is passionate about bringing the benefits of memory techniques into schools, universities, and businesses. They also improve attention span and may help our brains stay healthier longer. Konrad says, “I hope in the future physical and mental sports will show the same levels of acceptance and attendance, and people will want to train their brains just as much as they want to train their bodies. For health, for fun, for competition.”

### Pronunciation Skill: Question 10

Track: [21cc2e\\_assessment\\_L3\\_U8\\_question10.mp3](#)

ended

### Pronunciation Skill: Question 11

Track: [21cc2e\\_assessment\\_L3\\_U8\\_question11.mp3](#)

developed



**Pronunciation Skill: Question 12**

[Track: 21cc2e\\_assessment\\_L3\\_U8\\_question12.mp3](#)

turned

**Pronunciation Skill: Question 13**

[Track: 21cc2e\\_assessment\\_L3\\_U8\\_question13.mp3](#)

limited

**Pronunciation Skill: Question 14**

[Track: 21cc2e\\_assessment\\_L3\\_U8\\_question14.mp3](#)

worked

## FINAL ASSESSMENT

### Listening Comprehension: Question 13

[Track: 21cc2e\\_assessment\\_L3\\_final\\_question13.mp3](#)

What's the secret to a long and healthy life? It's a question we naturally ask – and scientists may have an answer. Many believe that a combination of modern medicine and good lifestyle choices will soon allow us to live up to 120 or even 130 years old.

Advances in medicine, from slowing down the aging process to changing our DNA to electronic body parts, may help people live longer, healthier lives. But health expert Dr. Michael Roizen and his colleagues believe that modern medicine on its own will not be enough. We will also have to make good lifestyle choices. That means eating well, getting regular exercise and good quality sleep, and managing our stress.

Our health is partly determined by the genes we got from our parents when we were born. However, our lifestyle choices are also extremely important. They can affect how fast we age and whether we get diseases like cancer or diabetes. In fact, by the age of about 60, as much as 75 percent of how healthy we are depends on our choices. There are several reasons why maintaining good health is so important. It gives us a strong foundation, and that will help stop the development of diseases like diabetes and heart disease. In addition, the healthier we are, the more likely new methods and technologies in medicine will work on us. Dr. Roizen points out that even if science can repair the body and prevent it from aging, when the brain stops working, the body will, too. So by staying healthy, we will help protect the brain – studies show that it lowers the chance of developing dementia by 60 percent.

Something a lot of people may not know is that lifestyle choices also directly influence our genes. Dr. Roizen explains that our choices can turn our genes “on” or “off.” Healthy choices turn on genes that keep us young, and switch off ones that speed up the aging process. For example, studies show that by making healthy choices, we can turn off genes related to cancer, and turn on genes that fight cancer. According to Dr. Roizen, the choices we make affect thousands of genes.

Science will soon offer us the chance to live a longer and healthier life. We just need to make the right choices to take advantage of it.

### Pronunciation Skill: Question 15

[Track: 21cc2e\\_assessment\\_L3\\_final\\_question15.mp3](#)

Before I donated to charity, I spent time researching a good cause.

### Pronunciation Skill: Question 16

[Track: 21cc2e\\_assessment\\_L3\\_final\\_question16.mp3](#)

Maya started her own business because she wanted flexibility.

### Pronunciation Skill: Question 17

[Track: 21cc2e\\_assessment\\_L3\\_final\\_question17.mp3](#)

Getting at least seven hours of sleep every night can improve your health.

**Pronunciation Skill: Question 18**

[Track: 21cc2e\\_assessment\\_L3\\_final\\_question18.mp3](#)

One of the benefits of doing exercise regularly is that it strengthens the immune system.

**Pronunciation Skill: Question 19**

[Track: 21cc2e\\_assessment\\_L3\\_final\\_question19.mp3](#)

Once the doctors diagnosed Jane as being on the autism spectrum, they had a better understanding of the challenges she faced.