

VIDEO SCRIPT:

Hello, and thank you for coming today. In this presentation, I'd like to share the results of my research on napping.

Napping—or sleeping for short periods during the day—is common in cases among, for example, young children and in some cultures. But, lately, there has been debate as to whether napping is beneficial or not.

Several sleep specialists I interviewed felt that napping is okay in certain circumstances, such as before a particular time of day and if limited to a specific duration . . . however, they could not agree on the *details* of the nap. Let me give you some examples: one doctor said that 90 minutes is the ideal length of time for a nap, while another claimed that 30 minutes is the absolute maximum nap time. One of the experts strongly believed that napping is actually more harmful than helpful. For example, he explained, it upsets our normal patterns and affects our ability to sleep at night.

In conclusion, there doesn't seem to be solid evidence for or against napping. It appears to depend, for instance, on the individual and on a case-by-case basis.

PART 1: Video**A. Watch the student presentation and answer questions 1–13.**Questions 1–3

Read the statements and choose TWO answers for each one. (2 points each)

1. Well-known examples of napping happen _____.
 - A. among doctors
 - B. with sleep specialists
 - C. in certain cultures**
 - D. among young children**

2. What reasons does one expert give for the negative side of napping?
 - A. It makes it more difficult for us to sleep at night.**
 - B. It is only beneficial for old people.
 - C. It disturbs normal sleep patterns**
 - D. It is a common cause of insomnia.

3. The effects of napping depend, according to the presenter, on which factors?
- A. the time of year
 - B. the particular individual**
 - C. the specific case**
 - D. the geographical location

B. Read the questions first. Then watch the presentation again. Answer questions 4–9.

Questions 4–8

Choose the best answer. (1 point each)

4. How does the presenter define napping?
- A. sleeping for short periods during the day**
 - B. sleeping for 30 minutes during the day
 - C. sleeping for long periods during the day
5. According to the presenter, what is the perfect duration of a nap?
- A. 30 minutes
 - B. 90 minutes
 - C. opinions are divided**
6. According to the presenter, what is the ideal time of day for a nap?
- A. 1pm
 - B. 3pm
 - C. not given**
7. What is the overall professional opinion of sleep specialists on napping?
- A. It is a good thing.
 - B. It is a bad thing.
 - C. It is still in debate.**
8. Why is it important to recognize language that signals an example?
- A. The examples help listeners to understand general ideas.**
 - B. The examples signal a change of ideas.
 - C. The examples give listeners a definition of the topic.

Questions 9–13

Choose the FIVE excerpts from the presentation which signal an example. (5 points)

- A. "... recently, there has been debate ..."
- B. "... is common in cases among, for example,"
- C. "Several sleep specialists ..."
- D. "... okay in certain circumstances, such as ..."
- E. "Let me give you some examples ..."
- F. "... if limited to a specific duration ..."
- G. "For example, he explained ..."
- H. "It appears to depend, for instance ..."
- I. "... they could not agree on the *details* ..."

PART 2

Questions 14–16

Match the sentence endings A–D with the correct sentence beginnings to complete the expressions of agreement and disagreement. One sentence ending is not used. (1 point each)

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|---------------------------|-----------------------|
| 14. I'm sorry, <u>C</u> | A. a different idea. |
| 15. Well, I have <u>A</u> | B. with Maria. |
| 16. Yes, I agree <u>B</u> | C. but I don't agree. |
| | D. and I agree. |

Questions 17–19

Choose the best words to complete the summary. (1 point each)

When you participate in classroom discussions, it's important to show (17) (*regret* / *respect*) for others. It's fine to (18) (*disagree* / *depend*), but remember that everyone is entitled to their own point of view. Understanding others' (19) (*importance* / *opinions*) ensures that more people will stay involved in the discussion.

Questions 20–22

Choose the THREE items which are NOT examples of word visuals. (3 points)

- ☒ A. projector
- ☐ B. chart
- ☒ C. laptop
- ☐ D. slides
- ☐ E. map
- ☒ F. screen
- ☐ G. picture