

Olympiáda v anglickom jazyku, 28.ročník, okresné kolo 2017/18, kategória 2B
– riešenia a úlohy

LISTENING – TAPESCRIPT

(please read twice.)

THE KEY TO YOUR PEACEFUL MIND

You will hear a radio programme called The Psychology Series, which this time will be focused on finding the power to reach inner peace. You will hear five tips from an expert on how best to incorporate a state of calm into your life.

Tip No 1: Friends can be a major cure for stress – if you learn how to utilise your friendships in a positive way. Rather than turning your friends into people who you moan at, or human time-fillers for when you are bored, friends can provide a vital base for support and wellbeing. Remember, if you surround yourself with people who are under stress, you are not helping yourself. Tom Rath, a behavioural expert, conducted his own research and found that positive friendships have a substantial impact on an individual's happiness. His philosophy of friendship is based on identifying the roles that different friends play in our lives. Nourish a range of friendships, at work and outside of work. Don't expect one person to fulfil all your needs.

Tip No 2: If there is one essential calm-inducing practice you should learn, it is proper breathing. Breathing is something that we do constantly – so we may as well learn how to do it in a way that's beneficial, and not just to keep us alive. Breathing is the one process we can call on at any time to change the chemistry of our brain – it's an instant tranquiliser. When we are stressed, we have certain physiological responses, which prevent us from breathing properly. People tend to think of the lungs as being in the chest – but the bulk of the lungs are around the side of the ribcage and in our back. When you breathe deep into the belly, you supply the body with the amount of oxygen it needs, particularly when you are doing something challenging, such as giving a presentation. You should breathe like this when you most need to handle stress.

Tip No 3: Research shows that broadening the range of positive emotions we experience helps build resourcefulness, which enables us to deal with challenging situations. Yet, when you are going through a difficult time, that isn't easy. Contrarily, on holiday, you should fool around for no reason, without the need to prove anything, just for the joy of letting go – like dancing at a party simply for the pleasure of dancing. It's about finding moments of absolute calm, through times of escape, and building on them. It's about doing more of what you love and what brings you happiness. These pastimes clear your head, support you and nourish you. They help you to enter a zone that provides a safe, protective space where nobody can disturb you.

Tip No 4: When we feel we are in command and can handle life, stress doesn't get the better of us. Anything you can do to prepare yourself for difficult situations will help create the sense that you're not really out of control when such situations do come along. Real calm is about developing competence so that you can confidently face challenges, whether that's a difficult person, a work problem or a personal issue. You need to train yourself to handle situations that trigger stress in the way the special forces train to go into battle. Just as they have to create simulated war conditions, we need to test our habits in the situations in which we may need them.

Tip No 5: When your mind is in a whirl, like a spin dryer, it's easy to focus on the contents of the dryer to try and calm down. You forget your body because it's not the problem. Yet focusing on your body is the easiest route to handling your mind. To be truly calm, we need to use our physicality. We end up with tension in the body, while our mind is asking: "Why am I so stressed?" It is a well-known fact that exercise helps the brain deal with anxiety. People who exercise have better mental fitness because vigorous exercise can be more demanding for the brain than a mental challenge. That's why exercise becomes an effective alternative to antidepressants.

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ANSWER KEY

READING:

1. F 2. T 3. F 4. T 5. F 6. T 7. T 8. F 9. T 10. F

10 points

VOCABULARY:

1. brave
2. insensitive to criticism
3. conceited
4. mean
5. over-romantic
6. silent
7. worldwide
8. occurrence
9. instability
10. warfare

10 points

GRAMMAR:

1. own (accept original)
2. as
3. make
4. to
5. through
6. on
7. from
8. with
9. between
10. at / with
11. me out of selling
12. collided with
13. out of ordinary
14. insist on your accepting/insist on you accepting
15. you would benefit/you could benefit

15 points

LISTENING (1 point for each number placed correctly)

- | | |
|--------|--------|
| A. - X | F. - 1 |
| B. - 5 | G. - 3 |
| C. - X | H. - 2 |
| D. - X | I. - 4 |
| E. - X | J. - X |

5 points
40 points

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R O L E – P L A Y

STUDENT:

A friend of yours keeps borrowing small sums of money and never pays you back. He/she now owes you several pounds and you don't want to lend him/her any more money until you have been paid back. Moreover, you feel like discussing certain things with your friend such as what real friendship is about. Is it about material things or mental support and enjoying things together?

Your friend is the first to talk.



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R O L E – P L A Y

TEACHER (in the role of a friend):

Once again, you desperately need money and as always, you ask your best friend to lend you some. Unfortunately, this time he/she is not willing to do that. And what's more, he/she feels like discussing what friendship is about... It seems that he/she wants to teach you a lesson.

You are the first to talk.

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PICTURE – STORY

Based on the picture,

- 1. create a story that is connected with a job interview**

OR

- 2. discuss the qualities of a candidate that are usually analysed by employers during and after a job interview (include your answer to the question of whether it is possible for a candidate to prepare for a job interview).**



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