

Answer Key

LISTENING COMPREHENSION TEST

Общее количество баллов – 40.

Каждый пункт оценивается в 2 балла.

За орфографическую ошибку / пропущенное слово снимается 1 балл.

Text 1. Tapescript

Today we're going to look into one of the most heated debates in the history of biology, sociology and many other sciences, nature versus nurture. The key question is how much of who you are is due to genetics and how much is down to your upbringing and the environmental factors therein. There should be time for questions at the end.

In terms of genetics, what a growing number of researchers believe nowadays is that genes don't determine directly what you will become but rather offer predispositions, which might manifest themselves or not depending on environmental influences. Scientists have discovered that within the approximately 35,000 genes every single one of us carries lie the mechanisms that can influence personality, such as impulsivity, emotional intelligence and even addiction to certain substances. Research seems to indicate that you can have a sweet tooth or at least be very inclined to have one even before you're born.

A good example of how nature can influence personality is the gene FOXP2 in chromosome 7. Mutations in this gene lead to problems in speech and language, which in turn may make it more likely for that child to become shy and quiet as they compare themselves with their siblings and their peers. So you see, whereas there isn't a gene for shyness, your body might contain strong influencing factors that make you much more inclined to that type of behaviour. Let's look at the other side of the coin.

Amongst those scientists who are strong believers in the importance of the environment, the main controversy is regarding who influences your personality the most. There are those who believe that parents are mainly responsible for the development of a child's character. Mostly by imitation, children pick up from their parents different patterns of behaviour and personality traits, both positive, such as self-confidence or honesty, and negative, like aggressiveness and anxiety.

Others defend the theory that peers, mostly friends, have a much stronger role. The importance of what is often called horizontal relationships is dictated by a primitive survival instinct. Ever since humans have walked the earth, we have felt a strong need to be integrated into a social group, which in the past would have made the difference between survival and death.

So when a child nowadays identifies themselves with a particular group, they tend to have to behave according to its internal rules in order to be accepted. Peer pressure can therefore lead not only to habit formation, but potentially to personality changes, especially when younger. So, considering the arguments presented, both sides have a strong case supported by solid evidence.

This historical controversy, however, seems to finally be coming to an end, as modern research indicates that the result of this battle is actually perhaps technically a draw. A recent collaboration between scientists from Australia and Holland concluded that 49% of human traits and diseases are due to genetic influence, while 51% are caused by environmental factors. The bottom line is that both nature and nurture play significant roles in the development of your personality.

From there, we'll be in a better position to ascertain how personality can, or indeed whether it should, be modified. There are interesting times ahead, that's for sure.

1. b)

2. c)

3. a)

4. b)

5. b)

6. predispositions

7. upbringing

8. by imitation

9. controversy

10. solid

Text 2. Tapescript

Interviewer: Hi. Welcome to Sports Hour. To start with today, I'm talking to Emma Gibson, who's a sports psychologist. Welcome, Emma.

Sports psychologist: Thank you. Nice to be here.

Interviewer: OK, so your job is to help sportspeople to perform better, right?

Sports psychologist: Yes, that's part of my job, certainly.

Interviewer: So, what factors can affect the performance of a sportsperson?

Sports psychologist: Well, we can divide the factors into mental and physical.

Interviewer: What does mental mean?

Sports psychologist: 'To do with the brain'. And physical means 'to do with the body'.

Interviewer: So can mental factors affect performance?

Sports psychologist: Yes, indeed. Most people think that only physical factors are important, things like colds and flu.

Interviewer: Why do we think that? Because when you have a cold or flu, you get tired easily?

Sports psychologist: Yes, that's right, so that affects your performance, but there is also fatigue, which is extreme tiredness.

Interviewer: Is fatigue a physical condition in itself?

Sports psychologist: Well, yes and no. Fatigue is a symptom of a physical condition. It might be something very simple like lack of sleep or something more serious like heart problems.

Interviewer: Right. So that's physical conditions.

Sports psychologist: Yes – but I must just mention asthma. It's very common now, at least in the West. Many sportspeople have asthma, which is a respiratory problem.

Interviewer: What are the symptoms of asthma?

Sports psychologist: Well, during an attack, people experience shortness of breath. They can't breathe properly.

Interviewer: OK. So we've got colds and flu, fatigue and asthma. What about mental conditions?

Sports psychologist: Well, this is interesting. Mental conditions are probably more important than physical conditions for the top sportsperson.

Interviewer: In what way are mental conditions more important?

Sports psychologist: Well, top athletes often have an obsession with their sport. They think about it all the time.

Interviewer: Isn't that a good thing?

Sports psychologist: It can be. It depends. Sometimes it is good because it means they train harder and perform better. Sometimes obsession is bad because it leads to depression or

anxiety – you know, worrying about your performance – your last performance and the next one. Sometimes you become so obsessive that it causes neurosis.

Interviewer: And what does that mean?

Sports psychologist: Well, neurosis covers a huge range of mental conditions, including unpleasant or disturbing thoughts, aggression, fear and perfectionism – you know, everything has to be absolutely perfect.

Interviewer: And that's bad?

Sports psychologist: Yes. Because it is impossible for anything to be absolutely perfect, so you always disappoint yourself. And you will suffer from depression.

11. B

12. E

13. F

14. A

15. D

16. T

17. F

18. T

19. F

20. F