

# **The Learn Hot English *Proficiency Pack***

**Ready-to-go lessons for proficiency-level students!**

**Level: Proficiency, C2. April-June 2018**



## Introduction

The aim of these lessons is to get your proficiency-level students speaking and writing after reading or listening to authentic, native-level materials. The practical lessons will allow your students to use lots of useful language and apply all the essential skills: speaking, listening, reading and writing. The follow-up activities will help reinforce learning and give students opportunities to put any newly-acquired language into practice. This will ensure dynamic classes and rapid learning.

The video files consist of mostly English-speakers speaking naturally (they aren't scripted texts). The reading texts are from online native-level sources.

A lot of these activities come with video or listening files. You can download the compressed file from [www.learnhotenglish.com/bookfiles](http://www.learnhotenglish.com/bookfiles) and then load the audio or video files onto your smartphone, tablet computer, laptop, etc.

For students with a high listening level, you might just let them watch the videos once to challenge them a bit more. In most cases, this will mean skipping the "first viewing" activity and going straight to the "second viewing" one.

For additional material for your Proficiency-level students, check out the Advanced Pack as there may be some audio-lessons you can use. Simply make the listenings more challenging by cutting out any Pre-listening, warm-up activities or First Listening activities.

Please e-mail us with any other ideas you may have, or any comments in general: [andy@learnhotenglish.com](mailto:andy@learnhotenglish.com)  
Good luck!

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## 1. Video

# Are the Brits too lazy to work?

## 1 Warmer

Read over the proposals. For each one, write either “Yes!” or “Can’t be bothered!” Then, when you’ve finished, discuss your choices with a partner or the class as a whole, justifying them where appropriate.

- A free ski trip on Sunday, but you have to get up at 5am.
- The opportunity to earn double what you currently earn, but doing 12 hours a day, 5 days a week.
- The chance to earn 15% more than your current salary, but doing an extra 6 hours a week on top of your current timetable.
- The chance to run your own business, but you’ll have to work up to 80 hours a week for the first year.
- A free lunch in exchange for helping a friend move house.
- An opportunity to earn some Brownie points with your boss if you work all weekend.
- The opportunity to make a €2,000 donation to a children’s charity if you take part in a 10km run. However, you also have to train for an hour every day for three weeks before the run.
- Two weeks extra paid holiday a year in exchange for working 4 more hours a week.



## 2 First viewing

You're going to watch a video with people giving their opinions on whether the Brits are too lazy to work. What do you think they'll say about this? Use the words below and make notes. Then, watch the video once to compare your ideas. Did they mention any of your ideas?

*migrants, hard working, zero-hours contracts, the minimum wage, motivation, jobs no one wants, job conditions, job security, the service industry, the construction industry, agriculture, farm work, cleaning work, home help, the National Health Service, old people's homes, harvests, the gig economy (short-term contracts or freelance work, as opposed to permanent jobs)*

Other?

## 3 Second viewing

Watch the video again. Then, answer the questions.

1. What does James (the journalist) say about whether the Brits are too lazy to work?
2. What does Luisa think about it?
3. What does the presenter say about British and German workers?
4. What does James say about going to the East End of London?
5. What do they say about restaurants?
6. Why does James say that productivity is so low in the UK?
7. What does the presenter say about migrant workers, and what the real danger could be?
8. What does Luisa say about her experience of introducing technology?

## 4 Follow-up

### Retell it!

Prepare a short description of what was said in the video. Spend a couple of minutes on this and make notes. When you're ready, try to recount the information, using as much of the language as possible.

### Dialogue

In pairs or individually, write a dialogue of an interview between a reporter and business owner talking about lazy or hardworking workers in his/her company. Make the interview as funny, silly or serious as you like. When you're ready, act it out (using notes, not reading it out word-for-word) in front of the class. Other students listen then ask questions.

### **Presentation**

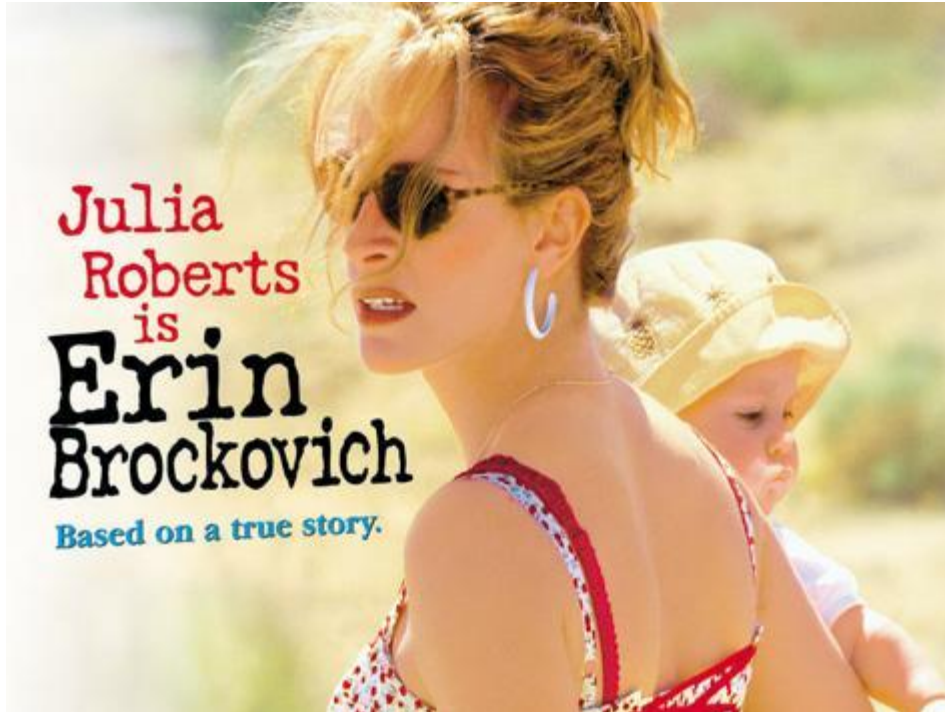
Write notes for a two-minute presentation on worker motivation and productivity in your country. Think of ways to motivate workers or make them more productive. Make this as funny, silly or serious as you like. When you're ready, give your presentation (using notes, not reading it out word-for-word). Other students listen and then ask questions.

### **Answers**

1. James doesn't agree with the statement. He thinks that it's unfair to compare the Brits to migrant workers and desperate people from poorer countries (such as those in Eastern Europe) who are prepared to put in 60-70-80 hours a week. In the UK, he says, we have higher workers' rights, and that "praising" hard-working migrants is a bit like a "celebration of exploitation".
2. She says that migrants are more keen, and that the Brits are lazy, and a nation of self-entitled lazy people.
3. The presenter says that Brits work 1,674 hours a year, which is 32.2 hours a week; whereas the average German works 26.4 hours a week – almost 6 hours less.
4. James says you could find a migrant worker there who would be willing to work for £2 or £3 pounds an hour because they're so desperate.
5. That if the migrants left, many restaurants would close because many British people don't want those jobs, or won't work for less than £35,000 after they leave university.
6. Because there isn't enough investment in technology, and people are relying on cheap labour.
7. The presenter says that migrant workers are hardworking and polite, and that the real dangers are artificial intelligence and robots.
8. Luisa says that she was able to get rid of three salaries and improve her systems and efficiency, and have more accuracy.

## 2. Video

# How to negotiate like Erin Brockovich!



### 1 Discussion: fines

Look at questions about fines below. First, decide for yourself what the fines should be. In some cases, you may think that no fine should be imposed. Then, discuss your answers with a partner. Can you agree on the amounts people should be fined?

#### *How much should an individual or company be fined for...*

- ...crossing the road in an unauthorised location?
- ...parking in a no-parking place or zone?
- ...dropping litter?
- ...selling food or drink in the street without a licence?
- ...cycling on the pavement?
- ...sleeping in the street?
- ...beeping a car horn at night?
- ...dumping waste in a river?
- ...dumping untreated toxic waste on public land?
- ...not informing the public about a potential health hazard in a product
- ...creating noise at night?
- ...polluting the air so it reaches harmful levels?



## 2 First viewing

You're going to watch an extract from the film *Erin Brockovich*. This 2000 American film stars Julia Roberts (as Erin Brockovich) and is directed by Steven Soderbergh. It's the true story of Erin's fight against the energy corporation Pacific Gas and Electric Company (PG&E). She finds evidence that the groundwater in Hinkley is seriously contaminated with carcinogenic "hexavalent chromium" (a chemical compound). PG&E has been telling Hinkley residents that it's all perfectly safe. However, a number of residents have developed serious medical complications and decide to sue the company. In this scene, Erin and her lawyer are talking to a representative of PG&E about an out-of-court settlement for the victims.

Imagine you were about to start negotiating with the energy corporation. How would you prepare for the meeting with them? What documents would you need? What information would you require? What evidence would you collect? Make notes. Then, discuss your ideas with a partner. Finally, watch the scene once. Were any of your ideas mentioned? How successful would you say the negotiation was?

## 3 Second viewing

Watch the video again. Then, answer the questions.

1. How much is the PG&E representative willing to offer the Jensens for their home?
2. Why isn't this enough for the legal representative Ed Masry?
3. How does the PG&E representative react to the list of medical conditions that the Jensens have?
4. What does he say could have caused these medical conditions?
5. In what way isn't this a negotiation?
6. How does the lawyer think his clients will react to the offer?
7. How much does the PG&E representative say the company is worth?
8. How does the lawyer react to this information?

## 4 Follow-up

### Retell it!

Prepare a short description of what was said in the video. Spend a couple of minutes on this and make notes. When you're ready, try to recount the information, using as much of the language as possible.

### **Dialogue**

Write a dialogue of a negotiation between a lawyer and a company representative, with the lawyer demanding compensation for something (you can invent this). Make the dialogue as funny, silly or serious as you like. When you're ready, act out your dialogue (using notes, not reading it out word-for-word). Other students listen and then ask questions.

The negotiation should include the following:

- A first offer for compensation
- A reaction to or rejection of the offer
- Reasons why the offer can't be accepted
- Reasons why the offer should be higher
- A dismissal or ridiculing of these reasons

### **Presentation**

Write notes for a presentation on why the energy corporation should pay a lot more in compensation than what they're currently offering. Make notes. Then, when you're ready, give your presentation (using notes, not reading it out word-for-word). Other students listen then ask questions.

### **E-mail**

Write an e-mail to a friend describing what happened during the negotiation in the clip and giving your opinions. When you're ready, read out your e-mail (using notes, not reading it out word-for-word). Other students vote on the best ones. Or, "send" the e-mail to a classmate, who reads it and then reports back on the information, or who responds to it.

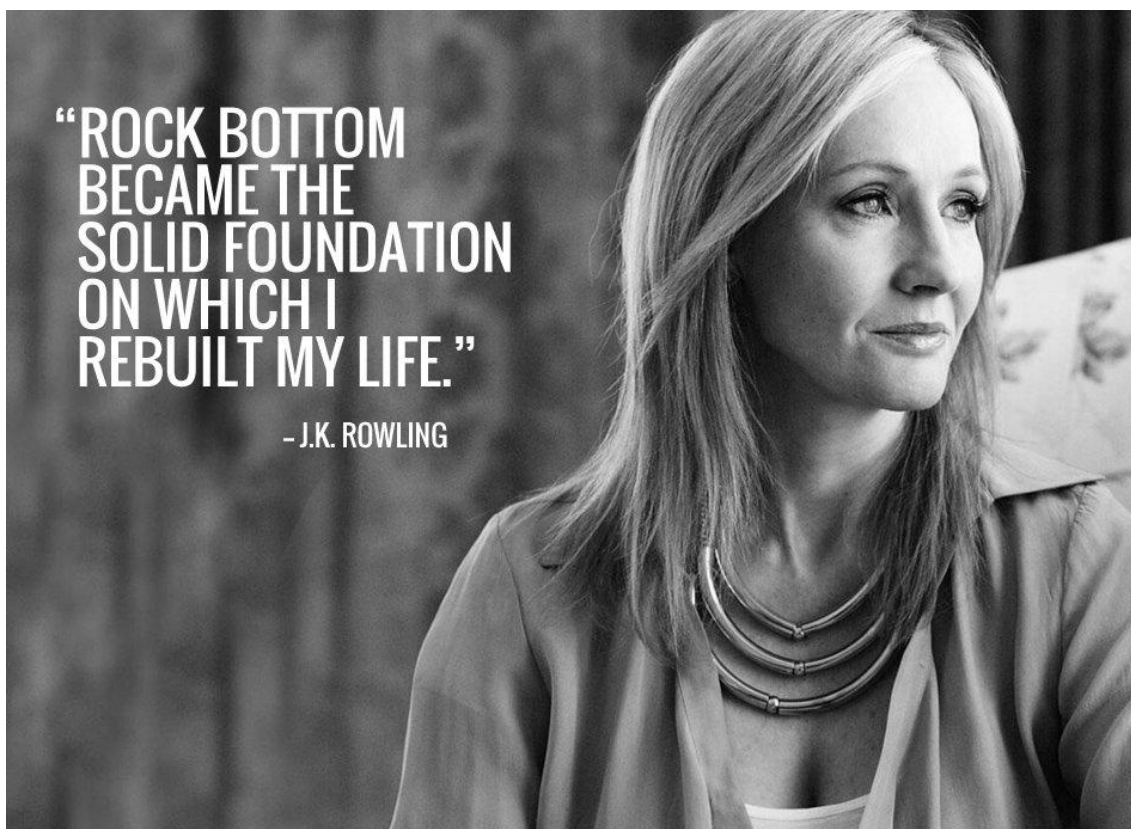
### **Answers**

1. The PG&E representative offers the Jensens \$250,000 for their home.
2. This isn't enough because it won't cover their medical expenses.
3. The PG&E representative says that it isn't PG&E's fault.
4. He says that poor diet, bad genes or an irresponsible lifestyle could have caused the conditions.
5. This isn't a negotiation because the PG&E representative is only authorised to offer \$250,000.
6. The lawyer doubts that his client will accept the offer.
7. The PG&E representative says that it's a \$28 billion dollar corporation.
8. The lawyer is pleased because they didn't know it was worth so much (and they can ask for more money).



### 3. Video

## Who is the most inspirational person in your life?



### 1 Quotes

Read over the “inspiration” quotes. Choose three that you like, and discuss them with a partner or the class. Then, play a game. The teacher will read out or write up some of the quotes with gaps. You have to try to remember the missing words. For example:

Teacher: “You’re never too old to set another goal, or to dream a new \_\_\_\_\_.”

Student: “Dream”!

Etc.

- “You’re never too old to set another goal, or to dream a new dream.” C.S. Lewis
- “Fake it until you make it! Act as if you had all the confidence you require until it becomes your reality.” Brian Tracy
- “Today’s accomplishments were yesterday’s impossibilities.” Robert H. Schuller
- “You don’t have to be great to start, but you have to start to be great.” Zig Ziglar
- “The way to get started is to quit talking and begin doing.” Walt Disney

- “Don’t let yesterday take up too much of today.” Will Rogers
- “You learn more from failure than from success. Don’t let it stop you. Failure builds character.” Unknown
- “It’s not whether you get knocked down, it’s whether you get up.” Vince Lombardi
- “We may encounter many defeats but we must not be defeated.” Maya Angelou
- “We generate fears while we sit. We overcome them by action.” Dr. Henry Link
- “Whether you think you can, or think you can’t, you’re right.” Henry Ford
- “Security is mostly a superstition. Life is either a daring adventure or nothing.” Helen Keller
- “The only limit to our realisation of tomorrow will be our doubts of today.” Franklin D. Roosevelt
- “Do what you can with all you have, wherever you are.” Theodore Roosevelt
- “There are no limits to what you can accomplish, except the limits you place on your own thinking.” Brian Tracy
- “The way you think and feel about yourself determines everything that happens to you.” Anonymous
- “When you change the quality of your thinking, you change the quality of your life – sometimes instantly.” Anonymous
- “The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.” Winston Churchill

## 2 Viewing I

You’re going to watch a video with people saying who the most inspirational woman in their lives is. Who do you think they’ll mention? And what do you think they’ll say about them? Make notes. Then, watch the clip once. Did they mention any of the people or things that you thought of?

## 3 Viewing II

Watch the video again. Then, make a note of why they find the people they mention so inspirational. Also, make a note of why they think this and any other points they make. Which comments can you most relate to? Why?

1. Emily: my mum because...
2. Diana: Judi Dench (the actress) because...

3. Ollie: my brother's godmother, Maggie, because...
4. Haru: Mayim Chaya Bialik from *The Big Bang Theory* because...
5. Tayn: My mum because...
6. Andre: Oprah Winfrey because...
7. James: my mum because...
8. Susan: my mother because...
9. Clare: Angelina Jolie because...
10. James: Margaret Thatcher because...
11. Clare: my sister because...

### 3 Follow-up

#### Retell it!

Prepare a short description of what was said in the video. Spend a couple of minutes on it and make notes. When you're ready, try to recount the information, using as much of the language as possible.

#### Dialogue

In pairs, write a dialogue of an interview between a journalist and an inspirational person. Make the dialogue as funny, silly or serious as you like. When you're ready, act out your dialogues (using notes, not reading it out word-for-word). Other students listen and ask questions.

#### Presentation

Prepare a short presentation explaining who the most inspirational person in your life is and why. When you're ready, give your mini-presentation, using notes (not reading out the text word-for-word). Afterwards, answer any questions.

#### Answers

1. Emily: my mum because... she's very strong and goes after what she believes in. She's been through a number of difficulties, but now she's very successful by keeping at something and not listening to what other people say.
2. Diana: Judi Dench (the actress) because... she's so nice and ordinary and hasn't had too many procedures, and also Maggie Thatcher (the ex prime minister)
3. Ollie: my brother's godmother, Maggie, because... she's a great feminist, and fights for women's rights, and she's a great person.

4. Haru: Mayim Chaya Bialik from *The Big Bang Theory* because... she's a neuroscientist and an actress.
5. Tayn: My mum because... she managed to complete her university studies, as well as having a job and caring for her family.
6. Andre: Oprah Winfrey because... the way she's looked upon is really good.
7. James: my mum because... she's really creative and I'm trying to get into a creative industry.
8. Susan: my mother because... she stayed at home with the family and did what her father wanted, and I admire her for suppressing her feelings almost – it takes courage.
9. Clare: Angelina Jolie because... although she's a celebrity, gorgeous and raking it in, she also does some amazing humanitarian work.
10. James: Margaret Thatcher because... she was so strong and knew what she wanted and just did it.
11. Clare: my sister because... she got married very early, had children very early, she's very hard-working and her motto is "There's no point crying over spilt milk."

4. Video: TED\* talk

## How **NOT** to achieve your life goals!



### 1 Warmer

Look at the list of possible life goals below. Which ones have you achieved? Which ones would you like to try to accomplish? How would you go about doing it? Think and make notes. Then, discuss your ideas with a partner or the class.

- Run a marathon
- Have zero personal debt
- Have \$10,000 in savings
- Graduate from an international university
- Learn to speak a language fluently
- Interview a famous person
- Create an online course
- Write a book
- Make money from the stock market
- Do some volunteer work
- Become a manager
- Become a business owner
- Travel around the world
- Go on a motorcycle trip
- Do a bungee jump
- Sail a boat
- Go scuba diving
- Paint a picture
- Create a YouTube clip
- Learn a musical instrument
- Compose a song
- Other?

## 2 First viewing

You're going to watch a video clip of a presentation on how **not** to achieve your life goals. The title of the TED talk is *Keep your Goals to Yourself* and it's given by Derek Sivers. What do you think the speaker is going to say? Make notes. Then, watch the clip once. Did he mention any of your ideas?

## 3 Second viewing

Watch the video again. Then, answer the questions.

1. How does telling other people about your life goals make you feel, and what can doing this achieve?
2. When it comes to goals, when are you normally satisfied?
3. What is the "social reality" he mentions?
4. What did Wera Mahler find?
5. How many people took part in the four separate tests that Peter Gollwitzer carried out in 2009?
6. What did they have to do?
7. Which half of the participants did 45 minutes of work (on average) towards their goals?
8. How did they feel afterwards?
9. When did those who had announced their goals quit working? How did they feel afterwards?
10. What does he say you can do next time you set yourself a goal?
11. What example does he give of how to announce a goal without being satisfied?

## 4 Follow-up

### Retell it!

Prepare a short description of what was said in the video. Spend a couple of minutes on this and make notes. When you're ready, try to recount the information, using as much of the language as possible.

### Dialogue

In pairs, write a dialogue of an interview between a reporter and someone who is talking about their life goals, or how they achieved one of their life goals. Make the interview as funny, silly or serious as you like. When you're ready, act out your dialogue (using notes, not reading it out word-for-word). Other students listen and then ask questions.



### **Presentation**

Write notes for a two-minute presentation on a goal you've already achieved (explaining how you did it), or on one you'd like to achieve (explaining how you're going to do it). Make this as funny, silly or serious as you like. When you're ready, give your presentations (using notes, not reading it out word-for-word). Other students listen then ask questions.

### **\*TED**

*TED* is a nonprofit organisation that hosts short talks (18 minutes or less). *TED* began in 1984 and stands for Technology, Entertainment and Design.

### **Answers**

1. Telling other people about your life goals gives you a good feeling, but you're then less likely to do anything about them.
2. When it comes to goals, you're normally satisfied when you've done the work.
3. The "social reality" he mentions refers to the mind being tricked into thinking the goal has already been achieved; and because you feel "satisfied", you're less motivated.
4. Wera Mahler found that when goals are acknowledged by others it felt real in the mind.
5. In total, 163 people took part in the four separate tests that Peter Gollwitzer carried out in 2009.
6. Participants in the test had to write down their personal goals. Half announced their goals to the room, and half didn't. They were then given 45 minutes to work towards their goals and were told they could stop at any time.
7. The half who hadn't announced their goals used the full 45 minutes.
8. They felt they still had a long way to go to achieve their goals.
9. Those who had announced their goals quit working after about 33 minutes on average. They also said they felt much closer to achieving their goal.
10. Next time you set yourself a goal, you should resist the temptation to announce it, delay the gratification and understand that the mind mistakes talking for doing. Or, you could say it in a way that gives you no satisfaction.
11. The example he gives of how to announce a goal that gives you no satisfaction, "I really want to run a marathon and I need to train 5 times a week, so kick my ass if I don't do it."

## 5. Video

# How dangerous is Scientology?



### 1 Fun facts game

Read over the facts about Scientology and discuss them with a partner or the class. Then, play a game. Turn over the pages. Your teacher will ask you questions about it. You get a point for each correct answer. For example:

Teacher: When was the Church of Scientology established?

Student: In 1954!

Etc.

- The Church of Scientology was established in 1954 and is based on the teachings of American author L. Ron Hubbard.
- While the Church of Scientology claims it has over 10 million members, its critics argue that it has just about 500,000 members, mostly in the US, South Africa, and Australia.
- According to Scientology founder L. Ron Hubbard, an alien named Xenu was the dictator of the “Galactic Confederacy” who, 75 million years ago, brought billions of people to “Teegeeack” (a.k.a. Earth), placed them around volcanoes, and killed them with hydrogen bombs. Their souls (thetans) remained trapped on Earth, and Xenu implanted them with false images of historical events that Hubbard claims never existed. Hubbard considered thetans as human souls.
- The fundamental principles of Scientology are: 1) man is an immortal, alien, spiritual being called a thetan; 2) his experience extends well beyond a single lifetime; and 3) his capabilities are unlimited, even if not presently realised.

- Scientologists believe that souls have lived on other planets prior to living on Earth. A person cannot progress until “aberrations” from previous lives are cleared.
- Scientology is a contraction of the Latin “scio” (which means “knowing”) and the Greek “logos” (which means “study of”). In short, Scientology means “knowing how to know”.
- Scientologists eliminate self-destructive behaviours by cleansing their minds of bad memories called “engrams” through therapy sessions known as “audits.” Specifically, founder L. Ron Hubbard defined an engram as “a mental image picture of a moment of pain and unconsciousness.”
- Once Scientologists eliminate negative memories through therapy, they are “clear.” Then, they can attempt to move through the many levels of understanding associated with “Operating Thetans” (OTs), who are believed to be able to control the world with their minds.
- One of the most significant criticisms of Scientology is that members must pay significant amounts of money to participate in “audits” (or therapy sessions), in order to advance to new levels of understanding.
- Scientology has come under attack for its stance on mental health care, especially the rule that members can’t be on any psychiatric drugs.
- L. Ron Hubbard wrote the sci-fi novel *Battlefield Earth*, which fellow Scientologist John Travolta made into a film in 2000. The movie was a huge flop.
- L. Ron Hubbard is alleged to have once said, “Writing for a penny a word is ridiculous. If a man wants to make a million dollars, the best way would be to start his own religion.”
- The Church of Scientology believes that thetans (or alien spirits), not the central nervous system, command the body through communication points.
- Hubbard told his associates that he had been many people before he was born Lafayette Ronald Hubbard on 13<sup>th</sup> March 1911. Specifically, he believed he was Cecil Rhodes, the British-born diamond king of Southern Africa, and a marshal to Joan of Arc. After his death in 1986, a Scientology publication claimed Hubbard was the original musician who invented music some 3 million years ago.
- Sea Org, the central management of the Church of Scientology, has its own symbol, which is a star in the middle of two leaves. The symbol represents the Galactic Confederacy of 75 million years ago. Its motto is “Revenimus,” which means “We come back.”
- The 8-sided Scientology cross represents the 8 dynamics of life: 1) the self; 2) creativity, sex, and procreation (family); 3) groups; 4) humankind; 5) all life forms; 6) the physical universe; 7) spirituality; and 8) God, infinity, or the Supreme Being.

- In Switzerland, the Church of Scientology is defined as a commercial enterprise. In France and Chile, it is considered a cult. However, Scientology is considered a tax-exempt religion in the United States, Spain, New Zealand, Portugal, Australia, Italy, South Africa and the Netherlands.
- Famous Scientologists include Tom Cruise, John Travolta, Kirstie Alley, Lisa Marie Presley and Will Smith.
- One of the aims of the Church of Scientology is to create a world without insanity, without criminals and without war.
- Scientologists are “all-denominational”. This means that a person could be Catholic, Jewish, Muslim or Hindu and still be a Scientologist.
- Members of Scientology sign a “one-billion-year pledge to symbolise their eternal commitment to the religion.”
- In Scientology, there is no praying and no hell. It is a philosophy and self-help programme that promises greater self-awareness and the possibility of achieving your full potential.
- The Church of Scientology has engaged in “dead agenting,” which is a way to combat negative comments about Scientology or, in Hubbard’s words, to “attack the attacker”. It includes spreading false information, digging up a person’s past, and spreading rumours to discredit a critic.
- Michele Diane “Shelly” Miscavige, the wife of the Church of Scientology’s current leader (David Miscavige), has not been seen in public since 2006. No one knows what has happened to her.
- Scientologists believe that when a person dies (or when a thetan abandons the physical body), it goes to a landing station on the planet Venus where it is then redirected.

## **2 First viewing**

You’re going to watch a video clip with people discussing Scientology. What do you think they’ll say either in favour of or against it? Make notes. Then, watch the video once. Did they mention any of your ideas?

## **3 Second viewing**

Watch the video again. Then, answer the questions.

1. How does John Sweeny, the investigative journalist describe Scientology?
2. What does he say members such as Tom Cruise or John Travolta would say about it?
3. According to John, what’s the main problem regarding Scientology?

4. What does John say happened when he did the *Panorama* programme on Scientology in 2007?
5. Why does John say Scientologists are so defensive about their religion?
6. How does John say the Archbishop of Canterbury (the head of the Church of England) would respond if you had a go at turning him over (questioning him)?
7. What has David Miscavige (the leader of the Church of Scientology) said about John, the journalist?
8. What do ex-members say about David Miscavige?
8. What does John say happened to him as a result of his investigations into Scientology?
9. What does the presenter say about his experiences with Scientology?

#### **4 Follow-up**

##### **Retell it!**

Prepare a short description of what was said in the video. Spend a couple of minutes on this and make notes. When you're ready, try to recount the information, using as much of the language as possible.

##### **Dialogue**

In pairs, write a dialogue between a member of the Church of Scientology and a potential recruit. In the dialogue, the Scientologist should try to persuade the other person to join the organisations. Make the dialogue as funny, silly or serious as you like. When you're ready, act out your dialogue (using notes, not reading it out word-for-word). Other students listen and vote on the best ones.

##### **Presentation**

Write notes for a two-minute presentation on why you should or shouldn't become a member of the Church of Scientology. When you're ready, give your presentation (using notes, not reading it out word-for-word). Other students listen then ask questions.

##### **Answers**

1. John Sweeny says it's dark stuff and it's a space alien cult. He later adds that it's based on a space alien Satan who has brainwashed everyone who isn't a member of the religion.
2. Members such as Tom Cruise or John Travolta would say it helps them to communicate and it's a religion; ex-members would say it's a mind control cult.
3. The main problem for him is that it's masquerading as a religion; in the United States it's got religious status, but not in the UK.

4. He said they came for him – they came to his hotel rooms, there was a car chasing them and there was all sorts of “weirdness”.
5. John says that they’re defensive because they have something to hide.
6. He says the Archbishop would say hello, invite you in for a cup of tea and talk to you.
7. David Miscavige says that John is a psychotic bigot and a liar.
8. Ex-members say that David Miscavige goes around thumping people, and that he’s a psychotic bully
8. He says they hit you with letters from fancy lawyers, private eyes (private investigators) follow you around and they say all sorts of dark and disturbing things about you. They created a DVD about him, saying he was a disgrace and a drunk.
9. The presenter says that he when wrote about them, he got bombarded on social media. He says it’s like there’s a whole army of them out there whose only job is to shut down the truth about the church.



## 6. Audio

[Source: 60-second science from the science magazine *Scientific American*]

# How much sleep do we need?



### Listening I

You're going to listen to some scientific information about sleep. What do you think airport baggage screeners, students and basketball players all have in common in relation to sleep? Guess and make notes. Then, listen once to compare your ideas.

### Listening II

Listen again. Then, answer the questions.

1. What did the study presented at the Associated Professional Sleep Societies find?
2. What did the experiment carried out by Stanford University researchers consist of?
3. What did the other study find?
4. What did the study into second and third graders with sleep disorders find?
5. What did the researcher from Brigham and Women's Hospital in Boston find about airport baggage screeners?
6. Why does the speaker say at the end, "You need to catch zzz's in order to catch bad guys?"

### Answers

1. The study found that basketball players who get extra zzz's are more likely to score in a game.
2. They monitored players of a school's men's basketball team during two weeks of regular sleep cycles, and then two weeks with extra sleep. With the extra sleep, the athletes reported increased energy, faster sprint times and better free throw shooting.
3. The other study found that college students who pull all-nighters to prepare for tests tend to have lower grade point averages than those who get regular sleep.
4. The study into second and third graders with sleep disorders found that they're more likely to receive bad grades in maths, reading and writing.
5. Researchers found that those who didn't get enough sleep made more errors when searching for unusual items that might be a threat.
6. The speaker says that you need sleep in order to catch the bad guys because if you don't get enough sleep, the bad guys could get stuff through airport security.