





Instructor: Ho Thi Nhu





Contents of this course

- Reading skills using the coursebook Northstar Listening and Speaking 4
 - Extra materials to prepare learners for the achievement test
 - Progress test
 - Self-study using reference books and Google classroom
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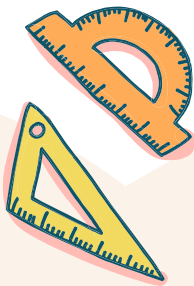
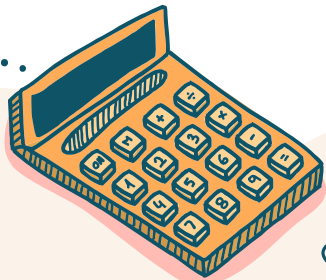
Pre-course test

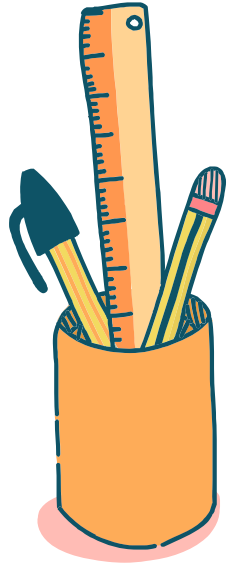
- You will have 30 minutes for the test
 - Submit the answers when you have finished
 - Listen to the instruction carefully
 - You will be able to listen to each talk twice
 - Here is the link to your test: <https://forms.gle/bPFUrBiKcqbWVCSaA>
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Lesson 1

Unit 1: Exploring genius





Listening 1: The music in my head



Main ideas

Listen to a report about a musical prodigy named Jay. Write short answers to the following questions.

1. What does Jay's teacher say about his talent?

2. What does Jay say about how he creates compositions?

3. Why does Jay's computer frequently crash?

4. Why doesn't Jay ever go back and revise his work?



Details

Listen to the report again and write T (true) or F (false) for each statement. Correct the false ones.

- _____ 1. Jay Greenberg named himself “Bluejay” because he produces a lot of sound, like a small bird.
- _____ 2. Other musicians have helped Jay to compose his music.
- _____ 3. Sam Zyman is a composer and teacher at the Juilliard School.
- _____ 4. At 12, Jay could write a great sonata in two hours.
- _____ 5. Jay doesn't need to think about his compositions.
- _____ 6. Jay's parents are professional musicians.

Details

Listen to the report again and write T (true) or F (false) for each statement. Correct the false ones.

- _____ 7. At 2, Jay began drawing pictures of instruments that his parents had at home.
- _____ 8. By the age of three, Jay began composing music by drawing small cellos as musical notes on a scale.
- _____ 9. As a child, Jay's hero was Batman.
- _____ 10. Jay creates symphonies by writing for one instrument, then thinking about how the others should come in.

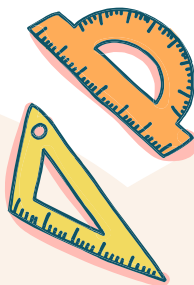
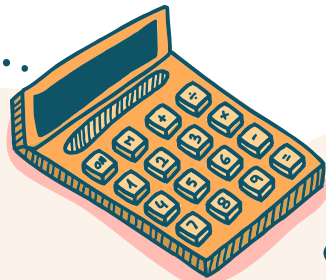
Exam technique

Here is the link to your exercise:
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Unit 2:

The Achilles Heels





Listening 1: Artist opens others' eyes



Main ideas

Listen to a report about Carol Saylor. Circle the correct answers.

1. According to Saylor, what do most sighted people think about blind people?
 - a. They understand their difficulties.
 - b. They have incorrect ideas about blind people.
 - c. They are sympathetic to blind people.
2. Many student groups visit Saylor's studio. What does Saylor mainly want to teach them?
 - a. how to make sculptures
 - b. how to work with clay
 - c. how to use their imagination
3. The students who visit Saylor . . .
 - a. are impressed by her work.
 - b. are confused about her methods.
 - c. think Saylor needs to persevere with her art.
4. Saylor says her art expresses feelings such as . . .
 - a. pain and unhappiness.
 - b. confusion and happiness.
 - c. grief and hope.



Details

Listen to the report again and complete the summary by circling the correct words or phrases.

Carol Saylor, who is (1) (*sixty-two / seventy-three / eighty-one*) years old, is a sculptor and art teacher. When doctors first told her she was becoming blind, she was very upset because she had many misconceptions about blindness. For example, she thought she would see (2) (*black images / colorful shapes / vibrating spots*). However, what she actually “sees” is (3) (*white / beautiful / empty*).

Kate Whitman is a teacher who brings her class to see Saylor’s work. She says that Saylor’s story is (4) (*just as important as / less important than / more important than*) her art. The students are surprised and impressed by Saylor’s work. One young girl realizes that art is not just about what you see, but also what you (5) (*understand / believe / feel*).

Saylor emphasizes that her art is not art therapy, meaning that it is not only about helping herself feel better about her situation. She says that it is (6) (*a way to understand the world / part of her / a kind of medicine*).

Exam technique

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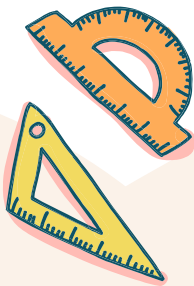
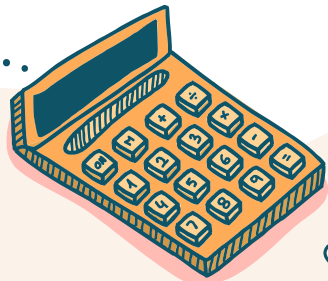


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Lesson 2

Unit 3:

Early to bed, early to rise





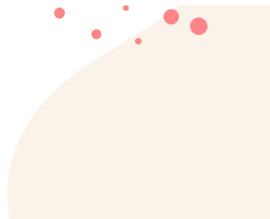
Listening 1: *How can teenagers get enough sleep?*



Main ideas

Listen to a report about sleep. Write T (true) or F (false) and correct the false statements.

- _____ 1. Middle and high schools often begin classes later than elementary schools do.
- _____ 2. It is very difficult to reset your body's pattern of sleep and wakefulness, or circadian rhythm.
- _____ 3. If you lose sleep during the week, your body needs to recover about half of it on the weekend.
- _____ 4. Most teenagers who sleep in class are lazy or not interested in studying hard.



Details

Listen to the report again and circle the correct responses.

1. According to Dr. Howell, what problem is caused by adolescents' schedules?
 - a. weak academic performance
 - b. sleep deprivation
 - c. disagreements with teachers
2. What method has been proven successful in helping people fall asleep earlier?
 - a. having consistent bedtimes
 - b. avoiding stressful activities
 - c. limiting caffeine
3. How many minutes of sunlight can help reset a person's internal clock?
 - a. 10–20
 - b. 20–30
 - c. 30–40
4. When should a melatonin supplement be taken?
 - a. about 6 o'clock in the morning
 - b. 6 hours before bedtime
 - c. at 6 P.M.
5. According to Dr. Howell, about how many hours of sleep can adolescents lose each day?
 - a. one
 - b. two
 - c. three
6. What activities for teenagers does Dr. Howell mention?
 - a. theater and gym
 - b. soccer and art
 - c. swimming and music

Exam technique

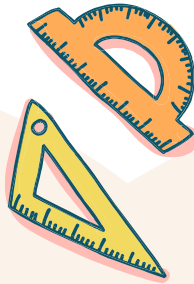
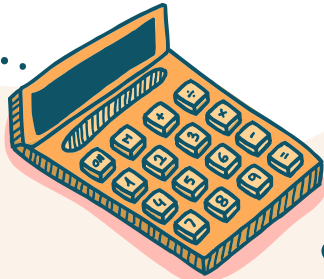
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Unit 4:

Animal intelligence





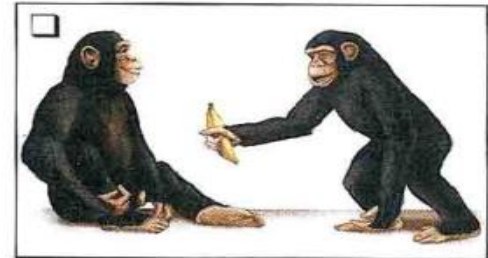
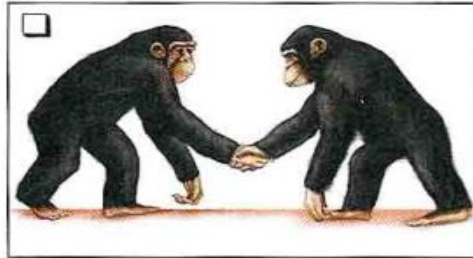
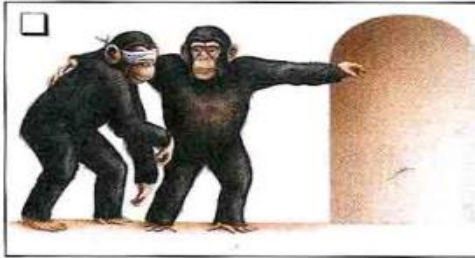
Listening 1: Animal intelligence



Main ideas

Listen to an interview. What did the animals do? Check the correct picture.

1.



2.



3.



Details

Listen again. Write T (true) or F (false) for each statement and correct the false ones.

- _____ 1. The older chimp, Sara, helped the new, disabled chimp by giving her some food.
- _____ 2. Sara's behavior is remarkable to Dr. Boysen because Sara has not been socialized with other chimps.
- _____ 3. Alex, the parrot, uses a computer to communicate.
- _____ 4. Alex can answer questions about where he wants to go.
- _____ 5. Dr. Kuczaj's killer whale used fish to attract seagulls.
- _____ 6. Dr. Pepperberg says that talking to Alex is like talking to a very young human.
- _____ 7. Dr. Pepperberg doesn't call Alex's talk "language;" she calls it "two-way communication."
- _____ 8. When Alex answers questions, he doesn't seem to understand the questions; instead, he is answering in a rote manner.

Exam technique

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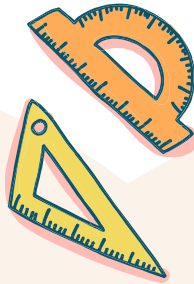


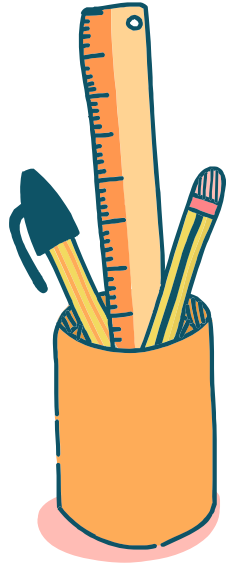
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Lesson 3

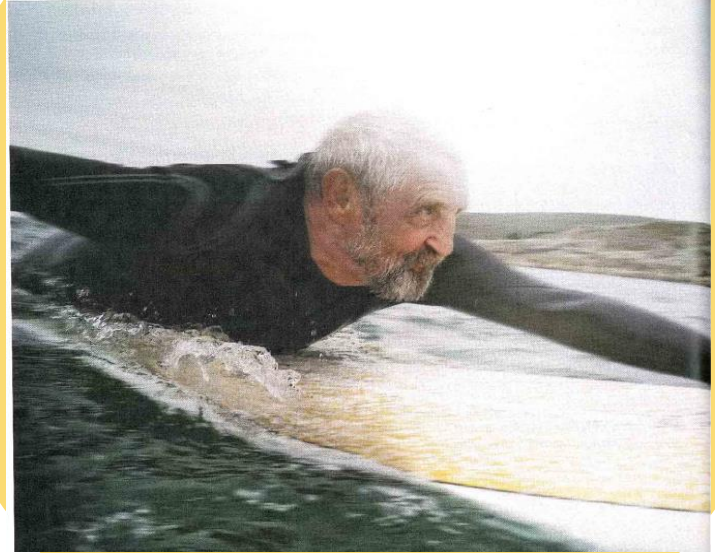
Unit 5:

Longevity: The golden years





Listening 1: The longevity project report



Main ideas

Listen to a report about longevity. Check the items that are myths according to the listening.

- ___ **a.** By following a lot of steps, you can probably live a long life.
- ___ **b.** Stress at work should be avoided whenever possible.
- ___ **c.** A healthy diet is key to living a long life.
- ___ **d.** Genes and heredity have nothing to do with who lives longest in these studies.
- ___ **e.** People who are the happiest live the longest.



Details

Listen again. Write T (true) or F (false) for each statement and correct the false ones.

- _____ 1. The subjects of this study were 1,500 boys, and no girls.
- _____ 2. Subjects were followed for more than 80 years.
- _____ 3. This presentation is the product of a group of studies following the same subjects.
- _____ 4. Stress at work will probably not shorten a person's life.
- _____ 5. At least forty minutes of a strenuous exercise every day will improve longevity.

Details

Listen again. Write T (true) or F (false) for each statement and correct the false ones.

- _____ 6. People who live the longest don't necessarily have healthy diets.
- _____ 7. People who take risks and have the most exciting lives live the longest.
- _____ 8. Divorced men who marry again increase their chances of living longer, but women do not.
- _____ 9. People who do physical exercise at the same time every day live the longest.
- _____ 10. People who live the longest start school before age five.

Exam technique

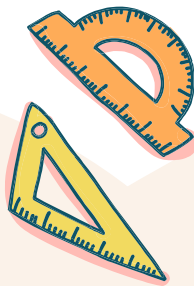
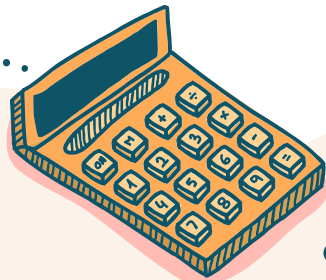
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Unit 6:

Giving to others





Listening 1: Why we give?



Main ideas

Listen to an interview. Check the reasons why people give according to the listening.

- _____ passion for a cause
- _____ tax benefits
- _____ a desire to repay someone for something
- _____ the need to feel useful
- _____ moral or religious beliefs
- _____ family tradition
- _____ legal requirements
- _____ school requirements



Details

Listen again. Circle the correct answers.

1. Most gestures of everyday generosity _____.
a. are easy to see b. are spontaneous c. are not recorded
2. When a cause has an enemy or threat, people tend to give _____.
a. more b. the same as usual c. less
3. Most people seem to feel _____ about giving money than about giving time.
a. better b. worse c. the same
4. Most cash donations are made to _____.
a. relatives b. religious organizations c. community projects

Details

Listen again. Circle the correct answers.

5. ____ tend to give anonymously.

a. Most people

b. Wealthy individuals

c. Less wealthy people

6. When people are asked about what they give, they ____.

a. answer accurately

b. exaggerate their donations

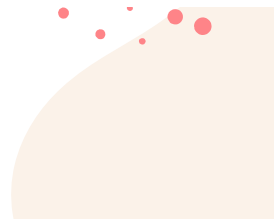
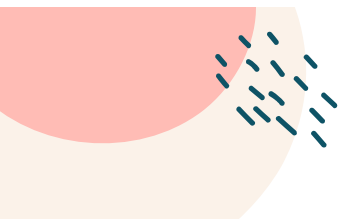
c. find it difficult to respond

7. The group that is most important to educate about giving is ____.

a. wealthy people

b. young people

c. influential people



Exam technique

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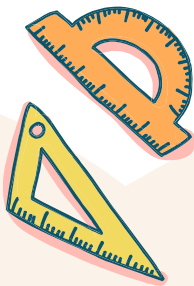
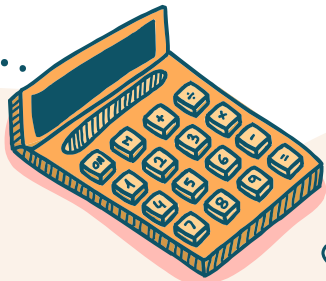


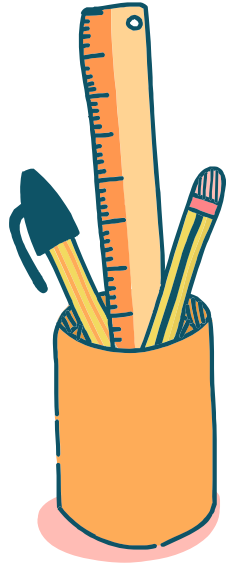
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Lesson 4

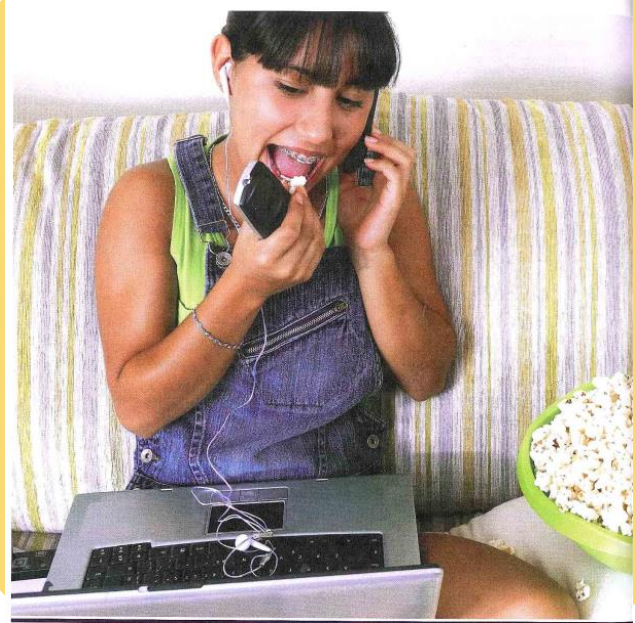
Unit 7:

Do your homework





Listening 1: Homework issues



Main ideas

Listen to an interview. Circle the correct answers.

1. **Hypothesis** What did Geri-Ellen Dow believe?

- a. Her son had been assigned too much homework to
- b. Her son wasn't motivated to do his homework by hi
- c. The reading assignment was not worthwhile.

2. **Design** What did she offer her son?

- a. \$40 to read two books
- b. \$20 to start the reading and another \$20 to finish
- c. \$50 for good grades on his reading tests

3. **Results** What happened?

- a. Her son finished reading both assigned books.
- b. Her son read only one of the books.
- c. Her son finished one book on time and one book late.

4. **Interpretation** What did Dow conclude?

- a. Her expectations weren't clear enough.
- b. Paying children to study is wrong.
- c. Parents don't need to provide extra motivation.

Details

Listen again. Circle the correct answers.

1. Which book was NOT assigned to Dow's son for summer reading?
 - a. *Great Expectations*
 - b. *The Iliad*
 - c. *The Odyssey*
2. Why was Dow looking for ways to motivate her son?
 - a. Her son had many other things to do that summer.
 - b. The teacher had said the homework was optional.
 - c. Her son wasn't really excited about school.
3. When did her son start reading the second book?
 - a. A few days before school started
 - b. On the first day of school
 - c. Just after school started
4. Why was Dow hesitant about paying her son?
 - a. Although he didn't finish his work, he seemed to be working hard.
 - b. He said he'd finished the work, but she didn't believe him.
 - c. He finished the reading, but he got poor results on his tests.
5. What did Dow conclude about the reward she offered?
 - a. The amount of money was too much.
 - b. The amount of money was too little.
 - c. The amount of money wasn't important.
6. What does the interviewer think about paying students to do homework?
 - a. Schools should forbid parents to pay children to work.
 - b. Paying is an easy and effective way to motivate students.
 - c. Paying kids is a personal choice for parents.

Exam technique

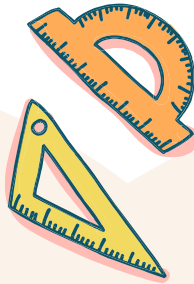
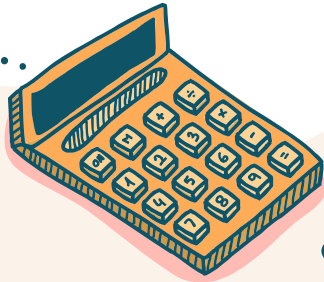
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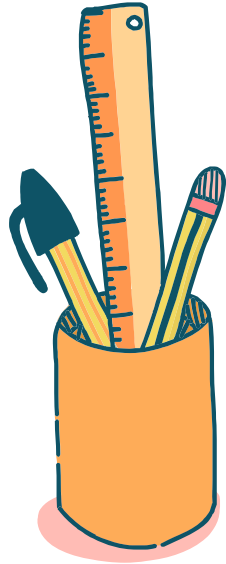
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Unit 8:

Pros and cons of gaming





Listening 1: The darker side of video games



Main ideas

Listen to an interview and check the statements that are true about each gamer.

LEO:

- ___ is a high school student
- ___ just started playing video games recently
- ___ believes video games are harmful to him
- ___ is going to quit playing video games
- ___ believes some games are more beneficial than others

CHRIS:

- ___ played only nights and weekends
- ___ skipped school because he was playing too much
- ___ believes video games are harmful to him
- ___ solved his problem by not playing online
- ___ believes that playing games in moderation is OK
- ___ had physical reactions to restrictions on his game playing

Main ideas

Listen to comments by a world authority on gaming, Professor Mark Griffiths, and Adrian Hon, an award-winning games designer. Circle the correct answers.

1. Video games are harmful for _____.
 - a. only a few people
 - b. about half of all players
 - c. almost everybody

2. It's difficult to know how serious gaming addiction is because _____.
 - a. it doesn't cause many physical problems
 - b. gamers prefer not to talk about their problems
 - c. there hasn't been enough research

3. The best way to get people to play video games more is to reward them _____.
 - a. frequently
 - b. at predictable times
 - c. randomly

Details

Listen again. Circle the correct answers.

1. How much time has Leo been playing games each day?
 - a. 2 hours
 - b. 12 hours
 - c. 20 hours
2. Which was NOT an effect of Leo's gaming?
 - a. His schoolwork suffered.
 - b. He lost contact with friends.
 - c. He didn't get enough sleep.
3. Leo compares video games to _____.
 - a. a disease
 - b. gambling
 - c. surfing the Internet
4. Where did the teenagers in Chris's family play computer games?
 - a. at their friends' houses
 - b. in their bedrooms
 - c. both at school and at home

Details

5. What sent Chris into a violent rage?

- a. He lost an important game.
- b. His parents told him to stop playing.
- c. He temporarily lost Internet service.

6. According to Professor Griffiths, how does gaming compare to other addictions?

- a. Gaming is more addictive than tobacco or alcohol.
- b. There are fewer addicts of gaming than of gambling.
- c. Gaming addicts have the same symptoms as other addicts.

7. Research suggests that ____ games cause the most problems.

- a. interactive
- b. online
- c. violent

8. The variable rate of reinforcement theory was first developed from studies on ____.

- a. rats and food
- b. athletes and sports
- c. people and gambling

Exam technique

Here is the link to your exercise:

<https://forms.gle/bfANDEb35cgDEGPv9>



Achievement test

Here is the link to your test:
<https://forms.gle/erXxEj5aaqkkmC8m6>





THANKS!

Does anyone have any questions?
hothinhuhuf@gmail.com



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