1. Emotional intelligence is a kind of intelligence that involves the ability to either one of the following:
   - recognize and understand your (own) feelings and emotions
   - the feelings and emotions of others / others’ / those of others

2. Self-awareness is understanding what your feeling means / a feeling as it happens.

3. What does self-motivation require? emotional self-control

4. A person who can recognize the value of the differences in how people feel (about things) has the ability to empathize.

5. Two of the abilities necessary to handle one’s relationships with others are handling interpersonal interaction, / conflict resolution / skill of negotiation.

6. Intelligence is defined as a set of cognitive abilities that help us to acquire knowledge, to learn and to solve problems.

7. What are two explanations that show the advantages of developing one’s emotional IQ?
   - solve problems & live a more effective life
   - emotional intelligence without intelligence, or intelligence without emotional intelligence, will not be a healthy way of living
   - a better predictor of future success than traditional methods (like the GPA, IQ, and standardized test scores, like the TOEFL or the SAT)
   - helps us build healthy relationships
   - increases productivity in the work place / employees work together better
   - for academic success / Children who know how to motivate themselves and who can handle stress and conflict usually perform better academically.

8. Read the following statement and decide whether it is True or False. Emotional intelligence is an inborn capacity which cannot be learned or taught.

9. The two components of the ‘Know Yourself’ step of the training model are self-honesty and independence

10. What is the aim of the ‘Choose Yourself’ step of the training model? build self-management skills

11. How was “delayed gratification” defined by the speaker? ability to wait for things / taking the right action even though there may not be immediate reward

12. Daniel Goleman’s study on a group of four-year-olds show that those who develop delayed gratification will be more successful in life

13. What is the ‘Give Yourself’ step based on? a commitment to the larger world / working for the greater good of the community / trying to improve the community one is living in

14. Which test gives information about how other people perceive us? 360-degree (assessment)
Dr. Mayer: Yes, there are many different ways of measuring EQ. There is also increasing evidence that emotional intelligence is important for academic success. Children who have been able to develop their emotional intelligence tend to do better than those who are less successful.

G am z: I agree. It's important for children to learn how to manage their emotions. EQ can also be measured through self-assessment surveys. These surveys can help children identify their emotional strengths and weaknesses.

Dr. Mayer: That's right. Children should be taught how to identify and manage their emotions. EQ can also be measured through peer-assessment surveys. These surveys can help children understand how others perceive them.

G am z: Yes, peer-assessment is also important. It can help children develop empathy and social skills. EQ can also be measured through standardized tests. These tests can help identify children who may need extra support in developing their EQ.

Dr. Mayer: That's true. EQ is related to many other important skills, such as problem-solving, decision-making, and leadership. EQ can also be measured through biometric assessment, which measures physiological responses to emotional stimuli.

G am z: Yes, it's important to measure EQ in a variety of ways. EQ is not just about managing emotions, but also about understanding and relating to others. EQ is important for success in all areas of life.
PART TWO – LECTURE AND NOTE-TAKING – PAIN – ANSWER KEY

1. According to the lecturer, when does a person generally experience pain?
   As the result of injury or illness.

2. How do the pain signals serve a protective function?
   The pain we feel triggers the body’s natural healing process.

3. What are the distinguishing features of chronic pain?
   - The pain has to persist for a long time / if it lasts for more than six months
   - Hard to relieve or manage / regular painkillers do no relieve it

4. What is one way in which chronic pain would have a profound effect on the sufferers and their families?
   - Prevent patients from living productive and rewarding lives
   - Can lead to an enormous amount of stress / will lead to emotional, economic, & social stress.

5. Two of the tasks under the control of our central nervous system are thought processes / movement / sensations.

6. One cause of psychogenic pain is emotional / mental health issue; and research results have shown that psychogenic pain can result in addiction to pain killers.

7. What is the significance of “vital signs” for doctors?
   Clues for doctors to diagnose and treat illness / provide doctors with a simple, baseline guide to determine whether a patient is ill or healthy.

8. According to the 2003 study carried out in the US, what are two of the areas where pain creates a negative outcome?
   Work life / personal lives as well / psychological effects.

9. How will the painkiller produced from the venom of the Conus Magus alleviate pain?
   Block pain signals in the human spinal cord / Conus magus contains a chemical compound that blocks nerve cells from sending pain signals to the brain.

10. Look at the stages of how pain is experienced and put them in correct order. An example has been done for you.

   a) Calcium gates are closed. 1
   b) Jonathan experiences the pain of the burn in his finger. 8
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<td>c)</td>
<td>Pain signal passes on to the next nerve cell.</td>
</tr>
<tr>
<td>d)</td>
<td>Calcium gates open.</td>
</tr>
<tr>
<td>e)</td>
<td>Pain signal reaches the brain.</td>
</tr>
<tr>
<td>f)</td>
<td>Jonathan burns his finger.</td>
</tr>
<tr>
<td>g)</td>
<td>Calcium enters the metabolism.</td>
</tr>
<tr>
<td>h)</td>
<td>Pain signal is received.</td>
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11. **Two** of the specific types of pain that the new painkiller will be able to help with are pain resulting from **failed back surgery / cancer / HIV - AIDS**.
LISTENING TWO — PAIN — TAPESCRIPT

Good morning, everyone. In today's lecture, we'll continue to talk about the connection between human health and the environment. Those of you who attended the previous talks in this series can have a look at my slides and see the changes we've made in our understanding of the relationship between these two factors. I hope you found the previous discussions useful and stimulating, and I'm sure you'll be interested in today's topic, which is...
a) The extent of sleep deprivation in everyday life.

b) Variations in sleeping habits among people of different cultures.

c) Ways that people can cope with disturbances in their sleep routine.

d) Different ideas about the purpose of REM sleep in humans.

e) Differences in the characteristics of sleep as people grow older.

f) How irregular working hours affect sleep patterns.

g) A description of brain activity during different periods of NREM sleep.

h) The physical and mental impact of missing small amounts of sleep.

i) Results of experimental research to determine how the brain regulates sleep.
U.S. and Japanese Imperialism

Answer Key

Task 1

1. Write one reason why the United States had been opposed to an imperialist strategy.
   Tradition of non-involvement in other countries' affairs / sympathy for self-determination for colonial peoples.

2. How did the United States encourage the British to remove its military presence from the Caribbean?
   By promising rights to the canal in Central America.

3. What was the aim of the United States in adapting the Roosevelt Corollary?
   So that Europe would not intervene in the Caribbean.

4. What was the negative consequence for America of its military domination of the Caribbean?
   Hostility towards the US in many Latin Americans.

5. Why did the U.S. work with undemocratic governments in Latin American countries?
   Because the US wanted any government that could provide law and order / economic incentives.

Task 2

1. Why were the United States able to invade the Philippines easily?
   The Philippines were weakened by their war with Spain.

2. Why did the European countries not object to the start of trade between China and the United States?
   They did not want to make the US an enemy.

3. Why was Japan able to copy the economic and social practices of western countries?
   Japanese cultural dynamics allowed them to borrow from other societies.

4. Write one strategic advantage that followed Japan to extend its influence into Asia.
   They had powerful military forces / were close to home / China was impotent.

5. What was the effect of the Russia-Japan war on perceptions of Japan round the world?
   They gained respect abroad.

Task 3

1. Trade
2. Food supplies / food / foodstuffs
3. Naval bases
4. The Panama Canal
5. (Unequal) treaties
6. Eliminate foreigners / westerners / foreign devils