

How stress drains your brain – and what to do about it

[listening comprehension questions] **EXAMPLE**

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Location: TED TALKS

Level: **** [B1/B2/C1]

Link: https://www.ted.com/talks/nicole_byers_how_stress_drains_your_brain_and_what_to_do_about_it

Check these words and phrases before listening:

Key vocabulary

1. To be jet-lagged.
2. Capacity.
3. [REDACTED].
4. Memory.
5. [REDACTED].
6. Seizure.
7. To be aware.
8. [REDACTED].
9. Short-term memory.
10. Distractions.
11. [REDACTED].
12. Mental multitasking.
13. [REDACTED].
14. Deadline.
15. [REDACTED].
16. Brain cells.
17. The tip of your tongue.
18. [REDACTED].
19. Neurons.
20. [REDACTED].
21. Exhausted.
22. [REDACTED].
23. To activate.
24. Micro break.

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TED Talks Test Questions

EXAMPLE

Aim: to develop the students' ability to listen to a 10 min+ lecture, to take notes and then use those notes to answer some comprehension questions.

Lesson Time: Approximately 1:30-2:00 hours

1. Lead in

- Ask Students to discuss the 'title' and predict the content of the lecture.
- Ask students to write down key terms / language from their discussions.
- Feed in / check key vocabulary.

Three types of lesson

Lesson#1: [challenging]

1. Students listen once & take notes.
2. Give the students 5 minutes to tidy their notes.
3. Students listen again and add to their notes (use a different colour pen).
4. Distribute questions. Set 20-25 minutes to answer.
5. Feedback: distribute or project answers.

Lesson #2: [medium]

1. Students listen once & take notes.
2. Distribute questions: Set 15 minutes for students to answer the questions from their notes.
3. Students listen again and answer the missed questions as they listen.
4. Give the students an extra 10 minutes to consolidate answers.
5. Feedback: distribute or project answers.

Lesson #3: [easier]

1. Distribute questions. Students have 10 minutes to read through the questions.
2. Students listen and answer the questions.
3. Give the students 5 minutes to tidy their answers.
4. Students listen again. They check their answers & answer any missed questions.
5. Give the students 5-10 minutes to tidy their answers.
6. Feedback: distribute or project answers.

How stress drains your brain – and what to do about it

[Nicole Bryers, 2023] **EXAMPLE**

Take your notes here:

How stress drains your brain – and what to do about it

[Nicole Bryers, 2023] **EXAMPLE**

Take your notes here:

How stress drains your brain – and what to do about it

[Nicole Bryers, 2023] **EXAMPLE**

1. Why did the speaker [redacted] mind?

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__ / 2

2. How many million [redacted]? Select ONE answer only.

i. [redacted]	ii. 2.5	iii. [redacted]	
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__ / 1

3. What could patient [redacted]? Select ONE answer only.

i. [redacted]	ii. Remember his neuropsychologist.	iii. Improve his [redacted]	
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__ / 1

4. What example does the speaker [redacted] and effort to recall?

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__ / 1

5. Complete the TWO [redacted] about memory.

Because some [redacted] and effort to recall, [redacted] [redacted] to [redacted].

__ / 2

6. Which TWO were [redacted] while at work.

i. Listening to [redacted]	ii. Trying to ignore email alerts.	iii. Thinking about what [redacted]	
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__ / 2

7. Apart from [redacted] memory? Write ONE word only.

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__ / 1

8. What happened to the speaker when [redacted]? Select ONE answer only.

i. She left her keys in her office.	ii. [redacted]	iii. She forgot to make [redacted]	
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__ / 1

9. How many [redacted] Queen's University? Select ONE answer only.

i.	[redacted]	ii.	5,200	iii.	[redacted]
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___ / 1

10. What THREE [redacted] speaker mention?

i.	[redacted]	ii.	[redacted]	iii.	[redacted]
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___ / 3

11. Trying to think harder does [redacted] why not?

[redacted]

___ / 1

12. What does the speaker [redacted] and what is the reason it works?

Forgotten information	Action to take		Why it works	
Cannot [redacted] [redacted] [redacted]	i.	[redacted]	ii.	[redacted]
Stumbling over [redacted] [redacted]	iii.	[redacted]	iv.	[redacted]

___ / 4

13. Complete the [redacted] conclusion. The first letter of each word is provided.

Memory e_____ are not a [redacted] your m_____.
They [redacted] your b_____ needs a b_____ and a r_____.

___ / 5

Total Score ___ / 25

14. Critical thinking

- What did you think of this lecture?
- Do you agree with the ideas?
- Do you take any of the [redacted] the speech?
- What do you do [redacted] something?

Students' own answers.

[redacted]

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ANSWERS EXAMPLE

1. Why did the speaker think she was losing her mind?

(She forgot the code to her front door) (even though she had put the code in hundreds of times before).

[Allow two points if they have included the second part].

__ / 2

ALL ANSWERS INCLUDED IN PAID VERSION...