

Aim High 4 Listening Test 3 Answer Key

1

a, c, e, h, j

2

1 b

2 b

3 b

4 c

5 c

3

1 Manchester

2 at her school

3 relax

4 a microphone

5 the audience

4

1 She felt very nervous.

2 The lectern was too high and she couldn't see over the top of it.

3 She says it can feel a bit strange.

4 You should only use one if it is really necessary.

5 It is difficult to write in a straight line.

[2.20]

Presenter: Welcome to the programme. Today we're talking about speaking in public. This is something that a lot of young people find quite scary, so hopefully we can give you some useful tips and advice. With me today is Sara Jones, a teenager from Manchester. Sara, you do a lot of public speaking now, don't you?

Sara: Yes, I go to different schools and give talks about how to overcome your fears and become a successful speaker.

Presenter: Have you always felt confident speaking in front of people?

Sara: Not at all. I remember the first time I ever gave a speech. It was at my school. I remember standing by the lectern, and I felt so nervous. I hated the fact that the spotlight was on me, and everyone was looking at me.

Presenter: So, did your first speech go well?

Sara: No, it was a disaster. I think the most important piece of advice I give to teenagers now is to relax. You must be relaxed, because if you're nervous everything starts to go wrong.

- Presenter:** OK, let's talk more about advice for teenagers. Is it important to prepare your speech?
- Sara:** Yes. You ought to be well prepared before you step up onto the stage. You don't have to write everything down – in fact it probably isn't a good idea to write down everything you want to say, because then you just have lots of paper on the stage with you. But you must have all your ideas clear in your head.
- Presenter:** What about the practicalities? Dealing with a microphone, that kind of thing?
- Sara:** If possible, you should go onto the stage before your speech, to check that the lectern is the right height for you. I remember once walking up onto the stage and the lectern was too high – I couldn't see over the top of it! That was a bit embarrassing! It's a good idea to try the microphone before the event, too. Sometimes it can feel a bit strange talking into a microphone for the first time, so it's sensible to practise if you can.
- Presenter:** What about visual aids, things like flip charts?
- Sara:** I never use banners, and I think you should only use a flip chart if it's really necessary. Of course, it's useful for the audience if you can write things down, but it can be quite stressful trying to write when you're in the middle of a speech, and it's surprisingly difficult to write in a straight line! If you're going to use a flip chart, you should definitely plan what you're going to write before you start your speech.
- Presenter:** Thank you, Sara. Now, another aspect of speaking in public is ... [fade]