

TASK 1
HOW TO STUDY EFFECTIVELY

ANSWER BOX										
	Extract 0		Extract 1		Extract 2		Extract 3		Extract 4	
QUESTION	0a	0b	1	2	3	4	5	6	7	8
ANSWER	A / M		C / G		B / I		D / J		H / K	

DISTRACTORS: E, F, L

TRANSCRIPT

EXTRACT 0

If you're a student, you've probably wondered what is the most effective way to study? So, I asked the cognitive psychologists over at *The Learning Scientists* for some tips.

The first strategy is called spaced practice. Five hours of study crammed into one intensive session is not as good as that same five hours spread out over two weeks. **You'll learn more and get better results with the same amount of time or less (A).** It'll be less stressful than the panic of cramming, and because you'll learn more, you'll also reduce the time you need to study in the future because you won't have to relearn the same information. Make a plan and schedule short study sessions into your calendar. This is not about marathon intensive periods of study. Review information from each class starting a day later. After you've covered the most recent class, go back and **study important older information (G)** to keep it fresh. And don't just reread your notes. That's ineffective.

EXTRACT 1

Switch between ideas during a single study session for a particular class. This is called interleaving. Don't study one idea, topic, or type of problem for too long. Switching will highlight and contrast the similarities or differences between topics or types of questions.

If you're doing problem solving, **switching can help you choose the correct approach to solve a problem (G).** This strategy will encourage you to make links between ideas as you switch between them. **You want your mind to be nimble and easily able to jump between ideas and know how they relate to each other (C).** Make sure you study enough information to understand an idea before you switch.

EXTRACT 2

The next strategy is for when you have your textbook and notes in front of you. Ask yourself questions about how and why things work, and then find the answers in your class material. Explain and describe ideas with as many details as you can and **connect the ideas to your daily life and experiences (B).** This forces you to understand and explain what you're learning and connect it with what you already know. That helps you organize the new ideas and makes them easier to recall later. **Creating how and why questions makes you think about how ideas are similar or different, and that improves your understanding (I).** Start with your notes and textbook and make a list of the ideas you need to learn. Go down the list and ask yourself questions about how these ideas work and why. Then go through your class material again and look for answers to your own questions.

EXTRACT 3

Find visuals in your notes and textbook and **examine how the words are describing what's in the image. Then do it the other way round. How does the image represent what's described by the text? (D)** Look at the visuals and explain in your own words what they mean. Then take the words from your class materials and draw your own picture for them. Try to create different ways to represent the information and start to use this strategy when you practice retrieving your knowledge later on. And just to clarify, this is not about learning styles. A great deal of research has shown that assessing your learning style and matching your study approach to that style does not improve your learning. **Just because you might prefer pictures**

doesn't mean it's the most effective way (J) for you to learn. You learn best when you combine words and visuals.

EXTRACT 4

And finally, this is the single most valuable study skill **to help you boost your performance (H)**, so it's definitely worth mastering. **Practice retrieving everything in your head you already know about a topic (H)**. Put away all your notes and textbooks and write down or sketch out everything you know right now. Why? Because retrieving your knowledge like this reinforces what you've learned and makes it easier to remember later on. But also, improvement comes with practice. **If you want to get better at recalling information in exams, then you should practice recalling information now (K)**. Just like you practice any other skill. So, what's the best way to do this? Take as many practice tests as you possibly can, even if you have to make them up and swap with a friend. Or just start with a blank piece of paper and empty your brain. Write out everything you know, draw sketches or concept maps linking all the ideas together.

(Adapted from: youtu.be/CPxSzxyIRCI?si=ojiYipb3PLqYdtQ-, 04:43 minutes)

TASK 2

HOW TO TELL IF SOMEONE IS LYING TO YOU

ANSWER BOX									
QUESTION	0	9	10	11	12	13	14	15	16
ANSWER	B	A	C	B	A	B	B	C	C

TRANSCRIPTION

I'm Chris Street, I'm a reader in psychology at the University of Huddersfield. If we want to detect deception, we need to stop looking for those visual behaviours that we think relate to deception, like eye contact or fidgeting. Instead, **we need to start thinking about the pieces of information we can find in the world that match or mismatch with the statement being offered (0)**.

There are some people who think they are lie detection wizards, that they can read subtle clues that we give off. The research suggests that this isn't the case, that there aren't lie detection experts. Liars just don't give themselves away in any obvious fashion. **There aren't good clues to deception (9)**. We don't avoid eye contact. We don't scratch our face when we're lying or telling the truth. **These just aren't reliable indicators (9)** and so expert or not, we have no good information on which to make that decision.

So, *ALIED Theory* or *The Adaptive Lie Detector theory* argues that **when we try to decide if someone's lying or telling the truth, what we're doing is actually quite functional and informed with our past experience and with the information available in the world (10)**. For instance, if I claim to have gone to France last week, and I have a selfie of me in France, that's a great piece of information that I was actually there. But often we don't have that sort of information so, what do we do? *ALIED theory* claims that we rather than simply guess, rely on our past experience of the world to make an informed judgement. **People tend to be truth biased, they tend to believe people are telling the truth (11)**, and that may be something we want to get rid of. Best thing to do is just try to keep an open mind and engage with the situation in a skeptical manner.

If you want to be able to accurately detect somebody, somebody's lies or truths, **what you need to do is you need to listen to what they're saying and the way that they say it, not how they're acting (12)**. Think about when you are talking to somebody. You meet them for the first time. **Now any good poker player will tell you that it is very easy to control your face (13)**. Therefore, it's facial cues really aren't good cues of whether or not somebody is lying or telling the truth. What you should be doing is you should be listening to what people say, the verbal cues and the way in which they say it, the vocal cues.

We have this idea that if somebody is lying to us, they can't keep our eye contact. Now, of course, liars know this and what they will do is they will keep your eye contact ever so slightly longer than normal, **just enough to make you feel uncomfortable (14)**.

Number two misconception tends to be when people lie, they, they move about a lot. They, they kind of get very nervous. In fact, the opposite is true. When we lie, we have to think really hard. So, imagine you've got a limited amount of energy, **you will channel all of that energy into telling a lie, and as a consequence you will become ever so slightly stiller than you normally are (15).**

A third misconception is the idea that if we look up to the right or we look up to the left, it determines the type of lie or truth that we're telling. A recent piece of research has in fact debunked the idea that looking up that way or looking up that way is a good way to detect deception. It's not.

My top tip for accurately determining whether somebody is lying or telling the truth is using something that we call the honest baseline. **Now the honest baseline is understanding how people act and speak when they're not stressed and when they're being truthful (16).** So, when we ask them a question, you know, if we find a pretty even match between the way they normally act and the way that they are acting now, we will be fairly happy that they're probably telling us the truth. If we find a mismatch, it might indicate that there is something going on here that we need to follow up with in a bit more detail.

(Adapted from: youtu.be/skDuLWkoJLE?si=Hlsm9HCa8NT-sPXo, 3:48 minutes)

TASK 3

SOCIAL MEDIA ISN'T BAD, YOU'RE JUST USING IT WRONG

ANSWER BOX	
0.	AS A REMINDER
17.	KIDNAPPED
18.	CHILDREN'S BOOKS
19.	TOXICITY
20.	TO USE IT
21.	FOUR GROUPS
22.	GOALS
23.	NEVER UNFOLLOWED
24.	MINDFUL
25.	BLOCKING (OUT)

TRANSCRIPT

The other day I was scrolling through Instagram and I come across this post that says social media is bad. So, I think to myself, hm, I'm looking at a post about how posts are bad. Oh, but that's not even the best part. The best part is I click on it and the caption says save this for later **as a reminder (0)**. So, basically, they want me to get off social media, but to get back on so I can reread why I shouldn't have been on in the first place.

This got me thinking, and I realised that it's so often taught that social media is this horrible thing. In fact, at the beginning of each school year, most high school students are sat in a safety assembly and part of the safety assembly talks about safety on social media. They tell you how you're gonna' get catfished or **kidnapped (17)**, but they stop there. They don't tell you how you can use it in a safe and beneficial way, and unfortunately those are very real things and do happen way more than it should. But the way to stop that is to teach teens how to use it in a beneficial way.

You know, I think a lot of people don't realise the true impact that social media has on us. In fact, I didn't realise the true impact until one day my English teacher, she said, "Class, what is the purpose of children's books?" So, I thought to myself, OK, well, there's multiple different reasons for children's books, but one of the biggest ones is to teach children lessons without them realising that they're learning. See back then it was **children's books (18)**, but it's no longer just children's books, it's all the content we're choosing to surround ourselves with, Tiktok, Facebook, Instagram, all of it.

There are 7 billion people in this world, and in our day-to-day lives we don't even interact with 1%. In fact, it's far less than 1%. So, the way we learn about life outside of just our little bubble is through things like travelling. But unfortunately, we can't always be travelling, so another primary way we do this is through social media. Therefore, if your social media is filled with drama, **toxicity (19)** and things that make you feel bad about yourself, naturally, you're gonna' view the world as more of a negative place. Whereas if your social media is filled with positivity and things that align with your goals, you're gonna' view the world as more of a positive place. See the problem isn't social media. The problem is how you're choosing **to use it (20)**.

So, what's my secret? How do I keep my social media this positive, uplifting place? Well, there's **four groups (21)** of people you should be following. The first, friends, family and positive acquaintances. Now, I truly mean positive because so often I'll hear someone say, "I don't like this person, they're so mean to me". But then you'll go on their Instagram and guess who they're following? That person who's so mean to them.

The second group. People who align with your **goals (22)**. Now for me, my future goal is to create my own business one day. So, the types of people I follow are people who've started their own businesses, people who give financial advice or investing advice or just business in general because the easiest way to achieve your goal is to ask someone or watch someone who's already done it.

The third group, people who inspire you. Now this is different from people who align with your goals. I was a gymnast off and on for about 12 years. I wanted to go to the Olympics so the types of people I would follow were people like Simone Biles, Ali Raisman, Gabby Douglas. However, going to the Olympics is no longer my goal. Yet, I **never unfollowed (23)** those people because they still inspire me.

The fourth group, entertainers. Now, of course, social media is an entertainment platform, and I'm not telling you not to use it as one. I'm just telling you to be **mindful (24)** of the types of entertainment you're consuming. A great example of positive entertainment are your favourite artists.

See when you start to categorise your following into these four groups, not only are you gonna' be happier, but opportunities are also gonna' start to come to you. Now, before you all leave today, I have two asks. My first ask is to start being mindful of the types of content you're consuming. Start welcoming the positivity and **blocking out (25)** the negativity. And my second ask, stop participating in spreading this idea that social media is this horrible thing. Instead, educate on the dangers while encouraging people to use it in a positive way.

(Adapted from: youtu.be/CxCsk-rvFTQ?si=MYJFNeWWdCApHkwa, 4:45 minutes)