

Self-study audio scripts

Unit 1 Self-study

Chris: Hello everybody, and welcome to the reunion. It's hard to believe, seeing you all together again, that our college graduation was ten years ago. I just want to **run through** a few announcements and announce a few prizes.

First, the buffet will open at 8:30. We are very lucky to have some great cooks among our former classmates who have **whipped** all this **up**.

We'll have a slide show during dinner. Thanks for all the photos you sent in. I have to say that there are some of me that have resurfaced which I'd hoped never to see again. I've had to relive some very painful memories and some very bad haircuts, thanks to them. On the other hand, it's nice to be reminded that I used to have hair to cut.

The band, Random Acts of Kindness, whom you may recall from their younger days, have reunited for one night only. They'll be setting up soon and will start playing at 9:00. Sorry, what's that? Oh, right. Apparently Seth hasn't **shown up** yet. His car **broke down**? Some things never change. Um, but we are sure he will **turn up** eventually, right? OK.

We've got some excellent door prizes, which we'll be announcing in just a few minutes. Then tomorrow, we have the picnic and ballgame. That will be in the park. I think the ballgame is due to start at ten in the morning. Seth's one of the captains? Better make that 10:30, then. You'll probably have worked up a pretty good appetite after the game, so we'll move on to the picnic after. And I think there's going to be a barbeque there, is that right?

Audience: Yeah – we'll probably start cooking around 12:00.

Chris: Excellent.

Now, just before we announce those prizes, I'd like to say a big thank you to Karla Romero for organizing all this. She is the one who **set up** the website and then **tracked** everyone **down**, from some very far-flung places. So, thank you very much, Karla.

OK, door prizes! Jenny, are you and the door prize team . . .

Unit 2 Self-study

Host: Hello, and welcome back to *Job Search*. Today we're lucky to have Andy Watkins from *Image* magazine here to talk to us about dressing for success at job interviews. Welcome to the show, Andy.

Andy: Thanks, Josh. It's good to be here.

Host: Now, Andy, you're a trained and experienced image consultant. Tell us, how important is it to think about what to wear at a job interview?

Andy: Well, it's crucial. Most of the first impressions we make are visual – based on how we look, rather than what we say. And that happens in the first 30 seconds. As they say, you only get one chance to make a good first impression.

Host: Right. So what do you advise people to wear?

Andy: Dress so that you look as though you fit in with the new environment. Do a little research. Find out what people tend to wear to work. Stop by to pick up some information about the company – and look at how people are dressed.

As a rule, though, it's better to be too formal rather than too casual. A conservative, stylish suit is a good look for both men and women.

But it's not just wearing the right clothes. What is absolutely essential is good grooming. The best looking suit in the world won't make up for sloppy grooming. Polished shoes, a good haircut, clean fingernails, and minimal jewelry are key details. We also discourage job seekers from wearing a lot of cologne or aftershave.

Host: What about fashionable clothes? Do you advise people against wearing trendy outfits?

Andy: No, not necessarily. It's OK to be stylish, but be subtle. You are making a statement about yourself. Make sure you know what you are saying.

Host: Is it fair that people are judged by how they look?

Andy: No, probably not. But that is what happens. What employers do is take shortcuts to save time. What strikes employers in interviews is how you look. It's an easy shortcut.

Host: We've got a caller on the line. Clare, what question do you have for Andy?

Clare: Hi. Well, I wondered what Andy thinks about giving a false first impression. I mean, my style is pretty quirky. When I'm choosing what to wear for an interview, I sort of think that I should wear what I normally wear.

Andy: I'd encourage you to tone down extreme styles for an interview. For example . . .

Unit 3 Self-study

Adam: Hello out there! It's time for another installment of *Let's Lighten Up a Little*, the show that tries to make living in the high-tech world a little less stressful.

Last week we looked at the modern-day phenomenon of being connected or contactable all the time – a situation many of us are becoming increasingly fed up with.

This week we'll be looking at dealing with information overload. And we've got psychiatrist Kyoko Norida here to talk to us today. Welcome, Kyoko.

Kyoko: Thanks very much, Adam.

Adam: So, Kyoko, can you start by defining *information overload* for us?

Kyoko: Well, Adam, it's the feeling of not being able to keep up with all the information that's available to us – and not having the time or the skill to keep it under control, keep it organized.

Adam: Are you yourself affected by it?

Kyoko: Oh, yes. Being a psychiatrist, I try to keep up with the vast amount of medical knowledge that is constantly emerging. It's just not realistic. In fact, it's impossible, and it has been for a long time.

Adam: Right. So what can we do?

Kyoko: Well, I've got two suggestions. First, reduce your information intake.

Adam: Wait a minute. You're suggesting that we cut down on the amount of information we take in – even though we feel like we're not taking in enough?

Kyoko: That's right. The truth is that you probably don't need a lot of the information you're consuming. That's because a lot of what you're taking in is random.

That leads me to the second point: Set time limits and consume information more systematically. If you see something that looks interesting, bookmark it. Come back to it later, during your play time.

This will help you organize your information and your time. When you are working, work. Then, having finished the work you need to do, go on the Internet to shop for a birthday present or play a game or whatever.

The other benefit is that, by limiting the amount of time we allow our brains to take in information, we give them some time to relax. Being constantly on call, our brains get tired and don't function as well as they should.

You'll find that both your work and your play time are more effective.

Adam: Well, that sounds like good advice. I'm going to try to break a few bad habits. Kyoko's new book . . .

Unit 4 Self-study

Nick: Hello, and welcome to *Profiles*. On the show tonight we have the well-known cartoonist Sam Harris talking about one of *his* heroes – Robert Ripley.

So tell us, Sam, what's so special about Robert Ripley? I've heard a lot of, well, *different* opinions about the man.

Sam: Well, Nick, there are people who claim that he lied about certain events in his life, but even those people can't deny that he was an amazing cartoonist, a great traveler, and extremely **eccentric**.

Nick: I see. So why do you call him eccentric?

Sam: Well, how else would you describe someone who has an extensive collection of cars – but never learned to drive? But that's not all.

We're talking about a man who spent his life tracking down the strangest and most unusual things he could find. It is believed that he visited 198 countries in his lifetime – and remember, that was in the early 1900s.

He was fascinated by Chinese culture and even bought a real Chinese junk, a huge sailboat, to add to his collection of boats.

But some people feel that *he* was the strangest thing in his collection. He dressed in **outrageous**, brightly colored clothes. His appearance was described by one of his friends as "a paint factory that got hit by lightning."

Nick: So tell us about his career as a cartoonist.

Sam: He didn't start out as a cartoonist, actually. He wanted to be a **professional** baseball player – and he was. But he injured his arm in his first professional ballgame and never played again.

So that's when he became a professional artist. His first job was as a sports cartoonist. One day he was having problems finding enough for his column, so he drew pictures of some unusual sports events – a backward race and a long jump on ice – and the strange and unusual became his specialty. His column was renamed "Believe It or Not!"

Nick: So, it was a lucky accident?

Sam: That's right.

Nick: Incredible! Well, Ripley went on to become first a radio broadcaster, then had a television show, didn't he?

Sam: Uh huh. He was a **remarkable** man. Sadly, he completed only 13 episodes . . .

Unit 5 Self-study

Mandy: Good afternoon. I'm Mandy Cole, and welcome to *Outside Story*. On the show today, we'll be talking to Dr. Dave Greenaway, the man behind the camera in some of your favorite TV shows.

Now, Dave, you've got what is unquestionably the top nature show on TV at the moment – *River Watch*. Can you tell us a bit about it? What have some of the challenges been?

Dave: Well, Mandy, obviously, one of the biggest challenges with *River Watch* is the fact that it's on every night of the week. The episodes are so close together, and we have so many cameras constantly filming the river that we don't have time to do much editing.

Mandy: I suppose that you have so much action on film that it's hard to choose what to use. Is that the case?

Dave: Well, actually, yes. We do have days when we've got too much action, but it's not always the action we want.

One of the biggest factors in choosing material is probably the minidramas or the animals themselves. The day-to-day soap operas on the river are absolutely fascinating. Not surprisingly, our viewers want to know what happens next – and basically, nature is unpredictable. Fortunately, we've got 60 cameras along and under the river.

Mandy: Of all the stories on *River Watch*, it's the bald eagle nest saga that has definitely got me hooked. They really are incredible birds. How big is that nest?

Dave: It's five feet wide, ten feet deep and probably weighs about a ton. But that's not the biggest on record – that one was a whopping ten feet wide, 20 feet deep and weighed in at two tons.

Mandy: The footage last month when one of the chicks left the nest, but wasn't strong enough to fly – it was so gripping. Does the crew get as involved as the viewers, or have you seen so much of it that it's lost some of its power?

Dave: Oh, no. No. Not at all. We get just as caught up in it as the viewers, more so, actually. We were all very relieved when the adults continued to feed the chick on the ground. The first successful flight brought tears to everybody's eyes. It was so moving.

Mandy: Presumably one of the other big attractions is white-tailed deer . . .

Unit 6 Self-study

Professor: Good morning everybody. We've got a lot to get through today, so I'd like to get started right away, if you don't mind.

I hope you've downloaded the notes for today's talk – it's Musicology 101 – Alan Lomax. Can I just see a show of hands? Great.

OK, so Alan Lomax has been described as one of the most important figures in the preservation of American folk music. He also pioneered the study of world music.

Yes, Sylvia, you have a question?

Sylvia: Can you give us some background on how Alan Lomax got his start in music?

Professor: Sure, Sylvia. Well, from childhood, Lomax would help his father, John, in his song-gathering. At that time, John Lomax was the country's preeminent collector of cowboy songs. In 1932, John Lomax was commissioned to compile a book of folk songs. Alan accompanied him, and they covered 16,000 miles of the U.S. in four months.

They would seek out songs in all sorts of places, including prisons, and record unknown musicians using a crude recording machine provided by the Library of Congress.

Cameron: Is it true that they made some prisoners famous?

Professor: Actually, yes. And one such musician was a prisoner whose release they helped secure, and whom they hired as their driver. His name was Huddie Ledbetter, whom you might know as Lead Belly, the legendary folk and blues guitarist.

You may not have heard him performing his own songs, but you have definitely heard others singing them. In the last few decades, his songs have been covered by musicians like Ry Cooder, Johnny Cash, the Beach Boys, and the White Stripes, among many others.

The more you listen to his music and of other musicians that the Lomaxes recorded, the more you see what a huge contribution to music and musicology they made. Alan went on to record music all over the world, and, more importantly, to work to make the music commercially available. Do you have a question, Richard?

Richard: I think I heard a recording of Lead Belly on the piano. I was just wondering what other instruments he played.

Professor: It might be a little easier to ask which instruments he *didn't* play. Besides guitar and piano, he played mandolin, harmonica, violin, concertina . . .

Unit 7 Self-study

Emma: Hi, Lucy. Where are you going?

Lucy: Hi, Emma. I'm just going out to that new farmers' market that opened last month.

Emma: You are? I thought it was supposed to be really expensive compared to the grocery store.

Lucy: No. Somebody told me about this blog where someone did a comparison between the farmers' market and the local supermarket. She spent about a third less shopping at the farmers' market than she would have at the supermarket.

Emma: Really? I would have thought it would be the other way around. Some of the dairy produce at the farmers' markets is so much **nicer**. There's that dairy farm where they make the cheese like they used to before we had all this pre-packaged stuff that's tasteless.

Lucy: The yogurt the dairy farm makes is excellent too. And you feel as though it's **more ethical** when you buy direct from the producer, don't you?

Emma: Yeah, I know what you mean. I think the producers you buy from at farmers' markets are usually **more concerned** about the care of the animals and the environment.

Lucy: Well, especially the organic farmers. I think they are the ones who really make a difference. They're growing crops the way farmers did years ago. And the fruit and vegetables are picked **later**. That's got to be **better** for everybody. And of course, it's a lot **fresher**.

Emma: Well, they haven't traveled as far across the country as supermarket produce either, of course, so they're much **more nutritious**. So, what were the prices she mentioned? Do you remember?

Lucy: Not exactly. But I remember thinking the biggest savings were on things like strawberries, cherries, potatoes – all the fresh fruits and vegetables were a much **better deal** – cheaper and **better quality**.

For instance, the strawberries at the supermarket, which were flown in and not especially fresh, were about a dollar a pound more. It's not *that* much on a single item, but it all adds up.

Emma: Yeah. If you think you're saving around a dollar an item, and you need to buy 20 things . . . then you're 20 dollars better off.

Lucy: Right – 20 dollars which you can then take over to the plant stall or the natural cosmetics stall or that really neat crafts stall . . .

Emma: Hang on a sec, let me get my purse. I'm coming with you.

Unit 8 Self-study

Andrea: Wow, Pauline, I'm exhausted. Let's get a cup of coffee. What about that salesperson? Talk about a hard sell!

Pauline: No kidding, Andrea. She was so **pushy**! She more or less demanded I buy that coat! It's **a shame**, because I really did like it, but I couldn't wait to get out of there.

Andrea: I don't know why some salespeople are like that. I mean, I'm much more likely to buy something if I'm just left alone.

Pauline: Well, I think it's important for a salesperson to offer to help customers, maybe suggest items to a customer . . .

Andrea: Oh, I don't really like it when they suggest things. Don't you think people have different shopping styles?

Pauline: Oh, definitely. Take my husband for instance. I don't know how many times I've come back from looking for something in the grocery store and he's standing there with a bunch of weird stuff in the cart, looking very proud of himself. If I ask him why, for example, he has decided to buy a **dozen** jars of pickled herring, he just looks hurt and says, "Because it's cheap and we *never* have pickled herring."

Andrea: My sister is the one who drives *me* crazy. Every time she comes to town we have to go to every single thrift shop. She then insists I buy stuff because it's such a **bargain**. She always says, "You'd pay a fortune for this normally. Here it costs you less than ten dollars!" I don't even want the stuff!

Pauline: So what do you do?

Andrea: I buy it. Then, after she leaves, I take it back and **donate** it *back* to the thrift shop.

Pauline: So you actually lose money! The salesperson must think you're crazy. Have you ever worked as a salesperson?

Andrea: No, have you?

Pauline: Yeah, I did, for a semester. I worked at Williams', in the shoe department. We had some real **nightmare** customers. There was this one woman who . . .

Unit 9 Self-study

Phil: This afternoon on *Job Talk* we have Fay Summer with us to tell us about an unusual occupation – pet psychology. Welcome to the show, Fay.

Fay: Thanks, Phil.

Phil: So you're one of the new Dr. Doolittles – someone who can talk to the animals! A pet psychologist.

Fay: No, not exactly, Phil. We prefer to refer to ourselves as applied animal behaviorists, not pet psychologists. Many of us, in fact, don't work with pets, which we call companion animals. Animal behaviorists may also work with farm animals – herds of cows, for example, zoo or laboratory animals, or, of course, with wild animals.

Phil: I see. So, the animals don't actually lie on a couch and tell you about their dreams – right?

Fay: Yes, you could put it that way. But I don't think you realize that these are qualified people doing a professional job – not just whatever they want to, whenever they think they can get away with it!

Phil: Ah, OK. I'm sorry if I sounded flippant. It's just that whenever I hear the words *pet* and *psychologist* in the same sentence, it does conjure up a certain stereotype – someone who's got some kind of an angle – and is charging a lot of money for it. But I guess, um, animal behaviorists are not just nutty animal lovers.

Fay: You're right. Most of us probably are animal lovers, and there are definitely a few nutty ones among us, but the qualifications *are* pretty demanding.

Phil: So, Fay, tell us, what is the usual pathway for becoming an animal behaviorist?

Fay: Animal behaviorists come from a variety of disciplines, including animal science, biology, psychology, or zoology. There are two levels of certification: Associate or Certified Applied Animal Behaviorist. Applicants have to have the right education, experience, and references.

So typically an Associate will have a master's degree in biology or behavioral science, and two years' experience in animal behavior; a Certified would typically have a doctorate and five years' experience.

Phil: I see. And what are the job prospects?

Fay: They're excellent. Wherever there are animals interacting with humans, there's a job.

Unit 10 Self-study

Professor: Good morning, everybody. Today we're going to be talking about ELF, English as a Lingua Franca. First off, can anyone tell me what the definition of a *lingua franca* is? Clea?

Clea: It's basically a common language used between groups that speak different languages to conduct business, commerce, isn't it?

Professor: Well, yes, business, commerce – life.

English is used as a lingua franca in many different areas of activity. About 85 percent of academic articles are in English. English is used in international business and finance, political negotiation, and tourism.

But most of this English is not so-called native-speaker English. The number of people who speak English is probably between about two and three billion. However, the majority of these people do not speak English as a first language. In the past, they were known as nonnative English speakers, but many people now feel that this classification is not particularly helpful. They would prefer to use the term *ELF speaker*, and some would also include speakers whose first language is English.

Now, many people are calling for a dictionary and a grammar of English as a Lingua Franca. But this is difficult for a number of reasons. Can anyone think of one?

Student: Well, is English as a Lingua Franca really grammatical? I mean, is it always grammatically correct?

Professor: Well, now that depends on what we mean by *grammatical*. The trend in English language teaching for about the last 40 years or so has been toward *describing* grammar that people use rather than *prescribing* grammar that they *should* use – in other words, explaining *how* people talk rather than telling them how they *should* talk.

So that's kind of a gray area. But, if we think of ELF as an evolving language variety, one that is not yet a clearly defined, standard variety like British Standard English or American Standard English, well, that might be more useful. Regardless, effective communication . . .

Unit 11 Self-study

Announcer: Welcome to *Be Your Best* with your host May Chan.

May: Today we're going to talk about life coaching. To tell us more about what life coaching actually is, we have Yolanda Peters, a widely respected life coach, with us in the studio today.

Welcome, Yolanda. Now, isn't life coaching really just a newly invented name for counseling or therapy?

Yolanda: Well, *some* people think that life coaching *is* just a new term for counseling. And, on the surface, that may appear to be so. But, in fact, that is not the case.

Of course, there are many different types of counseling, and different approaches to life coaching, but there is a key difference: Life coaching is more directive. A counselor will listen and occasionally comment, whereas a life coach is more action-oriented.

May: Well, haven't people been surviving all this time *without* a life coach? Do we really need people to tell us what to do?

Yolanda: Well, think about it like this: Everybody needs somebody who believes in them. Now, a life coach not only believes in you, but can also help you set goals and encourage you to achieve them and live the life you want to live.

It's not that different from a sports coach. In the same way he or she can help you improve your technique, a life coach can look at the big picture and advise you on how to make an effective, far-reaching plan to achieve your potential.

May: So what you're saying is that we tend to limit ourselves, and life coaches are in a position to see where those self-imposed limitations or problem areas are.

Yolanda: That's right. And, most importantly, how to solve them or work with them. Even the most deeply engrained habits can be broken or changed to work *for*, rather than against, a person's goals.

May: Do you think it's important for everyone to have clear goals?

Yolanda: Well, I think well-developed, achievable goals help give us a sense of accomplishment, which in turn makes us feel good about ourselves . . .

Unit 12 Self-study

Harry: Hi, Matt, what are you looking at?

Matt: Hi, Harry. It's a website about taking a year off. It's really interesting.

Harry: Career Man is thinking about taking a year off?

Matt: Maybe. Maybe not a whole year. Maybe a few months. I'm not sure.

Harry: What **brought** this **on**?

Matt: Well, it's just that over the holidays I was talking to my dad about his career and some of the choices he's made and, well, it was a bit of an eye-opener.

Harry: How so?

Matt: Dad said that if he'd had the chance, he would have lived abroad. Apparently he really wanted to go to Africa and work in a hospital there before we were born, but it didn't **work out**. He thinks that, if he had gone, he'd be a better doctor now.

Harry: Really?

Matt: Yeah, he felt really strongly about it. It made me think. Then when I **looked into** it, it's a lot easier nowadays.

Harry: So what would you like to do?

Matt: Provided I could find the right program, I think I'd like to get involved in a wildlife conservation project. There are a lot on this site – look.

Harry: Wow, I see what you mean. Habitat conservation, marine conservation, animal conservation – can you click on that one? Wow, working in an elephant sanctuary in Tanzania – how cool is that?

Matt: I know. You don't get paid, but what an experience! And it says here that, supposing you get accepted, you work alongside game wardens, vets, guides, and scientists.

Harry: Yeah, it doesn't really matter whether or not you get paid – you still **get** a lot **out of** it.

Matt: I like this one – marine conservation on a coral reef in the Philippines. I would just love that. And the thing is, provided you're working in an area related to what you eventually want to do as a career, employers are bound to be more interested in you if you have real experience.

Harry: I bet experience working in a program like that is going to look great on a résumé, whether it's in your area or not. I mean, it's got to show you're adaptable, adventurous . . .

Matt: Slightly nuts . . . I think you're getting into this idea.

Harry: I am!

Matt: Yeah, if this had existed 30 years ago, Dad would have been on a plane . . . Hey, look at this – "Community projects . . . ages 18 to 81" . . . I'm going to call Dad.