

**NOCN ESOL International Listening  
Level B2 Independent User Paper  
Examination Task Sheet**



**Part1**

1.
  - a. I have to think it through.
  - b. I'll have to think through it.
  - c. I have to look through it.
  
2.
  - a. Really? That was unnecessary.
  - b. Really? What did it say?
  - c. Was it really necessary?
  
3.
  - a. It's very tasty.
  - b. It's so tasteful.
  - c. It has taste.
  
4.
  - a. Try asking him nicely.
  - b. Try to ask him nice.
  - c. If you will ask him nicely.
  
5.
  - a. I slept in, haven't I?
  - b. I am sleeping in, aren't I?
  - c. I slept in, didn't I?

**Part 2**

Conversation 1

1. What does she claim about red meat?
  - a. Scientists aren't sure whether it's good or bad for us.
  - b. Red meat isn't absolutely necessary.
  - c. Only red meat has "complete proteins".
  
2. What did the BBC experiment show?
  - a. The vegetarian athletes did as well as the meat-eaters.
  - b. The meat-eaters did better than the vegetarians.
  - c. The vegetarian athletes performed better.
  
3. Which of the following statements is NOT true?
  - a. Scientists claim red meat is necessary.
  - b. The BBC experiment findings didn't surprise her.
  - c. She likes red meat.
  
4. Which of the following is NOT mentioned as needing proteins?
  - a. teeth
  - b. hair
  - c. nails
  
5. How long did the BBC experiment last?
  - a. one month
  - b. two months
  - c. three months

Now listen to the conversation again and check your answers.

Part 3

Broadcast 1

1. What does embarrassment cause?
  - a. Very serious damage.
  - b. Bullying from peers.
  - c. A loss of self-respect.
  
2. At what age does the emotion of embarrassment emerge?
  - a. We're born with it.
  - b. At early childhood.
  - c. After someone becomes 5 years old.
  
3. What does the passage claim about embarrassing events?
  - a. We learn to avoid them.
  - b. We should laugh them off.
  - c. They are mostly unexpected.
  
4. What does the speaker NOT say about embarrassment?
  - a. Everyone has felt embarrassment at some time.
  - b. It is short-lived.
  - c. It affects older people more deeply.
  
5. The phrase "*catch us off guard*" means:
  - a. we're not careful
  - b. we're not prepared
  - c. it was expected
  
6. What is true about embarrassment?
  - a. It's an emotion we are born with.
  - b. It can have harmful effects.
  - c. Adults can't handle it as well as teenagers.

Listen to the broadcast again and check your answers.

Text 2

Read the text about Aqua Therapy and answer the questions on the following page.

Aquatic or Water Therapy includes treatment and exercises performed in the water for relaxation, fitness, physical rehabilitation, and other therapeutic benefits. Typically a qualified aquatic therapist is with the person receiving treatment in a heated therapy pool. Aquatic therapy techniques include Halliwick, Bad Ragaz Ring Method, Watsu, Aqua Running and Ai Chi. Treatments and exercises are performed while floating, partially submerged, or fully submerged in water. Rehabilitation commonly focuses on improving the physical function associated with illness, injury, or disability.	1 2 3 4 5 6 7 8
Aquatic therapy includes various approaches and techniques, including aquatic exercise, physical therapy, aquatic bodywork, and other movement-based therapy. Treatment may be passive, involving a therapist or giver and a patient or receiver, or active, involving self-generated body positions, movement, or exercise. Examples include Halliwick Aquatic Therapy, Bad Ragaz Ring Method, Ai Chi and Aqua Running.	10 11 12 13 14 15
Aquatic therapy can support restoration of function for many areas of orthopaedics, including sports medicine, work conditioning, joint problems, and back rehabilitation programmes. Water provides a controllable environment for re-educating weak muscles and skill development for neurological and neuromuscular <i>impairment</i> , acute orthopaedic or neuromuscular injury, rheumatologic disease, or recovery from recent surgery. Various properties of water _____ to therapeutic effects.	17 18 19 20 21 22
Techniques for aquatic therapy include the following:	
<ul style="list-style-type: none"> <li>• <b>Ai Chi:</b> developed in 1993 by Jun Konno, uses diaphragmatic breathing and resistance training in water to relax and strengthen the body.</li> </ul>	24 25
<ul style="list-style-type: none"> <li>• <b>Aqua running:</b> Deep Water Running or Aqua jogging, is a form of heart conditioning, involving running or jogging in water, useful for injured athletes and those who desire a low-impact aerobic workout. Aqua running is performed in deep water using a floatation device (vest or belt) to support the head above water.</li> </ul>	26 27 28 29 30
<ul style="list-style-type: none"> <li>• <b>The Bad Ragaz Ring Method (BRRM)</b> focuses on rehabilitation of neuromuscular function using patterns of therapist-assisted exercise performed while the patient lies horizontal in water, with support provided by rings or floats around the neck, arms, pelvis, and knees.</li> </ul>	31 32 33 34
<ul style="list-style-type: none"> <li>• <b>The Halliwick Concept</b>, originally developed by fluid mechanics engineer James McMillan in the late 1940s and 1950s at the Halliwick School for Girls with Disabilities, in London, focus on biophysical principals of motor control in water, in particular developing a sense of balance and stability. The <b>Halliwick Ten-Point-Programme</b> is a progressive programme of mental adjustment and development of motor control; the programme is applied to teach physically disabled people balance control, swimming and independence.</li> </ul>	35 36 37 38 39 40 41

1. How is Aquatic Therapy performed?
  - a. At a fitness rehabilitation centre.
  - b. It involves passive treatment.
  - c. In a heated therapy pool, by a therapist.
  
2. In aqua running, therapy involves:
  - a. jogging in deep water.
  - b. trying to support the head above the water.
  - c. a serious heart condition.
  
3. Which of the 4 methods described is most successful?
  - a. The Halliwick Programme
  - b. Ai Chi
  - c. It isn't stated.
  
4. Which method would be used to strengthen one's heart?
  - a. Ai Chi
  - b. Aqua running
  - c. The Halliwick Programme
  
5. According to the article, what is rehabilitation?
  - a. To help put back into society.
  - b. To make whole or useful again.
  - c. To improve someone's status.

**Option 1 Formal Writing Task 1 - Allow 30 minutes for this task.**

**Write an article for the local newspaper explaining why the park in your neighbourhood should not be turned into a shopping mall.**

You could write about:

- it's a meeting place for young and old alike
- it keeps young kids off the streets
- many people exercise there
- many trees will have to be cut down to build

**Option 2 Formal Writing Task 1 - Allow 30 minutes for this task.**

**Write an essay describing the most embarrassing situation that you have ever been in.**

You could write about:

- who was involved in the situation
- the part you played in it
- how your parents reacted
- the effect it had on you

Write 100 - 150 words.

You will be assessed on:

- content
- word order
- use of appropriate tenses
- use of conjunctions, adjectives and vocabulary

**(20 Marks)**



**This is Part 2 of the Speaking Examination.**

**Please listen carefully and tell me what you would say in these situations.**

**Situation 1: Your class wants to earn money to go on an end-of-the-year, 2-day excursion. Two of the main ideas are a bake sale or selling chocolates door-to-door. What would you support?**

**Situation 2: You are talking to your teacher about planning a career's day. Two of the main ideas are hold it in the school auditorium or attend a professional one being held at a downtown hotel. Decide which idea you would support. You must present your choice.**

**Situation 3: You are visiting a foreign country. There are lots to see and do. Talk about what you think is important to do.**

**Thank you.**



**Phrasal Verbs**

**1. Match Column A with Column B. You may use a dictionary.**

A
1. get on
2. get in
3. get by
4. get at
5. keep up
6. pass out
7. get off
8. get on with
9. get over
10. get out of
11. make up
12. hold back
13. join up
14. hold in
15. hold up

B
1. suggest indirectly
2. maintain at same level
3. make progress with
4. unite
5. invent, tell lies
6. wait
7. distribute
8. escape punishment
9. restrain emotions
10. manage, survive
11. rob
12. progress
13. restrain, withhold
14. avoid, escape
15. recover from illness
16. enter

A
1. fill out
2. drop in on
3. ran out of
4. get across
5. make up
6. bear up
7. go over
8. go off
9. get around
10. turn out
11. put down
12. take after
13. put away
14. put in
15. put off
16. put in for

B
1. invent, tell lies / become friends again
2. examine
3. overcome a problem
4. produce, make
5. send an application
6. resemble a parent
7. store
8. finish supplies
9. write down, criticize
10. visit someone
11. complete a form
12. communicate, make clear
13. discourage, anger
14. apply for
15. explode, go bad
16. remain strong

**2. Fill in the blanks with the correct derivatives of the words given. You may use a dictionary.**

**1. Attract**

- a. Her mother is a very \_\_\_\_\_ woman.
- b. Men are naturally \_\_\_\_\_ to her.
- c. His job offer really \_\_\_\_\_ me.
- d. She is always very \_\_\_\_\_ dressed.

**2. Benefits**

- a. The whole class \_\_\_\_\_ from the extra lessons.
- b. What \_\_\_\_\_ does this job include?
- c. It would be \_\_\_\_\_ if you could take a computer course.
- d. Do you know who the \_\_\_\_\_ of this will is?

**3. Confusion**

- a. I'm so \_\_\_\_\_, I don't know what to do.
- b. What's all the noise and \_\_\_\_\_ about?
- c. This maths problem is very \_\_\_\_\_.
- d. He \_\_\_\_\_ me when he starts talking about science.

**4. Evidence**

- a. It's \_\_\_\_\_ that you're not telling the truth.
- b. \_\_\_\_\_, she hadn't heard that I was coming.
- c. I will give the \_\_\_\_\_ that I have, in court.

**5. Sacrifice**

- a. The ancient Greeks made \_\_\_\_\_ offerings to their Gods.
- b. He \_\_\_\_\_ his happiness to make her happy.
- c. Staying up all night to help you is quite a \_\_\_\_\_.

**Phrasal Verbs**

**3. Match Column A with Column B. You may use a dictionary.**

A
1. call out
2. break off
3. wear out
4. check out
5. keep off
6. come round
7. call on
8. break down
9. leave out
10. come across
11. ring back
12. go off
13. wipe out
14. rub out

B
1. stay away from
2. visit
3. find / meet by chance
4. call back
5. inspect
6. erase
7. become old and unusable
8. omit / not include
9. destroy
10. visit / regain consciousness
11. ask loudly for help
12. go bad
13. end abruptly
14. collapse, stop working

A
1. break in
2. bring off
3. bring back
4. clear out
5. break out
6. burst out
7. catch up
8. cut in
9. look out
10. look into
11. look in on
12. look round
13. go without
14. clear out

B
1. succeed in something
2. run away
3. explode, leave abruptly
4. join conversation abruptly
5. be careful
6. examine, investigate
7. interrupt
8. visit for a short time
9. cause to return
10. suffer the absence of
11. empty, clean a room, desk
12. inspect, survey
13. free oneself / start suddenly
14. reach / draw level with

**4. Fill in the blanks with the correct derivatives of the words given. You may use a dictionary.**

**1. Grant**

- a. The school is expecting a large \_\_\_\_\_ from the government.
- b. His newspaper article was \_\_\_\_\_ first prize as the best newspaper story of the year.
- c. Don't you hate it when people take you for \_\_\_\_\_.

**2. Instinct**

- a. She's the sort of person who relies on \_\_\_\_\_ when judging people.
- b. \_\_\_\_\_ behaviour is very common, both in humans and in animals.
- c. Just by looking at her, I \_\_\_\_\_ knew something was wrong.

**3. Establish**

- a. After all these years, the company is an \_\_\_\_\_ name on the market.
- b. One cannot fight the \_\_\_\_\_.
- c. We must try to \_\_\_\_\_ a relationship based on trust.

**4. Intentional**

- a. He did what he did with the \_\_\_\_\_ of harming her.
- b. She \_\_\_\_\_ hung up the phone on me.
- c. All the plans were made out beforehand. It was \_\_\_\_\_, so we could all have an idea of what was going on.

**5. Regard**

- a. All his students have the highest \_\_\_\_\_ for Professor Smith.
- b. With \_\_\_\_\_ to the pay raise we were expecting, we'll all have to wait until next year.
- c. He is \_\_\_\_\_ as the leading scientist of our times.
- d. \_\_\_\_\_ the money I owe you, I need an extension until next week.

**GRAMMAR HOMEWORK**

1. It's strange he isn't here yet. He \_\_\_\_\_ arrives late.
  - a. hardly ever
  - b. never hardly
  - c. hardly never
  - d. ever hardly
2. Look at all the traffic. What \_\_\_\_\_ happened?
  - a. was supposed to
  - b. do you suppose
  - c. had supposed
  - d. is supposed
3. I'm more \_\_\_\_\_ my father than my mother.
  - a. similar
  - b. like
  - c. similar as
  - d. alike to
4. We got to the station at 9:00 and the train \_\_\_\_\_ gone by then.
  - a. has
  - b. is
  - c. was
  - d. had been
5. You \_\_\_\_\_ have seen Simon last night because he's in Tokyo.
  - a. mustn't
  - b. wouldn't
  - c. needn't
  - d. couldn't
6. My father always gives us too \_\_\_\_\_.
  - a. many advice
  - b. much advices
  - c. much advice
  - d. many advices
7. The children's clothes are dirty because they \_\_\_\_\_ in the mud.
  - a. had played
  - b. having been played
  - c. have played
  - d. have been playing
8. Young children are \_\_\_\_\_ many problems when their parents divorce.
  - a. facing
  - b. faced with
  - c. facing with
  - d. faced
9. I was going to go abroad for studies but my father urged me \_\_\_\_\_ home.
  - a. not to leave
  - b. not leaving
  - c. I not leave
  - d. don't leave
10. \_\_\_\_\_ you like it or not, you have to come with us.
  - a. Even
  - b. However
  - c. Whether
  - d. Even if
11. I object to \_\_\_\_\_ paid less than a man for the same job.
  - a. get
  - b. be
  - c. be getting
  - d. getting
12. We have \_\_\_\_\_ here for the last 15 years.
  - a. been vacationed
  - b. vacation
  - c. been vacationing
  - d. vacationing
13. What claims \_\_\_\_\_ by the man's lawyer?
  - a. were made
  - b. have made
  - c. could have made
  - d. being made
14. Taking the metro is much more \_\_\_\_\_ than taking a taxi.
  - a. economic
  - b. economically
  - c. economist
  - d. economical
15. I'll leave the lights on, in case you \_\_\_\_\_ late.
  - a. come back
  - b. are coming back
  - c. will come back
  - d. coming back