

1. You will hear four teenagers answering the question “What are the things we do today that will make us cringe in the future?”. Match the speakers in column A with the ideas they express in column B. All the ideas apply only once. There are two extra options you do not need to use.

We invited teenagers to answer the question: “What are the things we do today that will seem embarrassing or otherwise regrettable to our future selves — the stuff that will make us cringe when we look back on how we lived our lives in the early 2020s?”

Alyssa

I think we will most regret the amount of time spent on social media. Every student knows the feeling of blowing off school work to spend time on social media, most notably TikTok. I think as we mature, we'll regret not studying harder or working as hard. Even now, it's embarrassing to admit that we are a little addicted to our phones. We'll regret how technology took over our lives. We look down at our phones all the time even when we are crossing the streets or eating dinner with family, and we just scroll through our phone the whole time.

Alex

I think one of the things we look back on and will be embarrassed about of is how we handled social media. I have social media and share embarrassing stories on my private accounts with my friends, so I'm not exactly innocent, but the thought of posting every life development online is so baffling to me. I always watch videos like “Get ready with me to break up with my boyfriend!” and I just wonder how people in their lives feel about their intimate relationships being out for just anyone to see. And it's not just this oversharing issue. I believe the major thing is hate. How can people go into random comments and hate somebody that they don't even know?

Dorothy

In the future, I think the idea of driving regularly will be completely obsolete. Even the idea of cars will be old-fashioned, and we will cringe at how much energy we carelessly wasted on ridiculous things. Hopefully, we will have discovered a more efficient form of getting around, and only those who collect antiques will own gas-powered cars. Besides this, as we advance in the world, we realise the environmental consequences and moral/ethical aspects of our disregard for animals. This has caused many of us to become vegetarian or vegan and I believe the amount of meat people consume will continue to decrease.

Patty

Something I think that we do today that will make us cringe when we look back on it in the future is having pets. I mean having a pet is basically like enslaving an animal. And I do have pets, I love them and we do feed them and care for them and give them shelter, but they can't run free. We think it's okay to keep animals in our homes not knowing if they actually want to be with us for our own pleasure.

<https://www.nytimes.com/> (adapted; accessed in September 2023)

2. You will hear a report on the importance of teen friendships. Complete items a. to g. with no more than three words.

We all know that spending time with good friends makes us happier. But scientists have put this feeling to the test, and the evidence shows that teen friendships are linked with psychological well-being.

One study using data from more than 111,000 adolescents found that teenagers who were integrated into friendship networks had better mental health. The findings made it clear that teens with more friends had fewer symptoms of depression and felt a stronger sense of belonging.

In addition, the benefits of adolescent friendships include: better self-esteem, lower rates of anxiety, and more empathy and feelings of trust toward others.

Peer friendships during the teen years can also help young people navigate difficult situations. A study of 108 high school students in Australia found that strong friendships were particularly helpful for teens immediately after a stressful event, such as failing a test. Teens who were with friends reported lower levels of sadness, jealousy and worry.

<https://www.newportacademy.com/> (adapted; accessed in September 2023)

1. You will hear the story of Fatima, whose simple act of kindness to help a neighbour during the pandemic turned into a grocery delivery network. For items 3.1 to 3.5, choose the correct option (A, B, or C) to complete the sentences.

While shopping with her father at an Ontario grocery store in the early days of the COVID-19 pandemic, Fatima noticed an elderly woman in the check-out line struggling with her groceries. She and her father offered to help carry her purchases to her car, and she had an idea to help others. Fatima and her father shared their number with a few elderly neighbours. The idea was that those who needed help could provide them with a list of items that they would purchase so those most at risk didn't have to be exposed to the virus in crowded stores. They shared the idea with a few friends, and her father started a Facebook group to coordinate with others who wanted to help.

Word spread, and within hours there were hundreds of people volunteering to do the same thing in their communities. More than a year later, the project — called The Good Neighbour Project — has 6,000 volunteers who speak more than 30 languages with chapters in Toronto, London, and Ottawa. Those who need assistance accessing groceries, essential supplies, and medication are connected via the Good Neighbour Hotline with a person who is able to purchase and deliver the items. The person making the request pays only for the cost of the groceries — delivery is free.

Since launching, the group has made more than 9,000 deliveries for vulnerable people including seniors, people with special needs, people who are pregnant, single parents, and others. "When I saw the elderly person, I thought that was my opportunity to go and help somebody. Because whenever you get a chance to be helpful and kind, just go and do it without thinking about it. Everybody should do that. You see an opportunity? Somebody needs help? Just go and do it."

<https://www.goodgoodgood.co/> (adapted; accessed in September 2023)