

Listening passage to be read aloud (twice):

Stage Directions	Text
Ranger:	Ladies and Gentlemen, welcome to Yosemite Park. I know you're all here to have fun, but first you must listen to our instructions. These four rules will keep you safe and will keep the park beautiful for other visitors.
<i>1 second pause</i>	
Ranger:	Rule number 1. Do not light fires in the park. Fires of all kinds are very dangerous here, because there are so many trees.
<i>1 second pause</i>	
Ranger:	Rule number 2. Eat only in the special areas for picnics. These picnic areas are marked by signs so you can tell where they are.
<i>1 second pause</i>	
Ranger:	Rule number 3. Do not feed the animals. The animals have enough food and visitors' food is often bad for the animals.
<i>1 second pause</i>	
Ranger:	Rule number 4. Throw all waste in the special waste baskets. Do not throw food or anything else on the ground. It makes the park dirty and the animals might eat it.

(1-4) / 1

Instructions to be read aloud:

Stage Directions	Text
	<i>Beep...</i>
Examiner 1:	הפכו את הדף והקשיבו להוראות למטלה 1.
Examiner 2:	<p>Look at the 6 signs.</p> <p>You will hear 4 rules for visitors to Yosemite Park.</p> <p>Listen to the rules and find the sign for each rule.</p> <p>Write the rule number under the sign.</p> <p>Note! Not every sign has a rule.</p>
<i>10 sec. pause</i>	
	<i>Beep</i>
Examiner 2:	Now listen to the rules.
<i>Play passage</i>	
Examiner 2:	Now listen again and check your answers.
<i>Play passage again</i>	
<i>5 sec. pause until next passage</i>	

Instructions to be read aloud:

Stage Directions	Text
	<i>Beep</i>
Examiner 1:	הפכו את הדף והקשיבו להוראות למטלה 3.
Examiner 2:	Read the questions below. You will hear Dr. Rina Simon and Amir talking. Listen to them and answer the questions in Hebrew.
<i>10 sec pause</i>	
	<i>Beep</i>
Examiner 2:	Now listen to Dr. Rina Simon and Amir.
<i>Play passage</i>	
Examiner 2:	Now listen again and check your answers.
<i>Play passage again</i>	
<i>5 sec. pause</i>	

Listening passage to be read aloud (twice)

Stage Directions	Text
Dr. Rina:	Hi. I'm Dr. Rina Simon with the teenage advice program. I'm here to help solve your problems. Our first caller is on the line.
Amir:	Hi! My name is Amir and I have a problem with tests. I study a lot until I really know the material. But then, when I sit down to take the test, I'm so worried that I can't remember what I studied.
Dr. Rina:	Your problem is called "test anxiety" and I'm sure many other listeners have this problem as well. When you are very worried, it can be difficult to concentrate and to remember the answers, even if you have studied.
Amir:	That's exactly what happens to me.
Dr. Rina:	Well, there are some things you can do to help yourself. First of all, it's important to start studying several days or a week before the exam. This way you'll have time to review things more than once.
Amir:	Uh-huh. What else?
Dr. Rina:	Ask yourself questions, or have your parents ask you questions, about what you've studied. This way you can see if you really know the material.
Amir:	Or my friend and I could ask each other questions.
Dr. Rina:	That's a great idea. But you must do this ahead of time, not the night before the test or the morning of the test. The night before it's important to relax. Have some fun, but make sure to get plenty of sleep.
Amir:	Thank you!
Dr. Rina:	Thank you for calling Amir, and good luck.