

**DRŽAVNO NATJECANJE U ZNANJU ENGLESKOG JEZIKA**  
**za 4. razrede srednjih škola**

<b>SLUŠANJE S RAZUMIJEVANJEM</b>
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Good morning. May I have your attention, please? The listening part of the test will start now. Open your tests to page 2. As you can see, the listening task and questions are on this page.

You will hear a recording about Time and Focus.

You will hear the recording twice, and there will be a short pause between the two listenings.

You can write your answers during both the first and second listening.

Listen to the recording. For each of the questions 1-10, choose ONE answer that fits best according to the recording.

Write the corresponding letter on the Answer Sheet.

The task begins with an example (0).

Remember to write your answers on the Answer Sheet.

While you are listening, write your answers on the task itself. You can cross out your answers, change them, make notes or underline words if you wish.

After the second listening, you will have 1 minute to check your answers.  
During this time, you should write your final answers on the Answer Sheet.

Now, let's begin. You have 30 seconds to read through the questions.

[Count silently to 30 – and then say the following:]

Now you will hear the recording.

## **“Time isn’t the main thing, it’s the only thing.”**

Miles Davis, the genius jazz musician and composer was once quoted as saying: “Time isn’t the main thing, it’s the only thing.” Whether or not he was referring to time in a rhythmical, musical sense, or whether he was specifying the way one needed to organise and spend his/her time- both notions are valid and correct.

As technology advances and distractions increase, we seem to be getting progressively anxious. We live in a society obsessed with personal productivity and almost boast about being frantically busy. It is often assumed that the key to getting things done is in managing our time. However, this seems to be false. According to psychologist Adam Grant, who has studied productivity for two decades, time management is not the solution and may well be a part of the problem. According to him, and quite a few other professionals-attention management is by far the better option. He claims that by using strategies to enhance attention management, we will need to prioritize the people and projects that matter, and then as a result it won’t matter how long anything takes. It is the art of focusing on getting things done for the right reasons, in the right places and at the right moments.

Today, with the Internet and mobile devices, it seems infeasible to concentrate on one task at a time. The online world has transformed our lives in the past 25 years, not to mention the last two years living alongside the pandemic. Technology allows spheres of our lives that used to be separate to merge. Because of technology it is all too easy for us all to allow a plethora of other things decide where our attention goes and shifts. In fact about half the time, we are actually interrupting ourselves because being distracted has become such a habit, that when there is no external distraction- we distract ourselves by expecting one.

According to Grant, often our productivity struggles are caused not by a lack of efficiency, but a lack of motivation. Productivity isn’t a virtue. It’s a means to an

end. If productivity is your goal, you have to rely on willpower to strive and accomplish the task. However, if you contemplate the reason you are excited about the project, you'll be pulled into it by intrinsic motivation. If a person is striving to be more productive, there is no need to analyse how he/she spends his/her time, but rather to give heed as to what consumes the attention.

Attention management leads to improved productivity. The ultimate result is the ability to create a life of choice around things that are important to you. It is about enhancing and gaining control over time and priorities

According to research, attention management is a collection of behaviors- including presence, concentration, daydreaming and flow -to mention a few.

According to Maura Thomas there exists 4 Quadrants of Attention Management. These quadrants determine how much control is being exerted over your attention.

The first called the Reactive and distracted quadrant-this is when one is multitasking and feels scattered.

The second-Daydreaming-here the mind is allowed to wonder without much external stimuli.

The third-Focused and Mindful-this is the quadrant where one is being fully present and working hard to maintain attention for a substantial period of time.

The fourth-Flow-the brain slips into flow as a result of spending time in the previous. Here, full attention becomes effortless.

Your attention determines the experiences you have, and the experiences you have determine the life you live. More simply said: you must control your attention to manage your life successfully.

[Count silently to 5 and then say the following:]

**Now you will hear the recording again.**

[After the second reading, say the following:]

**You now have 1 minute to check your answers and copy them onto the Answer Sheet.**

[Count silently to 60 – and then say the following:]

**This is the end of the listening task. You may now go on to do the other parts of the test.**