**ŽUPANIJSKO NATJECANJE U ZNANJU ENGLESKOG JEZIKA**

**za 4. razrede srednjih škola**

**SLUŠANJE S RAZUMIJEVANJEM**

**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 on talking about New Year’s resolutions.**

**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.**

**For questions 1-10, complete the sentences using no more than one word or a number for each gap. You will hear the exact words or numbers that you need to use. You do not need to change them. The answers will occur in the same order as the questions.**

**While you are listening, write your answers on the task itself. You may 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 and**

**transfer your final answers to the separate Answer Sheet. You must do this carefully and clearly, and you must not change what you write on the final Answer Sheet in any way.**

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

(30 seconds)

**Now you will hear the recording.**

**New Year’s Resolutions**

With the start of another new year, many people all over the world will have set themselves resolutions. This practice has become something of a feature of life across the globe. No one is quite sure when this custom began, or why, but it seems very likely that its roots date back to the Roman era, although unsubstantiated claims have been made for the ancient Greeks or even the Babylonians.

It will come as no surprise that the most popular New Year’s resolutions concern fitness, health, enjoying life more, and losing weight, with the last mentioned actually coming out on top in recent research conducted by a leading polling agency, with more than a third of those interviewed confessing to having made such a resolution. Spending less and putting aside more money is another common resolution, according to the research, with 25 percent of interviewees vowing to do so, up ten percent from last year’s figure of fifteen percent. My own pledge to be better organised comes further down the list along with other perennial favourites like get out of debt, be more sociable, and consume less alcohol.

Although the making of New Year’s resolutions is a widespread phenomenon, it would appear that we are not very successful when it comes to actually realising our goals. For instance, it seems that only one in four people succeed in doing more exercise, which depressingly means that 75 percent of us fail, while only one in five manage to cut down on drinking. In fact, overall, only 10 percent of vows are kept, which is something of a sobering thought. The hardest New Year’s promise to keep, unsurprisingly, is giving up tobacco products. Those who smoke and want to stop often need to be persistent.

So what can be done if we want to adhere to our New Year’s resolutions more successfully? First of all, it should be mentioned that there is a marked correlation between age and success. Although there is a lot to be said for maturity and experience, the younger segment of the population have the edge on their older counterparts. Why this should be so is a matter of speculation. Whether you are richer or poorer, on the other hand, doesn’t seem to matter so much.

As far as specific tips are concerned, an amount of realism is of undoubted benefit. Our promises need to be achievable, as unrealistic resolutions are almost certainly doomed to failure. We also need to steer away from vagueness. Many people fail because their resolutions lack clarity. For example, there’s no point saying that you’re going to keep fit. How are you going to keep fit? How much exercise are you actually going to do each day? In other words, we need to be able to somehow quantify our resolutions. Another way that we can help ourselves stick to what we have set out to do is to give ourselves interim goals so that we can see the progress that we’re making. Similarly, we can give ourselves certain rewards every time we reach a particular target. This will act as an incentive for us. Finally, there’s no point not telling anyone and keeping these things to ourselves. I know that I’m less likely to give in if I make an announcement to as many of my friends and colleagues as possible of my intentions, as I’m always keen to avoid the public embarrassment that quitting in such circumstances entails, and this is probably true for most people, although it goes without saying that we shouldn’t make too much of a fuss about it.

(20 seconds)

**(You will now hear the recording again.)**