

 Academic Discussion

1. Of the marketing strategies listed by the student, which ones do you think have the greatest influence? Why?
2. Do you know of any other supermarket strategies used to get customers to spend more money? If so, what are they?
3. How can an individual avoid being influenced by marketing techniques?
4. Which supermarket do you prefer? Why?
5. What marketing techniques does your favorite supermarket employ?
6. What is your opinion of marketers? Do they bring needed products to the public's attention, or do they manipulate people to buy things they don't need? Give two reasons to support your opinion.

Listening Test 2: Psychology 

Eating Disorders and the Media

 Pre-listening Internet Research: Building Background Knowledge

1. Search online for information about “bigorexia.” Watch a video clip on the topic or read an article. Take notes. What is bigorexia? What is another name for this disorder? Is this primarily a male or a female eating disorder? What behavior does a person with bigorexia exhibit? Report your findings to a partner.
2. Search online for information about “eating disorders and the media.” What are the names of some other eating disorders? How do the media contribute to the problem of eating disorders? Take notes, and report your findings to a partner.

2L19 Abbreviations

How would you abbreviate the following words?

1. common _____
2. distorted _____
3. aggression _____
4. relationships _____
5. supplements _____
6. figure _____

2L20 Symbols

Write the correct number next to each symbol.

↔	←	#	↑	X	M(s)	→
♀	♂	↓	~	>	@	w/

- | | |
|------------------|----------------|
| 1. female | 8. more |
| 2. male | 9. millions |
| 3. more than | 10. with |
| 4. arises from | 11. at |
| 5. low | 12. causes |
| 6. is similar to | 13. number |
| 7. not/times | 14. related to |

Bigorexia

Listening: Note-taking



CD 2, Track 2

1. Close your book, listen, and take notes.
2. Abbreviate key content words, and use symbols such as those listed on page 104 or your own symbols.
3. Write main points on the extreme left, and indent for each progressive level of detail.



Post-listening: Paraphrasing and Discussion

1. Compare your notes to the sample notes with your partner.
2. Paraphrase the lecture using your notes or the sample notes.
3. How big an impact do you think the media have on the rise in male and female eating disorders? Why?



LISTENING

Sample Notes

1. last wk.: com. eat. disorders:
 - anorexia, bulimia, binge eat
 - affect ♀ > ♂
 - 3 disorders = ↑ 2X in 2 decades = 10 M ♀ & 1 M ♂
 - anorexia ← distort. body image
 - believe overweight but thin, starve to death, extreme diet & exerc. & ↓ self-esteem
2. ♀ issue + ♂
 - muscle dysmorphia = bigorexia ~ reverse anorexia
 - X thin, but ↑ muscle mass, obsession
 - workout @ gym, ↑ protein, ↓ fat diet & steroids w/ side effect
 - ↓ sperm, ↑ aggress. kidney, liver disease
 - neg. soc. conseq. = self. conscious X relax → friends, relationsh.
 - # = 100,000 – M(s)—majority ♂
 - anorexia ↔ muscle dysmorphia
 - distort body image
 - X satisfied w/ body, try change w/ diet food
 - supp. drugs

3. where disdain come from?

- research body image & media
- studies: self-esteem, body satisf. & body
- esteem ← viewing media images
- ♀ mag. ↓ self-esteem: view thin ♀,
- muscular ♂
 - ↓ self-confidence → steroids, exerc., diet
 - person wide open: eat disorder

4. fashion industry

- set standard beauty ♀
- hire model WHO ↓ underweight
 - av. model BMI = 16.3
 - healthy BMI = 18.5 – 24.9
 - models thinner
 - 23% thinner = X message

5. child. toys X realistic ideal perf. body ↔

- self-esteem ♂ ♀
- Barbie ↑ thin & GI Joe, action fig. ↑ muscular
- pressure conform ideal body image starts childhood
- continues adolesc. & adult w/ media: mag., billboard, film, TV, Internet
- X get away

2L21 Test Questions

1. What is the class discussion mainly about?
 - a) The difference between anorexia and bulimia
 - b) The symptoms of muscle dysmorphia
 - c) Two male eating disorders and their effects
 - d) Two related eating disorders and their potential causes
 - b) They contribute to self-consciousness.
 - c) They contribute to diseases of two primary organs.
 - d) They cause low self-esteem.
 - e) They trigger hostile behavior.
2. Listen again to part of the lecture. Why does the professor say this?
 - a) He thinks the student is not accustomed to speaking in class.
 - b) He thinks the student has provided inaccurate information.
 - c) He is satisfied with the student's answer.
 - d) He believes the student could give a more detailed answer.
3. According to the discussion, what are the effects of anabolic steroids? Choose three answers.
 - a) They reduce the amount of sperm a man produces.
 - b) They improve social relationships.
 - b) They reduce self-confidence.
 - c) They diminish feelings of worth about one's body.
 - d) They trigger depression and suicidal tendencies.
4. According to the lecture, how do media images of muscular men and thin women affect males and females? Choose two answers.
 - a) They improve social relationships.
 - b) They reduce self-confidence.
 - c) They diminish feelings of worth about one's body.
 - d) They trigger depression and suicidal tendencies.
5. What can be inferred about children who play with Barbie and GI Joe dolls?
 - a) They will experience a reduction in self-esteem.
 - b) They will engage in aggressive behaviors.
 - c) They are likely to develop an eating disorder.
 - d) They are less likely to be affected by media images.



CD 2, Track 3

2. Listen again to part of the lecture. Why does the professor say this?
 - a) He thinks the student is not accustomed to speaking in class.
 - b) He thinks the student has provided inaccurate information.
 - c) He is satisfied with the student's answer.
 - d) He believes the student could give a more detailed answer.
3. According to the discussion, what are the effects of anabolic steroids? Choose three answers.
 - a) They reduce the amount of sperm a man produces.
 - b) They improve social relationships.
 - b) They reduce self-confidence.
 - c) They diminish feelings of worth about one's body.
 - d) They trigger depression and suicidal tendencies.
4. According to the lecture, how do media images of muscular men and thin women affect males and females? Choose two answers.
 - a) They improve social relationships.
 - b) They reduce self-confidence.
 - c) They diminish feelings of worth about one's body.
 - d) They trigger depression and suicidal tendencies.
5. What can be inferred about children who play with Barbie and GI Joe dolls?
 - a) They will experience a reduction in self-esteem.
 - b) They will engage in aggressive behaviors.
 - c) They are likely to develop an eating disorder.
 - d) They are less likely to be affected by media images.

6. The professor describes individuals with anorexia and muscle dysmorphia. Match each description with the appropriate eating disorder. Place a checkmark in the correct box. **This question is worth two points** ($5/5 = 2$, $4/5 = 1$, $3/5 = 0$).

Descriptions	1. Anorexia	2. Muscle Dysmorphia	3. Both
a) A person eats very little.			
b) A person does not accurately assess his or her body type.			
c) A person often exercises excessively.			
d) A person frequently takes drugs.			
e) The disease interferes with a person's social life.			

Score: /7



Monitored Discussion

Before you start, your instructor will write headings on the board for items 1 through 7 from the following chart. Suggest phrases to express these language functions. For example, “One point we haven’t discussed yet . . . ,” is a good way to introduce a main point.

Form groups of four. Discuss the seven questions listed after the chart. One student observes the three speakers and keeps track of their comments.

Discussion Language	Number of Contributions		
	Student A	Student B	Student C
Total number of contributions			
1. Introduced a relevant main point			
2. Expressed an opinion			
3. Politely agreed			
4. Politely disagreed			
5. Disagreed aggressively			
6. Asked for clarification			
7. Provided clarification			
Digressed from the topic			