

Task 1

ANSWER: Routine is beneficial to some extent. But it is important to break routine and try new things for happiness and memory (any broadly similar formulation is acceptable).

Task 2

ANSWERS

- Successful people known to have routine, for example, Beethoven (1 mark)
- Not always healthy though — can become like a ritual (1 mark)
- Some routine is vital — transport, schools etc (1 mark)
- Also, people seem to need some routine to give structure to lives (1 mark)
- Society needs people to have routine (1 mark)
- But, doing new things is important for happiness/well-being — it means time doesn't seem to pass so quickly (1 mark)
- Also, newness important for forming and maintaining memory — memory loss in older age can be due to predictability (1 mark)

Conclusion: The speaker appears to conclude that a degree of routine is important for individuals and society as a whole but that it is very important to avoid becoming too predictable. (2 marks)

How many could you remember?

Record your points here:

1 2 3 4 5 6 7 8 9