

Theodora Feleri

Level: B2-C1

Why Do We Dream? TedED

https://www.ted.com/talks/amy_adkins_why_do_we_dream

1. Vocabulary exercise

Match the verbs and expressions in the first column with their definitions in the second column:

1. propose	a. perform better than
2. resolve	b. keep (something) from happening
3. outperform	c. deposit or dispose of (rubbish, waste, or unwanted material)
4. dump	d. occur or follow as the consequence of something
5. result from	e. agree to give or allow (something requested)
6. result in	f. help to cause or bring about something
7. serve a purpose	g. have (a specified outcome)
8. prevent (sth from happening)	h. be useful, meet some needs or requirements
9. grant	i. have reason to believe
10. be led to believe	j. settle or find a solution to (a problem or contentious matter)
11. attribute (something to a cause)	k. put forward (a plan or suggestion) for consideration by others
12. constrain	l. restrict the scope, extent, or activity of something
13. contribute (to sg)	m. regard something as being caused by

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2. Video quiz questions

Select the correct answer.

1) According to Freud, ... [TWO RIGHT ANSWERS!]

1. our deepest desires are symbolized by our dreams.
2. our deepest desires symbolize our dreams.
3. the images of our dreams symbolize our deepest desires.
4. the images of our dreams are symbolized by our deepest desires.

2) Freud proposed that through the analysis of dreams ...

1. psychological problems can resolve.
2. psychological problems can be resolved.
3. psychological problems can resolved.
4. we can resolve by psychological problems.

3) In 2010, ... that those who dreamed about a task ... those who did not during the completion of the task.

1. a study found; were outperformed by
2. a study found; outperformed
3. a study was found; outperformed
4. it was found; were outperformed by

4) During REM sleep, ... [TWO RIGHT ANSWERS!]

1. the dumping of useless neural connections are resulted in our dreams.
2. the dumping of useless neural connections result in our dreams.
3. our dreams are resulted from the dumping of useless neural connections.
4. our dreams result from the dumping of useless neural connections.

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5) Which one is correct?

1. Dreams are resulted from the brain's need to constantly create long-term memories.
2. Dreams result in the brain's need to constantly create long-term memories.
3. The brain's need to constantly create long-term memories results in dreams.
4. The brain's need to constantly create long-term memories results from dreams.

6) Dreams may ...

1. serve the purpose of preventing the brain from completely shutting down.
2. be served the purpose of preventing the brain from completely shutting down.
3. serve the purpose of being prevented from the brain completely shutting down.
4. serve the purpose of the brain preventing from completely shutting down.

7) In our dreams ...

1. the opportunity grants to us to practice our fight and flight skills.
2. the opportunity is granted to us practicing our fight and flight skills.
3. we granted the opportunity to practice our fight and flight skills.
4. we are granted the opportunity to practice our fight and flight skills.

8) Due to these findings some researchers ... that dreams ... psychological healing during traumatic experiences.

1. are led to believe; allow for
2. led to believe; are allowed for
3. are led to believe; are allowed for
4. led to believe; allow for

9) In some cases, ... [TWO RIGHT ANSWERS!]

1. illnesses may be attributed to lack of dreaming.
2. illnesses may be contributed to lack of dreaming.
3. lack of dreaming may be attributed to illnesses.
4. lack of dreaming may contribute to illnesses.

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10) Dreams ... reality or the rules of conventional logic.

1. are not constraining
2. do not constrain
3. are not constrained by
4. are not unconstrained by

3. Discussion topics

1. Do you tend to remember your dreams?
2. Can you recall a dream you had recently?
3. Do you ever have nightmares?
4. Do you have a recurring dream?
5. What was your nicest dream that you can remember?
6. Do you think that dreams can foretell the future?
7. What may these dream symbols mean? Being chased, falling, flying?
8. Have you ever dreamt in a language other than your mother tongue?
9. Do you dream in black and white or in color?
10. Have you heard the expression "daydreaming"? How's it different from real dreaming?
11. When you get woken up during a dream, do you tend to continue dreaming that dream after you fall back asleep?
12. Why do people dream? Which theory presented in the video seems most plausible (=believable) to you?
13. Do you agree with Freud that working with a psychologist on deciphering the symbols in your dreams can help you resolve psychological problems?
14. Does it sound plausible to you that dreams help people cope with emotional trauma? Explain your answer.

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