

## A HANGANYAG SZÖVEGÁTIRATA

### 1. FELADATSOR

#### Part 1

#### Track 3

A lot of us have been disappointed when what we expected did not happen. For some it was a pay raise, for some a promotion. To avoid this from happening, it is best to set realistic job expectations.

It is not as hard as you might expect. Basically, you have to consider only five aspects.

The first of these is job security, the knowledge that you are likely to keep your job. It's a fact that no one is indispensable. What you should be looking for is a field where you are able to provide immense value to an organisation. This, together with being available, means that there is little motivation to replace you. The secret to being successful and secure in a job is to be the person who does more than what is expected from them. To do this, develop deep knowledge about an important subject. As you become an expert in a critical skill that no one else in the firm has, your value to the firm increases dramatically.

Now let's see the second aspect, career growth. Among the usual reasons why people quit their current job is that they find out that their employer doesn't give them opportunities for career growth. This is something you must discuss with a potential employer already during interviews, and in the first few days of being employed. By communicating this aspect to your boss, you will more likely be prepared for what the future holds in terms of your career growth.

The third aspect to consider is skills and knowledge enhancement. You may not realize it now but later on in your career, you will long for continuous development in terms of your skills and knowledge. You will want to join training courses and seminars because these things will be important to your career success. Find out what programs you would need in order to better yourself and consider whether it is possible to attend these.

The next item on the list is work-life balance. Even if we try to avoid it, there will be times when our work will get in the way of our personal life and vice

versa. We may be so busy with tasks that we are no longer able to spend time with family and friends. This is something you need to be ready for and you need to make plans on how to go about it when it happens. Everybody needs time to think, relax and give themselves a break, otherwise their productivity will decrease.

And finally, workplace culture adaptation. In any company, there is always such a thing called workplace culture and this will have a huge impact on you. To prepare yourself for this, there are two things you can do. One is to spend some time researching the company you are planning to work for and the culture that they have in order to see if the company really matches your values and aims, and the second is to adapt and adjust.

## Part 2

### Track 5

**Reporter:** Today we have in the studio Professor James Grant who is an expert on memory. Welcome to the studio Professor Grant.

**Professor Grant:** Hello everybody.

**Reporter:** In your latest book you claim that having a bad memory can actually make you smarter. Could you please explain this statement to our listeners?

**Professor Grant:** Well, studies suggest that the goal of memory may not be to transmit accurate information over time, but instead to only hold on to valuable information. Forgetting is just as important as remembering in how we form and store memories. Researchers in my team at the University of Toronto looked at literature on remembering, known as persistence, and newer research on forgetting, otherwise known as transience. The findings show that it's important that the brain forgets irrelevant details and focuses on the stuff that's going to help make decisions in the real world instead.

**Reporter:** It sounds interesting indeed. Have you found evidence to prove that forgetting is just as important as remembering?

**Professor Grant:** Yes, we have plenty of evidence from recent research that there are mechanisms that promote memory loss, and that these are distinct from those involved in storing information. One of these mechanisms is the generation of new neurons from stem cells. As new neurons integrate into an area of the brain called the hippocampus, new connections overwrite

existing memories, making them harder to access. This could explain why children, whose brains are still developing, forget so much information. It may seem counterintuitive that the brain would use so much energy creating new neurons at the expense of memory but it is this interaction between remembering and forgetting that allows us to make more intelligent decisions.

**Reporter:** Is it because forgetting irrelevant details helps us make the decisions that really matter, that are important to us?

**Professor Grant:** Absolutely! Firstly, forgetting allows us to adapt to new situations by letting go of outdated information that no longer helps us. If you're trying to navigate the world and your brain is constantly bringing up conflicting memories, it makes it harder for you to make decisions. The second way that forgetting helps decision-making is that it allows us to generalise past events to new ones. When we only remember the general gist of an encounter as opposed to every detail, this creates simple memories which are more effective at predicting new experiences. We believe that the environment we live in triggers these mechanisms. In an environment that is constantly changing, we may be required to remember less.

**Reporter:** Could you mention a specific example to make it clear to everyone?

**Professor Grant:** Sure. For example, a cashier who meets hundreds of people every day will only remember the customers for a short period. But a designer who meets their clients regularly will retain that information for longer. One of the things that distinguishes an environment where you want to remember stuff versus an environment where you want to forget stuff is this question of how consistent the environment is and how likely things are to come back into your life.

**Reporter:** Thank you, Professor Grant. It was really informative.