

# Lessons From The Longest Study On Human Development: Helen Pearson



Image source:  
<https://helenpearson.info/wp-content/uploads/2017/09/pic.png>

**Link to video file:**

<https://www.youtube.com/watch?v=8Dv2Hdf5TRg>

**Link to audio file:** <https://singjupost.com/wp-content/uploads/2021/10/Lessons-from-the-longest-study-on-human-development-by-Helen-Pearson.mp3>

**Questions 1 – 5.** Listen to the introduction to the talk and decide whether the following statements are *True*, *False* or *Not Given*.

1. \_\_\_\_ Helen Pearson has 3 children.
2. \_\_\_\_ All of her children are grown up.
3. \_\_\_\_ She is happy how her children have turned out.
4. \_\_\_\_ She is completely confident in the way she brought up her children.
5. \_\_\_\_ She wants her children to be well read and educated.

**Questions 6 – 10.** Listen to the description of the study and answer the following questions using a number.

6. \_\_\_\_ How long did the study last?
7. \_\_\_\_ When did the study commence?
8. \_\_\_\_ How many children were studied during the first stage?
9. \_\_\_\_ How many generations were involved in the study?
10. \_\_\_\_ How many children have been involved in the study across all generations?

**Questions 11 - 12.** True or False?

11. \_\_\_\_ The study has been completed and records have been finalised.
12. \_\_\_\_ The study resulted in over 16 thousand books and academic papers.

**Questions 13 – 16.** List 4 of some of the possible implications of being born into poverty or disadvantage.

13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_

# Authentic Listening

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**Question 17.** According to the study, being born into poverty or disadvantage doesn't necessarily mean a life of struggle. Which major factor can negate the circumstances you were born into? Please provide an extended answer.

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**Questions 18 - 19.** According to the study, how does the bedtime routine at an early age correlate with success in later life?

18. \_\_\_\_\_

19. \_\_\_\_\_

**Question 20 - 21.** What needs to be done to ensure the next generation is successful and healthy? Does this ensure success?

20. \_\_\_\_\_

21. \_\_\_\_\_

**Question 22 - 23.** What two things does Helen Pearson do as a parent to help her children grow up as successful adults?

22. \_\_\_\_\_

23. \_\_\_\_\_