



## Unexplained Phenomena and Events

### Task: Déjà Vu

#### Activity 1: Listening

Welcome to a practice listening task for the GESE 8.

You are going to hear a talk about **déjà vu**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

#### Audio Script

Have you felt like you have lived or experienced a present situation before? This is known as déjà vu. In french it means "already seen". It is an anomaly of the memory. Some of the sense that a person can experience is a sort of recollection, the time, the place and some practical context of what feels to **had been** a previous experience lived prior to the actual. There is usually some uncertainty when somebody **has been having** this sort of experience. They might even believe it to be impossible.

There are some explanations for somebody that has lived through an experience with déjà vu. It has happened to people with and without medical conditions. One medical condition is epilepsy. Some psychoanalysts claim that it can be a sort of daydreaming or wish fulfillment. On the other hand, some psychiatrists state that it is a type of mismatching in the brain. This produces the brain to confuse the present with the past. Then there are the parapsychologists. They tend to suspect that déjà vu is linked with an experience of a past-life. Furthermore, there are **many people that told stories** about past-life experiences that really make you wonder if this could be true or not.

**So, to continue**, up to 70 percent of the population have experienced deja vu. Interestingly enough, the age group that has experienced the most déjà vu experiences, are between fifteen to twenty-five years old. **Although**, it is said that many report their first experience between the ages of six and ten. There seems to be less reports of people twenty-six and over having déjà vu experiences. Although, there is still a lot to know about the experiences of somebody that has déjà vu, it is very hard to complete experiments on it due to the nature of this phenomenon. **If the researchers had known how difficult it would be to investigate déjà vu**, they would have thought more carefully about it before doing so.

Overall, it may be said that déjà vu is still a mystery. Of course, some people just believe all this to be a hoax, believing this cannot be possible at all **despite all** the stories claiming it to be true. However, what do you think, is it just daydreaming or might somebody really be living their next life?

Can you tell me in one or two sentences what the speaker was talking about?



Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me about the explanations and findings found on déjà vu.

Now tell me about the explanations and findings found on déjà vu. You have one minute to talk.

This is the end of the listening task.

**Answers:**

Explanations	<ul style="list-style-type: none"><li>• with and without medical conditions</li><li>• medical condition: epilepsy</li><li>• psychoanalysts: daydreaming or wish fulfillment</li><li>• psychiatrists: mismatching in the brain / produces the brain to confuse the present with the past</li><li>• parapsychologists: linked with an experience of a past-life.</li></ul>
Findings	<ul style="list-style-type: none"><li>• up to 70 percent population have experienced déjà vu</li><li>• age group experienced the most déjà vu, between fifteen to twenty-five</li><li>• many's first experience between the ages of six and ten</li><li>• less reports of people twenty-six and over having déjà vu experiences</li><li>• hard to complete experiments</li></ul>

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