

Dictation Contest (PRJr, 初級) No. 1077

Hey, guys! How are you doing?

Last time, I asked you what you want to do for the rest of 2024.

So first, what do you want to do during the summer?

As I have already told you, I don't really get a summer vacation, but I still like to do things in the summertime.

This year, I want to go to more events and take a trip to a different part of Japan.

Besides Okinawa, do you know anywhere with nice beaches?

Let me know, okay?

See you!

Dictation Contest (PR 1, 中級) No. 1077

Hey, guys! Welcome back to PR1.

Let's learn some more English slang today.

Our first one is "facts." When you completely agree with someone who is speaking the truth, we say, "facts!"

We also have "rent free." That is when some idea or memory is stuck in your head – it's living in your brain without paying rent. You might say "That girl's beautiful face lives in my head rent free" or "Ariana Grande's iconic music video is living in my head rent free."

This is a little old, but when a food tastes incredibly good, we use the word "bussin'." For example, "This miso ramen is bussin'", or "grandma's food is always bussin'".

I hope you enjoyed learning slang with me.

Do let me know what's bussin' for you!

See you next time.

Dictation Contest (PR2 上級) No. 1077

Hello, everyone! Welcome back to PR 2!

Today I will continue talking about the benefits of reading books. Let's begin!

First, it helps lessen cognitive decline.

Like the rest of your body, your brain needs exercise to help keep it working at its best.

Reading books is one way to help keep your mind sharp.

"Various activities, including reading, that are seen as cognitively engaging are definitely associated with better brain health. While the jury is still out on if reading can prevent dementia, research suggests that older people who read more than those who don't appear to have a reduced risk of cognitive decline.

At the very least, older adults who read more often generally have "larger vocabularies than younger adults because of all the reading experiences that they've done," which helps in obtaining "crystalized knowledge", or things people have read about that they can put to use in their day-to-day lives.

Next, it reduces stress.

The American Psychological Association found in its 2022 annual survey on stress in America that a quarter of American adults feel that they're "too stressed to function."

High levels of stress are associated with a variety of physical and mental problems, making stress management essential to personal wellness.

Engaging in stress-relieving activities, like reading books, is an easy way to help keep cortisol levels down.

A study found 30 minutes of reading had the same ability to decrease stress as 30 minutes of yoga.

That's all for today! See you!