

Dictation Contest (PRJr, 初級) No. 797

Hi, guys! Welcome back to PR Junior.

Today, you will listen to an announcement about a missing puppy.

Have you seen my puppy, Jojo? He is a cute little shiba-inu with brown ears and big black eyes. He has light brown hair [and] a blue tag. I was taking a walk with Jojo outside. On our way to the park, a black cat suddenly appeared from a neighbor's garden. Jojo ran after it. He ran so fast that I couldn't catch him. I looked for him for two hours.

That is all for today, bye-bye!

Dictation Contest (PR 1, 中級) No. 797

Hello, everyone! Welcome to PR1.

Today we will be talking about how recycling can lift people's moods. Let's begin.

Through millions of answers to surveys like the World Values Survey, it has been found that eco-friendly behaviors are linked with happiness and satisfaction with life. People who agree with this statement that it is important to keep an eye on the environment have an increased rate of happiness. Modern society encourages people to buy many goods, but most of them turn into waste. This has negative results on the environment. However, this also influences how individuals feel. Wasting a lot makes people feel bad. In other words, when people try to recycle and reduce waste and so on, it actually makes them feel better.

Okay, that's all for now. I'll see you in class. Bye!

Dictation Contest (PR2 上級) No. 797

Hi, everyone! And this is PR2.

I am assuming that by the time this video is posted, you will already have finished a month in the new academic year. And I hope that everything is working out just fine, and that you have realized a healthy learning environment full of great teachers and friends.

I'm truly hoping this because in Japan we have something called the "May disease." It isn't exactly a disease, but is a common phenomenon where people experience burnout and fatigue in their new environment. I will read a short article on it:

In Japan, April marks the beginning of the new academic year for schools and the fiscal year for businesses. This means that during this time, many people are starting new schools and new jobs – changes that for many also entail moving to new cities, having to make new friends, and enduring significant changes in their personal and professional routines.

May disease represents a common set of symptoms that result from the stress of coping with change and may lead to depression or adjustment disorders. Symptoms can range anywhere from fatigue, lack of motivation, change in appetite, and disinterest in hobbies that once interested you.

If these signs seem familiar, please do not leave them untouched. You can prevent and cope with May disease by maintaining a regular sleep schedule, keeping a diary or practicing meditation, and seeking out support from coworkers, friends, and family members. You can always talk to me, too!

Anyways, that's all for today! Stay healthy, and see you again! Bye!