# FCE FINAL EXAMINATION ISP__

**1- READING COMPREHENSION: Read the article and choose the answer (A, B, C or D) which you think fits best according to the text**

## Do you really want to be perfect?

Celia Dawson takes a look at self-improvement and tells us to get real!

We live in an age when self-improvement is part of everyday life. We go on diets, whether to lose weight or to make ourselves feel better. We give up sugar, fat or meat, depending on what the latest book, article or celebrity advises us. And we take up different fitness programmes, exercise routines and gym classes in line with the most popular internet ideas of the day. Our efforts to improve ourselves aren't limited to our bodies. Thanks to journalists and bloggers, we want to improve our mind, our personality, our whole self, and ideally at the same time become more intelligent, more successful, and more popular.

While we work to change into the beautiful new person we think we should be, we are encouraged by media psychologists to identify our strengths and weaknesses, name our ambitions and admit to any negative influences past or present. Once we have done this, we might try to increase our concentration, improve our memory skills, drop various bad habits, take up some good ones, get rid of unnecessary objects in our rooms and try to make them tidier, calmer and more peaceful, or the opposite –busier, more stimulating and more exciting. If we have any time left after doing all that, we are advised in health articles to relax and to breathe properly, and we are told techniques for getting enough sleep of the right kind. If you are already yawning and therefore know that you certainly won't need ***those tips***, I fully understand your point of view.

Even if you are one of those rare people who feel happy with the way you are, and have never tried to change yourself, you must be familiar with the idea of self-improvement. You must know someone who has tried to change in some way, perhaps someone who gave up chocolate, sweets or video games on the first of January one year, even though they might not have stuck to their resolution for more than a month. In the twenty-first century, you just can't escape the self-improvement industry.

And yes, it is an industry. In the USA alone, the publishing and selling of self-improvement books is big business, bringing in $550 million a year. It seems that, unlike me, most people prefer reading books about how to change themselves rather than actually sitting down with an exciting novel that might make them forget their worries. So why is it that we are spending all this money on self-improvement books, articles, courses and training programmes?

Perhaps social media is one of the reasons. A lot of people only post the best aspect of their lives on social media and we then compare ourselves negatively to these ***misleading images***, become dissatisfied and buy a book about how to become the most popular person on the planet –or at least, at school! Another aspect of self-improvement that attracts us is that reading articles about change gives us energy and a positive feeling. But we have to ask ourselves if we actually want to

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change, or if we just want to read about changing, without putting in the e- or to make change happen.

If you have decided to change some aspect of yourself or your life, it's important to remember first that change isn't easy and second that you need to stay positive when things get difficult. If you get depressed by your slow progress, instead of giving up, try to be grateful for the good things in your life, which you might take for granted – a roof over your head, a bed at night, running water and regular meals. And try to remember that any sort of exercise, including simply going for a walk, can make you feel less stressed.

Remember too that you don't have to move forward in huge steps. Even if you are taking one small step after another, you are still moving forward. Over weeks and months, those small steps will add up.

**1- In the first paragraph, the writer lists things we do to improve ourselves**

A- so that readers can learn how to be more successful.

B- to encourage readers to get fitter in body and mind.

C- to show readers that self-improvement is a fashionable trend.

D- to show readers how helpful journalists can be.

**2- The writer believes that**

A - anyone can change if they try hard enough.

B - people are influenced by the press and internet.

C- people need to try out different ways to stay fit.

D - famous people are a good source of information about healthy eating.

**3- What does 'those tips' (line 28), refer to?**

A- articles about relaxation and breathing

B - suggestions about how to sleep well

C - general ideas about how to change habits

D - any books about self-improvement

**4 - In the third paragraph the writer indicates that**

A - nobody's New Year's resolutions last longer than a month.

B - a lot of people are content with their lives.

C- a small number of people make New Year's resolutions.

D - only a few people don't want to change themselves.

**5 - In paragraph 4, what is the writer's attitude towards the self-improvement industry?**

A - it's hard to understand why people buy into it

B - it's good that books are written to help people understand it

C - people would benefit more by escaping from their problems

D - there is too much money spent on developing it

**6 - Why does the writer refer to 'misleading images' in line 52?**

A - to give an example of typical social media posts

B - to explain why people are fooled by what they see on social media

C - to complain about what people post on social media

D - to demonstrate the content of self-improvement books

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**7 - How does the writer feel about articles on self-improvement?**

A - concerned about whether people read them properly

B - uncertain about the extent to which they tell the truth

C - afraid that they make it look too easy

D - unsure about the reasons why people read them

**8 - The writer concludes by telling readers that**

A - being thankful can help when you're unhappy.

B - a slow walk is the best type of exercise.

C - it's generally quite easy to change.

D - a good night's sleep is the most important thing

## 2- USE OF ENGLISH

**PART 1: Read the article and decide which answer (A, B, C or D) best fits each gap.**

**City break: destination London**

In my next school holiday, my parents are taking me on a city break to London. We'll be staying in an apartment (9)..... , which will give us more freedom than staying in a hotel. It's close to a couple of supermarkets, which is (10)..... for shopping for food. It's also (11).... to the centre as it's near a tube station. We're flying to Heathrow airport from where we'll catch the (12).... train to the centre, then we'll take a taxi to our apartment. So what will we see? (13) ....a start, London is one of the best cities to visit in Europe with lots of places (14).... the Natural History Museum. We're going to be (15).... foot most of the time, though we will use the tube a lot too. We want to go on the London Eye at night as we've heard the views (16) .... your breath away. It will be my first visit to London so I want to see all the usual tourist (17) ...., like Big Ben and Buckingham Palace. I also want to go to Westfield, which is a big shopping (18).... in West London.

| | | | |
|---|---|---|---|
| 9 - A group | B site | C block | D hall |
| 10- A useless | B imposing | C handy | D urban |
| 11- A insulated | B remote | C high-speed | D well-connected |
| 12- A secure | B express | C public | D tracked |
| 13- A For | B By | C Of | D From |
| 14- A as | B because | C like | D to |
| 15- A at | B in | C onto | D on |
| 16- A take | B have | C make | D lose |
| 17- A visits | B spots | C signs | D networks |
| 18- A amenities | B centre | C complex | D park |

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**PART 2: Read the text and complete the gaps with one word only.**

**Try a smile**

**Do you sometimes put _____ a brave face when you are actually feeling _____ in the dumps? Well, research carried _____ in California suggests that the expressions on your face are capable of influencing your feelings. So if you are feeling sad, but manage to smile, even if it is a fake smile, you will benefit _____ the feedback to your brain from the muscles involved in smiling. The muscles will inform your brain that you are feeling cheerful, which will result _____ you feeling happier. So bear this in mind next time when you are miserable! Always try to be aware _____ how you are feeling so that you can adopt positive body language to deal with negative feelings. You needn't put _____ with friends who complain about your fake smile because it's very soon going to turn into a genuine one! Just try it out, _____ least once!**

**PART 3: Complete the second sentence so that it has a similar meaning to the first sentence using the word given. Do not change the word given. Use between two and six words, including the word given.**

26- The professor explained his theory of perception. **HAD**

What _____his theory of perception.

27 - My project on miniature animals was to be handed in yesterday. OUGHT

I _____ my project on miniature animals yesterday.

28- Saskia has just come from Russia. She doesn't know any of her new neighbours. JUST

Having _____, Saskia doesn't know any of her new neighbours.

29- "The film was a huge success" said the film's director.

The film's director _____ a huge success.

30- "Have you watched the last episode?", asked Frank. IF

Frank _____ the last episode.

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**PART 4: WORD TRANSFORMATION**

**Use the word given in capitals at the end of some lines to form a word that fits in the gap in the same line.**

Seeing the natural world

It isn't easy to say with complete (31)_____ exactly how other animals see the world. **ACCURATE**

But thanks to research, we can be reasonably (32) _____about the following **CONFIDE**

information. It used to be thought that dogs only saw in black and white, but in fact they see a

(33)_____ of colours like we do. However, their sight is not great and **VARY**

(34) _____objects can look blurred to them. For birds, good eyesight is **DISTANCE**

(35) _____for safe flight, and for spotting food, sometimes from a great **ESSENCE**

(36)_____ . Without excellent vision, their **HIGH**

(37) _____is threatened. What about insects? Well, flies have eyes that are **SURVIVE**

adapted to the way they live – they have 'all-round' (38) _____and can move fast if **VISUAL**

danger is approaching from any side. Eyesight is related to (39) _____factors – snakes for example **ENVIRONMENT**

can 'see' heat! They know when a (40) _____predator is close because their eyes tell them! **DEAD**

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