

UNIT 8 Test

Listening

You are going to listen to five people talking about their hobby.

Task 1

For questions 1–5, choose from the list (A–H) the hobby each speaker talks about.

- | | | | |
|---|-------------------|-----------|---------|
| A | fitness training | Speaker 1 | 1 |
| B | photography | Speaker 2 | 2 |
| C | playing in a band | Speaker 3 | 3 |
| D | going to the gym | Speaker 4 | 4 |
| E | camping | Speaker 5 | 5 |
| F | drawing | | |
| G | country dance | | |
| H | travel writing | | |

____/5

Task 2

For questions 6–10, choose from the list (A–H) what each speaker says about their hobby.

- | | | | |
|---|---|-----------|----------|
| A | I have discovered helpful new techniques online. | Speaker 1 | 6 |
| B | It has helped me identify my dream career. | Speaker 2 | 7 |
| C | I have become self-confident through it. | Speaker 3 | 8 |
| D | I've met a lot of interesting people. | Speaker 4 | 9 |
| E | It allows me to express original ideas. | Speaker 5 | 10 |
| F | It's thanks to my friends that I've carried on with it. | | |
| G | I make a lot of money from my hobby. | | |
| H | I have discovered a talent I didn't know about. | | |

____/5

Reading

Task 1

Read the article and choose the answer (A, B, C or D) which you think fits best according to the text.

11) 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.

12) 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.

13) 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

14) 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.

15) 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

16) 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

17) 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

18) 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.

___/8

Task 2

Read the article again and answer the questions in your own words.

19) From reading the article, what do you understand by the term 'self-improvement'? Explain in two sentences.

20) Do you like the writer of this article? Why or why not? Give two reasons using information from the article.

___/4