

Task 1

- In the following article about technology addiction, seven headings have been removed.
- Your task is to write the letters of the headings (A-I) next to the appropriate numbers (1-6).
- There are two extra headings that you do not need.
- Write the letters in the white boxes as in the example (6).



SIX SIGNS YOU MAY HAVE A TECHNOLOGY ADDICTION

- 6) _____
- As with anything pleasurable that we experience in life (such as eating chocolate or drinking coffee), the brain releases dopamine, the feel-good hormone. Technology use can be addictive: we might see a funny photo on Instagram or where a level on a video game, and we simply want more. Here are six signs that you may be consuming too much technology.
- 1) _____
- There is no specific number of hours that is 'safe' for teenagers to use technology. However, they need a balance of experiences in their lives and their leisure time should not be dominated by digital devices.
- 2) _____
- The use of a smartphone while waiting for a bus, doing some flat checking for a school assignment, or even checking your social media this is not harmful. However, if you cannot sit still anywhere without using a gadget, it may indicate that you have a technology addiction.
- 3) _____
- Can you maintain friendships away from screens? If you would rather chat online than play or talk in person, it might be cause for concern.
- 4) _____
- Many teenagers stay up late playing games or wake early to complete a game. If the sentence "I just need to finish off" this level and then I'll switch it off" sounds familiar, you might want to consider limiting your screen time.
- 5) _____
- Don't worry, teenagers need to switch off – it is a healthy part of brain development. In today's society we are constantly connected or engaged, however, we need to be aware of the fact that boredom and 'quietness' are beneficial for us.
- 6) _____
- If traditional activities that you were once keen on have been overtaken by digital devices and games, you might consider switching the devices off.
- A) Do you spend vast amounts of time engaged with technology?
- B) Do you often feel that you are 'bored' when not using digital devices?
- C) Do you use technology to avoid dealing with problems?
- D) When you need help, do you turn to online advice pages instead of people they know?
- E) Do you withdraw from face-to-face social situations in preference for using digital devices?
- F) Do you tend to withdraw from activities you previously enjoyed?
- G) Do you find you are constantly preoccupied with technology?
- H) Do you have trouble making a difference between what you experienced online and what happened to you in real life?
- I) Do you tend to get less than enough sleep?

Task 2

- Read this article about test anxiety, where sentences have been removed.
- Your task is to reconstruct the text by filling in the gaps (1-12) from the list (A-I) below.
- Write the letters in the white boxes next to the numbers as in the example (6).
- There are two extra letters that you do not need.



TEST ANXIETY AND WHAT IS BEHIND IT

- You've done all your homework and studied hard, you think you are well-prepared.
- 1) _____ Suddenly, you blank out, freeze up, zone out, or feel so nervous that you can't respond to the questions you know the answers to just last night. If this sounds like you, you may have a case of test anxiety – that nervous feeling that people sometimes get when they're about to take a test.
- It's normal to feel a little nervous and nervous before a test. 2) _____ A little nervous anticipation can even help you do better on a test. But for some people, test anxiety is more intense. 3) _____
- Test anxiety is a type of performance anxiety – a feeling someone might have in a situation where performance really counts, for example before singing a solo on stage, getting ready for a running race, or taking a final exam.
- 4) _____ Some people might feel shaky or sweaty, or feel their heart beating quickly as they wait for the test to be given out. Some may even feel like they might pass out or throw up.
- All types of anxiety are a reaction to something stressful that we know is coming. Like other anxiety reactions, test anxiety affects both the body and the mind. 5) _____ That's what causes the physical symptoms, such as sweating, a pounding heart, and rapid breathing. Focusing on the bad things that could happen can also fuel test anxiety. For example, someone worrying about doing poorly might have thoughts like, "What if I forget everything I know?" or "What if the test is too hard?" 6) _____
- People who worry a lot or who are perfectionists are more likely to have trouble with test anxiety. 7) _____ In this way, even without meaning to, they might really pressure themselves.
- A) When you're under stress, your body releases the hormone 'adrenaline', which prepares it for danger.
- B) Those with such traits sometimes find it hard to accept mistakes they might make or to get anything less than a perfect score.
- C) But then the day of the test comes.
- D) The nervousness they feel before a test can be so strong that it interferes with their concentration or performance.
- E) It just about everyone does.
- F) People suffering from test anxiety can easily learn how to cope with the feeling.
- G) Like other situations in which a person might feel performance anxiety, test anxiety can cause nausea, a stomach ache, or a headache.
- H) In many thoughts like these have no mental space for focusing on the test questions.
- I) In case of severe test anxiety, it is advisable to do yoga or other forms of relaxing activities before taking the test.

Task 3

- Read this article about life in space and then read the statements (1-10) following it.
- Your task is to decide whether the statements are true or not.
- Mark a statement A if it is true according to the article.
- Mark B if it is false according to the article.
- Mark C if there is not enough information in the text to decide if the statement is true or not.
- An example has been given for you.
- A = TRUE, B = FALSE, C = THE TEXT DOES NOT SAY



HOW TO SURVIVE IN SPACE

Finally, whether it's a suit that fits around your body or a larger vehicle that gives you some freedom of movement, you need a spaceship if you're going into space. Humans can only survive for about 15 seconds in the vacuum of space without a protective suit, and even if they could survive longer, they would quickly receive a fatal dose of radiation from the sun.

An efficient spaceship like the International Space Station (ISS) uses 10 percent of the resources generated by its occupants, converting a small amount of solar energy into the most important resource: water. A person needs 2.5 litres of water a day. It is a fundamental need, so it's what the body craves, but it's not what the body needs to survive. It's a fundamental need for the food that accompanies astronauts into space, which are all stored in a dried state. Perfect food packs are those that don't require any refrigeration or need to be cooked and can have nutrients. Astronauts need to follow a balanced diet, and because weightlessness affects the sense of taste, some people enjoy spicy food.

Personal hygiene is just as important in space as it is on Earth; astronauts can take showers, but they usually do it with a sprayer to conserve water. In addition, they use soap and water to wash their face and hair. In order to stay fit and fight the weakening effect of weightlessness on the leg and lower back muscles, people going to space for an extended period have a greater than usual need of some sort of gym equipment. Otherwise, even the simplest activities would become extremely exhausting after you return home to a gym.

If manual instruments aren't on your A-list of space supplies, then think again. Scientists have found that music has a key role in maintaining a sense of normalcy and mental balance, and the ISS astronauts have a range of instruments available for jamming and recording in space. And while you may well be able to entertain yourself by watching your favourite film stored in the zero-gravity environment, there is no substitute for that collection of books and CDs you packed.

- 8) Astronauts need protective gear to survive in space.
- 9) The vacuum of space does not immediately kill a person without any protection.
- 10) Closing out water on the ISS requires a significant amount of energy.
- 11) Without a supply of water, astronauts would not be able to eat.
- 12) Typically, astronauts want stronger flavours in their food in space.
- 13) Most astronauts lose weight during the period they spend in space.
- 14) Due to weightlessness, regular exercise is less important in space than on Earth.
- 15) Astronauts on the same mission often play music together.
- 16) The wonders of space provide astronauts with better entertainment than regular four-time activities back on Earth.

Task 4

- Read this article about how people can sometimes help each other at difficult times. In the text, some parts of sentences have been left out.
- Your task is to reconstruct the text by filling in the gaps from the list.
- Write the letters (A-I) in the white boxes next to the numbers (1-7) in the example (6).
- There are three extra letters that you will not need.



CHRISTMAS KINDNESS

Christmas is a time of giving, and that's exactly 1) _____ during the festive season. Just a few weeks before the holidays, Massachusetts police officer Matt Lima received a call about shopping at a food store in Somerset.

As soon as he arrived at the store, he spoke to a staff member 2) _____ were not scanning all their groceries before putting them into shopping bags. In the supermarket's office, the woman said 3) _____ They had attempted to take additional food items they couldn't pay for because they were desperate to make a proper Christmas dinner for their children.

When he heard about the details of the family's situation, the officer decided to temporarily buy them from the store but did not press charges 4) _____. Not only that, but Lieutenant Lima then went on to buy the women gift cards worth \$250 with his own money so they could purchase groceries for their dinner at another store.

"The two children with the women reminded me of my kids, 5) _____. They were very thankful – and they were kind of shocked. I've seen a lot of people in the same situation would be thinking 6) _____ and maybe they would be worried or have to go to court," Lima told media outlet WorcesterStar.com.

When a report about the case reached Police Chief George McNeel, he said the incident was a true testament of Lima's great character: "His action exemplify 7) _____ When faced with a difficult situation 7) _____ he made the generous decision to not press charges and instead ensured that they would have a Christmas dinner they could enjoy."

- A) so I had to help them out
- B) where a family was trying to provide a meal for their kids
- C) what a full police officer did to help a family in need
- D) that they were going through some very rough times
- E) where the family had moved only very recently
- F) what it means to protect and serve the members of our community
- G) so the children had to go without for food for over a week
- H) who told him how women with two young children
- I) so generous acts like this tend to attract significant media attention
- K) as all the items on the receipt were for food
- L) that there was going to be a different outcome