

**I. Put the words in brackets into the correct word form.**

Stress in teens can also impact their cognitive abilities like memory. You may think that your teen is neglecting his chores or being (1. **CARE**) ..... but for all you know, he may have been (2. **STRESS**)..... and forgot about it. Other cognitive symptoms include the inability to focus, negative perspective, and poor (3. **JUDGE**) ..... Sometimes, you may not be (4. **ABILITY**)..... to identify if your (5. **TEENAGE**)..... is stressed or is just being a “teen”. In such cases, a teen stress test could be a good (6. **OPT**)..... You could get them to take an online test or take one at school. Do not force them to take such tests and do not single them out. Instead, make it a fun (7. **ACTIVE**)..... that everyone in the family participates in.

Unlike what you may think, stress is good if it (8. **MOTIVATION**)..... you to perform better. It can also help you identify an (9. **UNDERLIE**)..... problem. Mental stress or tension that your teen is going through can be (10. **(MANAGER)**) ..... easily, only if you know what is causing it.

**II. Read the passage. Fill each blank with a suitable word.**

One of the biggest decisions of your life is taking in your mid-teens. You have to choose your future profession. How do you know if you (1)..... made a huge mistake? One way to be more confident is to try (2) ..... the job you want for a few weeks. The year 12 class in Purbeck School have (3)..... given the chance to do that. The kids (4)..... have two weeks to work in the office (5) ..... their choice. Besides having a clearer idea about their chosen career, they will also learn some of the key skills (6)..... they will need in the future: punctuality and responsibility. They will also (7)..... expected to show some independence. There is also the possibility that some of the students (8) ..... be offered work at the end of their studies. Jenny Green went to work in her local gym. She (9)..... us that the experience was useful. T realized there (10)..... many people over 30 working there. I need to get more business qualifications so I can move into management. If I (11)..... gone to work there, I might not have realized that.' Many students have had a similar experience, and felt they (12) ..... make the decisions more confidently.

**III. Read the text and match the titles to the paragraphs.**

**A. New experiences**

**D. Encouragement**

**B. Socializing**

**E Positive examples**

**C. Feedback and advice**

**E. Friendship**

### **Peer Influence Isn't All Bad**

You already know that the teen years can be tough. You're figuring out who you are, what you believe, what you're good at, what your responsibilities are, and what your place in the world is going to be.

It's comforting to face those challenges with friends who are into the same things that you are. But you probably hear adults-parents, teachers, guidance counselors, etc., talk about peer pressure a more than the benefits of belonging to a peer group.

You might not hear a lot about it, but peers have a profoundly positive influence on each other and play important roles in each other's lives:

0 \_\_\_\_\_ E \_\_\_\_\_

Among peers you can find friendship and acceptance, and share experiences that can build lasting bonds.

1. \_\_\_\_\_

Peers set plenty of good examples, for each other. Having peers who are committed to doing well in school or to doing their best in a sport can influence you to be more goal-oriented, too. Peers who are kind and loyal influence you to build these qualities in yourself. Even peers you've never met can be role models! For example, watching someone your age compete in the Olympics, give a piano concert, or spearhead a community project might inspire you to go after a dream of your own.

2. \_\_\_\_\_

Your friends listen and give you feedback as you try out new ideas, explore belief, and discuss problems. Peers can help you make decisions, too: what courses to take; whether to get your hair cut, let it grow, or dye it; how to handle a family argument. Peers often give each other good advice. Your friends will be quick to tell you when they think you're making a mistake or doing something risky.

3. \_\_\_\_\_

Your peer group gives you opportunities to try out new social skills. Getting to know lots of different people-such as classmates or teammates- gives you a chance to learn how to expand your circle of friends, build relationships, and work out differences. You may have peers you agree or disagree with, compete with, or team with, peers you admire, and peers you don't want to be like.

4. \_\_\_\_\_

Peers encourage you to work hard to get the solo in the concert, help you study, listen and support you when you're upset or troubled, and empathize with you when they've experienced similar difficulties.

5. \_\_\_\_\_

Your peers might get you involved in clubs, sports, or religious groups. Your world would be far less rich without peers to encourage you try sushi for the first time, listen to a CD you've never heard before, or to offer moral support when you audition for the school play.

**IV. Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer for each of the questions.**

## Understanding India's Caste System

It has been said that life is what we make of it. In other words, if we work hard and focus on our goals, we can have great careers and enjoy high status in society. However, these opportunities don't exist for everyone. In some places, the family you are born into will decide almost everything about your life. India's caste system is an example of this.

The caste system is a major part of the Hindu religion that has existed for thousands of years. It is a way of organizing and grouping people based on the occupation of the family. Castes will determine whom people can socialize with and their place in society. Originally, a person's caste was supposed to be determined by their personality, but over time it has been linked to their job and family.

There are four classes, also known as varnas, in India's caste system. The highest one is Brahmin. People in this class have jobs in education and religion. These are seen as extremely important functions for the society as they deal with the knowledge. The second highest level is the Kshatriya, or ruling class. People from this group can be soldiers, landowners, or have jobs in politics. The class beneath this is the Vaishya. These people often work in the commercial sector as merchants. The fourth class level is the Shudra. Shudras typically work as unskilled labourers doing factory or farm work, or they may also be employed as artists.

There is another group, the Harijan, that is at the bottom and considered to be outside of the caste system. For many years, they were known as Untouchables, people from this caste held the most undesirable jobs in society, such as cleaning up garbage. Furthermore, they weren't allowed to pray at public temples or drink water from the same wells as other classes. If someone from another caste came into contact with an Untouchable, they were considered dirty and would be expected to bathe vigorously to clean themselves.

Although the caste system still exists in India, the government is taking steps to improve the living conditions and decrease unemployment rates for the Shudras and Harijan. This includes providing better health care, offering literacy programmes, and making sure that people from higher social classes do not exploit them. It seems unlikely that the caste system will disappear any time soon, but the overall conditions for those at the bottom do seem to be improving.

1. Which of the following is NOT true about India's caste system?

- A. The caste system has been used in India for a long time.
- B. The Kshatriya is the second highest class.
- C. Hard work helps people move up in the caste system.
- D. It is possible that a Shudra would work on a farm.

2. The word "this" in paragraph 1 refers to \_\_\_\_\_.

- A. the fact that your origin will mostly decide your future
- B. the pleasure of life in India

- C. the India's caste system existing for thousands of years  
D. the major part of the Hindu religion
3. What is the caste system mainly based on?  
A. What a person believes on                      B. When a person starts school  
C. Who a person's parents are                      D. Where a person was born
4. What kind of job would a Brahmin likely have?  
A. A priest                      B. A warrior                      C. An inventor                      D. A painter
5. What could replace the word "**ruling**" in paragraph 3?  
A. defeating                      B. guessing                      C. delaying                      D. governing
6. All of the following are true about the Harijan EXCEPT that \_\_\_\_\_.  
A. they used to be known as Untouchables  
B. they had to do undesirable jobs in society  
C. any contact between someone from another caste with an Untouchable was considered unacceptable  
D. anyone from another caste coming to contact with an Untouchable is not allowed to pray at temples
7. What does the passage suggest about the future of the caste system?  
A. One day soon it won't be used anymore in India.  
B. It is probably going to get worse before it gets better.  
C. The bottom groups will rise to rule over the top classes.  
D. It will likely continue to exist for a long time in India.

**V. Mark the letter A, B, C or D to indicate the word or phrase that best fits each of the blank:**

Clean freshwater resources are essential for drinking, bathing, cooking, irrigation, industry, and for plant and animal (1) \_\_\_\_\_. Unfortunately, the global supply of freshwater is (2) \_\_\_\_\_ unevenly. Chronic water shortages (3) \_\_\_\_\_ in most of Africa and drought is common over much of the globe. The (4) \_\_\_\_\_ of most freshwater supplies - groundwater (water located below the soil surface), reservoirs, and rivers - are under severe and (5) \_\_\_\_\_ environmental stress because of overuse, water pollution, and ecosystem degradation. Over 95 percent of urban sewage in (6) \_\_\_\_\_ countries is (7) \_\_\_\_\_ untreated into surface waters such as rivers and harbors;

About 65 percent of the global freshwater supply is used in (8) \_\_\_\_\_ and 25 percent is used in industry. Freshwater (9) \_\_\_\_\_ therefore requires a reduction in wasteful practices like (10) \_\_\_\_\_ irrigation, reforms in agriculture and industry, and strict pollution controls worldwide.

1. A. survive                      B. survived                      C. surviving                      D. survival  
2. A. delivered                      B. distributed                      C. provided                      D. given  
3. A. exist                      B. lie                      C. show                      D. stay

- |                    |                 |                 |                |
|--------------------|-----------------|-----------------|----------------|
| 4. A. resources    | B. springs      | C. sources      | D. starting    |
| 5. A. increasing   | B. growing      | C. climbing     | D. ascending   |
| 6. A. growing      | B. miserable    | C. poverty      | D. developing  |
| 7. A. recharged    | B. discharged   | C. charged      | D. discharging |
| 8. A. farming      | B. planting     | C. agriculture  | D. growing     |
| 9. A. reservation  | B. conservation | C. preservation | D. retention   |
| 10. A. ineffective | B. illogical    | C. irrational   | D. inefficient |