

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

SECTION A: Reading Comprehension.

Social Media.

A digital world has put increased pressure on teenagers today, and we feel it. There are so many social media channels: Facebook, Twitter, Instagram, Snapchat, TikTok, you name it. I made a conscious decision to avoid mentioning the huge pressure that they made in my little 14 years old sister who begged me to give her Wifi because my mom turned off the the Wifi of the house. My sister always needs to upload her Snapchat stories one more time, or reply to a message that had come two minutes ago because she didn't want her friend to feel ignored. If I refused, saying she could respond in the morning, I would get "You're ruining my social life" answer. Even as a teenager myself, I sometimes find these situations little crazy.



A new study has found that teenagers who engage with social media during night could be damaging their sleep and increasing their risk of anxiety and depression. Teenager spoke about the pressure the felt to make themselves available 24/7 and the resulting anxiety if they did not respond immediately to post or messages. Teens are so emotionally invested on social media that a fifth of secondary school students will wake up at night just because they want to check they don't miss out. Perhaps the worst thing about this is that teenagers need more sleep than adults do, so night-time and social media should not happen at the same time. A lack of sleep can make them tired, irritable and depressed. During the summer holidays, I lost my phone and for a week I was phoneless. It felt like a disaster. However, by the end of the week , I'd got used to not having a phone and I'd quite enjoyed the break from social media madness. But there was still a lingering sense of sadness at the back of my mind. Conversations, funny videos, chats and other were missing in my mind and I realized that I missed my phone more than ever.

Answer the following questions.

1. What was the problem with his 14 years old sister?  
\_\_\_\_\_
2. What are the consequences of using your phone at night?  
\_\_\_\_\_
3. Why are teenager so anxious?  
\_\_\_\_\_
4. Why is so important that teenagers need to sleep at least 8 hours?  
\_\_\_\_\_
5. How the author felt when he lost his phone?  
\_\_\_\_\_

SECTION B: Use of English

1. Some of the teenagers had trouble completing the homework. Help them to choose the correct answer.

1. The lady talked so fast that I couldn't ..... the gist.  
a. get                      b. find                      c. see
2. This time next weekend, I will... on the beach in Spain. I can't wait.  
a. sit                      b. be sitting                      c. have sat
3. You won't buy that CD..... you?  
a. won't                      b. will                      c. are
4. We arrived late because the plane took a long time to take.....  
a. out                      b. up                      c. off
5. By the year 2050, ninety percent of the Amazon (vanish).  
a. will be                      b. will have                      c. will

2. The teenagers forgot the correct form to complete the verbs in brackets. Help them to achieve this task.

1. Tomorrow afternoon we're going to have brunch from 10 o'clock until 13.30.  
So at 11 o'clock, we ..... (eat)
2. We ..... (not/need) call the ambulance because we knew he was fine.
3. By the end of this trip I .....(travel) 5,000 kilometers through Europe
4. In twenty years from now, people .....(live) under the sea.
5. If Julie hadn't gone (not go) to Sweden, she..... (go) to Germany.

3. Every teenager made a mistake in each sentence. Correct them ALL.

1. Because of pollution, a lot of species are dying off.  
\_\_\_\_\_
2. No, I don't believe you. You made up it.  
\_\_\_\_\_
3. She went to the library yesterday, don't she?  
\_\_\_\_\_
4. Susan and Matt are best friends. She has been knowing him all her life.  
\_\_\_\_\_
5. When we arrive in Los Angeles we'll need to rest, because we will be travelling about 800 miles  
\_\_\_\_\_

SECTION C: Listening

Listen to Michael's story. Mark the statements T (True) or F (False)

1. Peru was the only country Michael visited on holiday \_\_\_\_
2. They reached Machu Picchu by walking the Inca Trail \_\_\_\_\_
3. The train to Machu Picchu left early \_\_\_\_\_
4. Michael and his dad took suitcases in the trip \_\_\_\_\_
5. All the wheels of the train came off the rails \_\_\_\_\_

SECTION D: Writing.

Choose ONE option and write about 200 words.

- Write an Expository essay stating the concerning situation of the pollution in our planet with the title "Earth in 50 years from now"
- Write a review of your favorite book/movie.
- Write an Argumentative essay with this title "Should Pop Stars become political?"