

DIRECTION: Read the following text and identify the features underlined, using the words in the box.

sentence	heading	sub-title	paragraph	title	phrase
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TASK 1

**(a) The Wonders of Nature**

**(b) Introduction**

**(c) Rainforests are one of the most diverse ecosystems on the planet, housing an incredible array of plant and animal species. From the towering trees to the vibrant undergrowth, these ecosystems are teeming with life and hold many secrets waiting to be discovered.**

**(d) The Importance of Biodiversity**

The high biodiversity found in tropical rainforests is of utmost importance. It provides a habitat for countless species, including many that are endangered or on the brink of extinction. The intricate web of interdependencies between organisms in these ecosystems sustains their delicate balance and ensures their survival. Unfortunately, the rich biodiversity of tropical rainforests is under severe threat. **(e) Deforestation, illegal logging, and habitat fragmentation are causing irreversible damage, leading to the loss of countless species.** It is crucial that immediate action is taken to protect and conserve these invaluable ecosystems. Recognizing the urgency of the situation, numerous conservation organizations and governments are working tirelessly to preserve rainforest biodiversity. **(f) Efforts include establishing protected areas, implementing sustainable logging practices, and promoting community engagement.** While challenges persist, there is hope for the future if we continue to prioritize the conservation of these remarkable rainforests.

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| (a) | (d) |
| (b) | (e) |
| (c) | (f) |

TASK 2

**(a) Introduction**

**(b) Exploring the Benefits of Mindfulness Practice**

**(c) In today's fast-paced world, meditation has gained popularity as a powerful tool for reducing stress and enhancing overall well-being. By cultivating a state of focused attention and awareness, individuals can experience a wide range of benefits, including improved mental clarity, emotional balance, and increased resilience. Scientific research has shown that regular meditation practice can lead to positive changes in the brain. Studies have revealed an increase in gray matter volume in areas associated with emotional regulation and memory. Moreover, the activation of the prefrontal cortex, responsible for higher cognitive functions, is enhanced, resulting in improved decision-making abilities and reduced reactivity to stress.**

**(d) The Power of Meditation**

**(e) Beyond the neurological effects, meditation has been linked to various psychological benefits. It can reduce symptoms of anxiety and depression, promote self-awareness and self-compassion, and enhance overall psychological well-being. (f) Many individuals report increased levels of happiness, contentment, and a greater sense of inner peace.**

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| (a) | (d) |
| (b) | (e) |
| (c) | (f) |

TASK 3

**(a) Understanding Adolescent Development**

The period of adolescence is a critical phase of development marked by significant physical, cognitive, and socio-emotional changes. It is a time when individuals transition from childhood to adulthood, navigating unique challenges and opportunities along the way. Understanding the intricacies of teenage development is essential for supporting and empowering young people during this transformative period. Adolescence is characterized by remarkable changes in cognitive abilities, influenced by ongoing brain development. **(b) According to Steinberg (2008), the prefrontal cortex, responsible for executive functions such as decision-making and impulse control, undergoes significant remodeling during this period. (c) This plasticity allows for increased cognitive flexibility and the acquisition of higher-order thinking skills.**

**(d) Introduction**

**(e) Social and Emotional Development**

**(f) Teenagers also experience significant shifts in social and emotional development. As highlighted by Steinberg (2014), the limbic system, which plays a crucial role in emotions and rewards, develops earlier than the prefrontal cortex. This asynchronous development can lead to heightened emotional reactivity and increased susceptibility to peer influence, as adolescents navigate their evolving social identities. Recognizing the unique needs and challenges of teenagers, educational systems and support networks must adapt accordingly. Developmentally appropriate pedagogical approaches, comprehensive sex education, and mental health resources are vital for promoting healthy adolescent development. By providing a nurturing and inclusive environment, we can empower teenagers to thrive academically, emotionally, and socially.**

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| (a) | (d) |
| (b) | (e) |
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