READING

You will have 15 minutes to read and respond to the questions. The questions will either be multiple choice or in the form of a table to be completed testing your vocabulary, general comprehension of the text, etc.

Text

1. Anorexia nervosa is an eating disorder characterized by immoderate food restriction and irrational fear of gaining weight, as well as a distorted body self-perception. It typically involves excessive weight loss. Anorexia nervosa usually develops during adolescence and early adulthood. Due to the fear of gaining weight, people with this disorder restrict the amount of food they consume. This restriction of food intake causes metabolic and hormonal disorders. Outside of medical literature, the terms "anorexia nervosa" and "anorexia" are often used interchangeably; however, anorexia is simply a medical term for **lack** of appetite and people with anorexia nervosa do not in fact, lose their appetites.
2. People suffering from anorexia have extremely high levels of ghrelin (the hunger hormone that tells the brain when it is time to eat) in their blood. The high levels of ghrelin suggests that their bodies are trying to desperately switch the hunger aspect on, however, that hungers call is being suppressed, ignored, or overridden. Nevertheless, one small single-blind study found that intravenous administration of ghrelin to anorexia nervosa patients increased food intake by 12-36% over the trial period.
3. Anorexia nervosa has many complicated implications and may be thought of as a lifelong illness that may never be truly cured, but only managed over time. **It** is characterized by low body weight, inappropriate eating habits and obsession with having a thin figure. Individuals suffering from it may also practice repetitive weighing, measuring, and mirror gazing, alongside other obsessive actions to make sure **they** are still thin, a common practice known as "body checking."
4. Anorexia nervosa is often coupled with a distorted self-image which may be maintained by various cognitive biases that alter how the affected individual evaluates and thinks about his or her body, food and eating. [1] Anorexia nervosa is characterized by the fear of gaining weight. [2] Those suffering from this disorder often view themselves as "too fat" even if they are already underweight. [3] People with anorexia nervosa continue to feel hunger, but deny themselves all but very small quantities of food. [4] The average caloric intake of a person with anorexia nervosa is 600–800 calories per day, but extreme cases of complete self-starvation are known. It is a serious mental illness with a high incidence of comorbidity and similarly high mortality rates to serious psychiatric disorders.
5. Anorexia nervosa most often has its onset in adolescence and is more prevalent among adolescent females than adolescent males. However, more recent studies show the onset age has decreased from an average of 13 to 17 years of age to 9 to 12. While it can affect men and women of any age, race, and socioeconomic and cultural background, anorexia nervosa occurs in 10 times more females than males. The common term "anorexia" is also due to many socioeconomic factors, but, as stated before, is a different condition to anorexia nervosa.
6. Beyond the social implications of the illness, anorexia nervosa can have serious implications if its duration and severity are significant and if onset occurs before the

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completion of growth, pubertal maturation, or prior to attaining peak bone mass. Complications specific to adolescents and children with anorexia nervosa can include growth retardation, delay of puberty or the lack of puberty itself and even hepatic steatosis – fatty infiltration of the liver – is an indicator of malnutrition in children.
7. The term anorexia nervosa was established in 1873 by Sir William Gull, one of Queen Victoria's personal physicians. The term is of Greek origin: *an-* (ἀν-, prefix denoting negation) and *orexis* (ὄρεξις, "appetite"), thus meaning a lack of desire to eat. However, while the term "anorexia nervosa" literally means "neurotic loss of appetite," the literal meaning of the term is somewhat **misleading**. Many anorexics do enjoy eating and have certainly not lost their appetites as the term "loss of appetite" is normally understood; it is better to regard anorexia nervosa as a self-punitive addiction to fasting, rather than a literal loss of appetite.

1. According to the text, how could one best describe what anorexia is?

A.The same thing as anorexia nervosa

B.An illness first discovered by Sir William Gull.

C.A "loss of appetite."

D.A lack of appetite.

2. Which of the following is NOT stated as consequences of anorexia nervosa?

A.Growth problems.

B.Puberty retardation.

C.Diabetes.

D.Hepatic steatosis.

3. Which of the following is closest in meaning to the word **'lack'** in Paragraph 1?

A.Abundance.

B.Absence.

C.Inadequacy.

D.Loss.

4. What have recent studies shown about the average age of people with anorexia nervosa?

A.That the average age is now 13 to 17 years.

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B.That the average age has increased from 9 to 12 to 13 to 17.

C.That the average age is the same as before.

D.That the average age has gone from 13 to 17 to 9 to 12 years.

5. What does **'it'** refer to in Paragraph 3?

A.The lifelong illness.

B.Anorexia nervosa.

C.The implications.

D.The thought.

6. What does **'they'** refer to in Paragraph 3?

A.The obsessive actions.

B.The individuals.

C.The eating habits.

D.The teenagers.

7. Which of the sentences below best expresses the essential information in the highlighted sentence in the passage?
Nevertheless, one small single-blind study found that intravenous administration of ghrelin to anorexia nervosa patients increased food intake by 12-36% over the trial period.

A.Anorexia nervosa patients are given hormones to eat more.

B.Anorexia nervosa patients can be given hormones in order to make them eat.

C.They studied the effect of hormones on anorexia nervosa patients and noticed that the patients reacted well to the trial.

D.They tried giving hormones to anorexia nervosa patients and saw that they were eating twice the amount as they did before the trial.

8. Which of the following is closest in meaning to **'misleading'** in Paragraph 7?

A.Off-track.

B.Clear.

C.Precise.

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D.Ambiguous.

9. In the text, look at the marks [1] to [4] that indicate where the following sentence could be added to the passage.
Sociocultural studies have actually highlighted the role that cultural factors have with this, such as the promotion of thinness as the ideal female form in Western industrialized nations, particularly through the media.
Where would the sentence fit best?

A.[1]

B.[2]

C.[3]

D.[4]

10. An introductory sentence for a brief summary of the passage is provided below. Complete the summary by selecting the THREE answer choices that express the most important ideas in the passage. Some sentences do not belong in the summary because they express ideas that are not presented in the passage or are minor ideas in the passage. This question is worth 2 points.
Anorexia nervosa is an eating disorder characterized by extreme food restriction and a distorted body self-perception.
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A.Anorexia nervosa typically involves excessive weight loss and can develop during adolescence and early adulthood, leading to metabolic and hormonal disorders.

B.Despite increased levels of the hunger hormone ghrelin in their blood, people with anorexia nervosa suppress or ignore their body's hunger signals.

C.Anorexia nervosa is a chronic condition that may only be managed over time rather than completely cured, with individuals maintaining a distorted self-image and an obsession with thinness.

D.The disorder is a result of consuming certain types of food.

E.Anorexia nervosa is most common in elderly men.

F.It is an illness that is primarily caused by watching too much television.

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LISTENING

You will hear a lecture of 4 to 5 minutes presented by a professor about an academic subject. You will then respond to 6 questions.

Tip: Be sure to listen to the details as well as the general idea of the audio.

Click here to listen to the recording

1. How has the professor organized her conference?

A.By main ideas.

B.In chronological order.

C.By musical style.

D.By recording.

2. What happened on July 5, 1954?

A.Presley began working for the Crown Electric Company.

B.Presley met with Dewey Phillips.

C.Presley had his first professional recording session.

D.Presley failed an audition for a local vocal quartet.

3. Why does the professor speak of the disk with *That's All Right* on the A side and *Blue Moon of Kentucky* on the reverse?

A.Because it's her favorite recording.

B.Because it is an important milestone in Presley's life.

C.Because she is going to play it to the students.

D.Because she has already played it to the students.

4. Why did Presley walk into the offices of Sun Records in August 1953?

A.Because he was hired by the company.

B.Because he was going to make a professional recording.

C.Because he wanted to see the manager.

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D.Because he was going to make an amateur recording.

5. According to the conference, what did the students study before this?

A.Rock and roll.

B.Elvis' life and career.

C.Elvis' later career.

D.Elvis' life.

6.Why does the professor speak of biographer Peter Guralnick?

A.Because he was a friend of Elvis.

B.Because he wrote about Elvis.

C.Because he says that Elvis chose Sun Records to be discovered.

D.Because he was Elvis' biographer.

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