



## READING PASSAGE 1

You should spend about 20 minutes on Question 1-13, which are based on Reading passage 1 on pages 2 and 3.

### Starting school later has positive effects on teens

*A growing body of evidence demonstrates that students benefit from more sleep. When school districts push back the start of the school day, good things happen.*

With classes that start as early as 7 am and buses that pull up long before sunrise, some 80% of US children in grades 6 through 12 are not getting the recommended amount of sleep during the school year, according to research by the National Sleep Foundation, a sleep advocacy group. These early start times contribute to a myriad of problems. Exhausted children, studies suggest, not only struggle with attentiveness, but also with depression. They gain weight and their grades suffer, and many turn to caffeine, with questionable results for productivity and unknown effects on the development of young brains.

Now, fueled by accumulating research designed to sleep late and that delaying school start times even by just 30 minutes makes a huge difference in how well teens feel and perform, an increasing number of schools around the United States are starting the school day later than they used to. Many more are thinking about it. At the same time, however, there are strong pockets of resistance to change from administrators and parents who think that bus schedules will get too complicated, that starting later will interfere with after-school programs or that children will simply stay up later if they know they can sleep in a little more.

According to Kyla Wahlstrom, director of the Center for Applied Research and Educational Improvement at the University of Minnesota, even though the two districts could not be more different in terms of race, socioeconomic status and other factors, changes in both places appeared immediately.

Some of the outcomes were quite significant. For instance, students were noticeably more alert in the first two periods of the day. In addition, the cafeteria was calmer, and there were fewer fights in the halls. Students, who were now getting nearly an hour more sleep each night, said they felt less depressed. Even parents told teachers they thought their kids were easier to live with.

#### The melatonin shift

Blame biology, not laziness, for making teens reluctant to get up in the morning. As children grow older and approach puberty, a period of important biological change, their bodies circulate melatonin, the hormone that brings on sleepiness, two hours later than before.

As a result, teens find it impossible to fall asleep until about 11 p.m., even if they try to go to bed earlier. Yet teenagers still need an average of 9.25 hours of slumber each night. On top of the shift in natural sleeping and waking times, there is also another factor. This is related to a period of intense sleepiness which hits both adults and adolescents during the early morning hours. In adults this low point in alertness hits between 3 a.m. and 5 a.m.; in adolescents, it falls between about 5 a.m and 7 a.m. That means that, while their alarm clocks are telling teens to get out of bed and demanding that their brains perform, their bodies signal to them to keep sleeping.

In addition to the mood behavior and learning issues, scientists are starting to uncover more subtle ways in which such chronic lack of sleep can hurt children. Some studies, for example, show that sleep deprivation compromises the immune system. Others suggest that, with too little sleep, the body releases higher levels of hormones that induce hunger, possibly contributing to growing rates of obesity.

To stay awake, young people often turn to coffee, soda and other caffeinated beverages. In a public high school in the eastern US state of Massachusetts, 95% of polled students reported drinking caffeine in the prior two weeks, mostly in the form of soda as opposed to coffee and most often in the afternoon and evening hours, Dr Amy Wolfson and a colleague reported in *Health Education and Behavior*. According to Dr Wolfson, there are no published guidelines for how much caffeine is too much for adolescents. However, the substance stays in the body for up to five hours, which is three hours longer than originally thought, and is costing teens unknown hours of sleep. Even if caffeinated teens manage to fall asleep caffeine worsens the quality of their sleep. Finally, no one knows how caffeine might affect developing brains, although plenty of experts are concerned about the link between sugar in soda and weight gain.

### **Schools respond**

As the sleep research piles up, a growing number of schools are moving toward later start times. No one has kept track of how many schools have made the change, but experts say they are fielding a growing number of calls from districts around the US asking for advice about whether and how to switch to later start times. Whatever it takes, teenagers need to get enough sleep. Changing school start times has proven to be one way to achieve this.



### Questions 1-5

Do the following statements agree with the information given in Reading Passage 1?

In boxes 1-5 on your answer sheet, write

**TRUE** if the statement agrees with the information if the statement

**FALSE** contradicts the information if there is no information on this

**NOT GIVEN** If there is no information on this

- 1 Sleep deprivation among children in the US is a result of current school starting times.
- 2 Research indicates that most overweight children need more sleep.
- 3 Concerns about re-arranging bus timetables make some people oppose later school start times.
- 4 The two school districts in the Minnesota experiment had similar groups of students.
- 5 Parents and children in the two Minnesota school districts which were studied got along better than before.



## Questions 6-13

Complete the notes below

Choose **ONE WORD AND/OR A NUMBER** from the passage for each answer.

Write your answers in boxes 6-13 on your answer sheet

### The melatonin shift

#### Biological changes

- Melatonin is released two hours later than before when teens start reaching 6
- Melatonin causes 7 .....

#### Sleep and awake times

- Big drop in 8 ..... occurs later in the night
- 5am-7am for teens
- 3am-5am for adults

#### Sleep loss

- leads to a weakened immune system
- hormones that are released increase 9 ..... causing risk of obesity.

#### Caffeine

- teens in the Massachusetts study usually get caffeine by drinking 10 .....
- effects can last for a maximum of 11 .....
- makes sleep 12 ..... worse
- no information on its impact on how the young peoples 13 ..... mature

## READING PASSAGE 2

You should spend about minutes on Questions 14-26, which are based on Read Passage 2 on pages 7 and 8.

Questions 14-18

Reading Passage 2 has five sections, A-E.

Choose the correct heading for each section from the list of headings below.

Write the correct letter, i-vii in boxes 14-18 on your answer sheet.

### List of Headings

- I The desire to make expensive jewellery
- ii The clues that indicate ancient items were decorative
- iii Querying the changes in the value of traded items
- iv A natural human talent
- v How status can be gained from ownership of goods
- vi Recent finds alter theories about when consumerism started
- vii Changes in research methods

- 14 Section A
- 15 Section B
- 16 Section C
- 17 Section D
- 18 Section E

## Born to trade

*Long before our ancestors had any trappings of citation, they had a taste or material goods. Kate Douglas discovers where this ancient obsession has led us.*

**A** Humans are born to trade and we don't need shops or money to do it-the heart of commerce is an instinctive ability for what anthropologists call reciprocity. This is an ability to exchange goods of equal worth and it evolved as the brains of our ancient ancestors and societies became more complex, allowing individuals to keep a running tally their interactions with others. Evidence from modern hunter-gatherers leaves little doubt that the exchange of food and flavors is innate, as is the ability to keep track of the credits and debits that accrue as a result. Combine this skill for mental book-keeping with even the most basic material culture, and trade inevitably follows.

**B** Once trade gets off the ground, the economic benefits quickly make it irresistible. But exchanging tools, food and other essentials of life in a barter economy is a far cry from the shopping mall. Modern consumerism sway beyond subsistence and utilitarianism to encompass everything from Gucci handbags and BMW convertibles to valuable paintings dearly, the worth of such goods is not inherent but resides in certain intangible qualities that we invest in them. When did humans start holding these goods in such high esteem?

**C** All the archaeological evidence for the flowering of consumer culture has up to now pointed to a date of around 40,000 years ago. that's when early modern humans started making increasingly intricate bone and stone tools, carving patterns into rocks and creating representational art such as carved figurines, jewellery and cave painting. However, discoveries in Africa are pushing the origins of consumerism much further back into human prehistory. A few years ago, reports began to emerge of discoveries made at the Blombos cave, a site of ancient human habitation in South Africa. Christopher Henshilwood and colleagues from the University of Bergen in Norway dated thousands of pieces of ochre from the cave and many of them proved to be more than 100,000 years old -before the time that early humans moved out of Africa. Ochre, a coloured clay that comes in various shades from red to black, does not occur naturally around Blombos and must have been imported from quarries at least 30 kilometres away, either directly by Blombos residents or through trade. Although ochre can be used to dry and preserver cure'- animal hides, the researchers are convinced the Blombos ochre had a symbolic purpose. For a start, it is predominantly red-any of the other colours available would have done for curing -and the surfaces of the clay had been scraped in a way that indicates they were used to yield pigment for dyes.

**D** An even more intriguing discovery from Blombos was of 41 beads dating from 76,000 years ago, found in clusters and made from the shells of a tiny mollusc. These cannot be natural deposits, argue the researchers, as each cluster contains shells of a similar size and colour with consistently placed holes. What's more, all the beads display a pattern of wear suggesting friction from rubbing against thread, clothes or other beads. The previous oldest find of beads in Africa dates back to just 45,000 years ago. And it seems the Blombos people's taste for beautiful items was not an isolated phenomenon. Jessica Thompson of Arizona State University in Tempe has described finding shell fragments from a site in Tanzania that she believes may represent debris from bead manufacture. They are at least 45,000-and possibly 280, 000-years old. Although there is no evidence of how the ancient

beads were used, their modern counterparts are often traded. So it looks as though our taste for jewellery and art is much older than we thought.

**E** But why did we come to value these objects in the first place? In many animal species, individuals signal their genetic fitness by showing off with attention-grabbing adornment. Some researchers think that in humans, consumer products play a similar role. Archaeologist Aimee Plourde, from the University of California, also argues that even in egalitarian societies, some people are more successful than others. Among our ancestors, superior skills in areas such as hunting, crafts, environmental knowledge and contact with neighbouring groups would have brought respect-in other words, prestige. And because prestige brings social benefits, people would want to show off their talents. The best way to do this would be through demonstrating possession of material items that are hard to fake "A good hunter, for instance, could advertise his skills by wearing the tooth of an animal that is elusive or dangerous, says Plourde. The benefits of prestige would also lead to competition to acquire it. As a result, the value and variety of prestige goods would spiral and there would be a parallel increase in the ranking of social systems. If Plourde is correct, prestige goods form a direct link between our innate drive for trade and the development of structured, hierarchical societies. They are arguably the first step on the road to modern civilisation, paving the way for agriculture and urbanisation. We may not be impressed by beads any more, but their modern equivalents have the same fascination Nobody believes the guy who spends E670,000 on a Bugatti Veyron car does so because he needs to travel at 250mph. We all know in today's consumer society he's buying an exclusive status symbol.



### Questions 19-21

Choose the correct letter, A, B, C or D.

Write the correct letter in boxes 19-21 on your answer sheet.

19 In section A, 'reciprocity' refers to our ancestors ability to

- A keep written records of different goods traded
- B monitor the balance between goods given and received
- C produce more materials for trading purposes
- D make money from trading goods and services

20 What is said about the ochre found around Blombos?

- A It is of a type only found in this particular area.
- B It has all been dyed to give the same shade of red.
- C It has been perfectly preserved despite its age.
- D It appears it was selected for its colour.

21 What made the researchers realise the purpose of the beads found at the Blombos caves?

- A They are a great variety of shapes and sizes
- B They were found in large numbers all grouped around each other.
- C They have patterns in many different colours
- D They have holes and markings suggesting they were joined together.



## Questions 22-26

Complete the summary below

### Why certain objects are valued?

Some researchers argue that we may use ownership of desirable goods to demonstrate our strength and fitness as other 22 ..... uses their attractive physical features. Showing off one's superiority is not a new phenomenon and even in ancient times successful people would have gained 23 ..... from this. A desire for status could have led to an increase in the worth of prestige goods and to 24 ..... among people wishing to achieve this status.

It is thought that our natural desire to trade provided a basis for organised farming and 25... development and finally resulted in the complex societies which can be seen today. Whilst we do not value things such as beads nowadays, other items hold the same appeal for us and bring the same status as owing beads did for our 26 .....

- A competitiveness
- F respect
- H ancestors
- I species
- J city

## READING PASSAGE 3



You should spend about 20 minutes on Questions 27-40, which are based on Reading Passage 3 on pages 11 and 12

### New Zealand home textile crafts of the 1930s to 1950s

*Objects made by previous generations of women should be valued more highly*

Domestic crafts do not build monuments to their makers, nor do they create wealth, and too often they have not survived. In consequence, the domestic crafts produced by mothers, grandmothers and great grandmothers in New Zealand are often overlooked. But needlework should be preserved, for it helps to convey a sense of people's identity and past beliefs in these remote island in the Pacific Ocean.

Women of previous generations expected to sew; they had to dress their families in a item when few people could afford to buy what they were capable of making. For some women this work may have been unwelcome drudgery, but for others it was an opportunity to explore their identities, beliefs and dreams with the only means readily at hand-a needle, some thread, and a piece of fabric.

Textiles are frustrating to collect. They are fragile; they stain; they develop rust marks; they fray and rot. If they are used, they deteriorate; yet if they are merely stored, the owner does not fully enjoy the pleasure of possession. That is probably why they have not been a popular thing to collect compared, for example, to antique furniture or fine china, which are more durable investments. It is also true that domestic crafts are seldom signed. We like signatures because we can more readily assign value-and high prices-if we can identify the marker. But most women at this time would never have considered signing their work. They were not expecting it to be seen outside their homes, where the creator's identity was never in doubt. And they probably did not even expect it to last very long.

It does not help that such work falls into the category of crafts either, rather than fine arts, because crafts are looked on too often as a poor cousin to true creativity. Worse, they are made in a domestic context, so do not belong in the consciously elevated tradition of craft objects which compete with the arts, such as furniture. If things are made to be useful, especially only within the home and by ordinary housewives, we seem to have agreed they cannot be art. Why not?

It might be argued that the collector of textiles is a little like an archaeologist. Archaeology is a combination of history and detective work, and it involves treasure that is often beautiful. Likewise, digging for the past is what textile collectors do in junk shops, and the objects they find are a way of understanding the past through physical evidence.

The domestic crafts of this period, the 1930-1950, cannot be separated from the women's magazines that were so popular at the time. The primary purpose of these

publications was to allow women to glimpse how more prosperous people lived, by showing them photographs of the interiors of their houses. In these days before television, magazines provided realistic and achievable inducements to social betterment. In parallel to this, women were provided with much more down-to-earth and useful means of improving their homes in the form of printed patterns, which were readily available from fabric shops at low cost from the 1920s and 1930s onwards. Mostly, such patterns were for everyday items that fulfilled some domestic purpose - aprons, tea cosies, curtains, bed-spreads, chair covers and the like. With the benefit of hindsight, it is possible to distinguish this regulated tradition of needlework, governed by printed patterns, from the more individual work that women dreamed up themselves and whose form and execution were reflections of their own ideal and imagination. Although both schools have their merits, it is surely the latter tradition that will provide the collector with the greatest enjoyment. Most intriguing of all is work which suggests serendipity, even a certain element of chance, the piece having taken on a life of its own, determined perhaps by what resources were available at the time and the skill levels of the items maker. When it comes to needlework, flaws can be enjoyable, even failure may bring pleasure, and in this respect needlework can be contrasted with other art forms, where successful completion is paramount.

Some people collect out of a sense of nostalgia, a desire to evoke a comforting time that seems gentler than the present. But nostalgia should not always be trusted as it can be a sanitised form of history that blots out harsh reality. However, if a certain degree of nostalgia can be felt for the fabrics of the past, it is because they remind us of the care and attention with which women selected them. The texture of certain abstract patterned fabrics from the 1950s has the power to transport us all back to the dress and fabric shops of that time where women agonised over which choices to make, though they probably loved every minute of it. Old patchwork quilts in particular are evocative, because they represent an unknown family's compressed history: pyjamas, ball gowns, smart summer frocks, school dresses, all thrown together, a jumble of decorative traditions, past ceremonies and dreams. Women of the past would often keep offcuts of their dressmaking and use them for patchwork, as a means of recording their family's story for others to appreciate.

These may sound like nostalgic thoughts, but we should also remember how hard women's lives were, that family life was not always idyllic, and that having no money was no fun. Such fabrics, then, should be seen as a wish for ideals and imaginations, although both something better, a way of daydreaming about a life that would turn out well in the end.

## Questions 27-32



Choose the correct letter A, B,C or D

Write the correct letter in boxes 27-32 on your answer sheet

27 What does the writer say about domestic crafts in the first paragraph?

- A They can be sold for high prices today
- B They were used to tell stories in the past
- C They are sources of information about society
- D They have been well documented by historian

28 What is the writers main point in the second paragraph?

- A Women sewed to make money.
- B Women used to have larger families.
- C Sewing was enjoyed as a social activity.
- D Sewing could be a means of self-expression

29 According to the writer, domestic crafts are not frequently collected because

- A they are difficult to see
- B they are easily damaged
- C they provide little enjoyment
- D they have no practical use today

30 What point does the writer make about signatures on textiles?

- A Many women at that time could not sign their names
- B The signatures have faded over time and cannot be seen
- C The style of stitching served as an alternative to a signature
- D They were unnecessary since everyone would know the maker

31 What is the writer doing in the fourth paragraph?

- A suggesting that needlework is not a true art form
- B challenging the usual distinction between 'arts' and crafts
- C arguing that functional objects were seldom made in the home
- D criticising the attitude of women today towards domestic crafts

32 Why does the writer compare textile collecting to archaeology?

- A They both require hard work.
- B They involve similar processes.
- C They can both be done on a low budget.
- D They are both undervalued in society today.

### Questions 33-36

Complete the summary using the list of words, A-G below.

Write the correct letter A-G in boxes 33-36 on your answer sheet.



#### Needlework in the first half of the twentieth century

Women's magazines in this period mainly influenced the domestic crafts because of their aspirational character as they focused on the 33 ..... element of society. At the same time, more 34 ..... assistance came in the form of printed patterns. The resulting aprons, and so on, can be contrasted with work that demonstrates the 35 ..... side of the maker of the two traditions, work that is less structured in nature and is of greater interest to collectors. Most interestingly, the writer points out that many appreciate work that is 36 ..... and it is this characteristic that is believed to distinguish needlework from other arts.

A skilful	B creative	C wealthy	
D practical	E imperfect	F industrious	
			G detailed

### Questions 37- 40

Do the following statements agree with the views of the writer in Reading Passage 3 in boxes 37-40 on your answer sheet, write

**YES** if the statement agrees with the views of the writer  
**NO** if the statement contradicts the views of the writer  
**NOT GIVEN** if it is impossible to say what the writer thinks about this

37 Nostalgia can promote an unreliable image of the past  
38 In the 1950s, women chose fabric according to its durability  
39 Patchwork quilts are only of interest to the makers' family  
40 Needlework was a way for women to escape the reality of their lives