

Name: _____ Date: _____
Teacher: Karla Patricia Mejia Level: B1+

General instruction: Read the instructions before solving the exercises.

1. Reading (40%)

1.1 Read the article about school start times and check (✓) A, B, or C.

Dr. Lopez, sleep scientist

All humans have a “body clock” that says when we should wake up, work, and sleep. In ancient times, people woke up at sunrise and went to bed when it was dark. But modern life, with its indoor living and artificial lighting, has broken our biological body clock.

For teenagers, the problem is even worse. Their biological clock *and* their modern living clock are telling them to stay up late and sleep all morning. Their brains are at a key stage of development. This is why sleep scientists often use them in research. Teenagers actually *need* to go to bed late. Because the teenage brain prefers to be awake at midnight, teenagers find activities that they can do at midnight, like texting and playing video games. And this then makes them stay up even later.

I believe there are four different “chronotypes,” or sleep personalities. I call them bear, wolf, lion, and dolphin. Lions enjoy mornings, but can’t work very well from the late afternoon onward. Because of their brain biology, many teenagers have the “wolf” personality. They tend to get up very late and work best in the afternoon or early evening. Our chronotype changes as we get older, but we shouldn’t ignore it. Our chronotype affects our relationships, our chances of academic success, and even our health. We should take teenage clocks very seriously.

Veronica, student (16)

I’m studying biology, chemistry, and literature. My ideal job would be in science. I’d really like to develop new vegetarian foods or create plants that don’t get diseases, something like that. But I’d like to travel abroad for a year before I go to college. I enjoy my school subjects, but I don’t like mornings at all. I think it’s great that we’ll start school at 11:30 a.m. when Mr. Lincoln’s experiment begins. We’ll have one class before lunch and school won’t end until 6:30 p.m. So, for the last three hours, we’ll have the school to ourselves, without the younger children. Personally, if lessons were later — say, 1:30 to 7:30 — I’d be able to concentrate even more.

Mr. Lincoln, principal

My school, Hamilton High School, is not the first in this area to change its start time. In fact, Ashwell Grange, where the tuition is around \$10,000 per year, introduced a later start time for its juniors and seniors three or four years ago. Although this isn’t a new idea, there has been some resistance from parents. A later start time will mean that teenagers often have to be left at home on their own for a few hours each day. Of course, I understand their concerns. However, this is an experiment for six months for 17- and 18-year-olds only. If students’ school results don’t improve, we won’t continue with the new schedule.

Example: _____ has broken our body clocks.

A Modern furniture B Spending time indoors C Social media

1 Sleep researchers _____ teenagers.

A often study B don't usually study C have recently studied

2 People with a "wolf" chronotype like to _____.

A go to bed early B work in the evening C wake up early

3 Dr. Lopez thinks our chronotype _____.

A is created by our activities B affects our personality

C changes over time

4 Veronica is studying _____ at school.

A science subjects B science and art subjects C art subjects

5 She wants to work _____ after she graduates.

A abroad B with young children C with plants

6 Veronica's ideal start time would be _____.

A in the afternoon B 11:30 C before lunch

7 Children aged _____ go to Hamilton High School.

A 5–10 B 14–18 C 5–18

8 The experiment at Hamilton High School is only for _____.

A the oldest students B teenagers C girls

9 Mr. Lincoln will change the times permanently if _____.

A the parents agree B the students' grades improve

C the students are on time

1.2 Read the article again. Mark the sentences T (true) or F (false).

Example: Some people don't have a body clock. F

1 Teenager brains are the same as adult brains. ____

2 If teenagers stopped texting, they'd be able to go to sleep. ____

3 Veronica wants to take a year off after graduating from high school. ____

4 Veronica has a "lion" chronotype. ____

5 Ashwell Grange is a private school. ____

6 Some parents at Hamilton High School don't support the experiment. ____

2. Listening (20%)

Listen to five conversations. Check (✓) A, B, or C.

- Where has Jackson moved to?
A An apartment near the country B A top-floor apartment
C A small house
- What does Kate think is the good side of sharing an apartment?
A Cheaper rent. B Meeting new people. C Independence.
- Where would Martina like to live?
A In a house with a view. B Nearer to her family.
C Not far from downtown.
- Why is Annie renting the apartment?
A She's a student for six months. B She's deciding where to live permanently. C Her new house isn't ready yet.
- Why does Carly want to stay with Becky?
A She's argued with her parents. B She wants more privacy.
C She can't afford her rent.

3. Grammar (30%)

3.1 Underline the correct word(s).

Example: You won't pass the test unless / if you study harder.

- After / Until* we move into the house, we're going to completely redecorate it.
- Should I take my shoes off *unless / before* I come in?
- Hello. This is an important message for Sian. Please call me *as soon as / if* you get home.
- Don't eat anything now! Wait *until / when* dinner's ready.
- We won't get to the station on time *unless / if* we don't leave work early.
- I won't be able to go *if / unless* you give me a ride because I can't drive.
- Antonio will call us *as soon as / until* his plane lands.
- You'll keep getting bad grades *unless / if* you check your work more carefully.

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3.2 Complete the sentences with the correct form of the verb in parentheses.

Example: If we have (have) enough time, we'll visit Tricia on the way home.

- You'd be a fantastic guitar player if you _____ (practice) more.
- If she studies enough, she _____ (pass) the test easily.
- Young people will live at home as long as possible if you _____ (let) them.
- If I _____ (have) the opportunity to enter a talent contest, I'd take it.
- Anyone would be annoyed if they _____ (get) a parking ticket.
- She won't tell you unless you _____ (promise) to keep it a secret.
- I _____ (buy) that laptop if it wasn't so expensive.

- 8 They won't sell their house if they _____ (not repaint) it first.
- 9 The waiter will take your order as soon as you _____ (be) ready.
- 10 I wouldn't go to that restaurant if you _____ (pay) me to!
- 11 He'll let you know his decision after he _____ (talk) to Sam.
- 12 If you painted the living room white, it _____ (look) bigger.

4. Vocabulary (10%)

4.1 Underline the odd one out.

Example: armchair sink wall dresser

- 1 cozy fireplace chimney fire
- 2 modern suburbs spacious light
- 3 basement first floor top floor balcony
- 4 condo house apartment entrance
- 5 path ground gate patio

4.2 Complete the sentences with the correct preposition.

Example: It's nice in winter when we can sit by the open fire.

- 1 They live in the US, _____ the West Coast.
- 2 I wouldn't like to live _____ the country in winter. I prefer the city.
- 3 We live _____ the outskirts of Buenos Aires.
- 4 He gets plenty of exercise because he lives _____ the fifth floor!
- 5 My brother lives in the suburbs _____ Bangkok.