Friday, 9th April

English

TEST UNIT 1 – PART 1
Use of English

Use the word given in capitals at the end of some lines to form a word that fits in the gap in the same line.

Memory in children

Most of us don't have any memories from the first three to four years of our lives. When we do try to think back to our **(31)** .....memories, it is often unclear **EARLY**

whether they are the real thing or just **(32)** ..... based on photos or **COLLECT**

stories told to us by others. Pre-schoolers, on the other hand, can remember events that go years back. It's **(33)** ..... whether long-term memories at this early **DEBATE**

age are truly autobiographical, – that is **(34)** ..... relevant events that **PERSON**

occurred in a specific time and place. Of course, memory **(35)** ..... **CAPABLE**

at these ages are not adult-like – they continue to mature until adolescence. In fact,

(36) ..... changes in basic memory processes have been put **DEVELOP**

forward as an **(37)** ..... for childhood amnesia, and it's one of the **EXPLAIN**

best theories we've got so far. It's important to remember that, even if we can't explicitly remember **(38)** ..... events from when we were very young, **SPECIFY**

their accumulation nevertheless leaves **(39)** ..... traces that influence **LAST**

our behaviour. The first few years of life are paradoxically **(40)** ..... **FORGET**

and yet powerful in shaping the adults that we become.

Read the text and complete the gaps with one word only.

Keeping your mind active

There is little doubt that aging gracefully affects our mental ability and agility. **(41)** ..... , studies have shown that people **(42)** ..... engaged in actively 'exercising' their brain often do not suffer **(43)** ..... the same mental decline. There are numerous ways that you can do this in order to keep your mind active. Reading engages your brain **(44)** ..... words as you try to understand them and apply them to areas of existing knowledge or experience. **(45)** ..... affects brain functions at many different levels. Don't get caught **(46)** ..... in the past. Try meditating for five to ten minutes every day and learn **(47)** ..... to focus on the present. Meditation has the power to strengthen the brain. Find a physical activity that you are interested in and enjoy, as your brain gets encouraged **(48)** ..... the exercise to work at its optimum capacity. Taking up a new hobby **(49)** ..... as learning a new language or playing a musical instrument stimulates the brain and **(50)** ..... the mind sharp. A strong brain can last you decades and make your later years fulfilling and pleasurable.

LIVEWORKSHEETS

Listening

You are going to listen to five people talking about different tools they use.

Tasks 1 and 2

Task 1: the field each speaker talks about / Task 2: a benefit of the tool they use.

TASK 1	TASK 2
A linguistics	A it has its own storage system
B finance	B it is simple and user-friendly
C journalism	C it requires less storage capacity
D architecture	D it doesn't require any type of media to record
E education	E it gives access to the original source
F project management	F it makes writing very quick
G photography	G it's small and highly portable
H consulting	H it doesn't require downloads
Speaker 1 **1**	Speaker 1 **6** .....
Speaker 2 **2**	Speaker 2 **7** .....
Speaker 3 **3**	Speaker 3 **8** .....
Speaker 4 **4**	Speaker 4 **9** .....
Speaker 5 **5**	Speaker 5 **10** .....

Reading

Read the article. Choose from the paragraphs (A–G) the one which fits each gap (11–16). There is one extra paragraph which you do not need to use.

A They recruited 109 young adults and asked them to keep a daily diary for five days. Participants were given one of three sets of instructions: to record in the evening the events of that same day; to record in the morning events of the previous day; or to record in the evening events of the previous day.

B Despite knowing the benefits of writing memories down, many lack motivation to keep a diary, ignoring the fact that it would free some space in the brain to deal with the effects of negative thoughts and sad memories.

C This isn't surprising. Throughout the last century, a number of psychologists wrote about the powerful human need to make sense of one's life.

D If you'd like to increase the chance of remembering and making sense of your past, keep a written diary – and do so just before bedtime as your memories will get carved deeper.

E Writing down what you experience also improves substantially your ability to remember it later, as Martin Conway and Sue Gathercole showed in a series of experiments conducted at Lancaster University.

F The researchers suggest that this is because when we recall events just before bedtime, the memories are consolidated and stabilised during the sleep that follows.

G Nowadays, however, when we're constantly tempted by distractions and besieged by more information than we can process, life can seem disorganised and chaotic. This, in turn, may cause us to doubt our memory and wonder if we'll ever find clarity, direction and purpose.

LIVEWORKSHEETS

Why keeping a diary could be the key to a better memory

In recent years, as the popularity of many types of books have declined, sales figures for biographical and autobiographical memoirs have remained strong. Everyone, it seems, wants to tell their story.

11

Erik Erikson described the lifelong desire to establish a unique identity and find a sense of purpose. His contemporary Abraham Maslow created a theory of "self-actualisation". Clearly, recalling and making sense of our past helps us establish identity and purpose.

12

One of the best ways to remember and make sense of what happens in your life is to keep a written diary. According to Arthur Applebee, Professor in the School of Education at Albany University in New York, keeping a record of personal events – either online or, better yet, by hand – enables you to reach more reasoned conclusions about what you've learned.

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If you wish to make it as easy as possible to recall recent events accurately, the best time to do so is bedtime, as Agnes Szollosi and her colleagues at the University of Technology and Economics in Budapest discovered.

14

Thirty days later, participants were asked to recall as much of what they'd recorded as possible. Those who'd kept their diary in the evenings – whether they recounted events of that same day or the day before – had greater and more accurate recall than participants who'd written their diary in the morning.

15

On the other hand, it would seem that when memory is in an 'unstable' form, it's vulnerable to interference. When people write in their diary in the morning the consolidation process may be interrupted by the events that happen during the day.

16

Start it today and make it a structured practice of retrieval of your life experiences, even if they are trivial, in order to benefit from its short- and long-term effects.

LIVEWORKSHEETS