

## UNIT 8 Test

### Listening

You are going to listen to five people talking about their hobby.

#### Task 1

For questions 1–5, choose from the list (A–H) the hobby each speaker talks about.

- |   |                   |           |         |
|---|-------------------|-----------|---------|
| A | fitness training  | Speaker 1 | 1 ..... |
| B | photography       | Speaker 2 | 2 ..... |
| C | playing in a band | Speaker 3 | 3 ..... |
| D | going to the gym  | Speaker 4 | 4 ..... |
| E | camping           | Speaker 5 | 5 ..... |
| F | drawing           |           |         |
| G | country dance     |           |         |
| H | travel writing    |           |         |

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#### Task 2

For questions 6–10, choose from the list (A–H) what each speaker says about their hobby.

- |   |   |           |          |
|---|---|-----------|----------|
| A | I have discovered helpful new techniques online.        | Speaker 1 | 6 .....  |
| B | It has helped me identify my dream career.              | Speaker 2 | 7 .....  |
| C | I have become self-confident through it.                | Speaker 3 | 8 .....  |
| D | I've met a lot of interesting people.                   | Speaker 4 | 9 .....  |
| E | It allows me to express original ideas.                 | Speaker 5 | 10 ..... |
| F | It's thanks to my friends that I've carried on with it. |           |          |
| G | I make a lot of money from my hobby.                    |           |          |
| H | I have discovered a talent I didn't know about.         |           |          |

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## Reading

### Task 1

Read the article and choose the answer (A, B, C or D) which you think fits best according to the text.

**11) In the first paragraph, the writer lists things we do to improve ourselves**

- A so that readers can learn how to be more successful.
- B to encourage readers to get fitter in body and mind.
- C to show readers that self-improvement is a fashionable trend.
- D to show readers how helpful journalists can be.

**12) The writer believes that**

- A anyone can change if they try hard enough.
- B people are influenced by the press and internet.
- C people need to try out different ways to stay fit.
- D famous people are a good source of information about healthy eating.

**13) What does 'those tips' (line 28), refer to?**

- A articles about relaxation and breathing
- B suggestions about how to sleep well
- C general ideas about how to change habits
- D any books about self-improvement

**14) In the third paragraph the writer indicates that**

- A nobody's New Year's resolutions last longer than a month.
- B a lot of people are content with their lives.
- C a small number of people make New Year's resolutions.
- D only a few people don't want to change themselves.

**15) In paragraph 4, what is the writer's attitude towards the self-improvement industry?**

- A it's hard to understand why people buy into it
- B it's good that books are written to help people understand it
- C people would benefit more by escaping from their problems
- D there is too much money spent on developing it

**16) Why does the writer refer to 'misleading images' in line 52?**

- A to give an example of typical social media posts
- B to explain why people are fooled by what they see on social media
- C to complain about what people post on social media
- D to demonstrate the content of self-improvement books

**17) How does the writer feel about articles on self-improvement?**

- A concerned about whether people read them properly
- B uncertain about the extent to which they tell the truth
- C afraid that they make it look too easy
- D unsure about the reasons why people read them

**18) The writer concludes by telling readers that**

- A being thankful can help when you're unhappy.
- B a slow walk is the best type of exercise.
- C it's generally quite easy to change.
- D a good night's sleep is the most important thing.

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### Task 2

Read the article again and answer the questions in your own words.

**19) From reading the article, what do you understand by the term 'self-improvement'? Explain in two sentences.**

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**20) Do you like the writer of this article? Why or why not? Give two reasons using information from the article.**

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