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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LIVEWORKSHEETS

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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LIVEWORKSHEETS

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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LIVEWORKSHEETS