



## The second Quarter Examination

### Reading

#### I. Complete the text with the words in the box.

claimed	In fact	been skeptical of	slightly
Whereas	range from	Almost	tend to
Reduce	according to		

Research by psychologists at the university of Arizona has shown that the stereotype that women talk more than men may not be true. In the study, hundred of university students were fitted with recorders and the total number of words they used during the day was then counted.

The result, published in the New Scientist, showed that women speak about 16,000 words a day and men speak only.....fewer. ...., the four most talkative people in the study were all men.

Professor Mathias Mehl, who was in charge of the research, said that he and his colleagues had expected to find that women were more talkative. However, they had .....

The common belief that women use three times as many words as men. This idea become popular after the publication of a book called The Female Brain(2006) whose author, Louann Brizendine, ..... that 'a woman uses about 20,000 words per day, .....a man uses about 7,000 words.'

Professor Mehl accepts that many people will find the result difficult to believe. However, he thinks that this research is important because the stereotype, that women talk to much and men keep quiet, is bad not only for women but also for men. 'It says that to be a good male, it's better not to talk – that silence is golden.'

Women are experts at gossiping – and they often talk about the trivial things, or at least that's what men have always thought. However,..... research carried out by professor Petra Boynton, a psychologist at university college London, when women talk to women their conversations are not trivial at all, and cover many more topics ( up to 40) than when men talk to other men.

Women's conversations ..... Health to their houses, from politics to fashion, from films to family, from education to relationship problems. .... Everything, in fact, except football. Men .....about few more subjects, the most popular being work, sport, jokes, cars, and women. Professor Boynton interviewed over 1,000 women for study. She also found that move quickly from one subject to another in conversation, whereas men usually stick to one subject for longer periods of time.

Professor Boynton also says that men and women chat for different reasons. In social situations women use conversation to solve problems and .....stress, while men chat with each other to have a laugh or to swap opinions.

#### II. Write the words from the text to match definitions 1-10.

Ex: \_\_\_\_ In fact\_ adverb : really

1. \_\_\_\_\_ verb : make less
2. \_\_\_\_\_ usually do it.
3. \_\_\_\_\_ adverb : a little bit
4. \_\_\_\_\_ linking word used to connect or contrast two fact
5. \_\_\_\_\_ verb say that something is true
6. \_\_\_\_\_ as said or shown by sb
7. \_\_\_\_\_ verb include several different things in addition to the ones mentioned
8. \_\_\_\_\_ adverb nearly
9. \_\_\_\_\_ not completely believed, doubted

### III. Answer the questions below by choosing the correct answer.

10. According to the results, published in the New Scientist, how many words do the women speak per day?

- 20,000 words
- 7,000 words
- 16,000 words

11. Louann Brizendine claimed that a woman uses about .....

- 16,000 words per day
- 20,000 words per day
- 7,000 words per day

12. How many women were interviewed in Professor Boynton's study?

- 7,000 women
- 1,000 women
- 16,000 women

13. According to professor Mehl's study, said that not only women are talkative.

- True
- False

14. Professor Boynton says that women chat in social situation, usually about laugh or to swap opinions.

- True
- False



### IV. Read the text and choose the correct answer.

The human brain remembers negative experiences more easily than positive ones. Our brains have developed this way because threats, like dangerous animals, had a more immediate effect on our ancestors' survival compared to positive things like food or shelter. As a result, you likely know what makes you unhappy, but do you know what makes you happy?

Research suggests that our level of happiness depends partly on factors we cannot control – our genes and our life circumstances. But our level of happiness is also shaped by the choices we make. If you've been chasing wealth, fame, good looks, material things, and power, you may be looking for happiness in all the wrong places. Psychologists suggest that the following seven habits make people happier.

People who form close relationships tend to be happier than those who do not. The number of friends we have is not important. What matters is the quality of our relationships. Relationships that bring happiness usually involve the sharing of feelings, mutual respect, acceptance, trust, fun and empathy.

People who make a habit of caring for the wellbeing of others tend to be happier. This might involve volunteering for an organization or reaching out to support friends and family on a regular basis.

People who exercise regularly improve both their physical and mental well-being. Some research has shown that exercise can be as effective as medication in treating depression.

When we are so interested in an activity we enjoy that we lose track of time, we are in a state of flow. The activity could be making art, playing piano, surfing, or playing a game. People who experience flow in their work or hobbies tend to be happier.

People who include spirituality in their daily life tend to be happier. Practicing spirituality is a way of recognizing and trying to understand the wonder and beauty of existence. Some people do this by going to a place of worship or praying. Some people practice yoga or meditation. Some people go for long walks in nature.

People are more likely to be happy if they know what their strengths are and use them regularly. People who set goals and use their strengths to achieve them tend to be happier. People are especially happy when they can use their strengths to serve the greater good.

People who think positively by being grateful, mindful, and optimistic are more likely to be happy. Being grateful means being thankful. Being mindful means being open to, focusing on, and enjoying the experiences of the present moment. Being optimistic means being hopeful about the future.

15. The writer probably believes that \_\_\_\_\_ can help someone experiencing depression.

- learning to play the piano or guitar
- learning to make art
- starting an exercise program.

16. What is not mentioned in the reading as being part of a quality relationship?

- mutual respect
- enthusiasm
- sharing of feelings

17. What is not part of being mindful?

- focusing on this moment
- enjoying the memory of a past experience
- taking pleasure in what you are doing at this time

18. According to the reading, people are in a state of flow when \_\_\_\_\_.

- time seems to pass very quickly
- people include spirituality in their daily lives
- we feel the need to help others

19. What is not given as a way people can include spirituality in their daily lives?

- going to a place of worship
- getting regular exercise
- taking long walks in nature

20. What is part of thinking positively?

- appreciating what we have
- feeling bad about decisions we have made
- wishing that we could change the past

21. Why doesn't the brain remember positive experiences as much as negative ones?

Positive experiences like having food and shelter were necessary for the survival of our ancestors.

Our ancestors didn't understand what made them happy.

Positive experiences were not as important for the survival of our ancestors as negative ones.

22. Things we cannot control that affect our level of happiness are \_\_\_\_\_.

- the number of volunteer positions we have
- our genes
- the number and quality of relationships we have

23. People who have mutual respect \_\_\_\_\_.

- have respect for other people
- don't have respect for each other
- have respect for one another

24. Look at this sentence from the reading. "Some research has shown that exercise is just as effective as medication in treating depression." This means that \_\_\_\_\_.

- people suffering from depression need both exercise and medicine
- people need exercise, not medicine, when they suffer from depression
- people can choose to exercise or take medication when they suffer from depression
- people need medicine, not exercise, if they suffer from depression

25. A person who volunteers \_\_\_\_\_.

- can earn a lot of money by working at several jobs
- works hard for very little money
- works hard without receiving any payment
- must have a degree from a university

26. When you lose track of time, \_\_\_\_\_.

- Time seems to pass quickly
- time seems to stand still
- you don't have enough time
- time seems to go by slowly

27. The reading states that exercise can be effective in treating depression. What kind of word is effective?

- a verb
- an adjective
- a noun
- an adverb

28. Your ancestors are members of your family who \_\_\_\_\_.

- lived a long time ago
- are living now
- will be born in the future

29. Psychologists are people who \_\_\_\_\_.

- study the brain and how people behave
- study different ways of treating injury or illness in people
- study the history of mankind, from earliest times until now

30. When you treat a cold, you \_\_\_\_\_.

- take medicine to feel better
- catch a cold from someone else
- start to feel better without taking any medicine
- give your cold to someone else

31. A person who was depressed would probably \_\_\_\_\_.

- feel nothing could improve their situation
- think positively about their situation
- feel they had a lot to be thankful for

32. What words below could replace the word shelter in the following sentence? Our ancestors needed food and shelter.

- weapons to defend themselves against wild animals
- a place to live
- a way of hunting

