NEU/ IELTS FOUNDATION 1/ MID-TERM TEST/ READING

SECTION 1: QUESTIONS 1-6

Choose the appropriate letters a, b, c or d.

1. How many friends do the majority of people probably have?

- **a.** 30 real friends or fewer
- **b.** a minimum of 30 real friends
- **c.** 150 internet friends
- **d.** 400 internet friends over the course of their lives

2. It is difficult ...

- **a.** to believe the numbers about friendship.
- **b.** to keep your friends happy.
- **c.** to trust what you read on social networking sites.
- **d.** to give a definition of 'friendship'.

3. Friendship means ...

- **a.** different things to different people.
- **b.** dying for your friends if you need to.
- **c.** helping each other until it is no longer necessary.
- **d.** accepting people with different views.

4. Sometimes people worry because ...

- **a.** they think that they have too many friends.
- **b.** they spend too much time with friends.
- **c.** they think they are too old to make friends.
- **d.** there are no guidelines about friendship.

5. Most of us ...

- **a.** are dissatisfied with our friends.
- **b.** build friendships late in life.
- **c.** are frightened to talk to strangers.
- **d.** need to be with others.

6. What does "Strangers are friends we have not met yet" mean?

- **a.** We have not met strangers before.
- **b.** Strangers are also our friends.
- **c.** We should not talk to strangers.
- **d.** Strangers may become our friends.

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FRIENDSHIP

It is said that most people have no more than 30 friends at any given time, and 400 over the whole of their lives. However, on social networking sites, most users have about 150 friends. If these numbers are correct, then friendship means different things in different situations. One of the reasons for having more online friends than real friends at a certain point in time is that online friendships do not require much time and energy: it is easy to accept friendships and keep them forever. Another possibility is that it is difficult to say 'no' when somebody asks us to be their friend online, even if we feel we don't really know them. The fact that they ask us suggests that they do consider us a friend, which is a nice feeling. Alternatively, they may be "collectors" of online friends and just want to use us to get a higher number of friends and appear to be popular.

Online friendships are quite easy, but in the real-world decisions about friendships are harder to make. There are no rules about friendship. There are no guidelines about how to make friends, how to keep friendships going, and how to finish friendships if we want to move on. People have very different opinions about this: some people would die for their friends and they value them more than family. Others say that friends are temporary, only there to help each other until they are no longer needed. If people with such different views become friends, this can lead to problems.

Because of these different definitions of friendship, it is easy to be unhappy about our friendships. We may want them to be deeper or closer, or we may want to have more friends in our lives. Sometimes we simply do not have the time to develop our friendships, or we fear we have left it too late in life to start. If we move to another country or city, we have to find ways to make new friends again.

This dissatisfaction shows us how important friendships are for most of us. We should not think that it could be too late to build friendships. We also need to understand that the need to be around other people is one that is shared by many. Therefore, we should not be too frightened about starting to talk to people who in the future may become our friends: it is likely that they too would like to get closer to us. Remember what people say: strangers are friends we have not met yet.

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SECTION 2: QUESTIONS 7-16

Using NO MORE THAN FOUR WORDS for each, answer the following questions.

7. In what ways do our bodies physically differ?

.....

8. Why do our bodies differ physically?

.....

9. What types of jobs are poor people likely to have?

.....

10. What aspects of poor people's living environments are not good?

.....

11. What influences how groups of people value bodies?

.....

12. What have wealthy cultures changed their opinion about?

.....

13. In the past, what part of the body could indicate that people were rich?

.....

14. According to sociology, in what ways should we think about the body?

.....

15. Which two physical factors contribute to whether people are obese or not?

.....

16. What does society say that being obese is?

.....

THE BODY

The concept of 'the body' is closely related to the ideas of 'illness' and 'health'. All of us exist in 'bodies' of different shapes, heights, colours and physical abilities. The main reasons for the differences are genetic, and the fact that people's bodies change as they age. However, a huge range of research indicates that there are social factors too.

Poorer people are more likely to eat 'unhealthy' foods, to smoke cigarettes and to be employed in repetitive, physically difficult work or the opposite: boring, inactive employment. Moreover, their housing conditions and neighbourhoods tend to be worse. All of these factors impact upon the condition of a person's health: the physical shapes of bodies are strongly influenced by social factors. These social factors are also closely linked to

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emotional wellbeing. People with low or no incomes are more likely to have mental health problems. It is not clear, however, whether poverty causes mental illness, or whether it is the other way around. For example, certain people with mental health issues may be at risk of becoming homeless, just as a person who is homeless may have an increased risk of illnesses such as depression.

There are other types of social factors too. Bodies are young or old, short or tall, big or small, weak or strong. Whether these judgments matter and whether they are positive or negative depends on the cultural and historical context. The culture - and media - of different societies promote very different valuations of body shapes. What is considered as attractive or ugly, normal or abnormal varies enormously. Currently, for example, in rich societies the idea of slimness is highly valued, but historically this was different. In most societies the ideal body shape for a woman was a 'full figure' with a noticeable belly, while in middle-aged men, a large stomach indicated that they were financially successful in life In many traditional African and Pacific island cultures, for example, a large body shape was a sign of success and a shape to be aimed at. It is easy for people to feel undervalued because of factors they have no power to change, for example, their age and height. Equally, they can feel pressured into making changes to their appearance when there is a choice, which in extreme cases can lead to obsessions with weight loss and fitness regimes. Sociologists, then, are suggesting that we should not just view bodies and minds in biological terms, but also in social terms. The physical body and what we seek to do with it change over time and society. This has important implications for medicine and ideas of health. Thus, the idea of people being 'obese' is physically related to large amounts of processed food, together with lack of exercise, and is therefore a medical issue.

However, it has also become a mental health issue and social problem as a result of people coming to define this particular body shape as 'wrong' and unhealthy.

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SECTION 3: QUESTIONS 17-27

Questions 17-27

Using NO MORE THAN TWO WORDS from the passage for each answer, complete the table and the flow chart below.

The required documents:

Evidence of language ability: IELTS 6.5 or (17) .....

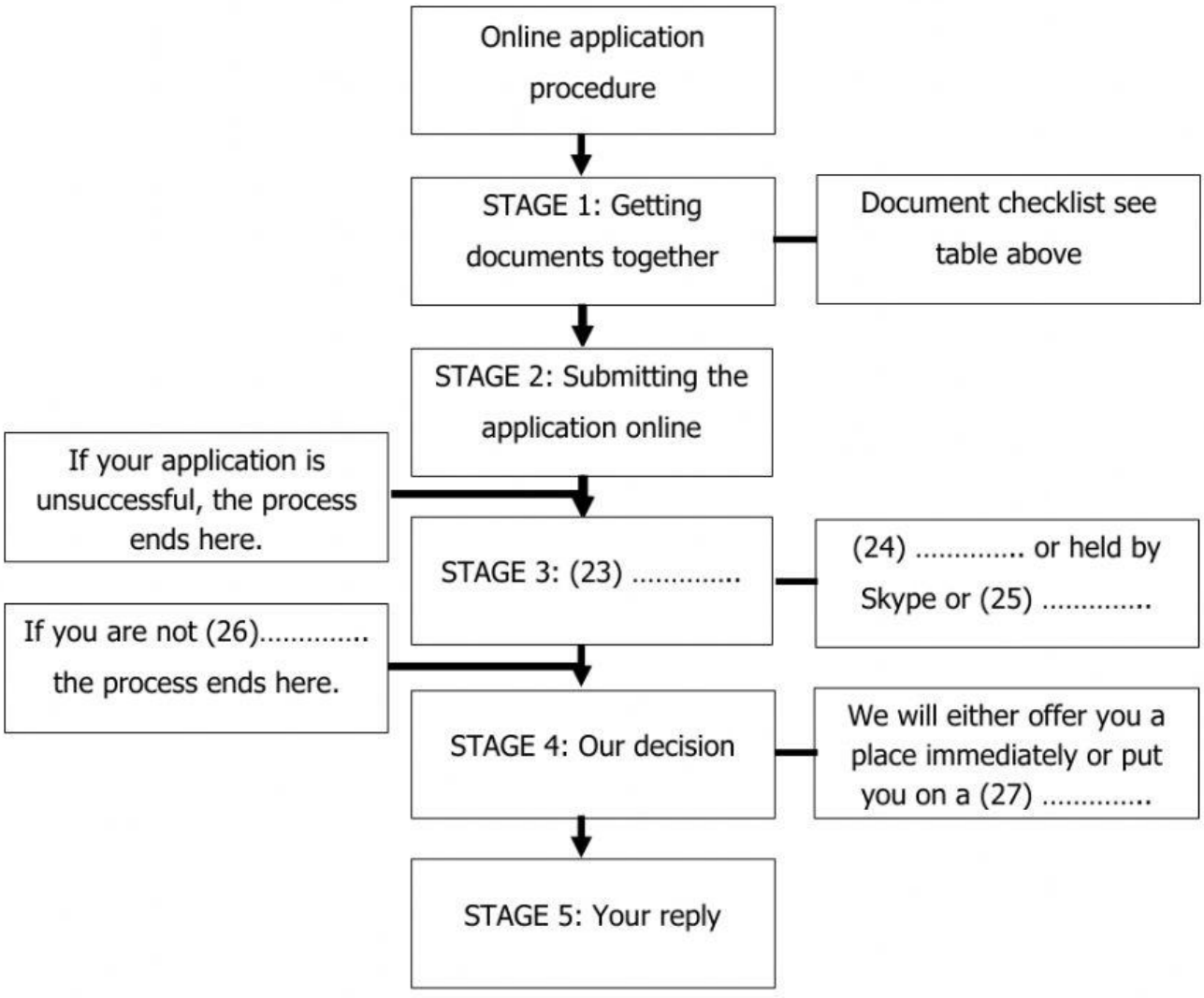
Evidence of studies (18) ....., Dutch VWO diploma, or other secondary school diploma

Information about motivation: (19) ..... with a maximum length of (20) .....

Proof of identity: (21) ..... and passport photo

Other: (22) ..... if originals are in a foreign language

The online application process for people outside the EU:



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Applying to Stellinga College

Why Stellinga?

Thank you for your interest in Stellinga International College. As an international student, we are sure you will find our university college an exciting place to study, with like-minded and ambitious individuals.

Preparing and submitting your application

We have tried to make the application process as easy as possible for you, but there are a number of procedures you must follow. All our courses are taught in English, so first of all you will probably need to submit proof of your English language ability. We require an IELTS score of 6.5 or another test result which is equivalent (see appendix). You will also have to send us your secondary school diploma, so that we can evaluate it. If you have the International Baccalaureate or a Dutch VWO diploma, you don't need to provide English language test results. We will also require a personal statement. This is a text of up to 1000 words in which you introduce yourself, explain your interest in our college, and why you want to study your chosen course. If you are from outside the European Union (EU), it is important that you have an entrance visa before you come to study in the Netherlands, but we will apply for this for you. We now only accept online applications, so please ensure that you have all your documents ready to upload before you begin. Any documents that are not in English originally will also need to be translated and the translations also uploaded. You will need a passport photograph; a copy of your passport; copies of all your certificates, diplomas, etc.; your proof of language ability (see above); and your personal statement in English.

What happens next?

Your application will then be considered. If your initial application is successful, you will be invited for an interview. This will be conducted in English via Skype, over the phone or on site, depending on whether you can come and visit us. You will talk to two or three members of staff for up to 30 minutes, and will be asked to elaborate on your application documents and your personal statement. We aim to inform you of our decision in writing, within 4 weeks. There are several possible outcomes: you may not have been successful; you may be offered a place at the college or you may be offered a place on the waiting list. You will need to reply to any offers within two weeks, otherwise your place may be offered to somebody else.

Good luck with your application.

Good luck!

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