



International School of Monterrey
Junior High School
Midterm Exam 1

7th Grade
Literature

Name _____ Date _____ List #: ____ - ____

I. DIRECTIONS: Read each question and choose the best answer. (12 pts.)

____1. The man's attention is on the shield, so he does not

- A. hurt his hands and back
- B. look for other ways to escape.
- C. search the floor for a trap door.
- D. remember that his time is limited.

____2. From the beginning to the end of the story, the man's feelings change from

- A. anger to rage.
- B. panic to relief.
- C. joy to sadness.
- D. confidence to defeat.

____3. In "The Experiment," the events of the plot are most directly affected by the

- A. size of the cell door.
- B. light bulb on the cell ceiling.
- C. time limit of the experiment.
- D. pain in the volunteer's hand.

____4. Which sentence from "The Experiment" tells about the setting?

- A. The work dragged on.
- B. At last he broke through.
- C. Then he had a brilliant idea.
- D. The only light came from a light bulb.

____5. The man cannot escape from the cell because

- A. he gives up too soon.
- B. he does not try to open the door.
- C. the shield breaks while he is using it.
- D. the tools he is using are not strong enough.

___6. Why is the door an important part of "The Experiment"?

- A. The door is too difficult to open.
- B. The door was built before the cell.
- C. The man believes the door is locked.
- D. The man opens the door to escape.

___7. In the article, each superstition appears next to a subhead titled "Where It Came From." What type of information is included under this subhead?

- A. how the superstition was started
- B. how to prove the superstition is false
- C. how the superstition has changed over time
- D. how the superstition was spread from place to place

___8. Why does the article have a diagram about mirrors?

- A. to show how mirrors break
- B. to explain how mirrors work
- C. to explain how mirrors are made
- D. to show how mirrors reflect souls

___9. What can you learn by reading the caption under the photo of the ravens?

- A. Ravens are intelligent.
- B. Ravens act like puppies.
- C. Ravens were used by the Vikings.
- D. Ravens are often seen in cemeteries.

___10. How does the photograph of the doorway add to the reader's understanding of the text?

- A. It shows a safe way to enter a door.
- B. It represents an ancient good luck symbol.
- C. It describes a superstition that math experts believe.
- D. It helps to explain an argument against a superstition.

___11. Which superstitions are connected to animals?

- A. superstitions 1 and 2
- B. superstitions 1 and 5
- C. superstitions 2 and 3
- D. superstitions 3 and 5

___12. What does the article explain about superstitions?

- A. They are spread by people who tell lies.
- B. They start with facts that get twisted into false beliefs.
- C. They present scientific facts in very simple terms.
- D. Only people who lived long ago believe in them.

II. DIRECTIONS: Use the words in these words to complete the sentences. (8 pts.)

- | | |
|---------------|-----------------|
| A. beliefs | E. failure |
| B. experiment | F. superstition |
| C. mistaken | G. evidence |
| D. escape | H. misfortune |

13. My friend Dan has many (1)_____ that I don't agree with.
14. When he first saw my new kitten, Midnight, he yelled, "Keep it away! Black cats cause (2)_____. They are bad luck."
15. I had never seen any (3)_____ or proof of that,
16. so I decided to do an (4)_____.
17. I would test Dan's silly (5)_____ by watching what happened when Midnight went near people.
18. At first, Midnight wouldn't cooperate, and I thought the whole thing was going to be a (6)_____.
19. Soon, however, he started walking up to people who passed our front yard. Nobody tried to run away or (7)_____!
20. Nothing bad happened! Dan was (8)_____ about black cats.

III. DIRECTIONS: Read the passage then answer the questions. (10 pts.)

The Brain's Stress Response: Fight, Flight, or Freeze
by Annie Kiyonaga

Stress can be caused by all kinds of situations. Sometimes, people feel stress if they're in dangerous situations, like hiking along the side of a steep mountain. Sometimes, people feel stress from everyday situations, like if they're about to take a test. Whatever the cause, the brain has specific responses to stress. When we feel stress, our brains process that feeling and produce a response known as the fight, flight, or freeze response.

The fight, flight, or freeze response starts with a stressful situation. In a stressful situation, the eyes and ears take in sensory information. That sensory information is processed and relayed through the brain, and the amygdala responds to the information. The amygdala is a part of the brain that helps to process emotional responses. Based on sensory information and stored memories, the amygdala decides if a situation is stressful. If the brain has stored memories of a similar situation in the past that

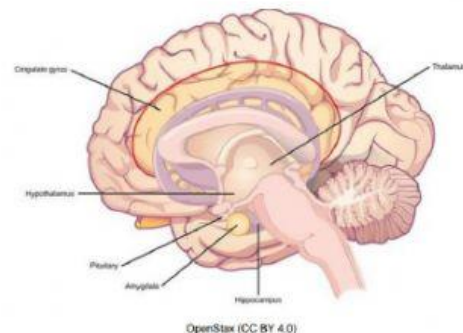
it deemed stressful, then that memory becomes part of the amygdala's decision about the current situation. If the amygdala perceives the situation as stressful, then it sends a warning signal to another part of the brain, the hypothalamus.

The hypothalamus acts like a control center for the autonomic nervous system. The autonomic nervous system controls many important involuntary functions in the body. Involuntary functions are functions that you don't actively choose to do. For example, breathing is an involuntary nervous system function. Kicking a soccer ball, however, is a voluntary nervous system function. The autonomic nervous system controls things like heart rate, blood pressure, and breathing.

In a stressful situation, the hypothalamus receives a stress signal from the amygdala. The hypothalamus then sends signals through the nervous system to activate specific hormones. You might have heard of the hormone adrenaline before. You might have even felt a "rush of adrenaline" before a big sports game or a test. Well, when the hypothalamus sends out certain stress-response signals, adrenaline is produced in the body. Adrenaline gets pumped into the blood. This causes the body to change in several ways. The heart starts to beat faster, sending more blood to organs and muscles. Along with this faster heart rate, the rate of breathing gets faster. Because of this faster breathing, more oxygen is sent to the brain. This makes the person experiencing the adrenaline rush more alert and energetic. Some of the body's senses, like sight and hearing, also become sharper.

All of these changes happen extremely quickly. Sometimes, people's bodies start to respond to stressful situations before they are even really aware of what they are seeing or experiencing. That's because this whole chain, from the amygdala to the hypothalamus to the nervous system to the rest of the body, happens incredibly quickly. This physical reaction to danger is described as the fight, flight, or freeze response.

This response system in humans developed as a survival technique. The fight, flight, or freeze response is a way for the brain to protect the body from dangerous situations. It describes three common reactions that humans have to dangerous situations. Sometimes, people's adrenaline makes them energetic and alert. That way, they can fight off the source of danger. Sometimes, people use their adrenaline to run away from the danger - the "flight" response. And sometimes, people freeze in response to danger. Obviously, different situations call for different responses. For example, if someone were about to be hit by a bike, that person would probably instinctively flee the source of danger. The human brain has the incredible ability to analyze a situation extremely



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The hippocampus is important for storing memories of events in your life.

quickly. The brain sends information to the rest of the body, almost before the person is aware of what's happening, to respond to the situation.

Sometimes, the brain wrongly judges a situation. In that case, the hypothalamus might activate the body's stress response system, even if there is little to no threat. If a person's stress response system is activated again and again, it can cause long-term stress. This can lead to negative health impacts.

To manage this kind of stress response in the body, doctors recommend that people with chronic stress try to relax. Some methods to calm chronic stress are physical exercise, social activity, and special breathing techniques. By doing these things, people can work to calm an overactive stress response system.

- ____21. According to the text, what three responses might our brains produce in a stressful situation?
- A. exercise, social activity, or breathing
 - B. sitting, standing, or kicking
 - C. screaming, crying, or whispering
 - D. fight, flight, or freeze
- ____22. How does the text describe the amygdala's response to sensory information?
- A. The amygdala takes in sensory information and compares it to similar memories to decide whether a situation is stressful and it should alert the hypothalamus.
 - B. The amygdala activates a hormone in the body called adrenaline which increases your heart rate and breathing and makes you more alert and energetic.
 - C. The amygdala increases the adrenaline in your body so that you can run away from danger or, if necessary, have enough energy and strength to fight.
 - D. The amygdala sends a signal to your nervous system to freeze and stay in place so that the thing that is causing the stress thinks you are no longer there.

- ____23. Read the following sentences from the text.

"In a stressful situation, the hypothalamus receives a stress signal from the amygdala. The hypothalamus then sends signals through the nervous system to activate specific hormones....All of these changes happen extremely quickly. Sometimes, people's bodies start to respond to stressful situations before they are even really aware of what they are seeing or experiencing. That's because this whole chain, from the amygdala to the hypothalamus to the nervous system to the rest of the body, happens incredibly quickly." What conclusion can you draw from this evidence?

- A. The part of your brain that is called the hypothalamus checks for stressful situations in your environment every time you see the colors red and purple.
- B. Your brain's response to stress takes years to work in a way that protects you so, until then, you must be patient and do everything you can to manage stress on your own.

- C. It is a misconception that the brain is mostly in charge of the fight, flight, or freeze response to stressful events because the heart actually has a bigger role in it.
- D. The chain of events that triggers a stress response inside someone's body happens automatically, without conscious thought from the person experiencing it.

- ___24. According to the text, why might someone who is experiencing chronic stress choose to exercise regularly?
- A. Chronic stress can have negative effects on your health so it is important to use strategies, like exercising, to manage it.
 - B. They may get tired of other activities they are doing and choose to spend their time and energy exercising.
 - C. One of the main symptoms of chronic stress is to join a lot of athletic gyms and exercise near other people.
 - D. The amygdala and hypothalamus think you are experiencing a stressful event when you exercise.

- ___25. What is the main idea of this text?
- A. In a stressful situation, your body may release adrenaline which is a hormone that increases your heart rate and breathing so that you are more alert and energetic.
 - B. When the human brain takes in sensory information that it thinks is stressful, different parts of your brain respond and create a fight, flight, or freeze instinct to protect you from threats.
 - C. Long-term stress can negatively impact your health so it is important that you do things to prevent it such as exercising, doing activities with other people, and breathing.
 - D. The amygdala decides whether a situation is stressful by comparing it to other memories and then, if it is deemed as stressful, sends a signal to the hypothalamus.

- ___26. Read the following sentences from the text.
- "All of these changes happen extremely quickly. Sometimes, people's bodies start to respond to stressful situations before they are even really aware of what they are seeing or experiencing. That's because this whole chain, from the amygdala to the hypothalamus to the nervous system to the rest of the body, happens incredibly quickly." As used in this excerpt, what does the word "aware" most closely mean?
- A. becoming anxious, worried, or tense
 - B. replacing one thing with another
 - C. alert to something that is happening
 - D. coming up with a solution to a problem

____27. Choose the answer that best completes the sentence below.

Long term stress is when a person's stress response is activated over and over again _____ it can have a negative impact on a person's health.

- A. first
- B. and
- C. like
- D. but

28. What is the purpose of our stress response system?

29. What is long-term stress?

30. Based on this passage, do you think our stress response system helps or hurts people in their everyday lives? Use evidence to support answer.