Name: _____ Class: _____

I. ***Read the article about ways to overcome examination fear. Six sentences have been removed from the text. For each gap 1 – 6, choose one of the sentences A – G. There is one extra sentence.***

FACING EXAMINATION FEAR

Who invented examinations? Who decided that the best way to find out how good you are at one thing or another is to make you sit in a room, give you a number of tasks and set a deadline for completing them? Who came up with the idea that you should be closely watched while you are sitting an exam, which makes it all even more stressful?

(1) ..... People who criticise the procedure claim that it is impossible to test a person's knowledge and skills using a limited number of tasks and that there is always an element of luck. They also say that examinations favour students who do well under pressure, but work against those who need to relax to perform at their best. However, so far no-one has invented an effective and practical alternative to testing. And, even more importantly, the stress connected with examinations actually prepares young people for the pressures of adult life.

Think about it: doctors need to make decisions under pressure. What is more, it is often a matter of life or death, so the stress they experience is particularly intense. As a patient, you want to feel certain that your doctor not only has the necessary knowledge and skills, but that they can also use them despite the stress they are under. **(2)** ..... If you were completely unprepared for dealing with pressure, you would be unable to function in the adult world.

That is why, instead of wondering who invented examinations and worrying about something you cannot change, try to think about tests in a different way. **(3)** ..... The advice comes from psychologists, therapists, experienced examiners and teachers as well as from parents and students themselves.

First of all, focus on your way of thinking. Which do you believe to be more important: talent or practice? Do you tend to tell yourself that you will never be good at something because you are not smart enough? **(4)** ..... Research conducted by Carol Dweck, a psychologist, shows that talent does not guarantee success, but practice does. Those who believe that they can master a skill always master it: they work on it, they treat failure as an opportunity to improve and try again and again.

So start telling yourself that you can learn anything, because you really can!

Secondly, remember that you always perform better in situations you know well. **(5)** ..... When you brush your teeth, you do not need to think about how you should move your hand; when you eat your soup, you do not concentrate on how you hold the spoon. It is the same with tests: if you know what kind of tasks to expect and what the examination paper looks like, you do not need to think about the situation and can focus on answering questions. **(6)** ..... You should also take part in mock examinations because they prepare you for the real thing.

Finally, you must realise that examination results are just examination results. Yes, they are important, but there are more important things in life: family, friends, health, safety and many others. If you keep that in mind, examinations do not seem so frightening any more.

A Or do you believe you can learn anything if only you want to?

B These questions have been asked by millions of students all over the world since examinations became common practice in education.

C It is always a good idea to analyse past papers and ask your teachers about examination procedures.

D As a result, teachers concentrate more on the material that students will need to successfully answer examination questions, and students themselves know how they should prepare for tests.

E The easiest things are the ones we do every day.

F Obviously, there are less stressful professions; even everyday life, however, brings a lot of difficult situations that people have to cope with, like the loss of a job, accidents or noisy and quarrelsome neighbours.

G There are a number of useful tips you can follow so as to overcome your fear of examinations.

__/6

II. *Choose the correct option.*

1. Peter, this week you've been late ***for / on*** the first lesson three times!
2. You have to ***apply / follow*** the things you learn in one lesson to other lessons.
3. Could you lend me your ***eraser / ruler***? I need to draw a square.
4. We don't wear uniforms, but we have to follow a dress ***code / rule***.
5. I'm rather weak ***at / in*** science, I'm afraid.

III. *For each of the sentences (1–5) choose a suitable response (A–G). There is one extra response.*

1. What did you do in your ICT lesson today? .....
2. What's the deadline for our projects? .....
3. Has anyone been expelled from school this year? .....
4. Do you like history? .....
5. Have you ever taken part in a student exchange? .....

A We have to submit them by Wednesday, the 15th.
B Not really. I have a poor memory for dates.
C Yes, I went to Germany last year.
D We played truant a lot.
E We practised editing photos.
F No, but a few students have been suspended.

IV. Use the words and expressions given in the box to complete the sentences. There is one extra word/expression.

marked heart	suspended	deadline	silent mode	body

1. They got _____, because the head teacher caught them smoking during the break.
2. I think everybody should switch their mobile phones onto _____when they are in a restaurant.
3. There is no other way but to learn it by _____.
4. If you want to study medicine you need to know the anatomy of the human _____.
5. The _____ for this project is in two weeks' time.

VI. **Choose the correct word.**

endangered * volunteer * pollution * fight * international * non-governmental * deforestation * attend * care * shortage* waste * war * illiteracy * developing * event * reduce

1 I think that _____ is a major issue because everyone has a right to an education.

2 We must tackle the issue of global ..... and reduce carbon dioxide emissions.

3. Jane is taking medication to ..... the disease that she is suffering from.

4 Factories must ..... the amount of rubbish that they throw into the rivers.

5 Jack joined a(n) ..... programme and he helps the elderly for free at the weekends.

6 In order to learn, all children must ..... school.

7 We must use less water because there is a water ..... in the city.

8 Our school held a fundraising ..... to help homeless people.

9. Next summer I will ..... at a shelter for a month.

10. We should all try and be responsible and not ..... electricity.

11. Organisations like the WWF are trying to raise awareness about the ..... lions in Kenya.

12. The charity uses the money to help people in ..... zones.

13. The government is providing free medical ..... to all the people who need it.

14. In ..... countries like Kenya and Uganda, poverty is still a major social issue.

15. The Amazon forest is threatened by .....