Part I: LISTENING

Task 1. Listen to a talk about the history of prison and complete the note, USING NO MORE THAN THREE WORDS AND/OR A NUMBER.

Bentham's Panopticon

- Designed: in the (1) _____
- Overall layout: cells arranged in (2) _____ around central guard tower.
- Individual cell design: cells looked like (3) _____ cut into pieces.
- Effect: prisoners would (4) _____
- Purpose: to reduce (5) _____.

Task 2. Listen to a woman talking about overcoming stress. Decide if the follow statements are True or False.

1. Emily recommends avoiding other people to feel less stressed.	**TRUE**	**FALSE**
2. We should not schedule too many things in one day.	**TRUE**	**FALSE**
3. Always expecting perfection will help us relax.	**TRUE**	**FALSE**
4. Emily suggests that stressed-out people should sleep more at night.	**TRUE**	**FALSE**
5. You will feel more positive about things if you smile.	**TRUE**	**FALSE**

Part II: READING

Task 1. Read the text and complete the summary with ONE WORD ONLY from the text for each answer.

Life lessons from villains, crooks and gangsters

(A) A notorious Mexican drug baron's escape from prison in July doesn't appear to have much to teach corporate boards. But some in the business world suggest otherwise. Beyond the morally reprehensible side of criminals' work, some business gurus say organised crime syndicates, computer hackers, pirates and others operating outside the

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law could teach legitimate corporations about how to hustle and respond to rapid change.

(B) Far from encouraging illegality, these gurus argue that – in the same way big corporations sometimes emulate start-ups – business leaders could learn from the underworld about flexibility, innovation and the ability to pivot quickly. While traditional businesses focus on rules they have to follow, criminals look to avoid them.

(C) Joaquin Guzman, the head of the Mexican Sinaloa drug cartel, for instance, slipped out of his prison cell through a tiny hole in his shower that led to a mile-long tunnel. Making a break for it required creative thinking, long-term planning and perseverance – essential skills similar to those needed to achieve success in big business.

(D) Some cartels stay in business despite multiple efforts by law enforcement of the US border and millions of dollars from international agencies to shut them down. In order to bypass the border between Mexico and the US, for example, the Sinaloa cartel went to great lengths. It built a vast underground tunnel, hired family members as border agents and even used a catapult to get around a high-tech fence.

(E) By contrast, many legitimate businesses fail because they hesitate to adapt quickly to changing market winds. The difference between the two groups is that criminal organisations often have improvisation encoded into their daily behaviour, while larger companies think of innovation as a set process.

(F) In the book The Misfit Economy, Alexa Clay and Kyra Maya Phillips examine how individuals can apply that mindset to become more innovative and entrepreneurial within corporate structures. They studied not just violent criminals like Somali pirates, but others who break the rules in order to find creative solutions to their business problems, such as people living in the slums of Mumbai or computer hackers. They picked out five common traits among this group: the ability to hustle, pivot, provoke, hack and copycat.

(Edited from: https://ielts-up.com/reading/academic-reading-sample-1.2.html)

Some business gurus say criminal organizations and others working external the law could teach (1) _____ enterprises about how to hustle and

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react to fast change. Business pioneers could gain from the (2) _____ with regards to adaptability, development and the capacity to turn rapidly. For example, to escape from a prison, Joaquin Guzman had to use traits such as creative thinking, long-term planning and (3) _____. The Sinaloa cartel built a grand underground tunnel and even used a (4) _____ to avoid the fence. Some shared traits among rulebreakers is they can hustle, (5) _____ , provoke, hack and copy.

Task 2. Read the text and decide if the follow statements are TRUE, FALSE, or NOT GIVEN.

The Effects of Stress

There is a famous expression in English: "Stop the world, I want to get off!". This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system, leading to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks or may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse

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of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress.

If stress is allowed to continue, then one's mental health is put at risk. It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

1. Stress is among the main factors leading to health issues in today's society.
2. When the heart increases its beats, it can lead to asthma.
3. Many people drink alcohols or use drugs in an attempt to unwind.
4. People suffer more from eating disorders as their stress levels decrease.
5. Prolonged stress is named as a common cause of death in many countries.

Part III: WRITING

Make meaningful sentences using suggested words. Choose the best answer.

1. Balance / diet / important / body / obtain / nutrient / function / proper.

A. A balanced diet is important because body will obtain the fuel and nutrient to function proper.

B. A balanced diet is important because your body will obtain the fuel and nutrient to function proper.

C. A balanced diet is important because your body will obtain the fuel and nutrients to function properly.

D. A balanced diet is important because body will obtain the fuel and nutrients to function properly.

2. Example / fat / food / should try / avoid / eat / excess / amount.

A. For example, fat is a food we should try to avoid eating excessive amounts.

B. For example, fat is a food we should try avoid to eat excessive amounts.

C. For example, fat is food we should try to avoid eating excessive amounts.

D. For example, fat is a food we should try avoid eating excessive amounts.

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3. People / believe / should / fix / punishment / each type / crime.

A. Some people believes there should be fixed punishments for each type of crime.

B. Some people believe that there should be fixed punishments for each type of crime.

C. Some people believes that there should be fixed punishments for each type of crime.

D. Some people believe that there should be fixed punishments of each types of crime.

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