

Text 15



Read the text below. Match choices (A-H) to (1-5). There are three choices you don't need to use. Write your answers on the separate answer sheet.

WAYS TO FIGHT DEPRESSION

If you feel depressed, it's best to do something about it – depression doesn't just go away on its own. In addition to getting help from a doctor or therapist, here are 5 things you can do to feel better.

1.

Take a 15- to 30-minute brisk walk every day – or dance, jog or bike if you prefer. People who are depressed may not feel much like being active. But make yourself do it anyway (ask a friend to exercise with you if you need to be motivated). Once you get in the exercise habit, it won't take long to notice a difference in your mood.

2.

Depression can affect appetite. One person may not feel like eating at all, but another might overeat. If depression has affected your eating, you'll need to be extra mindful of getting the right nourishment. Proper nutrition can influence a person's mood and energy. So eat plenty of fruits and vegetables and get regular meals (even if you don't feel hungry, try to eat something light, like a piece of fruit, to keep you going).

3.

Try to identify any situations that have contributed to your depression. When you know what's got you feeling blue and why, talk about it with a caring friend. Talking is a way to release the feelings and to receive some understanding. If there's no one to tell, pouring your heart out to a journal works just as well. Once you air out these thoughts and feelings, turn your attention to something positive.

4.

With depression, a person's creativity and sense of fun may seem blocked. Take time to play with a friend or a pet, or do something funny for yourself. Find something to laugh about – a funny movie, perhaps. Laughter helps lighten your mood.

5.

Depression affects a person's thoughts, making everything seem dismal, negative, and hopeless. If depression has you noticing only the negative, make an effort to notice the good things in life. Try to notice one thing, then try to think of one more. Consider your strengths, gifts, or blessings. Most of all, don't forget to be patient with yourself. Depression takes time to heal.

To fight depression one should _____.

- A** be highly motivated
- B** consult a good psychiatrist
- C** remember to eat healthily
- D** try different kinds of physical activities
- E** look on the bright side
- F** try to make as many friends as possible
- G** not forget to humour oneself
- H** try to find someone to share his/her problems with

TASK 2

Reading for specific information and detailed comprehension

Multiple choice questions

Exam Tips

1. Read the heading or the first sentence of the text to see what the text you are going to read is about.
2. Skim questions 1-5 and the options A-D to get more information about the text.
3. Read question 1 and options A-D to it. Underline the key words.
4. Scan the paragraph for the sentences connected with these ideas.
5. Make sure the information in the text matches the key words in the options.

Dealing with distractors

- When you think you have the correct answer for a multiple-choice question, check once again that it is not a **distractor**. They tend to appear in many different ways in the answers that you are given to choose from.
- Common distractors use one or two of the same words you find in the text.
- The text will give general ideas whereas a distractor will give specific ones.
- Distractors use absolute words (*always, all, only, etc.*) when the text uses 'weaker' words like *sometimes, some, many, etc.*
- Distractors use verbs without modals where the text uses a modal, ('*something is true*', where the text says '*something **may** be true*').
- Read carefully to make sure all the details match.

Text 1



Read the text below. For questions (1-6) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

FASHION

New fashions and styles appear in all societies. First, we must understand the difference between fashion and style and how the changes in fashion and style happen for different reasons. The former are driven by insiders to prevent others from copying the insiders' style. The latter are created by outsiders trying to invent alternative styles to the mainstream; the style of most people in a society. In order to succeed, a new style needs to completely reject one of the main indicators of the mainstream style. This rejection means that most people will not accept or choose the new style, and it also means that it is rarely driven by big business.

Let us identify the main factor that shapes a particular style before returning to the topic of fashion. Many suggest that style is the main visible or outward component of group identity. However, research reveals that it goes deeper than that. Most studies conclude, and it is also my view, that style is the expression of certain underlying principles and viewpoints. People decide to adopt a style only after careful thought. It is unlike buying a new coat to get a new look. Moreover, a new style does not necessarily involve showing wealth or class.

Turning to nature, we all know that the male peacock bird displays his beautiful tail to attract a female. For a male peacock, having a long, shiny tail shows strength and energy. Therefore, the strongest male peacocks have a better chance of attracting a mate than weaker males. In humans, in extreme cases, some people spend an unreasonable amount of time grooming themselves and may even do without more essential items in order to be fashionable.

Humans differ from animals in their ability to deceive. Almost as soon as a new garment by a top designer appears on the catwalk, fakes turn up on market stalls. The original is out of financial reach of the majority. And so, copies are born. Some are so true to the original that they may be mistaken for

the genuine article even by dedicated followers of fashion. Those who knowingly buy fakes rarely concern themselves with the reaction of those who purchase the original article. The fake, in fact, carries with it so much of the image of the original that it becomes attractive in itself.

Another interesting phenomenon is what is called '*counter-signalling*'. We can divide society into three groups: high, middle, and low. The middle group can easily imitate the fashion of the high group, so the middle group can be confused with the high group, to the detriment of the high group. Counter-signalling occurs when the high group imitates the fashion of the low group. However, if the middle group imitates the low group, they take the risk of being confused with lower one. A typical example of counter-signalling is wearing jeans. Eventually, wearing jeans became popular with everyone. This partly explains why fashion goes in cycles.

The concept of changes in fashion relates to a much wider sphere than just clothes. It is evident in the evolution of language. What once was considered slang may become an accepted phrase. Interestingly, music plays an important role in the development of fashion. It brings people together at festivals and people can see how others dress and speak. In other words, it provides a chance for people to be influenced by others. I do not argue that music alone creates a new fashion. But music, dress and speech all work together to spread new ideas and trends.

1. According to the first paragraph, why does fashion change?

- A to satisfy business interests
- B to reflect developments in society
- C to increase the choices available to people
- D to make it hard for outsiders to reproduce it

2. The writer explains that people adopt a certain style as opposed to a fashion because

- A they wish to create a new image.
- B they enjoy the status associated with it.
- C they want to belong to an identifiable group.
- D they agree with the attitudes and values it represents.

3. Why does the writer give an example from nature?

- A to explain that fashion is not a new phenomenon
- B to imply that humans use fashion to hide their true identity
- C to emphasise the lengths some people go to follow fashion
- D to question why men are generally less interested in fashion than women

4. In the fourth paragraph, the writer suggests that copies of famous brands

- A become desirable in their own right.
- B retain much of the quality of the originals.
- C fail to deceive true followers of fashion.
- D are looked down on by followers of fashion.

5. The word '*counter-signalling*' in the fifth paragraph is used in this text to refer to

- A the way the difference between social groups is maintained.
- B the high group adopting the fashion of the low group.
- C the middle group imitating the low group.
- D the way fashion goes in cycles across groups.

6. What is said about fashion in the last paragraph?

- A There has been little development of new trends in the arts.
- B Differences in dress codes are becoming more exaggerated.
- C Many people find out about new fashions through music.
- D It takes a long time for society to adopt new ways of speaking.

Text 12



Read the text below. For questions (1-15) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Leisure Activities

According to a magazine article I read recently, we (1)..... live in an age of increasing leisure. Not only are more and more people reaching (2)..... age with their taste for enjoyment and even adventure relatively (3)..... but the working week is becoming shorter and the opportunities for (4)..... are becoming greater and greater all the time. Not to mention the fact that people (5)..... to spend less time travelling to work or may even be working from home. What I can't understand, however, is who these people are. As far as I can (6)..... the whole thing is another one of (7)..... journalistic fictions. I admit that there are a lot of retired people (8)....., but I am not sure that all of them are dashing about learning hang-gliding or sailing single-handed (9)..... the world. My own parents seem to (10) most of their time gazing at the television. And as for the shorter working week, I wish someone (11) remind my company about it. I seem to be working longer and longer hours (12)..... the time. The little leisure time I have is eaten into by sitting in traffic jams or waiting for trains to (13)..... up at rain-swept platforms. I haven't noticed any dramatic improvements in my (14)..... either, but perhaps I just have to wait until I get my (15)..... .

1	A presently	B at the moment	C now	D at this time
2	A retirement	B their	C later	D third
3	A present	B survived	C free	D intact
4	A this	B longer	C leisure	D people
5	A use	B tend	C have	D demand
6	A concern	B imagine	C expect	D tell
7	A the	B those	C these	D some
8	A in our days	B in these times	C nowadays	D now and again
9	A round	B over	C through	D into
10	A have	B use	C the	D spend
11	A would	B to	C had	D might
12	A at	B for	C take	D all
13	A keep	B line	C show	D set
14	A cost a living	B lifestyle	C lifeline	D livelihood
15	A pension	B retirement	C insurance	D salary

Text 13



Read the text below. For questions (1-15) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Travel and Movement

In most capital cities, which were built (1)..... before the heyday of the private car, there is rarely enough (2)..... for moving traffic, and certainly not enough for parked (3)..... . Buses move slowly because of the volume of (4).....thus encouraging more commuters to abandon public (5)..... . Banning traffic from some areas may help, but such a (6).....may not actually diminish the number of cars coming into the city. What has happened in effect is that the (7)..... of the private car have become the number one priority, and the older functions of the city centre as meeting (8)..... and focus for social life have been lost. The new city cannot (9)..... without a series of ring roads. Giant car parks are its new palaces and cathedrals.

Text 22



Read the text below. For questions (1-5) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Kids pumping iron

For years, weightlifting has had a bad reputation. Many parents, doctors and even coaches believed lifting weights 1) _____ harmful to children. It was thought that this type of exercise 2) _____ damage bones and consequently affect a child's growth. Nowadays, however, 3) _____ growing number of experts recommend weightlifting. They point out that 4) _____ type of training has numerous benefits, including contributing to higher bone density, resistance to injury and even a reduced risk of some illnesses, such as diabetes. As a result, schools have started adopting strength training programmes 5) _____ children as young as ten. These programmes are meant to be perfectly safe, provided children have proper supervision.

1	A	being	B	to be	C	of being	D	been
2	A	should	B	might	C	ought to	D	shall
3	A	this	B	some	C	the	D	a
4	A	this	B	such	C	these	D	some
5	A	at	B	to	C	for	D	from

Text 23



Read the text below. For questions (1-5) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

Coping with TRAFFIC

Many large cities around the world have struggled to keep up with the increase in traffic in recent times. Densely populated areas, growing car ownership, as well as narrow roads 1) _____ for much lower volumes of traffic all contribute to this. In 1975, Singapore decided to introduce a congestion charge – a fee paid 2) _____ drivers entering the most traffic-heavy zones of the city. London introduced a congestion charge in 2003. Public opinion was initially opposed to 3) _____ idea, but people soon became more supportive of the scheme. Despite this, its first decade 4) _____ mixed success, and the number of cars in the city fell by only 10%. However, the scheme proved massively profitable, 5) _____ allowed the city council to invest in other measures aimed at improving traffic conditions in London. These included cycle lanes, pedestrianized areas and better road surfaces.

1	A	build	B	built	C	building	D	are building
2	A	by	B	for	C	of	D	at
3	A	the	B	an	C	such	D	some
4	A	has been bringing	B	was bringing	C	brought	D	had been brought
5	A	who	B	which	C	what	D	that

Text 24



Read the text below. For questions (1-5) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.