

**EXAM ADVICE**

Read the whole text when you have finished to make sure the words you have written make sense.

For questions 1–8, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (0).

**The happiest day of the year**



A British psychologist says he can prove that the last Friday in June is the happiest day of the year.

Cliff Arnall, a University of Cardiff psychologist specialising (0) ..... *in* ..... seasonal disorders, (1) ..... created a formula for finding happiness. The research looks (2) ..... everything from increased outdoor activity and rising energy levels, to picnics and beach trips with families.

Mr Arnall's happiness formula depends (3) ..... six factors: outdoor activity, nature, social interaction, positive memories of childhood summers, temperature, and holidays and anticipation of time off.

'At the end of June, the days are at their longest (4) ..... means there are more hours of sunshine to enjoy. It's (5) ..... people tend to have lots of gatherings with friends and family,' Mr Arnall said.

'Happiness is associated with many things in life and can (6) ..... triggered by a variety of events. Whether it's a sunny day (7) ..... a childhood memory that triggers a feeling of happiness, I think this formula proves that the path to finding happiness is very (8) ..... simpler than people imagine.'