FIRST EXAM-UNITS 4-5&6

USE OF ENGLISH

1- Choose the correct answer (A, B, C or D) that best completes each sentence.

1 Markus took to skiing like a _____ to water.

A fish **B** duck **C** boat **D** shark

2 Swimming is the best way to lose any weight you have _____ on in the winter.

A added **B** gained **C** taken **D** put

3 Can you imagine putting yourself _____ the pain of running a marathon?

A through **B** into **C** in **D** over

4 I have never played tennis on a grass _____ . Have you?

A pitch **B** court **C** field **D** ground

5 When they heard the football _____ , they went wild.

A grades **B** marks **C** results **D** figures

6 Although her foot hurt, she carried _____ running and succeeded in completing the race.

A by **B** over **C** on **D** in

7 We didn't believe that they had cooked the meal _____ .

A by their own **B** on their own **C** by themself **D** on themselves

8 He's the perfect person to _____ us on this project as he has lots of experience in these matters.

A equip **B** exist **C** include **D** assist

9 His style of playing tends to _____ to those who enjoy more traditional jazz.

A delight **B** appeal **C** satisfy **D** interest

10 Do you think reggae is a more popular _____ than hip hop these days?

A mode **B** type **C** trend **D** genre

LIVEWORKSHEETS

2- Read the sentences and use the word given in capitals to form a word that fits in the gap.

1 She has always been very _____ and enjoys keeping up with the latest trends. **FASHION**

2 We were given some really good _____ on restaurants to try out. **RECOMMEND**

3 It was a _____ performance and got us through to the next round of the competition. **SATISFY**

4 They've spent the last week in _____ and are ready for the opening night. **REHEARSE**

5 From the disappointed expression on his face, he was clearly _____ by their behaviour. **IMPRESS**

6 The museum displays a lot of _____ exhibits to get visitors directly involved. **INTERACT**

7 As there was _____ evidence against them, they all went free. **SUFFICIENT**

8 Yesterday she learnt to swim and swam her first _____ of the pool. **WIDE**

9 He apologised for _____ reversing his car into mine. **ACCIDENT**

10 A weak economy has resulted in reduced _____ for many. **PROSPER**

3- Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

1 The concert will begin in a moment. **ABOUT**

The concert _____ .

2 It won't help if you worry about your exam results. **POINT**

There's _____ about your exam results.

3 He's going to learn some French before he moves to Canada**.** **WILL**

He _____ some French by the time he moves to Canada.

4 She didn't want anyone's help mending the bike. **MEND**

She wanted _____ herself.

5 I had planned to go out but changed my mind because it started to rain. **GOING**

I _____ but then it started to rain.

6 Are you planning to get a taxi home? **BE**

_____ a taxi home?

7 They had an argument weeks ago and now they don't talk to one another. **EACH**

LIVEWORKSHEETS

8 They stopped _____ weeks ago, when they had an argument.

9 I think this book is rather interesting. **QUITE**

I think it's _____ book.

10 First she read the letter and then she replied to it. **HAD**

She _____ she replied to it.

READING

4 Read the article on the next page. Are these statements *True* (T) or *False* (F)?

1 Psychologists believe that people who are determined to improve themselves have a greater tendency towards happiness. _____

2 Research has demonstrated that our genes play a crucial role in determining how happy we are. _____

3 It is our character which dictates what makes us happy. _____

4 According to Dr Isaac, if you tend to focus on external aspects, you are more likely to be happy. _____

5 Being a team player is almost as important as having financial security when it comes to happiness. _____

6 Psychologists believe that through recognising when we have negative feelings, we can train ourselves to become happier. _____

LIVEWORKSHEETS

The secrets of true happiness

Lollie Barr reviews some recent research.

Everybody knows someone with a happy nature: the cheerful type of person with a positive attitude, who will always say a glass is half full rather than half empty. It's the person who is not easily put off when things go wrong and who appears to lead a happier life as a result. Such people may be healthier too, since there seems to be a link between happiness and good health. But what is the secret of happiness? And how can we achieve it?

Psychologists define this feeling of well-being as 'when thoughts and feelings about one's life are mainly positive'. The key seems to be contentment with what you already have, emotionally, materially and professionally. The more people try to keep up with others, for example, the more likely they are to be dissatisfied with life. There will always be someone else with more than you, so trying to compete can often lead to frustration and anxiety.

David Lykken, Professor of Psychology at the University of Minnesota, is a leading specialist in happiness. As a result of studying 300 sets of twins, he now believes that happiness is more than 50 percent genetically determined. He also believes that we each have our own fixed 'happiness point', a level we always return to, whatever happens to us in life. In other words, no matter how happy or unhappy an individual event may make us, this is just a temporary state.

But it is not necessarily the case that we are stuck with the level of happiness we were born with. This is because although a person's temperament is not easily changed, their character can be. The former determines what kinds of thing will make someone happy but not how much pleasure that person obtains from them. The latter develops in response to the experiences a person has during his or her life.

This is why Dr Isaac believes we need to study happy people and learn how to be like them. Such people, for example, seem to find satisfaction in activities which are meaningful and give a feeling of personal achievement. They also tend to be interested in things other than themselves. This could be through their day-to-day work, for example, or by caring for others less fortunate, or by having some kind of spiritual focus to their life.

Happy individuals also tend to relate to other people and are able to give and receive affection. That's why being part of a social group, such as a family, a community or a club adds to their overall sense of well-being. They are, therefore, more likely to belong to things like sports teams, choirs and political parties. Researchers at Harvard University have found that people involved in such activities were happier than those who were not, and that this had nothing to do with how well-off people were financially.

Another factor in happiness appears to be physical activity. Exercise improves a person's mood and gets rid of tension. But there must be a balance between activity and rest because stress results in unhappiness. To avoid this, it is important to pick a sport or activity you enjoy and which you do when you want to, rather than when you think you should.

But mental activity can be just as important. Psychologists believe it's possible to train yourself to recognise happiness and, therefore, feel the benefits of it more often. The key is not taking your feelings for granted but rather learning to celebrate them and noticing times when you are happy. It is claimed that the more you recognise when there's a decision to be made about how you feel, the better you'll become at choosing happiness over misery.

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