

Grammar

1 Complete the second sentence so it means the same as the first, using the word given. Use between two and five words.

1 It would be a good idea to get some petrol or you'll run out.

BETTER

You or you'll run out.

2 I thought the painting was beautiful and I had to buy it.

SUCH

It was I had to buy it.

3 My advice is to do lots of revision.

WERE

If do lots of revision.

4 Someone stole our car last night.

WAS

..... last night.

5 I'm not good at languages, so I won't take up Spanish next year.

WERE

..... languages, I would take up Spanish.

6 'When did you buy your new phone?' asked Sally.

I

Sally asked me new phone.

7 My brother annoys me with all his questions.

ALWAYS

My brother me questions.

8 We arrived in Paris three months ago.

BEEN

We three months.

9 I'm sad that I didn't meet my aunt when she was in England.

WISH

I my aunt when she was in England.

10 I finished cooking the chicken a few moments ago.

JUST

I the chicken.

/ 10

2 Choose the correct alternatives to complete the sentences.

1 When we were getting/got off the train, it was raining hard.

2 I have opened/have been opening the window because it's getting really hot in here.

3 Who do you think is going to be/will be better for the job? Pete or Sally?

4 You have to/ought to go home if you're feeling tired.

5 By the time Mike arrived, we have finished/had finished the meal.

/ 5

3 Complete the text with these words. There are two extra words.

been • done • gone • have • hadn't
which • who

In the speaking exam, the examiner asked me how long I had (1) studying English. I told him that I had started when I was a child, but I (2) been studying at this school for three years. I also told him that I had been to the UK on holiday a few times. He said that my accent was very good, (3) is very good to know! Perhaps I ought to have (4) again last year when Mum suggested it. He said that his advice to me would be to try and practise as much as possible after the exam. If only my brother (5) moved from London, I could have gone to stay with him.

/ 5

Total / 20

Vocabulary

4 Complete the sentences with the correct form of the words given.

- 1 Charles Dickens was (inspire) to write by his terrible childhood in London.
- 2 I was (disappoint) when I came second in the race because I had expected to win.
- 3 The assistant was very (help) when I asked her to show me some more boots in different colours.
- 4 The story was really (excite) and I couldn't put the book down until I'd finished!
- 5 I'll have to (sit) two of my exams in the autumn because my marks weren't good enough.
- 6 This phone is (use) because the battery isn't working.
- 7 Kevin has been (artist) since he was a baby and has always loved colours and painting.
- 8 I'd like a new bed because mine is getting more and more (comfort).
- 9 I was (confuse) by Dean's directions and got completely lost.
- 10 I was very (embarrass) when I realised I was wearing two different coloured socks!

/ 10

5 Complete the sentences with the correct answer, A, B or C.

- 1 The new student, Leona, is very and comes out with us quite often at weekends.
A shy B selfish C sociable
- 2 My grandfather is quite now, but he still goes out for long walks with us.
A handsome B elderly C arrogant

3 I'm ashamed to say that I don't always warm before exercising.

A up B at C through

4 I can't tickets for the concert this week because I've just bought a new laptop.

A afford B borrow C earn

5 Yuki has a lovely positive personality. He's always and smiling.

A patient B lazy C cheerful

/ 5

6 Choose the best answer (A, B or C) to complete the text.

I think that we are almost ready (1) the party. I have put the food out on the main table in the kitchen. There are some salads, sandwiches and pies, just (2) really, but I think there will be enough. I threw the bread away in the end because it was (3) – nobody could eat it! I've selected some music for the evening. I just hope that the music system doesn't break (4) like it did last time. And I cleaned up in the kitchen as well because it was (5) after all the cooking.

- | | | |
|------------|----------------|----------|
| 1 A of | B for | C to |
| 2 A plates | B main courses | C snacks |
| 3 A cold | B raw | C stale |
| 4 A up | B down | C off |
| 5 A filthy | B boiling | C lively |

/ 5

Total / 20

Reading

7 Read the article about stress. Six sentences have been removed from the article. Choose the best sentences (A–F) to complete the article.

Are you stressed?

Most people experience a period of stress in their lives at some time. This is perfectly normal and there are different types of support available. Here are some ideas to help you deal with those difficult times.

Running

We all know about the physical benefits of running, but the mental effects, such as clarity of thought and relief from stress, are just as important for good health. Running sends blood to the brain and makes it easier to think clearly. (1) If you're feeling stressed, go for a jog. The effect is even better when you run well. How to do it? A good tip is to watch an eight-year-old child running. Their steps are springy; the foot gets off the floor quickly and comes down lightly. You should take notice of what your brain is telling you. (2) You'll discover how good it makes you feel once you get the hang of it.

Sleeping

It is all too easy for those who can 'hit the pillow and go out like a light' to tell you to just stop thinking about things. If you are a worrier, you can't just stop worrying, and this can affect your sleep. So, obey the basic rules: try to go to bed and get up at the same time every day, and allow some time to relax before bed. (3) This should ideally be in the same place, at the same time every day. Give yourself 15–20 minutes to think about your worries and write a to-do list. Try drinking some warm milk and whatever you do, switch off your phone! And if you're worrying about not sleeping and not being able to cope the next day, remember that sometimes our bodies actually need less sleep than we think. (4)

Writing

Writing down the things that are worrying us can be very therapeutic. It is a way of setting a thought free. Once it's on the page or screen, we can read it, reread it, delete it or think about it. It can help us look at a problem more objectively. (5) Try it: take one of your worries, such as a conversation or argument that has troubled you, and write what you wish you'd said or the words of support you'd hoped the other person might say to you. Writing a blog may have replaced diaries, but they are both a means of presenting your thoughts. (6) Try some of these suggestions and may find that your stress levels begin to go down. But don't forget – a certain level of stress in the body is good for you!

- | | |
|---|--|
| <p>A Running robotically on a treadmill with a blasting MP3 player is not going to get those happy hormones working.</p> <p>B Although we're told to get eight hours, six to seven hours can be fine, so you may be getting more than enough sleep for your body to function well.</p> <p>C Tune into your feet and not the MP3 player.</p> | <p>D Writing allows us to use both the logical and creative parts of the brain.</p> <p>E The style doesn't need to be of a prize-winning standard to have value!</p> <p>F As for your worries, give yourself a 'worry period'.</p> |
|---|--|

/ 6

8 Read the article again and choose the best answers, A, B or C.

- | | |
|--|---|
| <p>1 Running helps clarity of thought because</p> <p>A blood travels more slowly to the brain.</p> <p>B blood travels faster to the brain.</p> <p>C the brain helps you run faster.</p> <p>2 To find out how to run you should</p> <p>A join a gym.</p> <p>B watch how children run.</p> <p>C listen to music.</p> <p>3 People who get to sleep easily do the following.</p> <p>A hit the pillow first.</p> <p>B get into bed and make lists.</p> <p>C get into bed and don't worry.</p> | <p>4 If you have problems getting to sleep, you should</p> <p>A allow yourself a short time to worry.</p> <p>B not worry at all, but start writing a list.</p> <p>C allow yourself as much time as you need to worry.</p> <p>5 The author suggests that you can write</p> <p>A in a notebook.</p> <p>B in a blog.</p> <p>C on a computer or on paper.</p> <p>6 The benefit of writing is that it helps you to</p> <p>A order your thoughts.</p> <p>B prepare arguments for tomorrow.</p> <p>C improve how you express yourself.</p> |
|--|---|

/ 6

Total	/ 12
--------------	-------------

Use of English

9 Choose the best answer (A, B, C or D) to complete the email.

Hi Patrick,

What a day! I was going to have a really (1) Saturday, finishing off some homework and doing various things (2) the house for Mum. Well, that was the plan! Alison phoned just after breakfast and persuaded me to go shopping in the new mall with her. Disaster! I (3) all the money I earned from helping mum in the house!. Not on clothes, you'll be pleased to hear! You know I've recently taken (4) tennis? Well, there was a pair of amazing (5) in the sale in the sports shop, a real bargain, so of course I had to get them and a new (6) as well because I've been borrowing Rowena's for the last three weeks. I'll be using both on the (7) tomorrow, so you can see them! I also bought a few things for school. I got a new dictionary and some pens, but although I spent a lot, I don't think I wasted my money.

After that, Alison told me that her brother was in the (8) of the new play at the Apollo Theatre, so of course I went along with her in the evening. It was really good, and her brother gave a superb performance, but the tickets cost me £30! I definitely need to earn some more if I'm going to go to *The Killers* gig with you next month!

Hope your weekend was good!

Best wishes,
Josie

- | | | | | | | | |
|-------------|------------|-----------|--------------|-----------|----------|-------------|----------|
| 1 A relaxed | B relaxing | C relax | D relaxation | 6 A net | B racket | C boots | D skates |
| 2 A around | B at | C inside | D to | 7 A pitch | B pool | C slope | D court |
| 3 A lost | B cost | C spent | D earned | 8 A list | B cast | C programme | D lyrics |
| 4 A down | B up | C in | D off | / 8 | | | |
| 5 A clubs | B gloves | C goggles | D trainers | | | | |

Listening

10 Listen to two people talking about an experiment involving mobile phones. Are these statements True (T) or False (F)?

- | | |
|---|-----|
| 1 The experiment was to see when teenagers used their mobile phones the most. | T/F |
| 2 Grant's experience wasn't as bad as he had imagined it would be. | T/F |
| 3 During the week, Grant started to imagine things. | T/F |
| 4 For a while, Marian felt very isolated. | T/F |
| 5 Marian found that she looked at her watch more during the week. | T/F |
| 6 Marian's reaction changed during the week. | T/F |

/ 6

11 Listen again and complete the sentences with one word in each gap.

- The presenter explains that the aim of the experiment was to find out how much teenagers relied on their mobile
- Teenagers had to try living without mobiles for a
- Grant found it very difficult and during the night he thought he could his mobile ringing.
- Marian found the beginning of the week difficult, but by the middle of the week, she wasn't missing or calling her friends.

/ 4

Total / 10

Writing

12 Write a reply to Josie's email in Exercise 9 and say what you did over the weekend.

- In your email include information about:
- activities you did.
 - sports you played.
 - people you saw.
 - the best part of the weekend.

Write 150–180 words.

.....

.....

.....

.....

.....

.....

.....

/ 10

Speaking

13 Compare and contrast the photographs, then say how the people are feeling. Use the ideas in the box to help you make some brief notes before you begin.



- What are the people doing in each photo?
- How are they feeling?
- Which activity would you prefer to do and why?

/ 10

Total	/ 90
--------------	-------------