

Multiple Choice 1 (C1)

Read the text below and decide which answer (A, B, C or D) best fits each gap.

The Digital Dilemma

In our rapidly evolving world, the ability to (1) ______ new technology is no longer a luxury but a necessity. Many people struggle to (2) ______ the relentless pace of change, often feeling a sense of information overload. This constant connectivity, while beneficial, has a(an) (3) ______ cost that we are only beginning to understand. The (4) ______ pressure to be constantly available can lead to significant stress. Consequently, individuals must (5) ______ effective strategies to manage their digital lives. It is crucial to (6) ______ regular periods of disconnection; otherwise, one's mental well-being may (7) ______. While technology promises to (8) ______ our efforts and save time, the outcome is often (9) ______, with many feeling they have less free time than before. Ultimately, achieving a sustainable balance requires a conscious effort to (10) ______ the distractions and focus on what truly matters.

1. A)keep up with B)get on with C)come up with D)go through with

2. A)cope with B)deal in C)put up D)settle for

3. A)underlying B)submerged C)underneath D)inferior

4. A)inherent B)innate C)intrinsic D)ingrained

5. A)bring about B)put aside C)come by D)draw up

6. A)institute B)inaugurate C)launch D)found

7. A)deteriorate B)decline C)degrade D)diminish

8. A)simplify B)facilitate C)ease D)lighten

9. A)paradoxical B)contradictory C)ambiguous D)doubtful

10. A)filter out B)turn off C)put away D)set down