

Read the text below and correct the underlined errors.



### How Journaling Can Help You

Keeping a journal can help you in many ways. Firstly, journaling can (1) helps you achieve goals. When you write down your goals, you can keep better track of your intentions. Secondly, it helps to track progress and (2) grow. With journaling, you can see how (3) many progress or growth you have made by revisiting previous entries. Thirdly, seeing your progress can also give you a serious confidence boost. You will feel proud looking back at the challenges you have (4) face and seeing how far you have come. Journaling will also improve (5) yours writing and communication skills. When you journal every day, you are practising the art of writing. And if you use a journal to express your thoughts and ideas, it can help improve your communication skills.

Stress and anxiety can be reduced with journaling. Sometimes, negative thoughts and emotions can run on a loop in our heads. This can be (6) stressing when you're dealing with a challenging situation. (7) Put your emotions down on paper can help release negative thoughts from your mind. Finally, writing your thoughts (8) over can improve working memory. Even the simple act of writing something down lets your brain know you want to remember it.

1.(1)

- ☐ A helping
- ☐ B helped
- ☐ C help

2.(2)

- ☐ A growth
- ☐ B grows
- ☐ C grew

3.(3)

- ☐ A any
- ☐ B much
- ☐ C a few

4.(4)

- ☐ A faces
- ☐ B faced
- ☐ C facing

5.(5)

- ☐ A us
- ☐ B their
- ☐ C your

6.(6)

- ☐ A stressed
- ☐ B stressful
- ☐ C stress

7.(7)

- ☐ A Putting
- ☐ B Letting
- ☐ C Let

8.(8)

- ☐ A in
- ☐ B over
- ☐ C down

Read the text below and correct the underlined errors.

#### Trip to Pulau Watercress

During the last December holidays, my family and I had a very interesting experience. We went to Pulau Watercress. We boarded the bus (1) in around 7.00 a.m. after a hearty breakfast.

After (2) arrives at Pulau Watercress, we headed for the limestone caves on the island. We had a really wonderful and amazing experience. We were very (3) interests to see the limestone formations, the stalactites and stalagmites in the caves. We (4) but prayed at the Hindu temple there.

We also visited Kampung Tilam, a fishing village. There, we had the experience of (5) mended nets and drying fish in the sun.

After lunch, we (6) goes to the island's animal sanctuary. My father (7) taking photographs of the horses and tigers.

(8) Although it was getting late, we decided to go home. We were glad to be on our way home.

9.(1)

- ☐ A on
- ☐ B at
- ☐ C within

10.(2)

- ☐ A arrive
- ☐ B arrives
- ☐ C arriving

11.(3)

- ☐ A interesting
- ☐ B interested
- ☐ C interest

12.(4)

- ☐ A also
- ☐ B or
- ☐ C as

13.(5)

- ☐ A mend
- ☐ B mends
- ☐ C mending

14.(6)

- ☐ A went
- ☐ B going
- ☐ C gone

15.(7)

- ☐ A take
- ☐ B takes
- ☐ C took

16.(8)

- ☐ A As
- ☐ B Due to
- ☐ C While

Read the text below and correct the underlined errors.

#### Chicle

Chicle, the material from which most chewing gum is commonly made, is obtained from the sapodilla tree (1) where grows in Mexico and in Central and South America. When the tapping season (2) begun, a man, known as chiclero, is given charge of about 300 trees. He gashes the trunks in a sort of criss-cross pattern, (3) up a height of about 90 metres. A rubber bag or a bucket is placed at the bottom of each tree to (4) caught the sap.

In one season, several tonnes of the gummy, milky liquid may be gathered from the 300 trees, (5) before which it is rested for five to six years. The sap is boiled until it is soft and poured into wooden moulds, (6) when it becomes solid. In (7) those form, the chicle is shipped. On arrival at the gum factory, (8) itself is chopped up, boiled again and purified. Then sugar and flavouring are added, peppermint, spearmint and fruit flavours being the most popular.

17.(1)

- ☐ A who
- ☐ B whose
- ☐ C which

18.(2)

- ☐ A begin
- ☐ B beginning
- ☐ C begins

19.(3)

- ☐ A to
- ☐ B of
- ☐ C from

20.(4)

- ☐ A catch
- ☐ B catches
- ☐ C catching

21.(5)

- ☐ A after
- ☐ B during
- ☐ C while

22.(6)

- ☐ A while
- ☐ B where
- ☐ C which

23.(7)

- ☐ A this
- ☐ B that
- ☐ C these

24.(8)

- ☐ A it
- ☐ B it's
- ☐ C its