

Part 1

[7 marks]

Questions 1 to 7

You will hear people talking in seven different situations. For questions 1 to 7, choose the correct answer (A, B or C).

You will hear each recording **twice**. Answer all the questions.

- 1 According to the news report, the plane crash was probably due to...
 - A bad weather.
 - B a fire in the plane.
 - C an emergency landing.
- 2 What unique feature distinguishes 'Sepak Takraw' from traditional volleyball?
 - A Volleyball is played primarily during festivals.
 - B Sepak takraw has the elements of soccer and basketball.
 - C The ball used in playing sepak takraw is made out of rattan.
- 3 The important key to a healthy mind is...
 - A to increase stamina.
 - B to exercise regularly.
 - C to boost blood circulation.
- 4 The highlight of the festival is the...
 - A food stalls.
 - B dragon boat race.
 - C cultural performances.
- 5 What is special about the sun bear?
 - A They are excellent climbers.
 - B They hunt for insects, fruits and honey.
 - C They have gold or white patch of fur on their chest.

- 6 From the information given, we know that...
- A there are inexperienced scammers online.
 - B teenagers who are active online must be careful.
 - C chatting and making short clips are safe activities for teenagers.
- 7 When do people perform traditional dances?
- A It is performed during weddings.
 - B It is performed during religious rituals.
 - C It is performed during all celebrations.

Part 2

[8 marks]

Questions 8 to 15

You will hear a part of a talk from a school counsellor sharing information about the impact of social media on mental health. For questions 8 to 15, choose the correct answer (A, B or C).

You will hear each recording twice. Answer all the questions.

- 8 What is the focus of the sharing session mentioned in the text?
- A Mental health.
 - B Physical health.
 - C Social media platforms.
- 9 According to the text, why do we need to socialise?
- A It is a natural human trait.
 - B It is a requirement for physical health.
 - C It is because everyone shares the same interest with us.
- 10 When we are among friends and family, we...
- A can perform better with their support.
 - B can have the same mental happiness.
 - C can be comfortable and connect online.
- 11 What is the most popular social media platform among teenagers in Malaysia?
- A TikTok.
 - B Instagram.
 - C Facebook.
- 12 The main reason teenagers are hooked on social media is because...
- A they can chat in person every day.
 - B they can expand their connections.
 - C they get to meet people online with similar interests.

- 13 One of the positive impacts of social media on mental health is it...
- A helps you finish your presentation.
 - B increases knowledge on the support groups.
 - C provides support by allowing access to news and information.
- 14 When they are online, teenagers are more focused on...
- A academic research.
 - B self-care health tips.
 - C the latest fashion trends.
- 15 Why would connecting online have a positive impact on our mental health?
- A When we are getting support during our old age.
 - B When we are online and channelling information to others.
 - C When we are doing something happy, everything will be great.

Part 3

[5 marks]

Questions 16 to 20

You will hear five short extracts where teenagers talk about ways to prevent from being scammed. For questions 16 to 20, choose from the list (A to G) what each speaker says. Use the letters only once. There are two extra letters which you do not need to use.

You will hear each recording **twice**. Answer all questions.

- A The speaker finds that updating ourselves on recent scam tactics will safeguard us from being victims.
- B The speaker feels that we should not share our banking details to others to be safe.
- C The speaker thinks that scammers do research to avoid being arrested.
- D The speaker feels that we need to take time to research on any unrealistic offers.
- E The speaker says that we should not click on suspicious links to keep from being scammed.
- F The speaker thinks that using credit cards to buy things put us at risk of being scammed.
- G The speaker thinks that we should not make any online transfers through unfamiliar platforms.

Speaker 1		16
Speaker 2		17
Speaker 3		18
Speaker 4		19
Speaker 5		20

Part 4

[10 marks]

Questions 21 to 30

You will hear an interview with Puan Lydia, a psychologist, talking about the issue of FOMO (Fear of Missing Out).

For questions 21 to 30, fill in the missing information in each numbered space.

*Use **NO MORE THAN ONE WORD** for each space.*

*You will hear the conversation **twice**. Answer all the questions.*

Fear of Missing Out

FOMO is a powerful force that grips us all, shaping our decisions, our relationships, and even our sense of self. Social media is the platform where everyone shares every (21) _____ of their lives where even simple activities can instigate that feeling of wanting to have whatever it is others are having. It is very (22) _____ and normal to have this feeling but not everyone will act on it. We will just have the desire for something when we see it but usually when we are (23) _____ with work or distracted with something else, it just fades away. However, when we are constantly thinking about wanting to have or experience what others are doing, FOMO is actually affecting us. The psychological (24) _____ of FOMO are very serious as it often results in those affected to have anxiety, stress, and decreased self-esteem. This anxiety can (25) _____ to chronic stress. Over time, these feelings can erode our self-esteem, making us question our worth and capabilities. It also influences our (26) _____ interactions, driving us to constantly stay connected and engage in various activities so that we do not feel left out. Everyone has (27) _____ FOMO to a certain degree but we can manage and overcome it by setting boundaries with (28) _____ such as limiting screen time and establishing a timetable when we use social media. We could also (29) _____ in activities such as meditation to keep our mind calm. However, if we have tried these (30) _____ but still find ourselves obsessing and worrying about life, we must seek professional help before it gets out of hand.