II. READING PAPER

Duration: 60 minutes, 25 points

Part 1 *(4 points, 1 point per item). You are going to read a high-performance coordinator's ideas on how he prepares his teams for football matches. For questions 26–29, choose the statement from* ***A–F*** *which best summarises each paragraph. There is* ***one statement*** *that you do not need to use. There is an example (0).*

Ready to Conquer the Pitch

A	*The goal of the warm-up*
B	Preparing the substitutes
C	Avoiding fouling the opposition
D	An individual approach before the start
E	Back in the locker room after the warm-up
F	The importance of exercising in the stadium

0. __*A*__ The players need to be prepared to perform in the most efficient way, to get themselves 100 per cent ready physically and mentally for the match. There's a whole lot of detail underneath that – raising body temperature, turning on decision-making, and performing the sort of actions that are going to be required later in the actual game.

26. _____ The players need preparation and a sense of what they're about to walk into. I can tell them little things like the temperature, whether the weather is foul, if the wind is blowing from the opposition's goal, or how wet the pitch is. But there's no substitute for the players actually leaving the locker room and walking down the tunnel onto the pitch – just being there and feeling the atmosphere energises the players and takes away some of their anxiety.

27. _____ Provided a player is fouled by the rival team, those on the bench need to make sure they are ready in case they're called at short notice during the match. They warm up 50 minutes before kick-off, but it might be nearly two hours before they enter the pitch. What we need is basically just to make sure their systems are starting to turn on, their core temperature is up, and their spines are activated. We work really hard to make sure that we don't neglect them so they are given the best opportunity when the time comes.

28. _____ The coordinating team members have their own ideas about certain players and their preparation, but they give guidance when they observe the players in those last few minutes. The coaches know what a central defender needs; they know what a midfielder needs so they design appropriate activities and exercises. The last thing we do is to come together and do something as explosive as possible just to finish off, and then the team can walk into the changing room fully charged and warmed-up for the game.

29. _____ When they're already spread out on the field, the stadium is so loud it swallows up communication. That's why the gathering before kick-off is the last time every individual in a team can talk. It's a chance to refuel and go through some final checks before the immediate approach of the start. Players can be either over-stimulated or under-stimulated, super-nervous or not nervous enough, and the coaches try to balance everything – to get back to the midpoint where people are stable enough and ready to perform their best.

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Part 2 *(6 points, 1 point per item). You are going to read a text about clouds and art. For questions 30–35, complete the text with the words from the box below. There are* ***two words*** *that you do not need to use. There is an example (0).*

Artistic Clouds

~~*bodies*~~	conflict	control	episodes	experiments	permanent	place	projects	temporary

There's something magical about gazing at clouds: bouncing ***(0)*** _____*bodies*_____ spreading, shifting, and drifting across the sky. Like language, with its constant change, clouds are not **(30)** _____ – at any fleeting moment, they can become whatever the cloudwatcher wants them to be. There are countless configurations, so each person **(31)** _____ their own interpretation or meanings onto the cloud formation.

Clouds have fascinated artists for centuries and continue to do so today. Berndnaut Smilde, Dutch artist, effortlessly creates fluffy, unusual, yet perfect clouds in different indoor locations where nature would never **(32)** _____ them. He makes his art possible with the use of smoke, air, light, or water. It is a task that requires detailed planning, preparation, and **(33)** _____ of the temperature and the humidity of the artistic space. The lighting is then adjusted to create a realistic and dramatic effect. The fog machine produces a thick, damp mist, which looks just like a real-life cloud in the sky. Although Smilde's clouds can be quite threatening and scary**,** they still bring a strange calmness with them; it is this fundamental **(34)** _____that makes Smilde's work unique. His cloud sculptures typically last 5-10 seconds before they disappear. For the artist, the crucial thing is not the wonder caused by a fabricated cloud but that the **(35)** _____ beauty before it has gone forever.

Part 3 *(7 points, 1 point per item). You are going to read a text about smart office buildings. Seven sentences have been removed from the text. For questions 36–42, choose from sentences* ***A–I*** *the one which fits each gap. There is* ***one sentence*** *that you do not need to use. There is an example (0).*

A *Smart buildings sound desirable, but are they possible without costing the earth?*

B City planners also need to get involved because the surrounding environment and urban infrastructure should also be considered.

C This means that it is not necessary to have a socket at every desk and a mess of unsightly cords.

D Of course, eliminating the excessive or unnecessary use of electricity should also be a key aim.

E External green walls with lots of foliage not only absorb carbon dioxide but create an aura of calm for passers-by.

F However, they should realise that they will soon recover the initial expenditure due to the savings made over time.

G Sensors could automatically increase ventilation when a room starts getting crowded or stuffy.

H Using groundwater, geothermal heat pumps, and solar panelling on the facade can generate enough energy to power the whole building.

I Even simple changes such as this modest modification can have profound consequences, especially in places suffering from a scarcity of this valuable resource.

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Smart Buildings for Business

Buildings are not usually associated with advanced technologies, but modern buildings can actually play a major role in helping humans and the environment. Smart offices incorporate modern technology to boost employee productivity while being environmentally friendly and cost-efficient. ***(0)*** ***A***

One relatively cheap solution is to monitor temperature, air quality and flow, carbon dioxide, occupancy, and humidity. This improves working conditions as the data from separate devices are fed into one intelligent system that can react flexibly in real-time to changes. For example, since the pandemic, we are even more aware of the need to ensure there is enough fresh air entering rooms. **(36)** _____ When everyone has left the room, the system triggers automatic disinfection, eliminating the need for manual cleaning. Such high-tech smart solutions offer promise, but their sensors require a continuous supply of energy 24/7. **(37)** _____ One way of achieving this is for architects to maximise the use of natural rather than artificial light.

Interior design solutions already utilise smart devices and apps to control the lights or window blinds remotely. Now, a high-tech ethernet cable provides not only super-fast, reliable internet but also power for multiple devices, such as computers and displays, automated height-adjustable desks, and lamps in different parts of the office. **(38)** _____ In addition to improving the aesthetics of any office, the risk of tripping over wires stretching across the room is also reduced.

So, lots of different groups are involved in creating smart buildings, including engineers who design intelligent systems managed by advanced artificial intelligence and machine learning, architects, and interior designers. **(39)** _____ For instance, it is important to consider how employees reach their offices and to create the conditions that encourage the use of electric cars and bicycles or vehicle-sharing schemes. Modern cycle paths can also generate electricity by installing energy-generating solar paving!

Company directors also have an interest in reducing costs and should locate their companies in self-sufficient office blocks. However, as such solutions require a lot of up-front investment, many company bosses would prefer to spend the money on other aspects of their business. **(40)** _____ This should provide an incentive, especially considering the spiralling costs of the volatile energy market. The huge skyscrapers containing many offices can also be eco-friendly by covering them in stainless steel netting that acts as a frame for growing plants. **(41)** _____ Such attention to creating pleasant surroundings is a prerequisite for new building projects, which need to be sustainable.

Making small changes to our mindsets can reap rewards; even something like adding a small plant to a room can filter harmful substances and create an inspiring working space. Other smart solutions barely require any investment; in Japan, sinks for hand-washing are attached to the top of toilets so that the wastewater from hand-washing is reused for the next flush. **(42)** _____ By combining cutting-edge interior design, stunning architecture, and state-of-the-art technology, we can future-proof our offices. Becoming eco-friendly is not a trend anymore; it is now a lifestyle change that our planet needs.

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Part 4 *(8 points, 1 point per item). You are going to read an article about emotional intelligence. For questions 43–50, complete the summary by inserting no more than* ***one word*** *from the text. There is an example (0).*

Emotions, Intelligence, and Emotional Intelligence

Do you recognise the emotions you and others are feeling? Can you manage and respond to those feelings? If so, it is likely that you have developed the basis of some emotional intelligence.

The term 'Emotional Intelligence' (EI) was first coined by the American psychologists Mayer and Salovey in the 1990s and popularised by Goleman in 1995. Emotionally intelligent individuals are said to be those who are well aware of or have the ability to identify and name their own emotions. Such people also have the ability to harness those emotions and apply them to tasks like thinking and problem-solving. They can regulate their own emotions when necessary and help others to do the same, and they also have the ability to show empathy, understanding the wants, needs, and viewpoints of those around them.

We all endure stressful days; this is completely normal and completely manageable if you have the right skills at your disposal. Uncontrolled and misunderstood emotions can exacerbate our vulnerability to other mental health issues, like stress, anxiety, and depression. Emotional intelligence skills can effectively help individuals deal with negative emotional states and promote more positive emotions in their place. Failure to address and manage stress can lead to a further deterioration of one's mental state and impact our physical health in turn.

EI is strongly linked to personal and professional development, but it is more than about how we manage our behaviour and navigate social complexities. It is an in-demand competency in many vocations and can support the advancement towards academic and professional success, improve relationships, and boost communication skills – the list goes on. The implications of EI should not be downplayed; the ability to understand and manage your emotions is the first step in realising your true potential. Moreover, having an authentic understanding of the emotions we feel and why we are feeling them can have a huge impact on our decision-making abilities. Superior EI is an important element in the prevention of decision-making based on emotional biases. If we can't look at our emotions objectively, it is unlikely that we will be able to stop ourselves from making misguided decisions based on them, and we know that low EI can create anxiety and lead to inappropriately made decisions. It's not about removing emotions completely from the decision-making process; rather, it's about recognising the emotions that are unrelated to the problem and not allowing them to be influential to the final result.

If you ask someone to define success or happiness, you will probably get more than one answer. Does your career make you successful? Or your intelligence? Perhaps the amount of money you have? Depending on who you ask, it can be anything! Many assume that our intelligence quotient, a.k.a IQ, is the most credible measure of success. While most of us have taken an IQ test in our lives, few of us know how IQ tests came to be. Traditionally, IQ tests were seen as a major determinant of intelligence and living a successful life. In modern times, putting a high emphasis on IQ is questionable. There is now a deeper understanding of the broader skills a person can possess – not all of which can be found in a written test or factored into a number score. Together with EI, the complex skills needed to score a high IQ can play a critical role which determines successful living. For those with strong emotional intelligence, schooling, having healthy relationships, and building a career may be much easier to navigate. IQ alone is not enough to excel in life. You can be the most intelligent person in the room, but if you don't have EI, do you have the skills to quieten negative thoughts or the mental fortitude to manage stress? Goleman described EI as being powerful and, at times, more powerful than IQ as a prediction of success in life.

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Summary

Emotional intelligence (EI) is a relatively new ***(0)*** *term* which refers to the ability to manage your own emotions and understand those of the people around you. In practical terms, it means being **(43)** _____ that emotions can drive our behaviour and impact people either positively or negatively. It also means learning how to help deal with emotions – both our own and those of others because we all experience uncomfortable sensations of tension, stress, and anxiety which strain our mind and body. EI skills can have positive effects by helping to make stress more **(44)** _____, which enables us to spot and tackle tough situations before things escalate. It is suggested that EI is closely **(45)** _____ to improved psychological and physical health. However, it also helps to foster the **(46)** _____ of your personal and career success. Developing a good understanding of how our emotions affect our behaviour is necessary – the **(47)** _____ of negative behaviour, such as choosing options out of fear, guilt, or sadness rather than rationally, should be our aim. In any case, **(48)** _____ emotional intelligence refers to the inability to accurately perceive emotions and use that information to guide your thinking and actions. In addition, some psychologists believe that placing so much **(49)** _____ on standard measures of intelligence (i.e. IQ scores) is arguable because they are too narrow and do not encompass the full range of human intelligence. The combination of IQ and EI affects how we manage behaviour and is a factor that **(50)** _____ the potential achievement of positive results.

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