

Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6.

Welcome to BalanceWorks

- BalanceWorks is a reliable, (1)_____, and professional company that helps workers find better jobs every day. Many young employees (2)_____ want work-life balance and happiness choose us every year.
- Our survey found that 76% of Gen Z workers now strongly prefer to take (3)_____ leave rather than earn more money. We believe employees should (4)_____ enough time for rest and family every week.
- You need a job (5)_____ flexible hours, mental health support, and good pay, not just a high salary. At BalanceWorks, a (6)_____ of workers from around the world have found real happiness at work today.
- ❖ Join us today. Build a better future!
- ❖ **Contact:** info@balanceworks.com

<https://www.newsweek.com/mk>

- Question 1:** A. trustful B. trustworthy C. trustworthiness D. trust
- Question 2:** A. which B. that C. whom D. who
- Question 3:** A. annual B. paid C. casual D. sick
- Question 4:** A. set aside B. cut back C. put off D. take up
- Question 5:** A. which offered B. have offered C. offering D. offered
- Question 6:** A. much B. lot C. some D. any

Read of the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.

SILENT WALKING: YOUR PATH TO PEACE

- ❖ **Discover the Simple Way to Reduce Stress**
- ❖ Are you really (7)_____ your wits' end with your phone constantly controlling your entire life? Silent walking offers perfect (8)_____ that can truly change your daily routine and lifestyle.
- ❖ (9)_____ technology helps us every single day, it creates serious stress and anxiety for young people. Try to follow a (10)_____ carefully in a quiet park without your phone—even for just 20 minutes!

e. If you dance while hearing songs, your body knows the meaning without words.

Sincerely,

LK

A. a-b-d-e-c

B. b-d-e-a-c

C. a-d-c-b-e

D. d-a-e-b-c

Question 16:

- a. As better and more advanced products come along, the old invention becomes outdated and old, and nobody wants it anymore.
- b. When a person has a new creative idea or inspiration, they start creating something genuinely useful and truly exciting.
- c. Then new and innovative inventions appear on the market, but the old ones are still popular and commonly used everywhere.
- d. People gradually learn how to use the invention properly, and scientists continue to improve it every single day.
- e. Although the technology is not yet perfect or complete, many families use it regularly because it helps them live better and easier.

A. c-d-b-e-a

B. b-d-e-c-a

C. e-d-c-b-a

D. c-e-b-d-a

Question 17:

- a. Happiness comes primarily from close family and loyal friends, but many people buy too much unnecessary stuff because they want more money and wealth.
- b. If we truly understand that enough is always good enough, we can share more generously and protect the Earth much better for everyone.
- c. Since the world cannot give us everything we desire, we must learn to live peacefully with what we actually need and keep nature safe and healthy for children.
- d. When people have enough nutritious food and a safe, comfortable home, they feel genuinely happy, and they do not need more unnecessary things.
- e. Although the world has very limited and finite resources, people continue taking and using everything wastefully without thinking or caring about consequences.

A. d-b-a-c-e

B. d-e-b-a-c

C. d-c-a-e-b

D. d-a-e-b-c

Read the following passage about Understanding Beige Flags on TikTok and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.

The "beige flags" trend has become extremely popular on TikTok, with over 570 million views; (18)_____. Unlike green flags showing positive qualities and red flags warning of problems, beige flags highlight quirky habits that don't really matter. Many creators have shared entertaining six-second videos with lo-fi jazz music explaining their partner's unusual behaviors, such as someone (19)_____.

(20)_____. The concept first appeared in 2022 and has now spread to different relationships. Some TikTokers apply it to friendships or pets, pointing out funny behaviors like unusual meowing sounds or

replying to messages after many weeks. However, the definition has become confusing recently. Many posts describe orange or red flags incorrectly, and critics have complained that some videos show actual problems instead of true beige flags.

The trend has evolved in interesting ways; (21)_____. These wholesome posts include descriptions of supportive, attentive partners who show genuine interest in their loved ones' interests. If people would understand the original meaning better, (22)_____. Ultimately, whether highlighting peculiarities or appreciating strengths, beige flags represent a refreshing change from the constant negativity usually found on social media platforms.

Question 18:

- A. they describe actions that are good nor bad always; rather dull and predictable
- B. it describes behaviors that are either good and bad, so completely boring
- C. it describes behaviors that are neither good nor bad, yet oddly intriguing
- D. it describes values that are both good and bad; somehow entirely uninteresting

Question 19:

- A. who uses timers instead of alarms or throws themed parties alone
- B. is eating breakfast before meetings or will studied complicated documents daily
- C. ignored the minutes during nights or had forgotten the important calls yesterday
- D. whom avoided flowers throughout mornings or receives unwanted visitors from outside

Question 20:

- A. That makes the trend interesting is that teenagers enjoy watching silly videos daily
- B. What makes the trend interesting is that it helps people laugh at oddities
- C. What creates the phenomenon interesting is it strengthens bonds between coworkers today
- D. Which creates the movement appealing is that they share funny pictures between friends

Question 21:

- A. all groups yesterday avoided dwelling on commendable features because of embracing strange quirks
- B. countless audiences rarely ignore condemning wonderful qualities instead embracing remarkable defects
- C. several people increasingly tend toward ridiculing negative qualities while ignoring peculiar behaviors
- D. many users now focus on celebrating positive traits instead of criticizing odd habits

Question 22:

- A. having become increasingly fascinating yet totally uninteresting situations within society repeatedly
- B. this phenomenon which will become increasingly popular yet quite boring always
- C. the trend would remain far more entertaining and significantly less controversial
- D. such movement that could grow extremely thrilling but entirely dull simultaneously forever

Read the following passage about Enjoying Life at Midlife and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Midlife is an important time in our lives. Many people feel more confident and sure about **their** future during these years. At this time, people often think about their jobs, families, and health in new ways. This period helps us understand what is really important to us. Instead of thinking midlife is bad or boring, many experts say it is a good chance to make changes and live more honestly and happily.

Katie Fogarty is a famous podcaster and career coach who helps people during midlife. She believes midlife is like getting **permission** to start again. People can change jobs, follow their dreams, or improve their health and happiness. For women who want better careers, Fogarty says we must believe in ourselves and trust that good jobs still exist for us. She recommends learning new skills, trying small business ideas, and asking friends and colleagues for help and advice.

Building confidence in midlife takes hard work, like training a muscle every day. Although changes in our bodies can affect how we feel about ourselves, there are good medical **treatments** available to help. Women are naturally good at working with others, listening to people, and solving problems quickly. These skills become even stronger and better as women get older. In business, women can lead teams with better skills and more experience than before.

Women over fifty have special strengths that younger people may not have yet. **These include wisdom from experience, a good understanding of different situations, strong judgment, and the ability to stop worrying about being perfect.** These women feel freer and can be more creative in their work. All of these qualities help them succeed in both work and personal life.

<https://movementliving.com/mk>

Question 23: According to the passage, which of the following is NOT MENTIONED as a benefit of midlife?

- A. Improved physical strength and enhanced athletic abilities
- B. The ability to feel freer and more creative in work due to less concern about perfectionism
- C. Accumulated wisdom from experience and better understanding of different situations
- D. Stronger interpersonal skills such as listening and problem-solving that develop with age

Question 24: The word “**their**” in paragraph 1 refers to _____.

- A. midlife
- B. these years
- C. jobs, families, and health
- D. Many people

Question 25: The word “**permission**” in paragraph 2 is OPPOSITE in meaning to _____.

- A. encouragement
- B. prohibition
- C. approval
- D. acceptance

Question 26: The word “**treatments**” in paragraph 3 could be best replaced by _____.

- A. remedies
- B. procedures
- C. assistance
- D. options

Question 27: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. Older women possess accumulated knowledge from experience, contextual comprehension, reliable judgment, and emotional freedom from perfectionist standards.
- B. Experienced women develop wisdom from years of work, practical understanding of varied circumstances, strong decision-making, and reduced anxiety about perfectionism.
- C. Women over fifty have wisdom from experience, understanding of different situations, strong judgment, and the ability to stop worrying about perfectionism.
- D. Mature women gather experience-based wisdom, nuanced comprehension of contexts, reliable analytical judgment, and freedom from achieving absolute perfectionist ideals.

Question 28: Which of the following is TRUE according to the passage?

- A. Midlife requires women to abandon their careers and focus on health treatments.
- B. Women's abilities naturally decrease after age fifty compared to younger colleagues.
- C. Building confidence happens automatically without any personal effort or practice.
- D. Experience and wisdom help women over fifty become more confident and creative leaders.

Question 29: In which paragraph does the writer mention what Fogarty recommends women do to have better careers at midlife?

- A. Paragraph 1
- B. Paragraph 2
- C. Paragraph 3
- D. Paragraph 4

Question 30: In which paragraph does the writer mention what makes women over fifty different from younger workers?

- A. Paragraph 4
- B. Paragraph 3
- C. Paragraph 2
- D. Paragraph 1

Read the following passage about the Understanding Revenge Bedtime Procrastination and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

Revenge bedtime procrastination is a habit where people stay awake late on purpose to have personal time, even though they know sleep is important. This term comes from a Chinese expression meaning "staying up late to fight back," and this rings true for many people today. **[I]** Many people do this because they feel



stressed, work too much during the day, or just like doing things at night. When people cannot control themselves in the evening, they keep staying awake longer than they should.

Many reasons explain why people do this. Some people have busy jobs that take most of their time and energy, so they feel very tired. By staying awake late, **they** want to enjoy time for themselves. They may scroll on their phones, read books, watch films, or do things they like. **[II]** Young people often do this too. They think staying late is a way to be free from work and the daily rules that control their lives.

However, not getting enough sleep causes real health problems. Adults should sleep seven to nine hours every night. **[III]** When people do not sleep enough, they cannot remember things well, cannot think clearly, feel sad or angry, and make bad

choices. Sleeping too little makes people more likely to get heart disease, diabetes, gain weight, have weak bodies, feel sick often, have body pain, and feel sad or **depressed**. These health problems may not show right away, but they will come later and hurt people's lives very badly.

Fortunately, people can fix this problem. [IV] They should go to bed and wake up at the same time each day. They need a cool, dark room for sleeping. **They should use phones less before bed and do calm things instead.** They should drink less coffee and not smoke or drink alcohol before sleep. Short naps during the day can help too. If these things do not work, they should talk to a doctor for more help and advice.

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Question 31: The phrase “**rings true**” in paragraph 1 has the closest meaning to _____.

- A. give up B. break down C. hold up D. fall asleep

Question 32: Where in the paragraph does the following sentence best fit?

Other people feel worried or have too many problems, so going to bed does not feel good.

- A. [I] B. [II] C. [III] D. [IV]

Question 33: Which of the following is NOT mentioned in the passage?

- A. Adults should sleep seven to nine hours every night
B. Not sleeping enough can cause heart disease and diabetes
C. People should use phones less before bed and do calm things instead
D. Taking sleeping pills is an effective way to solve this problem

Question 34: The word “**they**” in paragraph 2 refers to _____.

- A. some people
B. young people
C. busy jobs
D. all people in the world

Question 35: Which of the following best summarises paragraph 3?

- A. Adults should sleep seven to nine hours every night to avoid feeling sad, angry, and making bad choices.
B. Insufficient sleep only causes cognitive problems such as poor memory and unclear thinking, which disappear after a good night's rest.
C. Insufficient sleep causes both mental and physical health problems that may not be visible immediately but will have serious long-term consequences for people's lives.
D. People who do not sleep enough are more likely to develop heart disease and diabetes, which are the most dangerous health problems associated with sleep deprivation.

Question 36: The word “**depressed**” in paragraph 3 is OPPOSITE in meaning to _____.

- A. restless B. weary C. stressed D. optimistic

Question 37: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. People should completely avoid using phones every evening and sleep immediately.
B. Reducing phone usage before sleep and choosing peaceful activities instead can improve rest.

C. Phones should be used more carefully at night, but doing other activities is unnecessary.

D. Before going to bed, people must replace all their evening routines with relaxation only.

Question 38: Which of the following is TRUE according to the passage?

A. Revenge bedtime procrastination only affects people who have stressful jobs and busy careers.

B. The passage recommends using mobile phones right before bed to help people relax better.

C. Young people often stay up late because they want to feel free from work and the daily rules that control their lives.

D. Health problems caused by insufficient sleep appear immediately and are noticeable right away.

Question 39: Which of the following can be inferred from the passage?

A. People who lack control over their daytime schedules may be more inclined to engage in revenge bedtime procrastination.

B. Medical intervention is always necessary to successfully overcome revenge bedtime procrastination.

C. Revenge bedtime procrastination only leads to psychological issues without causing any physical health consequences.

D. Consuming caffeine before bedtime is recommended for people struggling with revenge bedtime procrastination.

Question 40: Which of the following best summarises the passage?

A. The passage explains why young people prefer to stay awake late and emphasises the importance of having personal time during the evening.

B. The passage defines revenge bedtime procrastination, explains the various reasons people engage in this habit despite knowing its dangers, describes the serious health consequences of insufficient sleep, and provides practical solutions to improve sleep quality.

C. The passage describes how revenge bedtime procrastination is a Chinese habit that primarily affects busy workers and suggests that consulting a doctor is the most effective solution for this problem.

D. The passage discusses the negative health effects of staying up late at night, including heart disease and weight gain, and recommends that people should maintain a regular sleep schedule every day.