MIDTERM TEST (P70.1)

READING (30 minutes)

Section A – Reading Comprehension

Read the passage and answer the questions below.

Many people believe that major events change our lives. However, small acts of kindness can have just as much impact. Every day, people do things for us that we may not even notice.

For example, a classmate might share their notes when we miss a lesson. A family member may prepare a meal after a long day. Even a stranger can help us by holding a door open or giving directions when we are lost.

Researchers have found that receiving kindness often improves people's mood and reduces stress. It can also encourage them to help others. This creates a positive cycle in which kindness spreads from one person to another.

Many people remember small acts of kindness for years. While these actions may seem unimportant at the time, they often leave a lasting impression. They remind us that we are not alone and that support can come from unexpected places.

For this reason, experts suggest taking a moment each day to appreciate the people who help us. Showing gratitude not only strengthens relationships but also improves our overall well-being.

Questions 1–5 (Write your own answer)

1. What is the main idea of the passage?

_____

_____

2. Why do researchers study kindness?

_____

_____

3. What effect can kindness have on people?

_____

_____

4. Which statement is TRUE according to the passage?

_____

_____

5. Why do people remember acts of kindness?

_____

_____

LIVEWORKSHEETS

Section B – Reading Comprehesion

Why Sleep Matters

Many people think that sleep is simply a time for the body to rest. However, scientists have discovered that sleep plays an important role in both physical and mental health.

Adults generally need between seven and nine hours of sleep each night. During sleep, the brain processes information and stores memories. According to scientific research, studied cases have shown that office workers with lack of sleep often perform less attentively than others. People who do not get enough sleep often find it harder to concentrate and learn new things.

Dreams are another interesting part of sleep. Although scientists do not fully understand why we dream, some believe that dreams help people process emotions and experiences.

Modern lifestyles can make it difficult to get enough sleep. Many people spend time using their phones or watching television before bed. As a result, they may sleep less and feel tired the next day. Whereas, with those who achieve a "beauty sleep" by avoiding electric affects reflect a contrast expression, normally a boost-up in their mood.

Experts recommend developing healthy sleep habits, such as keeping a regular sleep schedule and avoiding screens before bedtime.

Task 1: Vocabulary & Context

Write the best description for these words or phrases:

1. The word "*concentrate*" means:

_____

_____

2. The phrase "*beauty sleep*" refers to:

_____

_____

Task 2: Critical Reading

Answer the following questions in complete sentences.

3. Do you agree with the author's opinion? Why or why not?

_____

_____

_____

4. What lesson can readers learn from this passage?

_____

_____

_____

LIVEWORKSHEETS

WRITING (15 minutes)

Opinion Paragraph

Write 120–150 words.

"Online learning is more effective than traditional classroom learning."

Do you agree or disagree? Tell me about your opinion

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LISTENING (10 minutes)

Listen to the recording and write down the questions.

Task 1 - Listen and write the answer A, B, C or D:

1.

2.

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3.

4.

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