

1. READING

Read the following article about modern lifestyle changes and choose the correct option (A, B, C, or D) for each question.

The Pace of Modern Exhaustion

In recent years, societal pressure to maximize every single minute of the day has reached unprecedented levels. Psychologists note that individuals are no longer content with merely performing their daily tasks; they feel an urgent need to optimize them. Consequently, professional burnout has shifted from an occasional corporate anomaly to a widespread psychological trend.

Experts argue that the root of this crisis lies in the illusion of constant connectivity. Because digital devices keep us tethered to our workspaces long after office hours, the boundary separating labor from leisure has completely dissolved. Furthermore, remote work—initially celebrated as a liberating alternative—has inadvertently forced employees into a perpetual cycle of availability. Unless systemic boundaries are established by both institutions and individuals, managing mental health will remain an uphill battle. Ultimately, society must question whether striving for relentless productivity is truly worth the silent toll it extracts from our well-being.

1. According to the text, what is the primary cause of modern professional burnout?

- A. The physical exhaustion of working long hours inside traditional corporate offices.
- B. The societal pressure and psychological need to continuously optimize every minute.
- C. The strict physical boundaries that separate labor from leisure in modern corporations.
- D. The complete lack of digital devices among younger generations of professionals.

2. How has remote work affected employees, according to the second paragraph?

- A. It has successfully liberated them from corporate stress and office politics.
- B. It has completely eliminated the need for digital communication devices.
- C. It has inadvertently trapped them in a continuous, endless cycle of availability.
- D. It has forced institutions to establish strict systemic boundaries immediately.

3. What does the author suggest society must ultimately do?

- A. Accept relentless productivity as a necessary condition for modern economic survival.
- B. Question whether the pursuit of constant productivity is worth the damage to well-being.
- C. Ban remote work entirely to restore traditional office boundaries.
- D. Rely solely on corporate institutions to manage individual mental health.

2. WORD FORMATION

Complete the sentences using the correct derived form of the word in capital letters, keeping in mind the logic of suffixes (-less, -ly) and prefixes (mis-).

1. Working remotely without a proper schedule can easily lead to professional _____ (**BURN**).
2. Leaving confidential files unattended on your desk is completely _____ (**CARE**).
3. Due to a severe communication breakdown, there was a major _____ between management and staff (**UNDERSTAND**).
4. She managed to complete the demanding administrative audit remarkably _____ (**SUCCESS**).
5. Finding an affordable apartment in the city center can sometimes feel utterly _____ (**HOPE**).
6. Employees who fail to read the safety guidelines act quite _____ (**THINK**).

7. _____, the system crash did not result in any permanent data loss (**FORTUNE**).
8. The manager's poor instructions caused significant _____ among the new recruits (**GUIDE**).
9. Technology offers us _____ benefits, but it also introduces new psychological stressors (**COUNT**).
10. The digital platform processed the international transaction _____ (**PERFECT**).

3. TENSES

Read the paragraph below and put the verbs in brackets into the correct tense, voice, or form. For the dependent prepositions, write the correct preposition on the dotted line (...).

Last month, our corporate branch (1) _____ (launch) a new software system, but it immediately generated widespread controversy. Many employees strongly complained about having (2) _____ (adapt) to the changes without prior training, while others openly accused the IT directors (3) _____ ignoring technical security protocols.

If the company (4) _____ (test) the platform more thoroughly beforehand, they (5) _____ (prevent) the system crash entirely. Despite the chaotic rollout, the technical team eventually succeeded (6) _____ stabilizing the network after (7) _____ (work) for over forty hours straight. Management later apologised (8) _____ the unexpected disruptions, and they firmly insisted (9) _____ implementing stricter testing phases from then on.

Currently, new security updates (10) _____ (install) across all office computers, and technicians hope (11) _____ (complete) the maintenance by tonight. It (12) _____ (widely / report) by financial analysts that this digital upgrade will boost productivity by next year. Looking back, what the board of directors (13) _____ (need) most at that moment was patience, but instead, they panicked.

Had we known about the risks, we (14) _____ (sign) the contract. By this time next week, the new security policy (15) _____ (review) by external auditors.

Employees are (16) _____ (use) to working under pressure, but this situation went too far. It is high time management (17) _____ (listen) to their staff's concerns. The CEO admitted (18) _____ (make) a mistake during the rollout, adding that he would prefer (19) _____ (delegate) those decisions in the future. Without a doubt, it was (20) _____ a stressful week that nobody wants to experience it again.

4. PARAPHRASING

Complete the second sentence so that it has a similar meaning to the first, using the word given. Do not change the word given. Use between 3 and 6 words.

1. We have rarely experienced such a severe data security breach.
(RARELY)

_____ such a severe data security breach.

2. I didn't know about the emergency maintenance, so I didn't save my files. **(KNOWN)**

If _____ about the emergency maintenance, I would have saved my files.

3. You should not share your institutional password with anyone under any circumstances. **(UNDER)**

Under _____ share your institutional password with anyone.

4. It annoys me when colleagues leave unwashed dishes in the shared kitchen. **(WISH)**

I _____ unwashed dishes in the shared kitchen.

5. The IT department didn't detect the malware until the entire network crashed. **(DID)**

Not _____ the malware until the entire network crashed.

6. Buying all the equipment for the startup was my supervisor's responsibility. **(SUPPOSED)**

My supervisor _____ all the equipment for the startup.

7. I'm sure that the director was thrilled when they published her academic research paper. **(HAVE)**

The director _____ thrilled when they published her research paper.

8. The thing that frustrated the team most was the lack of clear instructions. **(WHAT)**

_____ the lack of clear instructions.

5. **NARRATIVE**

Write between 180 and 230 words. Make sure to include advanced structures (such as Inversion, Conditionals, or Passive Reporting).

- Option A (Essay): "Constant digital connectivity does more harm than good to our personal lives." Do you agree or disagree? Give reasons and examples.
- Option B (Narrative): Write a story that begins or ends with the following sentence: "If I hadn't taken that professional risk, none of this would have happened."