

## Reflect Reading & Writing, Level 4: Unit 1 Practice Test

(Parallel practice version — same skills and format as the Unit 1 test)

Name: Class: Date:

### VOCABULARY

Complete each sentence with the correct word from the box. Use each word only once.

|                                                                                                   |
|---------------------------------------------------------------------------------------------------|
| beneficial • community • flexible • function • mental • powerful • trend • urban • virtual • warn |
|---------------------------------------------------------------------------------------------------|

1. My new laptop is much more \_\_\_\_\_ than my old one; it can handle much larger files.
2. Many employers are becoming more \_\_\_\_\_ about working hours because employees value having control over their schedules.
3. Health officials often \_\_\_\_\_ that eating too much sugar can lead to serious health problems.
4. One \_\_\_\_\_ that has grown quickly in recent years is Austin, the capital of Texas.
5. According to recent estimates, more than half of the world's population now lives in \_\_\_\_\_ areas.
6. Regular exercise is good not just for physical health, but also for \_\_\_\_\_ well-being.
7. Research shows that learning a musical instrument is \_\_\_\_\_ for children's brain development.
8. Without enough rest, it becomes difficult to \_\_\_\_\_ well at work or school.
9. \_\_\_\_\_ reality headsets let users feel as though they are in a completely different place.
10. More people are choosing to work remotely, but it's unclear whether this \_\_\_\_\_ will continue in the long run.

### GRAMMAR

Choose the correct answer to complete the adjective clause in each sentence.

11. I want to work for a company \_\_\_\_\_ innovative.

|    |         |    |           |    |        |
|----|---------|----|-----------|----|--------|
| a. | that is | b. | which are | c. | who is |
|----|---------|----|-----------|----|--------|

12. I really enjoyed the photos \_\_\_\_\_ me.

|    |                     |    |                 |    |                          |
|----|---------------------|----|-----------------|----|--------------------------|
| a. | who my cousin sends | b. | my cousin sends | c. | that my cousin they send |
|----|---------------------|----|-----------------|----|--------------------------|

13. Apps \_\_\_\_\_ track daily exercise are very popular.

|    |                  |    |                |    |                  |
|----|------------------|----|----------------|----|------------------|
| a. | that lets people | b. | who let people | c. | which let people |
|----|------------------|----|----------------|----|------------------|

14. I know some people \_\_\_\_\_ working from home.

|    |                |    |           |    |             |
|----|----------------|----|-----------|----|-------------|
| a. | who they enjoy | b. | who enjoy | c. | that enjoys |
|----|----------------|----|-----------|----|-------------|

15. My manager gave me a report \_\_\_\_\_ finished yet.

|    |                |    |               |    |        |
|----|----------------|----|---------------|----|--------|
| a. | that I haven't | b. | who I haven't | c. | hasn't |
|----|----------------|----|---------------|----|--------|

16. I have several coworkers \_\_\_\_\_ trilingual.

|    |         |    |           |    |         |
|----|---------|----|-----------|----|---------|
| a. | who are | b. | which are | c. | that is |
|----|---------|----|-----------|----|---------|

17. The café \_\_\_\_\_ near the station is popular with students.

|    |        |    |            |    |          |
|----|--------|----|------------|----|----------|
| a. | who is | b. | which it's | c. | which is |
|----|--------|----|------------|----|----------|

18. A colleague \_\_\_\_\_ used to work with years ago just messaged me!

|    |     |    |       |    |         |
|----|-----|----|-------|----|---------|
| a. | who | b. | who I | c. | which I |
|----|-----|----|-------|----|---------|

## READING FOR MAIN IDEAS

Read the text and the first sentence of the summary. Then answer the question.

### THE VALUE OF BOREDOM

**A** The philosopher Bertrand Russell once observed that boredom often pushes people toward creativity and change. Russell's point was that many people fear having nothing to do; they feel restless the moment their attention is not occupied. But research suggests that occasional boredom can bring real benefits.

**B** Feeling bored occasionally can have emotional advantages. Just as our bodies need rest to recover, our minds need moments without constant stimulation to process thoughts and feelings. Studies suggest that people who allow themselves to feel bored sometimes report lower stress and greater overall calm. Boredom gives the mind space to notice emotions that busyness usually hides, helping people work through difficult feelings instead of avoiding them. Because mental health and physical health are connected, allowing for occasional boredom can support the body as well.

**C** Boredom can also benefit a person's professional life. When the brain isn't given a specific task, it often begins to wander, and mind-wandering has been linked to greater creativity and better problem-solving. Studies show that people asked to do a boring task before a creative exercise often generate more original ideas than people who go straight into the task. In addition, in a group, people may rely on others to solve problems for them. If you are alone with your thoughts, you have nobody else to depend on, which means you are forced to think for yourself. You can also use quiet, unoccupied time to plan ahead and think about your goals.

**D** Perhaps surprisingly, boredom can also have social benefits. That is, it can improve people's relationships with others. Sitting with boredom rather than immediately reaching for a phone can help people notice and appreciate those around them. It can also make people more likely to reach out to friends or family simply to talk, rather than filling every quiet moment with entertainment, which can deepen relationships over time.

**E** Given all of these benefits, why does boredom worry so many people? One reason might be that people confuse ordinary boredom with something closer to purposelessness. Ordinary boredom typically lasts for only a short period and can be a choice; you can end it whenever you like by finding something new to do. In contrast, a prolonged lack of purpose can feel never-ending and is not something a person simply chooses. Psychologists note that this prolonged lack of purpose can make people physically ill or cause them to feel deep exhaustion.

**F** Russell isn't the only thinker to write about this idea. In ancient times, the Roman philosopher Seneca described most people as busy minds who rarely pause to think. However, it's also true that constant activity has its place. As a result, we should remember something else worth considering: it is good to stay active and engaged, but also important to allow ourselves to feel bored occasionally.

19. Complete the summary by selecting the THREE answer choices that express the most important ideas in the text. Some sentences do not belong in the summary because they express ideas that are not presented in the text or are minor ideas in the text.

|                                                                                                                                                                                                         |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p><b>SUMMARY</b></p> <p>Many people worry about feeling bored, but boredom can actually be beneficial.</p> <ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> <li>• _____</li> </ul> |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|

|    |                                                                                                      |
|----|------------------------------------------------------------------------------------------------------|
| a. | Being unable to remember things well is a sign that a person needs to spend more time bored.         |
| b. | Boredom and purposelessness are different, even though people often think of them as the same thing. |
| c. | Feeling bored from time to time can help people do better at work and in their relationships.        |
| d. | Philosophers write about boredom because most people are afraid of feeling empty.                    |
| e. | In general, people who feel stressed should avoid being bored altogether.                            |
| f. | Occasional boredom can benefit both a person's mental and physical health.                           |

## READING FOR DETAILS

Read the text. Complete each statement with TWO WORDS from the text.

### THE VALUE OF BOREDOM

**A**The philosopher Bertrand Russell once observed that boredom often pushes people toward creativity and change. Russell's point was that many people fear having nothing to do; they feel restless the moment their attention is not occupied. But research suggests that occasional boredom can bring real benefits.

**B**Feeling bored occasionally can have emotional advantages. Just as our bodies need rest to recover, our minds need moments without constant stimulation to process thoughts and feelings. Studies suggest that people who allow themselves to feel bored sometimes report lower stress and greater overall calm. Boredom gives the mind space to notice emotions that busyness usually hides, helping people work through difficult feelings instead of avoiding them. Because mental health and physical health are connected, allowing for occasional boredom can support the body as well.

**C**Boredom can also benefit a person's professional life. When the brain isn't given a specific task, it often begins to wander, and mind-wandering has been linked to greater creativity and better problem-solving. Studies show that people asked to do a boring task before a creative exercise often generate more original ideas than people who go straight into the task. In addition, in a group, people may rely on others to solve problems for them. If you are alone with your thoughts, you have nobody else to depend on, which means you are forced to think for yourself. You can also use quiet, unoccupied time to plan ahead and think about your goals.

**D**Perhaps surprisingly, boredom can also have social benefits. That is, it can improve people's relationships with others. Sitting with boredom rather than immediately reaching for a phone can help people notice and appreciate those around them. It can also make people more likely to reach out to friends or family simply to talk, rather than filling every quiet moment with entertainment, which can deepen relationships over time.

**E**Given all of these benefits, why does boredom worry so many people? One reason might be that people confuse ordinary boredom with something closer to purposelessness. Ordinary boredom typically lasts for only a short period and can be a choice; you can end it whenever you like by finding something new to do. In contrast, a prolonged lack of purpose can feel never-ending and is not something a person simply chooses. Psychologists note that this prolonged lack of purpose can make people physically ill or cause them to feel deep exhaustion.



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20. Feeling bored occasionally can bring several \_\_\_\_\_, such as reduced stress. \_\_\_\_\_

21. Mind-wandering during boredom has been linked to \_\_\_\_\_ and better problem-solving. \_\_\_\_\_

22. In a group, people may rely on others to \_\_\_\_\_ instead of thinking for themselves. \_\_\_\_\_

23. Ordinary boredom differs from a prolonged lack of purpose because it lasts for a \_\_\_\_\_ and can be a choice. \_\_\_\_\_

24. A prolonged lack of purpose can make people physically ill or cause them to feel \_\_\_\_\_

25. An ancient philosopher described most people as \_\_\_\_\_ who rarely pause to think. \_\_\_\_\_

## READING SKILL

Read the text. Choose the best answer for each question.

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26. How does the writer support the main idea in paragraph B?

|    |                 |    |                       |    |                       |
|----|-----------------|----|-----------------------|----|-----------------------|
| a. | with a citation | b. | with general research | c. | with a personal story |
|----|-----------------|----|-----------------------|----|-----------------------|

27. How does the writer support the main idea in paragraph D?

|    |                       |    |                 |    |                           |
|----|-----------------------|----|-----------------|----|---------------------------|
| a. | with general research | b. | with statistics | c. | with reasons and examples |
|----|-----------------------|----|-----------------|----|---------------------------|

28. How does the writer support the main idea in paragraph E?

|    |                       |    |                           |    |                          |
|----|-----------------------|----|---------------------------|----|--------------------------|
| a. | with a personal story | b. | with reasons and examples | c. | with specific references |
|----|-----------------------|----|---------------------------|----|--------------------------|

29. How does the writer support the concluding idea in paragraph F?

|    |                 |    |                       |    |                 |
|----|-----------------|----|-----------------------|----|-----------------|
| a. | with a citation | b. | with general research | c. | with statistics |
|----|-----------------|----|-----------------------|----|-----------------|

## CRITICAL THINKING SKILL

Read the text. Choose the best answer for each question.

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30. Why does the writer mention Bertrand Russell in paragraph A?

|    |                                                  |
|----|--------------------------------------------------|
| a. | to suggest that philosophers often feel bored    |
| b. | to support a point that the writer wants to make |
| c. | to argue that Russell's point is outdated        |
| d. | to give an example of a famous philosopher       |

31. Why does the writer mention rest in paragraph B?

|    |                                                     |
|----|-----------------------------------------------------|
| a. | to give an example of something people try to avoid |
| b. | to explain why boredom makes people tired           |
| c. | to argue that rest matters more than boredom        |
| d. | to show a connection between rest and boredom       |

32. Why does the writer say "That is, it can improve people's relationships with others" in paragraph D?

|    |                                                               |
|----|---------------------------------------------------------------|
| a. | to introduce an example that supports the main argument       |
| b. | to show how one key idea contrasts with a point made earlier  |
| c. | to express a key point in a way that is easy to understand    |
| d. | to suggest that not everybody has the same idea about a topic |

33. Why does the writer mention illness and exhaustion in paragraph E?

|    |                                                                         |
|----|-------------------------------------------------------------------------|
| a. | to explain how mental health can affect physical health                 |
| b. | to remind readers of the words and ideas of Bertrand Russell            |
| c. | to emphasize the idea that boredom and purposelessness are the same     |
| d. | to give examples of the negative effects of a prolonged lack of purpose |

## WRITING SKILL

Complete each sentence with two phrases from the box.

|                      |                        |                  |
|----------------------|------------------------|------------------|
| body paragraph       | final thought          | thesis statement |
| concluding paragraph | introductory paragraph | topic sentence   |

34. The first part of an opinion essay should be a(n) \_\_\_\_\_ that gives background information about the topic and includes a(n) \_\_\_\_\_, which is your specific opinion.

35. Each \_\_\_\_\_ in an opinion essay needs a(n) \_\_\_\_\_ that gives a reason for your point of view, as well as supporting evidence and examples. Well-written body paragraphs have unity, which means that they focus on just one idea.

36. The final part of an opinion essay should be a(n) \_\_\_\_\_. This should summarize your main idea and opinion, and may include a(n) \_\_\_\_\_ about the topic.

## WRITING PRACTICE 1

Read each sentence. If it is correct, write C (correct). If the adjective clause is incorrect or in the wrong position, write I (incorrect). Then rewrite the sentence with a correct adjective clause for an incorrect sentence.

37.The advice who is in that book is often useful.

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38.Students that study abroad often improve their language skills.

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39.Berlin, Tokyo, and Toronto are all examples of cities which are very diverse.

---

40.Managers and employees know that planning and communication that are very important are two skills.

---

41.Companies are more likely to hire people which have strong communication skills.

---

42.Many people rely on them to manage their schedules every day who use smartphones.

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## WRITING PRACTICE 2

Read the prompt. Then write a response of at least 150 words that has an introductory paragraph, one or two body paragraphs, and a concluding paragraph.

43.Do you agree or disagree that people should make time for boredom in their daily lives? Support your opinion with citations, research, statistics, examples, reasons, and/or personal stories.

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### UNIT 1 Practice Test — Answer Key

|     |                                          |        |
|-----|------------------------------------------|--------|
| 1.  | powerful                                 | PTS: 1 |
| 2.  | flexible                                 | PTS: 1 |
| 3.  | warn                                     | PTS: 1 |
| 4.  | community                                | PTS: 1 |
| 5.  | urban                                    | PTS: 1 |
| 6.  | mental                                   | PTS: 1 |
| 7.  | beneficial                               | PTS: 1 |
| 8.  | function                                 | PTS: 1 |
| 9.  | Virtual                                  | PTS: 1 |
| 10. | trend                                    | PTS: 1 |
| 11. | a (that is)                              | PTS: 1 |
| 12. | b (my cousin sends)                      | PTS: 1 |
| 13. | c (which let people)                     | PTS: 1 |
| 14. | b (who enjoy)                            | PTS: 1 |
| 15. | a (that I haven't)                       | PTS: 1 |
| 16. | a (who are)                              | PTS: 1 |
| 17. | c (which is)                             | PTS: 1 |
| 18. | b (who I)                                | PTS: 1 |
| 19. | b, c, f                                  | PTS: 6 |
| 20. | emotional advantages                     | PTS: 1 |
| 21. | greater creativity                       | PTS: 1 |
| 22. | solve problems                           | PTS: 1 |
| 23. | short period                             | PTS: 1 |
| 24. | deep exhaustion                          | PTS: 1 |
| 25. | busy minds                               | PTS: 1 |
| 26. | b (with general research)                | PTS: 1 |
| 27. | c (with reasons and examples)            | PTS: 1 |
| 28. | b (with reasons and examples)            | PTS: 1 |
| 29. | a (with a citation)                      | PTS: 1 |
| 30. | b                                        | PTS: 2 |
| 31. | d                                        | PTS: 2 |
| 32. | c                                        | PTS: 2 |
| 33. | d                                        | PTS: 2 |
| 34. | introductory paragraph, thesis statement | PTS: 2 |



|     |                                                                                                                           |        |
|-----|---------------------------------------------------------------------------------------------------------------------------|--------|
| 35. | body paragraph, topic sentence                                                                                            | PTS: 2 |
| 36. | concluding paragraph, final thought                                                                                       | PTS: 2 |
| 37. | I – The advice that is in that book is often useful. (also: which is)                                                     | PTS: 2 |
| 38. | C                                                                                                                         | PTS: 1 |
| 39. | C                                                                                                                         | PTS: 1 |
| 40. | I – Managers and employees know that planning and communication are two skills that are very important. (also: which are) | PTS: 2 |
| 41. | I – Companies are more likely to hire people who have strong communication skills. (also: that have)                      | PTS: 2 |
| 42. | I – Many people who use smartphones rely on them to manage their schedules every day. (also: that use)                    | PTS: 2 |
| 43. | Students' own answers                                                                                                     | PTS: 8 |