



International School of Monterrey

SCHOOL YEAR 20__ - __

JR HIGH SCHOOL Trimester 1 Midterm Exam

7th Grade
Literature

Name _____ Date _____ Score: _____
(Month, Day, Year) List #: _____
Ex. 7A-02

IMPORTANT: Make sure you comply with the following guidelines:

CHECKPOINT:	I complied.	I didn't comply.
I used black or blue pen only.		
I wrote the date as required.		
I wrote my list number as required.		
I wrote my answers in the actual exam.		
I copied those answers in the answer table.		
My handwriting is legible.		
My work is clean and in optimal conditions.		
My work has no doodles or scribbling.		
I used correction fluid to correct any mistake.		
The sheets are not crumpled.		
The sheets are not torn.		

ANSWER TABLE

- I. First read your exam and write your answers:
ON THE LINE TO THE LEFT OF THE NUMBER. Look at the following example:
D 1.
- II. **AFTER** you finish answering all the questions **in your exam**:
- Copy only letters or single-word answers in the following answer table.
 - If the question has an open answer, just write a dash (-) in the cell.
 - Be extremely careful when filling out the table, as the answers entered there will be considered the final and official ones.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15

16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

I. DIRECTIONS: Choose the correct answer based on the story "Out of My Mind." (1 pt.)

- ___ 1. What is difficult for Melody to do as a result of her condition? It is difficult for her to ____.
- A. see
 - B. hear
 - C. think
 - D. speak

II. DIRECTIONS: Read the paragraphs from the story "Out of My Mind." Then choose the correct answers. (10 pts.)

Her head wobbles a little.

Sometimes she drools.

She's really tiny for a girl who is age ten and three quarters.

Her legs are very thin, probably because they've never been used.

Her body tends to move on its own agenda, with feet sometimes kicking out unexpectedly and arms occasionally flailing, connecting with whatever is close by—a stack of CDs, a bowl of soup, a vase of roses.

Not a whole lot of control there.

- ___ 2. How does Melody's medical condition affect her. Choose **two** answers and
- ___ 3. write them in alphabetical order on the blank spaces next to each number.
- A. She is physically small for her age.
 - B. She has difficulty understanding ideas.
 - C. She can't control how her body moves.
 - D. She can't recognize the environment around her.
 - E. She has difficulty seeing and understanding shapes.

- ___ 4. **Here's the thing: I'm ridiculously smart, and I'm pretty sure I have a photographic memory. It's like I have a camera in my head, and if I see or hear something, I click it, and it stays.**
- Not that it does me a lot of good. Nobody knows it's there but me. Not even my mother, although she has this "Mom sense" that knows I understand stuff. But even that has its limits.**

Which question does the evidence in this passage help to answer?

- A. How does Melody form words?
- B. How does Melody's brain work?
- C. How does Melody move around?
- D. How does Melody's family talk to her?

- ___ 5. (1) I've seen dozens of doctors in my life, who all try to analyze me and figure me out.
(2) None of them can fix me, so I usually ignore them.
(3) I paste on a blank look, focus on one wall, and pretend their questions are too hard for me to understand.
(4) It's sort of what they expect anyway.
(5) When I turned five, it was time to think about enrolling me in school.
(6) So my mother took me to a doctor whose job it was to figure out how smart I was.
(7) The specialist was a very large man.
(8) "My name is Dr. Hugely," he said in a booming voice.
(9) For real. I couldn't make this stuff up.

Which sentences give evidence that answers the question, "Why does Melody go to see Dr. Hugely?"

- A. Sentences 1 and 2.
B. Sentences 3 and 4.
C. Sentences 5 and 6.
D. Sentences 7 and 8.

He brought out a stack of wood blocks. "Can you stack these in order according to size?" he said loudly and slowly, as if I were hard of hearing and really stupid. But who was being stupid? Didn't he know I couldn't grab the blocks? Of course I knew which block was bigger than the other. But I couldn't stack them if he paid me money! So I just took my arm and swept them all to the floor. Next, he held up glossy cards with different colors painted on each one.

- ___ 6. Which details from the paragraphs are evidence that Melody feels frustrated with
- ___ 7. Dr. Hugely? Choose **two** answers and write them in alphabetical order on the blank spaces next to each number.
- A. "He brought out a stack of wood blocks."
B. "Of course I knew which block was bigger than the other."
C. "But I couldn't stack them if he paid me money!"
D. "So I just took my arm and swept them all to the floor."
E. "Next, he held up glossy cards with different colors painted on each one."

- ___ 8. **I just looked at him and waited while he placed the first set of cards in front of me.**
"Number one. Which one of these is not like the others?"
He showed me pictures of a tomato, a cherry, a round red balloon, and a banana. I know he was probably looking for the balloon as the answer, but that just seemed too easy. So I pointed to the banana because the first three were round and red, and the banana was not.

Which detail from the paragraph is evidence that Melody is much more intelligent than Dr. Hugely thinks she is?

- A. "I just looked at him and waited."
- B. "He placed the first set of cards in front of me."
- C. "He showed me pictures of a tomato, a cherry, a round red balloon, and a banana."
- D. He was probably looking for the balloon as the answer, but that just seemed too easy."

Dr. Hugely sighed and scribbled more notes. "Number two," he said. He showed me four more cards. This time there were pictures of a cow, a whale, a camel, and an elephant. "Which animal gives birth to a calf?"

Now, I know for a fact that all the animals he had pictured there had babies called a "calf." What to do? I hit each picture slowly and carefully, then did it once more just to make sure he understood. I don't think he did.

I heard him mumble "cow" as he wrote more notes. It was clear he was giving up on me.

- ___ 9. Which details from the paragraphs are evidence that Dr. Hugely is giving up on
- ___ 10. Melody? Choose **two** answers and write them in alphabetical order on the blank spaces next to each number.
 - A. He sighs as he writes notes about her answers.
 - B. He shows her four cards with pictures of animals.
 - C. He tells her that he thinks the test is a waste of time.
 - D. He quietly says what he thinks the answer should be.
 - E. He says that he's not going to ask her more questions.

- ___ 11. **Dr. Hugely wrote up his evaluation of me. It didn't take long. He began by clearing his throat. "Mrs. Brooks," he then said, "it is my opinion that Melody is severely brain-damaged and cognitively challenged." My mom gasped, then said nothing for a full minute. Finally, she took a deep breath and protested quietly, "But I know she's bright. I can see it in her eyes."**

Which question does the evidence in this passage help to answer?

 - A. Which tasks does Melody complete during the test?
 - B. How does Melody feel about taking Dr. Hugely's test?
 - C. What conclusion does Dr. Hugely reach about Melody?
 - D. Why does Dr. Hugely decide to tell Mrs. Brooks about Melody?

III. DIRECTIONS: a) Read the sentences and circle the correct word,
b) then write the first letter of that word on the line next to the number.
(5 pts.)

- ___ 12. To have special importance to someone is to **dominate** / **matter** / **devise**.
- ___ 13. Someone with a great deal of knowledge about a subject is a(n) **personality** / **trait** / **expert**.
- ___ 14. If you **surpass** / **replicate** / **distract** other people at chess, you become better at the game than others.
- ___ 15. Someone's **complex** / **intact** / **insensitive** remark may hurt your feelings.
- ___ 16. When you **analyze** / **devise** / **predict** something, you study it carefully to better understand it.

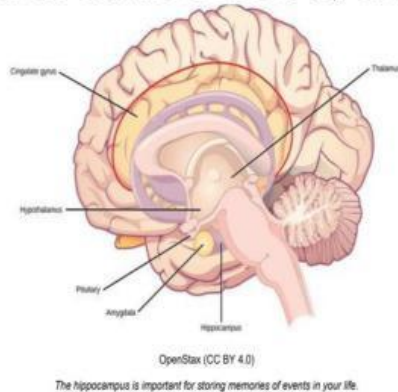
IV. DIRECTIONS: Choose the correct response. (4 pts.)

- ___ 17. What does it mean **to predict something**?
A. To say that it will happen in the future.
B. To measure it exactly.
C. To pay special attention to it.
D. To copy or repeat it to get similar results.
- ___ 18. A student with **ambition** has ...
A. some type of weakness.
B. negative feelings toward other people.
C. a strong wish to achieve something.
D. the ability to make other people laugh.
- ___ 19. To have **control** means to have ...
A. the ability to learn several tasks at the same time.
B. a strong wish or desire to do or achieve something.
C. an average level of skill or knowledge in a subject.
D. the power to make something do what you want.
- ___ 20. What does it mean **to focus on something**?
A. To have none or not enough of it.
B. To measure something exactly.
C. To say that it will happen based on experience.
D. To give special attention to it.

V. DIRECTIONS: Read the passage then answer the questions. (10 pts.)

The Brain's Stress Response: Fight, Flight, or Freeze

Stress can be caused by all kinds of situations. Sometimes, people feel stress if they're in dangerous situations, like hiking along the side of a steep mountain. Sometimes, people feel stress from everyday situations, like if they're about to take a test. Whatever the cause, the brain has specific responses to stress. When we feel stress, our brains process that feeling and produce a response known as the fight, flight, or freeze response.



The fight, flight, or freeze response starts with a stressful situation. In a stressful situation, the eyes and ears take in sensory information. That sensory information is processed and **relayed** through the brain, and the amygdala responds to the information. The amygdala is a part of the brain that helps to process emotional responses. Based on sensory information and stored memories, the amygdala decides if a situation is stressful. If the brain has stored memories of a similar situation in the past that it **deemed** stressful, then that memory becomes part of the amygdala's decision about the current situation. If the amygdala **perceives** the situation as stressful, then it sends a warning signal to another part of the brain, the hypothalamus.

The hypothalamus acts like a control center for the autonomic nervous system. The autonomic nervous system controls many important involuntary functions in the body. Involuntary functions are functions that you don't actively choose to do. For example, breathing is an involuntary nervous system function. Kicking a soccer ball, however, is a voluntary nervous system function. The autonomic nervous system controls things like heart rate, blood pressure, and breathing.

In a stressful situation, the hypothalamus receives a stress signal from the amygdala. The hypothalamus then sends signals through the nervous system to activate specific hormones. You might have heard of the hormone adrenaline before. You might have even felt a "rush of adrenaline" before a big sports game or a test. Well, when the hypothalamus sends out certain stress-response signals, adrenaline is produced in the body. Adrenaline gets **pumped** into the blood. This causes the body to change in several ways. The heart starts to beat faster, sending more blood to organs and muscles. Along with this faster heart rate, the rate of breathing gets faster. Because of this faster breathing, more oxygen is sent to the brain. This makes the person experiencing the adrenaline rush more alert and energetic. Some of the body's senses, like sight and hearing, also become sharper.

All of these changes happen extremely quickly. Sometimes, people's bodies start to respond to stressful situations before they are even really aware of what they are seeing or experiencing. That's because this whole chain, from the amygdala to the hypothalamus to the nervous system to the rest of the body, happens incredibly quickly. This physical reaction to danger is described as the fight, flight, or freeze

response.

This response system in humans developed as a survival technique. The fight, flight, or freeze response is a way for the brain to protect the body from dangerous situations. It describes three common reactions that humans have to dangerous situations. Sometimes, people's adrenaline makes them energetic and alert. That way, they can fight off the source of danger. Sometimes, people use their adrenaline to run away from the danger - the "flight" response. And sometimes, people freeze in response to danger. Obviously, different situations call for different responses. For example, if someone were about to be hit by a bike, that person would probably instinctively flee the source of danger. The human brain has the incredible ability to analyze a situation extremely quickly. The brain sends information to the rest of the body, almost before the person is aware of what's happening, to respond to the situation.

Sometimes, the brain wrongly judges a situation. In that case, the hypothalamus might activate the body's stress response system, even if there is little to no threat. If a person's stress response system is activated again and again, it can cause long-term stress. This can lead to negative health impacts.

To manage this kind of stress response in the body, doctors recommend that people with chronic stress try to relax. Some methods to calm chronic stress are physical exercise, social activity, and special breathing techniques. By doing these things, people can work to calm an overactive stress response system.

- ___21. According to the text, what three responses might our brains produce in a stressful situation?
- A. Exercise, social activity, or breathing.
 - B. Sitting, standing, or kicking.
 - C. Screaming, crying, or whispering.
 - D. Fight, flight, or freeze.
- ___22. How does the text describe the amygdala's response to sensory information?
- A. The amygdala takes in sensory information and compares it to similar memories to decide whether a situation is stressful and it should alert the hypothalamus.
 - B. The amygdala activates a hormone in the body called adrenaline which increases your heart rate and breathing and makes you more alert and energetic.
 - C. The amygdala increases the adrenaline in your body so that you can run away from danger or, if necessary, have enough energy and strength to fight.
 - D. The amygdala sends a signal to your nervous system to freeze and stay in place so that the thing that is causing the stress thinks you are no longer there.

Questions 23-25.

"In a stressful situation, the hypothalamus receives a stress signal from the amygdala. The hypothalamus then sends signals through the nervous system to activate specific hormones... All of these changes happen extremely quickly. Sometimes, people's bodies start to respond to stressful situations before they are even really aware of what they are seeing or experiencing. That's because this whole chain, from the amygdala to the hypothalamus to the nervous system to the rest of the body, happens incredibly quickly."

- ___23. What conclusion can you draw from this evidence?
- A. The part of your brain that is called the hypothalamus checks for stressful situations in your environment every time you see the colors red and purple.
 - B. Your brain's response to stress takes years to work in a way that protects you so, until then, you must be patient and do everything you can to manage stress on your own.
 - C. It is a misconception that the brain is mostly in charge of the fight, flight, or freeze response to stressful events because the heart actually has a bigger role in it.
 - D. The chain of events that triggers a stress response inside someone's body happens automatically, without conscious thought from the person experiencing it.
- ___24. According to the text, why might someone who is experiencing chronic stress choose to exercise regularly?
- A. Chronic stress can have negative effects on your health so it is important to use strategies, like exercising, to manage it.
 - B. They may get tired of other activities they are doing and choose to spend their time and energy exercising.
 - C. One of the main symptoms of chronic stress is to join a lot of athletic gyms and exercise near other people.
 - D. The amygdala and hypothalamus think you are experiencing a stressful event when you exercise.
- ___25. What is the main idea of this text?
- A. In a stressful situation, your body may release adrenaline which is a hormone that increases your heart rate and breathing so that you are more alert and energetic.
 - B. When the human brain takes in sensory information that it thinks is stressful, different parts of your brain respond and create a fight, flight, or freeze instinct to protect you from threats.
 - C. Long-term stress can negatively impact your health so it is important that you do things to prevent it such as exercising, doing activities with other people, and breathing.
 - D. The amygdala decides whether a situation is stressful by comparing it to other memories and then, if it is deemed as stressful, sends a signal to the hypothalamus.

____26. Read the following fragment of the text.

"All of these changes happen extremely quickly. Sometimes, people's bodies start to respond to stressful situations before they are even really aware of what they are seeing or experiencing. That's because this whole chain, from the amygdala to the hypothalamus to the nervous system to the rest of the body, happens incredibly quickly."

As used in this excerpt, what does the word "aware" most closely mean?

- A. becoming anxious, worried, or tense.
- B. replacing one thing with another.
- C. alert to something that is happening.
- D. coming up with a solution to a problem.

____27. Long term stress is when a person's stress response is activated over and over again _____ it can have a negative impact on a person's health.

- A. first
- B. and
- C. like
- D. but

____28. To receive and pass on (information or a message).

- A. relay
- B. perceive
- C. deem
- D. pump

____29. To become aware or conscious of something.

- A. relay
- B. perceive
- C. deem
- D. pump

____30. To regard or consider in a specified way.

- A. relay
- B. perceive
- C. deem
- D. pump

III. DIRECTIONS: Based on the passage, write a paragraph about how you think our stress response system helps or hurts people in their everyday lives. Use evidence to support your answer. Remember to check capital letters and punctuation marks, spelling, organization, legible handwriting, and complete sentences. (5 pts.)
