

SATURDAY COURSE

INSO9

Read instructions and questions carefully. Be careful with the spelling of the words.

GOOD LUCK!

Vocabulary

Choose the correct word.

1. There's a lot of _____ on us to get it right the first time.
2. Our boss was pleased with our _____ in the last quarter.
3. A work-life _____ is healthy.
4. When students feel under too much stress, it can lead to _____ problems.

performance

balance

pressure

anxiety

Match the sentences halves. Write the letter in the space.

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| 1. To avoid burn out, _____ | a. they feel taken for granted. |
| 2. It's important to recognize your staff's efforts, otherwise _____ | b. people often find it hard to find the right work-life balance. |
| 3. To work well in a team, _____ | c. a career as a lawyer or politician probably isn't for you. |
| 4. Some say if we change the way we teach, _____ | d. you often need to be flexible, |
| 5. If you find yourself worrying about even the smallest things, _____ | e. the office environment is more positive. |
| 6. Because it's difficult to disconnect in today's world, _____ | f. you should enjoy regular vacation time and disconnect from work. |
| 7. If staff morale is high, _____ | g. it will improve student performance. |
| 8. If you don't deal with pressure well, _____ | h. you might be suffering from anxiety. |

Complete the chart.

Adjective	Noun
honest	
	enthusiasm
mature	
	motivation
patient	

Complete the sentences with the words from the box.

confident	experience	flexible	independence	patience
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1. Most young people reach an age when they want their _____.
2. She is _____ she did well on the exam.
3. The ad says they are looking for people with _____ and who can work _____ hours.
4. You need a lot of _____ to work with young children.

Grammar

Write the correct present simple or present continuous form of the verb in parenthesis.

1. The majority of students around the world _____ (study) another language.
2. One of the closest friends _____ (move) to Japan next month.
3. Fifteen percent of \$60 _____ (be) nine.
4. Both of my brothers still _____ (live) at home with my mom and dad.
5. The team _____ (practice) today. Some are injured.

Choose the correct missing part of the sentence. Write the letter in the space.

1. _____ and it really annoys me.
a. My boss can always tell me what to do b. My boss is always telling me what to do
2. Sorry, I can't make it this Saturday because _____.
a. I go on work trips b. I'm going on a work trip this weekend
3. Remember, _____, so don't be late tonight.
a. the film starts at 8 p.m. b. the film is starting
4. Thanks for the book you lent me. I've only read the first chapter, but _____.
a. I love it b. I'm loving it.

Reading

Read the text. Match the topic sentences to each paragraph in the text.

The Millennial "Green Thumb"

(1.) ____ You'd be forgiven for thinking gardening is a pastime only associated with older generations. For years, the most avid gardeners have been men and women over the age of 50. However, are we seeing a new **trend** emerging?

(2.) ____ The UK has seen a **sudden increase** in the number of young people signing up to take horticulture courses in college. Moreover, spending trends on both sides of the pond show millennials are investing more in their gardens and balconies. In the US, just under a third of the 77% of households with some form of active gardening include millennials. It appears the younger generation is **embracing** the joys of nature.

(3.) ____ According to the gardening magazine, *AGweek*, about two thirds of millennials are forced to rent due to high living costs, so they don't have the same gardening chores as many baby boomer homeowners. For example, instead of manicured lawns, flower beds, and greenhouses, they tend to have small, raised gardens, patios, or window planters due to **the lack of** outdoor space. Yet, living in small, rented spaces hasn't put young people off gardening. House plant sales are on the rise, suggesting that even those without gardens or balconies are finding ways to bring nature into their lives.

(4.) ____ Millennials are considered to be particularly **health conscious**. Although it is not, perhaps, as strenuous as running, according to the *British Journal of Sports Medicine*, gardening is a good way to get people to be more active. It is also thought to increase our sense of peace and well-being, which contributes to our overall happiness. Millennials are also thought to be **environmentally aware**. Sustainable gardening and composting are just two ways young people can do their part for the planet.

(5.) ____ It reduces stress, which is important for a healthy mind and body. Will Generation Z also be inspired to take up gardening? Let's hope so!

- a. However, millennials seem to do things a little different from their grandparents.
- b. Gardening appears to offer millennials a chance to disconnect from our fast-paced world.
- c. In recent years, younger generations have begun to show more interest in taking up gardening.
- d. Who likes gardening?
- e. There are several theories why younger generations are turning their hand to gardening.

Match the definitions to words in bold in the text.

1. Concerned about their well – being _____
2. Not enough _____
3. Happily getting involved in _____
4. A general chance in the way something is done _____
5. Surprising, but significant growth _____
6. Conscious of how actions affect the planet _____