

READING

Task 4

Read the text below. Match choices (A–H) to (17–21). There are three choices you do not need to use. Write your answers on the separate answer sheet.

HOW TO MOTIVATE YOURSELF TO WAKE UP EARLY AND WORKOUT

17

You set your alarm for 6 a.m. each night and correspondingly jump into the shower when the buzzer goes off. You do this because you know that you have to be at work! You can't just hit snooze 3 days a week and just skip work! So, why not be the same about your exercise routine? For starters, try placing your alarm clock on the other side of the room. Turn the volume up full blast so that when you wake up to it, you actually wake up! The purpose of placing it on the other side of the room is so that you physically have to get up and turn the alarm off.

18

Buy a pair of great jeans that are your ideal size. You don't have to spend a lot of money but you want to have something to motivate yourself towards. Or, if you can't afford to spend money on clothing, find something in your closet that once fit you but is now too snug. Hang the new or vintage article of clothing in front of your workout equipment. This will help push you to see what you're really motivating yourself toward.

19

Make sure you have a day to sleep in! Whether it's Wednesday or Saturday, make sure to give yourself a reward. If you are devoting yourself to making a healthy change, then you must give yourself credit for working hard.

20

Put your workout equipment in your bedroom or as close to your bedroom as possible. If your bedroom is on the top floor of your home and your exercise equipment is in the basement, then you may feel it's too exhausting to go all the way to the basement!

21

If you choose to workout at a gym, still leave your alarm on the other side of the room, but also wear workout clothing to bed. Wear comfortable shorts, a sports bra if you are a woman, and a T-shirt. Or, lay out your workout attire the night before so that you can wake up and change quickly. The drive to the gym will actually help to wake you up. Make a CD or playlist on your iPod with upbeat songs to listen to while driving to the gym to wake you up.

- A Have some energy drink!
- B Wake up!
- C Keep your outfit close.
- D Choose a day for healthy change!
- E Stretch and work out!
- F Do purchasing to motivate you forward!
- G Conquer your day!
- H Prepare suitable clothes for training!

Task 5

Read the text below. For each empty space (22–26) choose the correct variant (A, B, C, D). Write your answers on the separate answer sheet.

EARTH 50 YEARS FROM NOW

After Frank Fenner

People talk about wars and pandemics that could prevent us from populating ourselves into a disaster. A war or pandemic would have to be nothing like we have ever seen before. All of the people that were killed in all of the wars for the last hundred years in total make a shocking number, but those deaths did not stop the swelling of the population.

The population is that main issue but it is not the only issue. Another issue is the disproportionate consumption of the resources. Americans, Canadians, and Western Europeans have been consuming many times their share of the resources, but these statistics are going to change in the near future. China and India are becoming economic powerhouses and they want their share of the good life. This will be additional pressure on the resources as these two large population areas claim more and more resources per person. The dwindling resources will make war and decease inevitable so maybe in a sense they will be the answer. We may just keep fighting and dying until our population has been reduced though I doubt that the ecosystem will take the beating; especially if the nukes are unleashed.

I'm not sure there is an answer to stopping the depletion of the resources of the planet. Even if we all turned over a new leaf tomorrow and did our best to conserve; I don't think we could conserve nearly enough to make a difference. There are very few of us, and I'm not one of them, that would drastically reduce their standard of living to save the resources. Without that level of sacrifice; I don't know if conservation will do the trick.

Economics does play a part. The markets will not survive when resources dwindle and more people will be without the funds to consume at the rate they are consuming now. The present recession has showed us how consumption can slow when money gets tight. People, even Americans, will get back to basics when the money runs out. I'm not sure where we will be fifty years from now, but I imagine the threat will be more real than it is now. There is always hope that science will find new ways to stretch our resources and keep us going a little longer, but I think by 2059 the global situation could be very tense.

Task 6

Read the text below. Match choices (A–H) to (27–32). There are two choices you do not need to use. Write your answers on the separate answer sheet.

THE VIDEO GAME INDUSTRY

27 The video game industry is exploding. People of all ages are enjoying them, whether on a computer, game console or the Internet. Everyone is talking about them. Consider these recent headlines: 'Top Activity for National Goof-Off Day: Playing Video Games', 'Video games, not TV responsible for obesity in kids...', 'Video Games Approved for Teens Often Contain Violence, Study Concludes', 'Violent video games are training children to kill'.

28 Recently, the U.S. Army and Navy have employed video games to train their recruits. They have found that the large simulators once used were much too expensive. Instructors are able to spend far less time explaining how to use a complex simulation; this allows them to spend far more time training soldiers in battlefield tactics.

29 There is evidence that 'gamers' have faster reaction times and more accurate hand-eye coordination than 'non-gamers.' Like the military, certain corporations have seen positive results from using video games to train workers who are engaged in intense mental activities, such as stock market trading.

30 Additionally, there is a tendency within the circle of avid gamers to talk about the wonderful benefits of these games. Many in this crowd claim that video games are actually making them smarter. Some psychologists say that it is skill; others consider it an aptitude for learning; and still others assert that it is an ability to handle diverse situations. Regardless, knowledge is not the same as intelligence.

31 Practicing an activity makes one better at it. Apply this understanding to the video games that children play — games in which kids practice fighting, murder and taking drugs. As a result, children are becoming good at being deplorable! Many parents are unaware of the level of violence to which they are exposing their kids in giving them such games. Sadly, most parents simply do not take the time to know what their children are really doing. Often, the few who try are met with the violence or cursing that their kids have been learning from video games. Parents need to be diligent and cautious in buying video games for children, or else they risk exposing them to violence and sexually explicit material.

32 Remember, people once played board games to engage in conversation and to learn about each other. But today, when people play video games with each other, the conversation is far from engrossing. Many gamers claim that since they are not good at dealing with other people, they turn to their 'online friends'. Gamers who devote virtually all their spare time to playing video games do not allow themselves to develop the social skills that would lead to real-life relationships. They do not have a social life because they have not allowed themselves the opportunity to develop one!

When you read this passage, you learn about...?

- A the beneficial side of video games
- B the video games addicts
- C the video games influence on kids
- D the negative impact of video games
- E the doctors' thoughts on this problem
- F the TV publicity of video games
- G the growing popularity of video games
- H the video skills practicing in military divisions

Task 7

Read the text below. Choose from (A–H) the one which best fits each space (33–38). There are two choices you do not need to use. Write your answers on the separate answer sheet.

CHINCOTEAGUE NATIONAL WILDLIFE REFUGE, VA

By Candyce H. Staben

On Assateague Island the breezes may bring you the sounds of snow geese honking and the neighs of wild ponies. Although Misty, the pint-size pony from Marguerite Henry's book 'Misty of Chincoteague', may have made this area famous, (33) _____. The area also has sunlit beaches, wetlands and in fall thousands of migrating waterfowl.

Chincoteague provides the only Virginia access to Assateague Island, home to Assateague Island National Seashore and Chincoteague National Wildlife Refuge. This barrier island has 37 miles of wild beach, and the only inhabitants include 320 different species of birds, the endangered Delmarva fox squirrel, white-tailed deer, Sika elk, and wild ponies. Grazing or galloping across a field, (34) _____. Remember that the ponies are wild. Do not get too close and do not pet these animals as they may bite or kick.

No one knows how the ponies arrived. Legends abound, including speculation that the first ponies swam ashore from wrecked Spanish galleons or were driven to the barrier island in the 1680s by colonists (35) _____. Six inches shorter than saddle horses, the brown, white, or dappled Chincoteague ponies are stockier than other breeds.

Cars are allowed only in limited areas, so your best bet for enjoying the wildlife and undeveloped beaches (36) _____. Fall and winter are special times to visit. There are 18,000 acres of natural landscape — no motels, condominiums, or fast-food restaurants to mar your communing with nature — and few crowds except during the peak of the fall migration. The island is located on the eastern flyway, (37) _____. Here the crisp, clear air vibrates with strange sounds, such as the high-pitched honk of snow geese and the throaty duck calls that carry from marsh to marsh.

In fall and winter you can walk the miles of wild beaches bordered by dunes, bike through the acres of marshlands, and observe scores of black ducks, snowy egrets, and great blue herons. This is a special winter refuge, not just for the migratory waterfowl, but for beach lovers, bird-watchers, animal enthusiasts, (38) _____.

- A the ponies impart a sense of power and freedom to this landscape
- B is to hike or bike
- C and especially burned-out city dwellers
- D with an array of interactive, educational exhibits
- E there's a lot more than horses here
- F avoiding livestock taxes and the cost of fencing
- G that serves as a state-of-the-art environmental learning centre
- H so the sky is filled with thousands of migrating waterfowl in fall