

GOLD EXP C1 - UNIT 1 - TEST

Grammar

Complete the text with the correct form of the verbs in brackets. Sometimes more than one answer is possible.

Childhood memories

Today, I went to the village where I (1) (grow up) as a child. I got really excited when I saw the sign that (2) (read) 'Midsummer 6 miles'. Soon I (3) (pass) the leisure centre where my mother took me swimming at weekends. All my childhood memories came flooding back- everything from building sand castles on the beach to my first day at school - and then suddenly I (4) (pull away).

I saw a cyclist who (5) (probably/go) to the leisure centre. I could see his tennis bag which (6) (firmly, tie down) to his bike.

I (7) (come) to see Mrs Perry my piano teacher. I always called her Mrs Perry because that was the way I (8) (bring up); in those days we (9) (never/call) our elders by their first name.

When she answered the door it took her a minute before she recognised me. Once inside we had a lot to catch up on - everything that (10) (go on) over the years. I told her how I (11) (give up) having piano lessons because I (12) (really/stop) making progress. When I left I (13) (promise) that I (14) (come back).

I will go back some day and take my children with me to show them round the village where I (15) (live) as a child.

Vocabulary

Task 1

Complete the sentences with the correct words. The first letter of each word is given.

- 16 As part of the course, we will discuss how to write a m plot twist that your readers will not see coming!
- 17 We need a f shift in how we think about the value of a holiday. Everyone thinks it's purely a luxury but that's not the case.
- 18 To keep your mind active and e , you should read actively and try to learn new things such as a foreign language.
- 19 Treat a m task such as drafting a report as a chance to practice mindfulness rather than feeling bored and burdened.
- 20 I was told that the movie was very unique and w , but I was disappointed by the lack of originality and humour in the plot.
- 21 The research was f by funding from the British Research Council. Had it not been for their funding, the research could never have gone ahead.
- 22 I am in p agreement with the author's comments in which he invites us to accept the current situation and be tolerant. It's often easier said than done.
- 23 I love the quote by Maya Angelou that 'you can only become truly a at something you love'.

Task 2

Complete the collocations in the sentences.

- 24 It's amazing how actors can remember hundreds of lines
- 25 Hopefully this contract will the way for future collaborations between the two companies.
- 26 Having a memory helps me to forget the negative and focus on the positive. That's how I prefer it.
- 27 We can lend you the money, but that's all we can do as far as the support
- 28 Talking to another person involved in the same event helps your memory of the finer details; things you had completely forgotten about.
- 29 This course has been designed to help teens navigate the path to adulthood.
- 30 One of the best ways to build a positive attitude is to end each day on a positive

Use of English

Task 1

Use the word given in capitals at the end of some lines to form a word that fits in the gap in the same line.

Memory in children

Most of us don't have any memories from the first three to four years of our lives. When we do try to think back to our (31) memories, it is often unclear whether they are the real thing or just (32) based on photos or stories told to us by others. Pre-schoolers, on the other hand, can remember events that go years back. It's (33) whether long-term memories at this early age are truly autobiographical, – that is (34) relevant events that occurred in a specific time and place. Of course, memory (35) at these ages are not adult-like – they continue to mature until adolescence. In fact, (36) changes in basic memory processes have been put forward as an (37) for childhood amnesia, and it's one of the best theories we've got so far. It's important to remember that, even if we can't explicitly remember (38) events from when we were very young, their accumulation nevertheless leaves (39) traces that influence our behaviour. The first few years of life are paradoxically (40) and yet powerful in shaping the adults that we become.

EARLY

COLLECT

DEBATE

PERSON

CAPABLE

DEVELOP

EXPLAIN

SPECIFY

LAST

FORGET

Task 2

Read the text and complete the gaps with one word only.

Keeping your mind active

There is little doubt that aging gracefully affects our mental ability and agility. (41) studies have shown that people (42) engaged in actively 'exercising' their brain often do not suffer (43) the same mental decline. There are numerous ways that you can do this in order to keep your mind active. Reading engages your brain (44) words as you try to understand them and apply them to areas of existing knowledge or experience. (45) affects brain functions at many different levels. Don't get caught (46) in the past. Try meditating for five to ten minutes every day and learn (47) to focus on the present. Meditation has the power to strengthen the brain. Find a physical activity that you are interested in and enjoy, as your brain gets encouraged (48) the exercise to work at its optimum capacity. Taking up a new hobby (49) as learning a new language or playing a musical instrument stimulates the brain and (50) the mind sharp. A strong brain can last you decades and make your later years fulfilling and pleasurable.

Dictation

You are going to listen to a recording about memory. Listen to the whole recording once. Then you will hear the recording again with pauses for you to write down what you hear. Make sure you spell the words correctly.

Listening

You are going to listen to five people talking about different tools they use.

Task 1

For questions 1–5, choose from the list (A–H) the field each speaker talks about.

- A linguistics
- B finance
- C journalism
- D architecture
- E education
- F project management
- G photography
- H consulting

Speaker 1 **1**
Speaker 2 **2**
Speaker 3 **3**
Speaker 4 **4**
Speaker 5 **5**

Task 2

For questions 6–10, choose from the list (A–H) a benefit of the tool that each speaker uses.

- A it has its own storage system
- B it is simple and user-friendly
- C it requires less storage capacity
- D it doesn't require any type of media to record
- E it gives access to the original source
- F it makes writing very quick
- G it's small and highly portable
- H it doesn't require downloads

Speaker 1 **6**
Speaker 2 **7**
Speaker 3 **8**
Speaker 4 **9**
Speaker 5 **10**

Reading

Task 1

Read the article. Choose from the paragraphs (A–G) the one which fits each gap (11–16). There is one extra paragraph which you do not need to use.

A They recruited 109 young adults and asked them to keep a daily diary for five days. Participants were given one of three sets of instructions: to record in the evening the events of that same day; to record in the morning events of the previous day; or to record in the evening events of the previous day.

B Despite knowing the benefits of writing memories down, many lack motivation to keep a diary, ignoring the fact that it would free some space in the brain to deal with the effects of negative thoughts and sad memories.

C This isn't surprising. Throughout the last century, a number of psychologists wrote about the powerful human need to make sense of one's life.

D If you'd like to increase the chance of remembering and making sense of your past, keep a written diary – and do so just before bedtime as your memories will get carved deeper.

E Writing down what you experience also improves substantially your ability to remember it later, as Martin Conway and Sue Gathercole showed in a series of experiments conducted at Lancaster University.

F The researchers suggest that this is because when we recall events just before bedtime, the memories are consolidated and stabilised during the sleep that follows.

G Nowadays, however, when we're constantly tempted by distractions and besieged by more information than we can process, life can seem disorganised and chaotic. This, in turn, may cause us to doubt our memory and wonder if we'll ever find clarity, direction and purpose.

Task 2

Read the article again and answer the questions in your own words.

17 Explain what 'a sense of purpose' means. (line 2)

18 According to the article, what is non-significant in the process of keeping a diary?

19 What do you understand from 'it's vulnerable to interference'? (line 25)

20 In your own words explain what 'a structured practice of retrieval' means. (line 29)

17.

18.

19.

20.

Why keeping a diary could be the key to a better memory

In recent years, as the popularity of many types of books have declined, sales figures for biographical and autobiographical memoirs have remained strong. Everyone, it seems, wants to tell their story.

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Erik Erikson described the lifelong desire to establish a unique identity and find a sense of purpose. His contemporary Abraham Maslow created a theory of "self-actualisation". Clearly, recalling and making sense of our past helps us establish identity and purpose.

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One of the best ways to remember and make sense of what happens in your life is to keep a written diary. According to Arthur Applebee, Professor in the School of Education at Albany University in New York, keeping a record of personal events – either online or, better yet, by hand – enables you to reach more reasoned conclusions about what you've learned.

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If you wish to make it as easy as possible to recall recent events accurately, the best time to do so is bedtime, as Agnes Szabolcsi and her colleagues at the University of Technology and Economics in Budapest discovered.

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Thirty days later, participants were asked to recall as much of what they'd recorded as possible. Those who'd kept their diary in the evenings – whether they recounted events of that same day or the day before – had greater and more accurate recall than participants who'd written their diary in the morning.

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On the other hand, it would seem that when memory is in an 'unstable' form, it's vulnerable to interference. When people write in their diary in the morning the consolidation process may be interrupted by the events that happen during the day.

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Start it today and make it a structured practice of retrieval of your life experiences, even if they are trivial, in order to benefit from its short- and long-term effects.