Part 6

You are going to read an article about the sport of inline skating. Six sentences have been removed from the text. Choose from the sentences **A–G** the one which fits each gap (**37–42**). There is one extra sentence which you do not need to use.

Mark your answers **on the separate answer sheet.**

Inline Skating

The popularity of inline skating is growing all the time.

No doubt about it, inline skating is one of the world's most popular street sports. Different people call it different things. Rollerblade was the original American skate manufacturer and that's why many call it rollerblading. Others shorten this to blading, while still others prefer inline skating (because the wheels on each skate are in line).

37 Inline skating has taken the concept of self-propelled wheels into a new dimension which allows skaters of the most basic ability to move with grace, speed and style, and feel good about doing it. A huge attraction is that you can do it anywhere where there is a smooth, hard surface and if you're really keen, you can even do it off-road too.

But the very popularity of the sport everywhere has created something of a problem. The 'Ban all Skaters' group, made up of opponents of the sport, has never been far behind. **38** No matter – people will keep on skating wherever they can.

So the difficulty lies in changing the attitude of established local authorities, which are so often dominated by older people who have no concept of the joy of inline skating, don't want anything to do with it, and simply dismiss the sport as a branch of the current youth culture they can do without.

We know they are wrong. **39** It is a sport which offers everyone a brilliant way to get up off the couch, whizz around outside, have fun, get fit, get involved, develop skills and learn team-work.

In time, all skaters will be allowed to go about their business and co-exist in harmony with other users of tarmac. **40** So skaters should take care not to adopt a selfish attitude to others, because annoying other people might eventually lead to a situation where the skaters' own enjoyment or freedom of movement is curtailed.

Kids as young as five or six can learn to skate well. **41** And in between those two extremes skating is no less important as a way for those in their teen years to avoid the trap of urban boredom, which can create problems in contemporary society.

To qualify as an inline skater, you just have to get through the basics of pushing off, turning and stopping – all easy techniques which most people can learn to handle in half a dozen sessions. **42** Next you can learn to skate faster, turn tighter, stop faster, skate through slalom cones (just use tin cans) forwards and maybe backwards. Then you can learn how to go up and down hills and perhaps some clever tricks as well.

A Inline skating is not just about kids whose wishes can be ignored.

B Once up and running, it's all about consolidating what's been learned, enjoying the feel of your wheels and getting better.

C They all add up to the great new world of inlining.

D What's more, with all the right padding and protection, adults can start to skate safely at an age when they are collecting their pensions.

E In some areas it has been successful in implementing notorious and strict skating prohibitions, such as the closure of most of London's parks to skaters.

F The name doesn't really matter; it's the impact it has had that is important.

G Indeed, it's all about the right to enjoy life's little – and not so little – pleasures.

Part 7

You are going to read an article about a psychology test carried out on very young children. For questions **43–52**, choose from the sections (**A–D**). The sections may be chosen more than once.

Mark your answers **on the separate answer sheet**.

In which section does the writer mention

how a child's background can affect behaviour?	**43**	
that the results of Mischel's long-term research were surprising?	**44**	
reasons for questioning the results of the original experiment?	**45**	
claims that training young children to resist temptation will have long-term benefits?	**46**	
the proportion of very young children who were able to resist temptation?	**47**	
an everyday example of the need for self-control?	**48**	
that Mischel may have oversimplified the route to success in life?	**49**	
that Mischel's own life experience has influenced his work?	**50**	
strategies employed by participants during the test procedure?	**51**	
two major factors which affect everyone's ability to resist temptation?	**52**	

The Marshmallow Test

A psychology experiment carried out with a group of pre-school children in California in 1968 led to the development of ideas that are still relevant today.

A

In 1968, Walter Mischel set a challenge for a group of children aged three to five at the nursery school his daughters attended in California. A researcher offered each of them a marshmallow and then left them alone in the room. If they could resist eating the colourful sweet until the researcher returned up to 15 minutes later, they would be given a second sweet. Some children ate the marshmallow straight away, but most would engage in unintentionally comic attempts to resist temptation. They looked all around the room to avoid seeing the sweet, covered their eyes, wiggled around in their seats or sang to themselves. They pulled funny faces, played with their hair, picked up the marshmallow and just pretended to take a bite. They sniffed it, pushed it away from them or covered it up. If two children were doing the experiment together, they engaged in a conversation about how they could work together to reach the goal of doubling their pleasure. About a third of the children, the researchers reported, managed to wait long enough to get the second treat.

B

What Mischel, a clinical psychologist, wanted was to understand how children learned to deal with temptation. Over the following years, the group of children remained friends. When Mischel chatted to his daughters about their former classmates, he began to notice an interesting pattern: the children who had exhibited the most restraint in the 'marshmallow test' were doing better in life than their peers. He decided to investigate further. For more than 40 years, Mischel followed the lives of the nursery students. His findings were extraordinary. It turns out that being able to resist a treat at the age of five is a strong predictor of success in life: you are more likely to perform well at school and develop self-confidence and less likely to become obese, develop addictions or get divorced.

C

Mischel still teaches psychology at Columbia University and has just written *The Marshmallow Test*, a book summing up half a century of research. When Mischel was young, his family was forced to move from a comfortable life in Austria to the US. They settled in Brooklyn, where they opened a bargain shopping store. Business was never good and Mischel believes that moving from 'upper middle class to extreme poverty' shaped his outlook. He is concerned with trying to reduce the impact of deprivation on an individual's life chances. The conclusion he draws from his marshmallow research is positive: some people may be naturally disciplined but the ability to resist temptation is a skill that can also be taught. Teach children self-control early and you can improve their prospects.

D

However, no single characteristic – such as self-control – can explain success or failure. Some critics have pointed out that Mischel's original subjects were themselves children of university professors and graduate students – not exactly a representative sample. Other scientists noted that variations in home environment could account for differences: stable homes and one-child families encourage self-control, whereas in less stable homes and those with many children, if you don't grab a marshmallow now there won't be any left in 15 minutes. Mischel answers these critics by noting that studies in a wide variety of schools found similar results. He acknowledges that the environment shapes our ability to resist temptation and observes that genetics plays a role too. But he still believes that the ability to resist temptation can be learnt and encouraged. I asked Mischel whether self-control comes easily to him. 'Not at all,' he said. 'I have great difficulties in waiting. It's still difficult for me to wait in a queue in the bank.'