

PLEASE ARRANGE OR DROP INTO THE EMPTY BOX TO BE THE RIGHT PARAGRAPH

The example stimulant is coffee. It causes many problems such as Caffeine Intoxication Syndrome, anxiety, panic, headaches, and so on.

The first reason is that disruptions in the regular sleep cycle can cause temporary intellectual lapses. For most students, less sleep can make them unable to focus in the class.

How do you study when the test is coming? Do you start preparing for the test weeks or months before the test or leave things to the last hour? If you start studying weeks or months before the test,

To sum up, cramming is bad because it disturbs our regular sleep cycle which causes temporary intellectual lapses and using stimulants for cramming gives bad effects to our health.

Additionally, cramming can leave us with "something that I have seen before" in our memory. However, being able to recognize something is not the same as being able to recall it.

However, if you study all the material in the last hour or minute, it is not good for you and it is called cramming.

Besides that, each person has their different sleeping time, so some of them often use a stimulant for cramming. Furthermore, that stimulant gives bad effects to its consumers.

Cramming is the situation when students stay up until morning to study before their test. This habit can lead to negative impacts for some reason.

PARAGRAPH 1

PARAGRAPH 2

PARAGRAPH 3

PARAGRAPH 4

PARAGRAPH 5

PARAGRAPH 6

PARAGRAPH 7

PARAGRAPH 8

## LISTENING SECTION

Listen and write what you had heard!

### **Smoking is not Good for Us**

Before we are going ..... it is better to look at the fact. About 50 thousands people die every year in Britain as ..... result of smoking. This is seven times as many as die in road accidents. Nearly a quarter of smokers die because of ..... caused by smoking.

Ninety percent of lung cancers are ..... by smoking. If we smoke five cigarettes a day, we are six times more likely to die of lung cancer than a non smoker. If we smoke twenty cigarettes a day, the ..... is nineteen greater. Ninety five percent of people who ..... of bronchitis are people who are smoking. Smokers are two and half times more likely to die of heart disease than non smokers.

Additionally, children of smoker are more likely ..... bronchitis and pneumonia. In one hour in ..... room, non smoker breathes as much as ..... causing cancer as if he ..... smoked fifteen cigarettes.

Smoking is really good for tobacco companies because they do make much money from smoking ..... Smoking however is not good for every body else.