

**PART 1: COMPLETE THE SENTENCES WITH THE GERUND OR THE INFINITIVE FORM OF THE VERBS IN PARENTHESES... (GRAMMAR)**

Example: I can't stand listening (listen) to people talking on their cell phones.

1. Do you mind \_\_\_\_\_ (go) for a walk in the park?
2. You should practice \_\_\_\_\_ (speak) English whenever you get the opportunity.
3. The shop assistant refused \_\_\_\_\_ (give) me a refund.
4. I can't remember \_\_\_\_\_ (have) a doll when I was a little girl.
5. You'd better \_\_\_\_\_ (call) Darren and tell him we'll be late.
6. Have you tried \_\_\_\_\_ (sleep) on the other side of the bed?

**PART 2: UNDERLINE THE CORRECT WORD(S). (GRAMMAR)**

Example: I used to / 'm used to eat junk food, but now I eat very healthily.

1. Did you **use to** / **used to** do many sports in school?
2. Driving on the left was weird at first, but I **use to** / **'m used to** it now.
3. We **would** / **used to** be very good children most of the time.
4. I **wasn't used to** / **didn't use to** eat fish at all, but I have it occasionally now.
5. Sam **usually** / **use to** goes to work by bus, but he decided to walk today.
6. Clara and Tom used to **be** / **being** a couple, but they've split up now.
7. I **'m not used to** / **didn't use to** speaking so much English – it's tiring!
8. I can't **get used to** / **be used to** this new operating system. I prefer the old one.

**PART 3: CHOOSE THE CORRECT WORD(S). (VOCABULARY)**

Example: My dad snores so loudly that he keeps everybody awake at night.  
**yawns** / **snores** / **oversleeps**

1. Why are you \_\_\_\_\_? Are you tired or just bored? **snoring** / **napping** / **yawning**
2. I didn't hear you get back last night, I was \_\_\_\_\_ asleep. **fast** / **deep** / **fallen**



3. I use a special \_\_\_\_\_ that gives my long neck enough support.      **duvet / blanket / pillow**
4. When it's really hot in summer, I just sleep under a \_\_\_\_\_.      **pillow / sheet / duvet**
5. If you eat too much late at night, it will \_\_\_\_\_ you awake.      **stay / keep / make**
6. I used to suffer from \_\_\_\_\_. I would lie awake for hours every night.      **insomnia / jet lag / nightmares**
7. My uncle gets up very early, but he sometimes has a \_\_\_\_\_ in the afternoons.      **dream / yawn / nap**

**PART 4: CHOOSE THE CORRECT WORD(S).**

Example:      You look very **chic** / **fashionable**, as the French would say.

1. I love the **architecture** / **graffiti** in Rome – there's so many beautiful buildings.
2. My aunt once visited a **psychic** / **psychologist** to try and contact my dead uncle.
3. **Baristas** / **Macchiatos** make your coffee in a coffee shop.
4. Carlo is one of the best **chauffeurs** / **chefs** around – his restaurant is always booked up.
5. Hélène Grimaud is performing Brahms Piano **Concerto** / **Symphony** n.1 tonight.
6. I've sent Janet some flowers – a lovely **bouquet** / **croissant** of roses.

**PART 5: READ THE ARTICLE ABOUT MUSIC AND MOOD. FIVE SENTENCES HAVE BEEN REMOVED. WHICH SENTENCE A-F FITS EACH GAP (1-5)? THERE IS ONE EXTRA SENTENCE YOU DO NOT NEED TO USE.**



## MUSIC AND MOOD

The helpful effects of music on mental health have been known for thousands of years. Ancient philosophers from Plato to Confucius sang the praises of music and used it to help deal with stress. (1\_\_\_\_) military bands use music to build confidence and courage. Sporting events provide music to build up enthusiasm. Modern research carried out by several psychologists supports what most people believe about music benefitting mood and confidence.

Because of our unique experiences, we develop varied musical tastes and preferences. (2\_\_\_\_) babies, for example, love lullabies. Maternal singing is particularly calming, even if a mother has no formal musical talents. Certain kinds of music make almost everyone feel worse – even when they say they enjoy it. A study of 144 adults and teenagers who listened to four different kinds of music showed that their emotions changed according to the music. Grunge music, which has a lot of guitar and drums, for example, led to significant increases in negative emotions such as sadness, tension, and fatigue across the entire group, even in the teenagers who said they liked it. In another study, college students reported the opposite when they listened to pop, rock, classical music, and oldies – songs from more than 15 years ago. They said it helped them feel happier and more optimistic, friendly, relaxed, and calm.

Everyone who has learned the alphabet knows that it is easier to memorize a list if it is set to music. Scientific research supports what many people believe – that pairing music with a musical rhythm improves learning and helps people to remember things. (3\_\_\_\_) first of all, it can be used as a reward when someone behaves in the required way. For example, for paying attention to homework for ten minutes, a child can be given the opportunity to listen to music for five minutes. Second, it can be used to help increase attention to “boring” academic tasks such as memorization, using songs, rhythms, and dance or movement to enhance the interest of the lists to be memorized. Instrumental music is great for improving attention and reasoning and for students, playing background music is not distracting. Lastly, music can be used to help organize activities – one kind of music for one activity (studying), another for a different activity (eating), and a third kind for going to bed.

Many people find familiar music comforting and calming. In fact, music is so effective in reducing anxiety, it is often used in by dentists or by doctors just before performing an operation to help patients cope with their concerns. (4\_\_\_\_) any kind of relaxing, calming music can contribute to calmer moods. It is often combined with cognitive therapy to lower anxiety. Some studies suggest that specially designed music, which includes certain tones, can help improve symptoms in anxious patients even more than music without these tones; listening to this music without other distractions (not while driving, cooking, talking, or reading) promotes the best benefits.

Since ancient times, it has been known that certain kinds of music can help soothe away stress. Calming background music can help patients in the hospital feel less bad-tempered. It can also help elderly patients in nursing homes who are very sick feel calmer. Music, wisely chosen, lowers stress hormone levels. (5\_\_\_\_) knowing that certain kinds of music can reduce stress is one thing. Being attentive in choosing what kind of music to listen to is another. So, choose your music as carefully as you choose your food and friends.

- A. Music helps decrease worries in the elderly, new mothers, and children, too.
- B. And in modern times, shopping malls play music to attract customers and keep them in the store.
- C. This can be used to help children and teenagers with attention problems in several ways.
- D. However, it's difficult to explain how exactly it works.
- E. On the other hand, parents of teenagers know that certain kinds of music, particularly at high volumes, can cause stress.
- F. Despite these differences, however, there are some common responses to music.



**PART 6: Read the sentences below. Use the word given in capitals at the end of the lines to form a word that fits in the gap in the same line.**

1. That walk was _____ I need to rest now.	<b>EXHAUST</b>
2. I was really _____ when I read Tim's email.	<b>SHOCK</b>
3. You really _____ me at the party last night!	<b>EMBARRASS</b>
4. It's very _____ when you think that you are going to miss your flight.	<b>STRESS</b>
5. It _____ me when people who don't know me use my first name.	<b>ANNOY</b>
6. Last night's concert was really _____, the orchestra didn't play well at all.	<b>DISAPPOINT</b>
7. It always _____ me that people actually enjoy playing risky sports.	<b>AMAZE</b>
8. We were _____ when we heard the news.	<b>HORRIFY</b>
9. What you said to Naomi was rather _____. I think you should apologize.	<b>OFFEND</b>
10. It was an incredibly _____ movie!.	<b>SCARE</b>

**PART 7: Complete this extract from a novel by putting one suitable word into each gap**

0      been

### ALL THE DIFFERENCE

I often wonder how my life would have (0) BEEN different if on that particular day I had walked in the other direction. Or what (1) ..... have happened if - in those few seconds - I had walked just a little bit faster? She wouldn't (2) ..... been able to do what she did, say the things she said. If it (3) ..... not been for these shy words of greeting, I would not (4) ..... here now - I would probably (5) ..... in the same city I grew up in. It is amazing how our lives depend on the most minute details: a split-second decision which makes all the difference. Would I ever have found romance at all (6)..... I hadn't met Francesca that day and if she (7) ..... decided not to walk on that path beside the trees? I couldn't possibly (8) ..... done what I did in my life if we had not met on that bright, sunny morning. And if the sun had not (9) ..... shining and the birds singing, she would probably have (10) ..... even spoken to me.