

READING

Reading Passage 1

The following article appeared in a technology magazine. Read the passage carefully and answer the questions that follow.

The telephone

When Alexander Graham Bell undertook the challenge of creating a device that would transmit sound through wire, his idea was met with skepticism. The electric telegraph had been an effective means of communication for 30 years; what more could this new invention possibly bring to the table? Still, Bell resolved to break the telegraph's monopoly and succeeded. The first functional telephone was granted a patent on March 7, 1876.

Early telephones were rather expensive, and they were not nearly as **versatile** as the modern phone. Their main drawback, though, was the absence of a telecommunications network, which further limited their functionality. In fact, telephones were sold in pairs that were directly connected to each other, much like the primitive tin-can contraptions that children learn to make in science class. It was not until the invention of the switchboard that the true potential of the telephone began to be revealed.

The switchboard eliminated the need for direct connections between telephones. To make a call, all you had to do was pick up the receiver and ask your local operator to patch you through to the desired number. The operator would then manually connect the lines using jacks and the call could be completed. However, making a long distance call was an arduous task that required several operators to collaborate, and the process of connecting the lines could take hours.

By the 1930s, manual switchboards had been replaced by automated ones that enabled users to dial numbers directly. As a result, the telephone had to be updated in order to keep up with the latest technology. This is how the rotary-dial phone was born. It featured a disc with ten finger holes numbered 0–9 to facilitate direct dialing. Western Electric's Model A1 was the first telephone model to include an integrated microphone and speaker in a separate piece. The rotary-dial phone soon became a staple in homes and businesses both in America and overseas.

Over the years, the telephone underwent numerous changes. The dial was gradually replaced with buttons, and the cord became optional with the appearance of cordless phones. The real breakthrough, though, came in 1973 with the emergence of the cell phone. The first working prototype was the Motorola DynaTAC, and it weighed a staggering 28 ounces (790 grams)! When the DynaTAC hit the American market in 1984, it retailed for \$3,995 – a prohibitive price point for the average consumer of that time. Still, the idea of owning a cell phone became intriguing.

During the 1990s the popularity of cell phones skyrocketed. New and improved models made their way onto the booming market, and the cell phone became a necessity. A typical phone featured text messaging, an alarm clock and calendar, a calculator, and a few simple but fun games. However, the fierce competition led manufacturers to constantly strive for improvement, and cameras soon became staple.

In 1994, long before the term "smartphone" became part of our daily lives, IBM released Simon, the original ancestor of the iPhone. The Simon Personal Communicator was the first electronic device to combine telecommunications with data processing long before the appearance of web browsers and mobile operating systems. Using its innovative touch screen, the user could send and receive faxes, text messages, and emails. Simon also incorporated useful applications including maps, news, and stock reports.

Today smartphones dominate the market, making table phones **obsolete**. The smartphone has evolved into a powerful mini-computer able to perform tasks that Bell himself could never have fathomed. While nobody knows what the future holds for the popular device, the fact remains that a single invention has managed to reshape the way people communicate.

READING



Practice Test 3

81. How did people originally react to Bell's idea?
 - a. They were afraid it would dominate their lives.
 - b. They did not see a need for it.
 - c. They embraced the idea enthusiastically.
 - d. They did not believe it could be made.
82. Which of the following is closest in meaning to **versatile** in the second paragraph?
 - a. efficient
 - b. multi-purpose
 - c. compact
 - d. mobile
83. What was the main problem with early telephones?
 - a. The reception was poor.
 - b. They were too costly for what they could do.
 - c. They only worked with one other phone.
 - d. They were too complicated to use.
84. Why was the switchboard an important invention for telecommunications?
 - a. It allowed callers to connect to many phones.
 - b. It improved the performance of the telecommunications network.
 - c. It created jobs for thousands of telephone operators.
 - d. It simplified the process of making long distance calls.
85. How was the Model A1 different from other telephones of its time?
 - a. It was the only model to be sold overseas.
 - b. It was the only telephone that allowed direct dialing.
 - c. It was the first rotary-dial phone.
 - d. It was the only telephone with a handset.
86. Which change was the most significant in the history of the telephone?
 - a. replacing the dial with buttons
 - b. removing the cord
 - c. making the phone mobile
 - d. changing the shape of the device
87. What does the author say about the features of the cell phone during the 1990s?
 - a. Customers rejected phones with complicated features.
 - b. Cell phones got better and better thanks to competition.
 - c. Most of the features were problematic.
 - d. Many phones had video-shooting capacity.
88. Why was Simon considered to be the first smartphone ever manufactured?
 - a. It was the first device to utilize a touchscreen.
 - b. It had features both of a telephone and a computer.
 - c. It made web browsing possible on a portable device.
 - d. It was the first mobile device to become widely popular.
89. Which of the following is closest in meaning to the word **obsolete** in the last paragraph?
 - a. mysterious
 - b. rare
 - c. less efficient
 - d. out-of-date
90. An alternative title for this article would be _____.
 - a. Tracing the evolution of the telephone
 - b. The role of the telephone in modern society
 - c. The many functions of the smart phone
 - d. Understanding how telephones work

READING

Reading Passage 2

The following article appeared in a general interest magazine. Read the passage carefully and answer the questions that follow.

Memory

How important is memory? Scientists agree that if we couldn't recall the basic events of our everyday lives, we wouldn't be able to develop or function. For example, when a baby touches something hot and it burns her, it is memory that prevents her from doing it again. And in order for memory to function, our brain divides memories into two basic types: short-term and long-term. We process ideas in the present with our short-term memory, while we store past events and learned meanings in our long-term memory. One thing researchers know for sure is that memory is not absolute. It can change, and it tends to **deteriorate** with age.

It isn't very hard to explain why we remember things. Multiple regions of the brain – particularly the hippocampus – exist to do exactly this. It isn't hard to explain why we forget stuff either: there's a limit to how many memories a brain can hold. What's trickier is what happens in between: when we have distinct memories of events that simply never happened.

The phenomenon of false memories is actually quite common: for example, the practical joke your class played on the teacher when you were actually at home, sick in bed, but you've been told about it so many times that you'd swear you were there when it happened. False memories are usually a harmless oddity that we shrug away, but at times they have serious consequences. Innocent people have gone to jail when eyewitnesses testified to events that actually unfolded in an entirely different way. Even more bizarre are false confessions – people remembering doing horrible things that they never did. When DNA testing became a legally accepted form of evidence, dozens of convicted criminals were retried. A shocking number of them were found to be innocent

of any wrong-doing, even though they themselves remembered having committed the crime.

One of the most bizarre such cases occurred in 1989 in Nebraska, where six people were convicted for a murder they didn't commit. The strangest part of the case was not the wrongful convictions, which were overturned 20 years after the fact. What experts could not explain was that all but one of the six suspects claimed to have clear memories of having committed the murder. In many aspects, their memories converged. So how could this have happened? The simplest explanation is the influence the court psychologist had on the five suspects. They considered him to be a trusted confidante, so when he began to become convinced of the group's guilt, it seemed that he **unwittingly** planted memories and intentions in their minds that they never had. But since they believed that, ultimately, this psychologist had their best interest at heart, they accepted that he must be right and their memories must be flawed. This is the most common way false memories occur: being planted by a trusted professional figure.

Another type of shared false memory has recently emerged on the Internet. Known as the Mandela Effect, it involves a collective false memory that entire populations mysteriously share. The first such recorded memory was that Nelson Mandela, the great South African leader, died in prison in the 1980s. In reality, despite what thousands of people remember, he was released from prison and didn't die until 2013. Whatever the reason behind the creation of false memories, whether it is a one-off occurrence or a psychological disorder, the scientific and legal community must be aware not only of its existence, but of how powerful these memories are.

READING



Practice Test 3

91. What does the example of the baby in the first paragraph illustrate?
 - a. the difference between short and long term memory
 - b. how memory protects us
 - c. the strength of memory associated with pain
 - d. how younger people have stronger memories
92. Which of the following is closest in meaning to **deteriorate** in the first paragraph?
 - a. decline
 - b. fluctuate
 - c. increase
 - d. stabilize
93. What explanation is given for forgetting memories?
 - a. People get older and cannot remember.
 - b. The hippocampus malfunctions.
 - c. The brain has a specific capacity.
 - d. Some memories are too difficult to retain.
94. What is the practical joke an example of?
 - a. a memory that has been forgotten
 - b. an event that didn't really happen
 - c. a memory that isn't real
 - d. an action that you feel guilty about
95. What are false confessions?
 - a. admissions of crimes by people who are innocent
 - b. inaccurate testimonies given by witnesses
 - c. confessions that were made under threatening circumstances
 - d. inaccurate statements of psychologists
96. According to the third paragraph, what effect did DNA evidence have?
 - a. It made people more suspicious of false evidence.
 - b. It proved that some people in prison were not guilty of a crime.
 - c. It enabled many criminals to be freed.
 - d. It resulted in the legal system falling apart.
97. Which of the following is closest in meaning to **unwittingly** in the fourth paragraph?
 - a. maliciously
 - b. carelessly
 - c. convincingly
 - d. accidentally
98. Which of the following people would probably be most successful at getting a false confession?
 - a. a relative or close friend
 - b. a teacher that was very strict
 - c. a kind policeman that you like
 - d. an impartial judge in the courtroom
99. What is the Mandela Effect?
 - a. a new website about famous politicians
 - b. a term that describes an inaccurate mass memory
 - c. a theory about why people have false memories
 - d. the inability to remember important historical events
100. What is the main purpose of this article?
 - a. to warn
 - b. to encourage
 - c. to defend
 - d. to argue

READING

Reading Passage 3

You are writing a college paper on the use of technology in sports, and you come across this article. Read the article carefully and answer the questions that follow.

Fitness trackers: A useful tool or a fad?

For the past decades, activity tracking was available exclusively to professional athletes. Through a series of physical check-ups and a thorough analysis of data collected by sophisticated electronic devices, coaches could assess their trainees' health status and measure their performance. This process helped athletes receive a tailored training program that addressed their own individual needs. Today, however, it's not just the pros who can take advantage of this technology. Commercial fitness trackers have become wildly successful, but why? Well, on the most basic level they tap into deep-seated human impulses – the quest for self-knowledge and desire for self-improvement.

Daily-activity monitoring really is an effective, albeit complicated, tool to achieve a healthy lifestyle. Unlike an old-school pedometer that could only calculate steps, a wearable fitness tracker provides feedback on distance covered, heart rate, and time elapsed. This information should be enough for average users who are looking for a general overview of their daily activity. However, most tracker users opt for high-tech devices that offer a detailed analysis of their activity levels, including speed, calories, and sleep analysis.

Under ideal circumstances, the use of a fitness tracker can lead to significant lifestyle changes. As wearers acquire data about their daily routine, it allows them to identify problematic habits and make necessary adjustments. Of course, this presupposes that average tracker users know how to interpret the figures that their devices gather. The mere knowledge of the number of steps taken or the calories burned throughout any given day isn't enough to bring about drastic improvement to a wearer's way of life.

Then, there's the problem of reliability. Even in the case of a fitness-savvy user, it's hard to keep a precise

activity log if the data provided is inaccurate. Multiple studies have concluded that the discrepancies found in the results of different types of trackers can lead users to have a **skewed** perception of their fitness levels. This can be especially perplexing for people who rely on a variety of devices or combine wearables with tracking apps.

And even if the data was completely accurate, there's an inherent flaw in the way these devices work that prevents them from functioning as promised. Fitness trackers that calculate movement via GPS may be considered more precise than their less sophisticated counterparts, yet they only track movement from one geographical position to another. As a result, working out for an hour on a stationary bike might produce zero results in terms of calories spent.

Another important issue to consider, that actually has nothing to do with fitness itself, is what happens to the data that these devices collect. Sure, someone has to handle it and store it for users to retrieve, but do we know who that someone really is? If fitness tracking companies decided to sell this information or use it in any way, who would be responsible for ensuring that their clients' privacy would be respected? So far this topic is a gray area that no one seems willing to address.

Despite the apparent shortcomings in the efficiency of trackers, experts still believe that the emergence of the self-monitoring movement is in fact a positive thing. In the words of Shelly Corby, founder and CEO of FitPro, "Fitness trackers have managed to mobilize vast numbers of people who would otherwise remain stuck in a sedentary lifestyle. All in all, I think that these devices are able to improve people's fitness levels one step at a time."

READING



101. What was activity tracking initially used for?
 - a. determining the efficiency of a coach
 - b. measuring the daily activity of average people
 - c. creating specialized training programs
 - d. scheduling physical examinations for athletes
102. Why have fitness trackers become so popular?
 - a. They make people feel more superior.
 - b. They address people's instinctive needs.
 - c. The media has been promoting them heavily.
 - d. They are very easy to use and understand.
103. According to the second paragraph, why are advanced trackers preferred by the majority of users?
 - a. They are more accurate than fitness tracking apps.
 - b. They don't require a smartphone to function.
 - c. They are highly recommended by fitness experts.
 - d. They track other aspects of wearers' lives.
104. How can a fitness tracker improve users' health?
 - a. by showing them what they should improve
 - b. by reminding them to exercise more often
 - c. by comparing their data to other users' activity
 - d. by calculating the number of calories they burn
105. What is the main problem about combining multiple trackers?
 - a. There is no way of transferring data from one device to another.
 - b. Each device will provide different results for the same activity.
 - c. Users will not know how to interpret the data that their devices collect.
 - d. It may be difficult for the user to figure out how each device works.
106. Which of the following is closest in meaning to **skewed** in paragraph 4?
 - a. distorted
 - b. realistic
 - c. healthy
 - d. impossible
107. How does the use of GPS affect the data that a fitness tracker collects?
 - a. It prevents the tracker from functioning properly.
 - b. It improves the precision of activity graphs.
 - c. It may give incorrect information.
 - d. It compromises the user's personal data.
108. What happens to the information that trackers gather?
 - a. Someone deletes it as soon as it is accumulated.
 - b. Marketing companies use it to plan advertising campaigns.
 - c. Researchers access it for scientific purposes.
 - d. Companies keep records of it for their users.
109. What is the opinion of fitness experts regarding fitness trackers?
 - a. They think they have too many flaws.
 - b. They consider them to be a passing trend.
 - c. They consider them to be effective.
 - d. They oppose them because they create stress.
110. What is the main idea of this passage?
 - a. Activity tracking is ideal for professional athletes.
 - b. Activity trackers have changed dramatically in the last year.
 - c. Activity tracking is the only way modern people can get fit.
 - d. Activity tracking can help the average person get fit.

READING

Reading Passage 4

The following article about sugar appeared in a health and fitness magazine. Read the article carefully and answer the questions that follow.

Sugar

There is increasingly compelling research showing that consuming excessive sugar is actually lethal. Yet the majority of foods eaten in the United States and around the world contain significant amounts of sugar. As hard as it might be to believe, this has not always been the case. Historically, sugar was viewed as a luxury, and consuming it was in itself a special occasion. Jump to the 21st century, and added sugar is found in just about everything we eat, including salad dressing, bread, fruit juices, luncheon meats, and many other foods.

Taking on a high-sugar diet has caused public health worldwide to deteriorate rapidly, resulting in numerous **chronic** and potentially fatal diseases. In 2015 the U.S. Department of Agriculture data showed that Americans consumed an average of 94 grams or 23.5 teaspoons of sugar per day. This is almost double the federal government's recommended limit of 50 grams or 12.5 teaspoons per day.

In small amounts, sugar is harmless. As a carbohydrate, it supplies you with the energy you need for your daily activities. All of your cells can use glucose. But since sugar is calorie-rich, once it is consumed in excess, negative health effects inevitably follow. Sucrose, or table sugar, is 50 percent fructose and 50 percent glucose. Fructose used to be rare in nature and was only found in healthy products such as honey and fruit; today however, highly processed fructose (typically from corn) is added to a huge variety of food products, both savory and sweet.

Fructose has particularly dangerous effects. Your body actually processes fructose in the same way it processes alcohol, rapidly turning it into fat. This fat remains in your liver, increasing your risk of insulin resistance, nonalcoholic fatty liver disease (NAFLD), and diabetes. Once this fat is released into your bloodstream as triglycerides, it increases your risk for weight gain, blocked arteries, and heart disease.

When you eat a lot of sugar and starches, such as breads and pastas, your body responds by producing lots of glucose. The more glucose there is in your blood, the more insulin is released. For anyone who wants to lose weight, it's crucial to understand that while insulin is dealing with all the glucose, it tells your fat cells not to burn any fat. What's even worse is the havoc sugar can wreak on children. Consuming excess sugar can cause behavioral changes including reduced learning capacity, **antisocial behavior**, and emotional instability.

Sadly, the health effects of a high-sugar diet have spread to remote communities, including Australia's Aborigines. Amata is a small aborigine community located in South Australia that is experiencing a dramatic rise in fatty liver disease and early deaths linked to obesity. Experts say that the introduction of a high-sugar diet in Amata is to blame. In 1973 the people of Amata purchased about 10 percent of their food from local stores; today it's almost a hundred percent, he says. There is clearly a direct connection between the easy availability of sugary foods in local stores and a shocking deterioration in the health of the people of Amata.

READING



Practice Test 3

111. According to the article, what is true of sugar in the past?
 - a. It was less expensive.
 - b. It was seldom consumed.
 - c. It had a stronger flavor.
 - d. It was only eaten on holidays.
112. Which of the following is closest in meaning to the word **chronic** in the second paragraph?
 - a. long-lasting
 - b. painful
 - c. terminal
 - d. rare
113. In what way is sugar useful to us?
 - a. It acts as fuel for the body.
 - b. It is converted into useful minerals in our body.
 - c. It helps children grow faster.
 - d. It is needed by certain organs.
114. What is suggested about fructose in the third paragraph?
 - a. It cannot be produced artificially.
 - b. It is dangerous when combined with sucrose.
 - c. All forms of it are dangerous to the health.
 - d. It has become incredibly common.
115. How is alcohol processed in the body?
 - a. It is used as fuel.
 - b. It becomes stored fat.
 - c. It slows down your heartbeat.
 - d. It turns into a harmless substance.
116. What effect does insulin have on weight loss?
 - a. It hinders it.
 - b. It enables it.
 - c. It is essential to it.
 - d. It is irrelevant to it.
117. Which of the following is an example of **antisocial behavior** mentioned in the fifth paragraph?
 - a. not understanding the lessons well
 - b. not responding to punishments
 - c. inability to get along with other classmates
 - d. not performing well under pressure
118. What is the author illustrating by mentioning the Amata community?
 - a. how greedy Western civilization can be
 - b. how quickly sugar consumption can harm humans
 - c. how a primitive society was protected by experts
 - d. how traditional societies are different from Western communities
119. Why has the author written this article?
 - a. She is an expert on traditional communities.
 - b. She works for a company that produces sugar.
 - c. She thinks we underestimate the danger of sugar.
 - d. She thinks different types of sugar should be categorized.
120. An alternative title for this article could be _____.
 - a. Sugar: A necessary evil?
 - b. The history of sugar
 - c. Sugar: A secret killer
 - d. The rise and fall of sugar