

Student: _____

Date: _____

TEST UNITS 1, 2 & 3



- 1 ▷ Listen to a man giving a talk to some students about different methods of finding your way around an unfamiliar city. Decide if the statements are true or false according to what the speaker says.

- | | | |
|---|---|--------------|
| 1 | Certain methods of finding your way are clearly superior to others. | TRUE / FALSE |
| 2 | The bearing method usually involves using a target visible from the start of a journey. | TRUE / FALSE |
| 3 | Building separate sections of a journey together is the key to the path integration method. | TRUE / FALSE |
| 4 | Path integration places more demands on the memory than route following. | TRUE / FALSE |
| 5 | During navigation, the human brain doesn't use images that are unimportant. | TRUE / FALSE |

- 2 ▷ Listen again. Complete the sentences with ONE word in each gap.

- 1 Passers-by may use _____ ways of giving you the information you require.
- 2 Path integration relies on remembering the _____ direction in which you've been travelling.
- 3 Checking stored information against newly collected environmental _____ is part of path integration.
- 4 Route following may involve retracing your route in order to reach a _____ location.
- 5 During navigation, our brains gather _____ of particular places and remember how they are connected.

- 3 Each of the sentences contains one mistake. Observe the mistake and write the correct word(s).

EXAMPLE: Try to reduce any mental activity just before bedtime; there are enormous benefits to **trying** so.
doing

- 1 Unfortunately, our new neighbours are **something** like as friendly as our old ones were. _____
- 2 Igor **has** been walking around the city centre for ages before he finally found the shop he was looking for.

- 3 By the end of next month, I **have lived** here for twenty-five years. _____
- 4 Has anyone heard **of** the marketing team? They were supposed to get back to us this morning.

- 5 Aliona admitted she wasn't keen on the film, but in the same sentence she also **says** that she enjoyed the book it was based on. _____
- 6 Georgia is hoping to have **completing** the renovations to her home by the end of the year.

- 7 Unfortunately, the new design isn't ready yet. In fact, the designers **aren't making** a start on it yet.

- 8 Our neighbour says she's never met anyone as talkative as my sister, and, quite frankly, neither **had** I.

- 9 The telephone, **what** is considered to be one of the greatest ever inventions, was invented by a Scottish man.

- 10 I'm **at** two minds as to what to cook for the dinner I'm holding this evening. _____

4 Choose the best option a–c to complete the sentences.

- 1 Jake hadn't planned to join us but he changed his mind at the very last _____.
a time
b minute
c hindsight
- 2 Recent changes to the staff benefits package were _____ gradually so everyone had time to get used to them.
a handled
b overcome
c implemented
- 3 I wouldn't tell Briony about this development – you know how _____ she is, she's bound to feel strongly about it!
a sophisticated
b feisty
c prestigious
- 4 We couldn't believe how stunning the views from our hotel room were. They were _____ astonishing!
a utterly
b radically
c critically
- 5 Although the explorers _____ quite a few problems during their expedition to the Antarctic, they overcame them all.
a boosted
b tackled
c encountered
- 6 After arguing with each other, the couple opposite me sat in total _____ for the rest of the journey.
a noise
b silence
c attention
- 7 I had high _____ after reading the online reviews of this restaurant, but quite frankly it's a disappointment.
a expectations
b ideas
c morale
- 8 Despite trying hard to complete the marathon, unfortunately in the end the athlete had to _____ and admit defeat.
a come off
b work out
c give in
- 9 After so many successes, nobody could have predicted that the new James Bond movie would turn out to be such a _____.
a triumph
b flop
c breakdown
- 10 Don't try using that drinks machine. It's _____.
a on the ball
b at a loss
c out of order

5 Read the sentences for describing a graph and choose the option a–c which does not fit in the sentence.

- 1 A recent study _____ that more people than ever prefer to shop online.
a showed
b demonstrated
c noticed
- 2 Numbers _____ steadily during the first quarter of the year, reaching a high of 45,000 in March.
a rose
b decreased
c went up
- 3 During the second quarter of the year, the figures _____ and continued to remain steady in the third quarter.
a grew
b stabilized
c levelled off
- 4 The number of online shoppers has _____ over the past six months and has, in fact, never been as high.
a doubled
b halved
c trebled

MULTITASKING

As you're on the phone dealing with an urgent enquiry, you're processing the notes you took during your last phone call and at the same time you're speaking to another colleague who's just stopped by your desk to check something with you. If this scenario sounds familiar, then you're just one of many people who feel they are improving their productivity by multitasking – doing several things at once – to some degree. And in our increasingly busy world, people who demonstrate the ability to multitask are considered to be both organized and competent. But are we really more effective when we do more than one thing at a time?

Several studies have been carried out on the effects of multitasking, with one of the most famous being research conducted at Stanford University in the US. The common findings of these studies is that the human brain is not designed to multitask well. Not only does it affect personal performance, it may even damage your brain, according to one study.

In their study, the Stanford researchers compared groups of people based on the degree to which they tended to multitask and their beliefs that multitasking helps their performance. They found that 'heavy multitaskers' – those who multitask a lot and feel that it boosts their performance – were actually worse at multitasking than those who prefer to do a single thing at one time. The frequent multitaskers performed worse in the assigned tasks because they had more trouble organizing their thoughts and filtering out irrelevant information and were slower at switching from one task to another. The study found that multitasking reduces your efficiency and performance because your brain can only focus on one thing at a time. When you try to do two things at once, your brain lacks the capacity to perform both tasks successfully.

Research also shows that, in addition to slowing you down, multitasking lowers your IQ. The Stanford study found that participants who multitasked during cognitive tasks – tasks which required a lot of thought – experienced IQ score declines that were similar to what they'd expect if they had been taking excessive amounts of medication. IQ drops of fifteen points for multitasking men lowered their scores to the average range of a child under ten years old.

It has long been believed that damage to the brain as a result of multitasking was temporary, but new research suggests otherwise. Researchers at the University of Sussex in the UK compared the amount of time people spend on multiple devices (such as sending text messages while watching TV) to scans of their brains. They found that high multitaskers had less brain density in the region of the brain responsible for sympathy and understanding, as well as cognitive and emotional control, suggesting that irreparable damage had been done.

In the workplace, even if multitasking doesn't seem to be having a negative effect on your brain, it will add to any existing difficulties you have with concentration, organization and attention to detail. Multitasking in meetings, for instance, and other social settings can indicate low social and self-awareness, two emotional intelligence (EQ) skills that are critical to success at work. If multitasking does indeed damage that part of the brain responsible for emotional control, as current research suggests, it will lower your EQ in the process. So every time you multitask you aren't just harming your performance in the moment, you may very well be damaging an area of your brain that's critical to your future success at work.

Keeping a check on your tendency to multitask could have welcome benefits. You'll probably find that you achieve more, have less stress and have more energy. So what should people who are inclined to multitask do? Well, to put it simply, it's important to stop. Plan your day in such a way that you have blocks of time for various tasks. Minimize and manage your interruptions, and aim to improve your concentration skills. You should see the benefits both mentally and physically, both at home and at work.

7 Complete each sentence with one word from the article. The word must appear in the article.

- 1 A lot of people believe that they are increasing their _____ by multitasking.
- 2 Researchers at Stanford found that multitaskers have difficulty thinking clearly and deciding which _____ is relevant.
- 3 The Stanford study has also shown that the human brain does not have the _____ to successfully focus on multiple tasks.
- 4 Multitasking during a work meeting can indicate a decreased level of both personal and _____ awareness.
- 5 Making a conscious effort to eliminate multitasking may result in people experiencing higher levels of energy and reduced _____.