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Task 1

- In the following article, the headings of the paragraphs have been removed.
- Your task is to write the letters of the titles (A-K) next to the appropriate numbers (1-6).
- There are three extra headings that you do not need.
- Write the letters in the white boxes as in the example (0).



THE BENEFITS OF SCHOOL STARTING LATER

The vast majority of schools start before 8:30 a.m. But who says they have to and what would be the consequences of school starting later?

(0) _____

With later school start times, students could accommodate their natural sleep-wake times – going to sleep past 11 p.m. and waking up around 8 or 9 a.m. –, which would give their body more time to repair itself.

(1) _____

A lack of sleep hurts brain function. Students who get more sleep have better learning capabilities and are better able to process what they learn. A 2018 study found that students in schools that pushed start times to 8:45 a.m. got slightly higher grades than before the change.

(2) _____

When running late in the mornings, breakfast is the first thing we skip. However, with this bad habit, students are left hungry. By school starting later, students would have the chance to have a proper breakfast.

(3) _____

Poor sleep leads to drowsiness, the cause of 1 in 10 car crashes, 27% of which involve teenage drivers. However, students with later school start times have more time to sleep sufficiently, thus are significantly more likely to drive more safely.

(4) _____

Teens experience mood swings as a common result of puberty; however, poor sleep only worsens their moods and may cause anxiety, stress, and irritability. When students sleep enough, they are more stable emotionally, and are less likely to have conflicts with their schoolmates.

(5) _____

Students with later school start times are more likely to be in better physical condition, because sleeping adequately decreases the likelihood of developing diabetes, obesity, or high blood pressure. It also allows their bodies to have enough time to repair at night.

(6) _____

Exhausted students may skip school to sleep more, but if altered school schedules permitted them to sleep longer, they'd be less likely to do so. A 2016 study found that in schools that started at 8:45 am, there was a 66% decrease in students arriving late or taking the day off.

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Task 2

- Read this article about teenagers' brain development.
- Some parts of sentences have been left out from the text.
- Your task is to reconstruct the text by filling in the gaps (7-15) from the list (A-M) below.
- Write the letters in the white boxes next to the numbers as in the example (0).
- Remember that there are two extra letters that you do not need.



WHAT'S GOING ON IN THE TEENAGE BRAIN?

A child's body goes through physical changes that are obvious to all parents. Less obvious are the vital changes taking place in a child's brain, particularly as (0) _____.

Teenagers confront challenges, stresses, and temptations with their brains not yet fully developed. It's not just that teenagers (7) _____ to acquire a wide sense of the world; quite simply, their brains just haven't physically matured yet.

Dealing with pressure and stress is no small challenge for a fully mature brain, and it's even harder for one that's (8) _____ and in transition from concrete to abstract thinking.

Not only that, but brain scans done on teenagers revealed that different parts of the brain mature at different rates. "In fact, some parts of the brain — such as the prefrontal cortex (PFC), which sits right behind the eyes — (9) _____ until 24 years old! Other parts of the brain, however, develop to be fully mature much earlier. Many neuroscientists think that this (10) _____ explains why adolescents are so emotional and impulsive," says Andrew Garner, member of the American Academy of Pediatrics Committee.

"The PFC plays an important role in regulating mood, attention, impulse control, and the ability to think abstractly — which includes the ability both (11) _____ and to see the consequences of one's actions," says Dr. Garner.

If you (12) _____ whether it is a good idea to get into a car with friends who are drunk, most will say 'no way.' This is because in calmer moments, the relatively slow PFC is able to think abstractly and see the potentially tragic consequences of (13) _____. But, in the heat of the moment, thanks to the brain not being fully developed, there is a chance that the teen is going to (14) _____.

That is why, suggests Dr. Garner, it is the job of parents and teachers to get teenagers to slow down and (15) _____ – and wait for the rest of their brains to develop.

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Task 4

- In the following article, some parts have been removed.
- Your task is to write the letters of the paragraphs (A-I) next to the appropriate numbers (22-27) in the boxes on the right.
- There are two extra paragraphs that you do not need.
- Write the letters in the white boxes as in the example (0).



WOMAN GRADUATES 71 YEARS AFTER STARTING COLLEGE

A 90-year-old woman will finally walk across the stage and receive her diploma 71 years after she first enrolled in college.

(0) _____

But those plans changed when DeFauw met a special man at church who stole her heart. "I went to school for three and a half years, but decided to leave after I met him," DeFauw said.

(22) _____

DeFauw eventually got remarried to her late second husband, Roy DeFauw. Together they had six children. Throughout the years, her family grew, and she now has 17 grandchildren and 24 great-grandchildren.

(23) _____

"I guess I was upset that I didn't finish school and my grandchildren also encouraged me to go back," she said, so she enrolled back at Northern Illinois and began taking classes.

(24) _____

But this time around, things were much different for DeFauw. Instead of walking to campus, she attended classes from behind a computer screen her children gave her in her retirement home.

(25) _____

When the Covid-19 pandemic began in 2020, she was thankful for the computer. She was on her own during that time and could have no visitors.

(26) _____

Now, three years later, she'll put on the cap and gown and receive a Bachelor of General Studies degree from the university this weekend.

(27) _____

