

Exercise 1: Reading Passage: The Vertical Forest

In the heart of Milan, two residential towers known as the *Bosco Verticale* stand as a testament to modern sustainable architecture. **These** house over 900 trees and 15,000 perennials, creating a living facade that changes with the seasons. Architects designed the project to combat urban sprawl and increase biodiversity in the city. While many critics initially doubted the feasibility of the irrigation system, **it** has proven remarkably efficient, using recycled greywater to keep the vegetation lush.

Living in such a building comes with unique challenges. Residents must allow specialized "flying gardeners" to prune the trees from the outside using ropes. Although **this** might seem intrusive, most occupants find the presence of nature worth the lack of privacy. Furthermore, the foliage acts as a natural filter for dust particles and CO₂. By absorbing **them**, the towers help improve the local microclimate, making the air significantly cooler for those living nearby.

Property developers across the globe are now looking at Milan as a blueprint. **Their** interest suggests that vertical forests could become a staple of future megacities. If city planners can successfully implement **such models**, they might finally find a balance between high-density living and environmental preservation.

Reference Exercise

Based on the passage above, identify what the following bolded words refer to.

Word from Text	What does it refer to?
1. These (Paragraph 1)	

Word from Text	What does it refer to?
2. it (Paragraph 1)	
3. this (Paragraph 2)	
4. them (Paragraph 2)	
5. Their (Paragraph 3)	
6. such models (Paragraph 3)	

Exercise 2: Reading Passage: The Rise of Minimalism in a Consumerist Culture

In recent years, the concept of minimalism has transcended its origins as a niche design trend. **It** [1] has evolved into a widespread lifestyle philosophy that encourages individuals to live with only the things they truly need. While many people assume this movement is merely about getting rid of physical possessions, **it** [2] is actually rooted in the idea of intentionality—choosing to focus one’s time and energy on meaningful experiences rather than material accumulation.

Psychologists have long studied the link between physical environments and mental well-being. Decluttering a home often leads to what experts call a "mental clearing." When individuals remove excess items from their living spaces, **they** [3] often report a significant reduction in daily stress. Research suggests that **this** [4] occurs because a cluttered environment constantly competes for our attention, overtaxing the brain's ability to process information. By organizing or donating **these** [5], people free up mental "bandwidth" for more creative pursuits.

However, the movement is not without its detractors. Critics often argue that minimalism is a luxury reserved for the wealthy. **They [6]** point out that only those with a financial safety net can afford to own very little, knowing they can simply buy an item if a need arises. While **such a claim [7]** has merit in a socioeconomic context, proponents of the lifestyle argue that minimalism is about quality over quantity, regardless of income level.

The philosophy has also moved into the digital realm. Modern smartphones are filled with hundreds of apps, many of **which [8]** are designed specifically to be addictive. Deleting **them [9]** or limiting screen time can significantly improve one's focus and sleep quality. Some users even attempt "digital detoxes," though **those [10]** are often short-lived if the underlying habits aren't changed. Ultimately, whether someone adopts a radical lifestyle shift or a more moderate **one [11]**, the goal remains the same: reclaiming autonomy in an age of constant distraction.

Identifying the referent (the word or idea a pronoun/determiner points to) is key to following complex arguments. Identify what the bolded words in the text refer to:

Reference Word	The Noun or Idea it Replaces
1. It (Para 1)	
2. it (Para 1)	
3. they (Para 2)	
4. this (Para 2)	
5. these (Para 2)	

Reference Word	The Noun or Idea it Replaces
6. They (Para 3)	
7. such a claim (Para 3)	
8. which (Para 4)	
9. them (Para 4)	
10. those (Para 4)	
11. one (Para 4)	