

Upper-intermediate. Exam

GOOD LUCK!

Listening

Task 1: Listen to the interview on a science programme. Tick (✓) A, B, or C.

- 1 Professor Jones has most recently published research on the relationship between the brain and _____.
A music ☐ B noise ☐ C language ☐
- 2 At the moment, Professor Jones is carrying out research _____.
A on his own ☐ B with American support ☐ C with other colleagues ☐
- 3 In his research, Professor Jones decided to use _____.
A eighteenth-century music ☐ B nineteenth-century music ☐
C twentieth-century music ☐
- 4 Professor Jones didn't want to use _____.
A memorable pieces of music ☐ B music people didn't recognize ☐
C famous composers ☐
- 5 Professor Jones thinks we could use music to _____.
A make work more enjoyable ☐ B improve our concentration ☐
C understand the science of silence better ☐

Score: ____/10

Task2: Listen to five extracts from an interview with rock star Mick Stagger. Tick (✓) A, B, or C.

Example: *Rock Today* is on the radio _____.

A every day ☐ B every week ☒ C every month ☐

- 1 Mick's been in a rock band for _____.
A exactly 20 years ☐ B less than 20 years ☐ C more than 20 years ☐
- 2 In Mick's opinion, his best song is _____.
A Love is the Answer ☐ B I'm Always Wrong ☐
C neither of the songs in answers A and B ☐
- 3 Mick's first concert in America _____.
A took place many years ago ☐ B took place quite recently ☐
C will take place soon ☐

- 4 When he was at school, Mick _____.
A was often rude to teachers ☐ B was caught stealing ☐
C passed his exams ☐
- 5 Mick's advice to new rock bands is to _____.
A socialize with the right people ☐ B avoid arguments ☐ C be realistic ☐

Score: ____/10

Reading

Task 1: Make the appropriate form of the words. Use the word-formation rules.

CREATING YOUR OWN JOB SATISFACTION

A lot of people think that job **satisfaction** (**satisfy**) is only for other people. They look with envy on people who love their jobs and who don't think of them as work. The idea of _____(earn) a living from something you really like doing only applies to a few very lucky people, they think. But this isn't so. It's not only people in the so-called 'glamour professions', for example, who can get genuine job _____(satisfy). You don't have to be in the arts or a sports person to get enjoyment from what you do for a living. Even if you're in a boring job, it's quite possible to get some satisfaction from it.

The key to this is your attitude. You may think it's unlikely that you can derive much satisfaction from a dull job that doesn't require much thought and that involves a lot of routine procedures. But if you approach it with the right attitude, and put some effort in, you may be surprised at how enjoyable you can make it. Of course, if you just sit there telling yourself how _____(bore) your job is, you'll never get anything out of it. But if you set out to find ways of making it _____(enjoy), there's a good chance you'll manage to.

One thing you can do is to set yourself challenges. Think about what you can do for yourself to make your work a little bit more interesting. If you've got a _____(repeat) job, set yourself some targets to meet and try to beat your previous records. Or use your initiative in other ways. Think about ways you could develop your career into more interesting areas – see how you could improve your skills by doing a course, for example, or look into new skills you could get that would stand you in good stead for the future.

For some people, it's not _____(bore) that's the problem, it's the fact that their jobs involve a significant amount of unpleasantness. But if you keep _____(tell) yourself your job is horrible and there's nothing you can do about it, you'll get stuck in a rut and you'll never get out of it. Focus on _____(develop) a positive attitude and try to keep any negative _____(think) about your job out of your mind. Keep a sense of perspective – if something's gone wrong on a particular day, decide whether it really matters or not. If it isn't _____(actual) all that important, don't dwell on it, let it go. Learn from it, and take an upbeat view of what's happened – you'll know how to avoid the problem in future, or what to do about it if it happens again.

Of course, you may reach the point where you feel totally trapped in a job. If this mindset starts to _____(whelm) you, check out the options you may have in the place where you work. Map out a plan for improving your situation there. Are there other roles in the _____(organise) you could apply for? Could you ask to be given _____(differ) tasks? Could you get a different kind of _____(assign) or go to another department where your skills are required? Finding out there are other _____(opt) will give you a sense of control over your own working life. Even if you have no job satisfaction right now, you'll feel better if you know that there is a _____(real) prospect of work that gives you a degree of it.

_____ (Expect) are another key ingredient in job satisfaction. Take a long hard look at what you really are capable of. Sometimes it's important to accept that you couldn't really do the much more interesting or high-powered job you aspire to. Try to be aware of your own _____(strong) and _____(weak). Focus on the things you really are good at, rather than on things that, if you're really honest with yourself, you couldn't actually do. Make the most of your situation and feel good about what you can do, rather than _____(feel) bad about what you can't do.

Work is a very important part of most people's lives and it's important to get at least some satisfaction from it. If you really dislike your time at work, the rest of your life is affected too, and you can easily get a negative outlook on life in general. It's in your own hands to avoid this. Even if you can't get the job of your dreams, you can take steps to create your own job satisfaction.

Score: ____/10

Task 2: Find 10 mistakes in the text and correct them. They could be spelling, grammar, word order.

Healthy life expectancy is shorter in the UK than abroad

People in the UK enjoy fewer years of good health before they die than the citizens of most comparable European countries as well as Australia and Canada, a major report shows. The health secretary, Jeremy Hunt, said Britain's performance were "shocking" compared with that of other countries, and called for action to turn it around by local health commissioners, who are about to take up their new responsibilities.

The UK ranked 12th out of 19 countries of similar affluence in 2010 in terms of healthy life expectancy at birth, according to a detailed analysis from the Global Burden of Disease data collected by the Institute for Health Metrics and Evaluation (IHME) in Seattle. While life expectancy has improved by 4.2 years in the UK over the two decades, other countries have improved faster. In 2010, Spain topped the league. Its people could expect 70.9 years of healthy life – before disease and disability began to take a toll. Second came Italy, with 70.2 years and third was Australia, on 70.1 years. In the UK, we can expect 68.6 healthy years of life.

Hunt said the UK was a long way behind its global counterparts and called for action by local health commissioners to tackle the five big killers – cancer, heart disease, stroke, respiratory and liver diseases. He will on Tuesday announce a strategy to tackle cardiovascular disease, which he says could save 30,000 lives a year. "Despite real progress in cutting deaths, we remain a poor relative to our

global cousins on many measures of health, something I want to change," he said. But the problem is only in part to do with hospital care – much of it is about the way we live. Our diet, our drinking and continuing smoking habits all play a part, according to one of the report's authors, Prof John Newton, chief knowledge officer of Public Health England, which assumes its responsibilities on 1 April.

It must be worth looking to see how Italy and Greece (at 11th, just ahead of the UK) can do better than us in spite of their economic and political problems, he said. It was not difficult to get fresh fruit and olive oil in the UK. "It is more the propensity not to stuff yourself with all the wrong things, which we are rather good at," he said. Drinking and drug use have been the main issues behind the worsening of the UK's ranking in early deaths among adults aged 20-54. At 2010, drugs were the sixth leading cause of death in this age group and alcohol was 18th – up from 32nd and 43rd place respectively 20 years earlier. As people live longer, disability is becoming an ever-bigger issue. In 2010, mental and behavioural disorders (mainly depression, anxiety, drug and alcohol use, schizophrenia and bipolar disorder), and musculoskeletal disorders (mainly lower back pain and falls) were responsible for more than half of all years lived with disability in the UK. (<http://www.theguardian.com/society/2013/mar/05/healthy-life-expectancy-shorter-than-abroad>)

Score: ____/10

Task 3: Put the words in order and rewrite the text with appropriate order of words.

Worries About Physical Appearance

People like would most to an appearance have attractive physical. Some become very worried the about look they way but people. Can this to lead sometimes them do are things unhealthy that. Attractive that they in order be to believe for many women example that they be must thin very. should pictures see and then attractive the same thin fashion of very that woman believe who models look way are an They. of women However who men prefer appearance many thin the are not so. Women amount some In order food to reduce become to thin try the of that they eat. A woman too when is taken little healthy remain this to an extreme, might eat far food to. Thinner thinner and may her dangerously weight become low, as she tries to become. Of several eating as this called *anorexia* women thousand of condition is and it affects many in Western countries. Disorders is one *Anorexia* conditions known. Eating is called Another disorder *bulimia*. about are some concerned thin

Unfortunately, women being very. But different related the appearance have some women concerns to of their body. Believe for some example are that enough and will Women their breasts not large surgery enlarge their breasts. Artificial in this some inside it larger substance Surgery is implanted the breast to make. Have also in recent men many concerned appearance their physical years become very about. For example must that men some they in order to appearance believe become very muscular have an attractive. Unfortunately feel that so so their and that they change to way the It is many people unhappy about physical appearance do unhealthy things they look.

Score: ____/10

Writing

Task 1: Choose one point and write down the essay FOR/AGAINST. Please follow the appropriate structure of the essay.

In the future most people will meet and fall in love through the Internet.'

'If you don't have a healthy lifestyle, you shouldn't be allowed free medical care.'

'People who don't recycle or use too much energy at home should have to pay a fine.'

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Score:____/15

**Task 2: Rewrite the text without repetitions and in a formal style.
Use the red colored words.**

They say universities take the same girls and boys to every subject university has. You can say yes or no about these universities. Number one- is there are 2 things why these universities should take the same number	Should Accept Male Female According to For/against	
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girls and boys to the universities. It is different ideas about men and woman. They are different. They study different. Number two- people, who live around them look at them differently. Men do one job, girls do the other job. And they need different things they can do and don't do other things. For one job girls can do something, but she can't do other things for other job. And there are lessons some people understand and can do some people don't understand and can't do. Why to learn these lessons? I think i want to study lessons i want and don't study lessons i don't want. At the end people are different and they can do different things. People like different job and work. I like this and don't like that. So you can be different. So we are different.	Discuss Reasons Equal Balance While Display Another Society Various Abilities Suitable Discuss Purpose Mental Brain Genders Conclusion Taste Choice	
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Score: ____/15

Speaking

Task 1: There are 4 small Hot News reports from around the world. Watch and give your opinion about each one and write key information into the columns.

Egypt	Kenya	Thailand	Brazil
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Score: ____/10

Task 2: Watch up the news. Speculate about the happening events , establish your opinion about them. Write down the phrases that you would use for comments:

Deducting	Speculating	Giving opinion	Emphasing own point of view

Score: ____/10

Total: ____/100