

# CAE PRACTICE



## Reading Part 5 Multiple choice

1 Read the article quickly and decide which sentence (a, b or c) is the best summary.

- a Dealing with problems in your life.
- b Finding out how to take things easy.
- c Learning to be more positive.

2 The writer suggests dealing with difficult aspects of our home lives by

- A freeing up more time to handle them more effectively.
- B delegating some responsibilities to others.
- C learning to control stress by taking more exercise.
- D asking for outside help to relieve pressures.

3 The writer initially implies that adopting a realistic attitude towards life can

- A have a counterproductive effect on our lives.
- B encourage us to look on the bright side of life.
- C enable us to find solutions to our problems.
- D help us be more analytical in our approach to life.

4 By using the expression 'tune into' in line 44 the writer is suggesting that this is something that you

- A do regularly.
- B really enjoy.
- C may find difficult.
- D won't easily forget.

2 Read the text again and for questions 1–6, choose the answer (A, B, C or D) which you think fits best.

1 What does the writer advise people to do before getting up in the morning?

- A Calmly contemplate their day ahead.
- B Organise their routine to maximise their time.
- C Decide which undesirable activity they could dispense with.
- D Reject the idea of having to fulfil their obligations successfully.

5 The writer justifies having a positive outlook on the day by saying it will

- A make the outcome of our day more predictable.
- B help us blank out the less desirable events in our lives.
- C give us renewed energy to face up to problems in life.
- D reinforce our appreciation of what makes life worthwhile.

6 According to the writer, how should we react to having had a bad day?

- A Focus on the one positive thing that happened, however insignificant.
- B Try to communicate our feelings about it to another person in a positive way.
- C Tell ourselves it is perfectly acceptable to feel down after a day like that.
- D Stay positive and believe that tomorrow will be a better day.



# Better and better

TAKE A COUPLE OF MINUTES to lie still in bed and reflect on the day ahead. Do you feel cheerful or fed up, excited or bored? Or do you, perhaps, feel nothing? Go on, prod your subconscious to consider your situation. Unless you get pleasure from living a passive and non-eventful life, having a non-committal attitude can actually be as bad as being pessimistic. So if, as you walk yourself through the events of the day ahead, you feel pretty average about things, then try and aim higher. It will mean that you get much more out of life. So there you are, lying in bed. Picture yourself showering, making breakfast, catching the bus, attending meetings, shopping, cooking supper, watching TV and finally getting into bed. Did your spirits sink at the thought of any of it? If so, pluck what it was out of the timetable and examine it more closely. Is it a must-do, non-negotiable event? For instance, you may not mind the idea of going to work but hate your job or the daily commute. Find out what options you have to make changes or find alternatives. In the meantime, come up with a strong and confident affirming statement about the person you wish to be and the way you wish to tackle these life challenges.

Once you have a clear picture of the things in your life that make you feel low, either eliminate, minimise or improve them and the way you manage them. If getting everyone organised in the morning is a nightmare, you need to apply some lateral thought to the process. Encourage everybody to help with the morning routine. Make everyone responsible for some parts of their own organisation. If everyone is leading busy lives in the household, it makes no sense for one person to be a martyr. Be realistic about your own stamina and stress limits and appreciate the importance of keeping yourself fit and happy. Agree new regimes with family members or housemates as a sensible training exercise, and stick with it until everyone takes their equal share. Instead of feeling miserable about your chores and responsibilities, adopt a positive approach and acknowledge that they are an essential component of life.

40 Pessimism, doubt and negativity can often disguise themselves as realism. Facing up to the facts can sometimes be healthy but it's essential not to poison hope and optimism with negative thoughts. Observing how you think is vital. You really need to tune into 45 hearing those negative waves as soon as they start and see a more positive alternative view. To find this perspective, you may need to examine closely the experience or subject of your attention. Be curious and interested in life, the things and the people that make 50 up your day. Be resolute that you will find a positive in everything and everyone.



The logical rationale for having a positive attitude is compelling. Nobody knows for sure what each day will bring and whether its end will mark a personal triumph or disaster. Make yourself work out what good things will happen. Today could be the day you meet your soul mate, or when you are praised or promoted. Carry a list and photographs of things in your life that are rewarding or make you feel happy. This can include 60 loved ones, favourite flowers, song tracks, a cutting from a newspaper that made you laugh, or a theatre ticket that reminds you of a wonderful occasion. If you need reminding that good things do happen, take this collection out and relive fond memories and thoughts. Even if today has been a bad day, you needn't go to bed depressed because your optimism didn't pay off. Why? Well, because tomorrow is another day. In the same way that a single look or a sour comment can instantly kill a feeling, so a bubble of optimism arising from even the 70 most minor triumph will eventually get bigger if you refuse to let yourself look on the dark side. That is the great thing about life.

# Listening Part 4 Multiple matching

1 Read the instructions and questions for 2, which are about people discussing friendship. Which statements reflect your own opinions or experiences?

2 Listen to five short extracts and complete the exam task.

For 1–5, choose from A–H the people's attitudes towards friendships.

- A The only people I feel I can make demands on are my friends.
- B I think I can honestly say that I have never really had a best friend.
- C I expect my friends to place our friendship above everything.
- D We often give friends a one-sided impression of our true selves.
- E Friends are people you can invite to a dinner party at the last minute.
- F I always take advantage of opportunities to meet people.
- G My friendships mean far more to me than even my job.
- H I socialise with people of a similar background to myself.

Speaker 1  1

Speaker 2  2

Speaker 3  3

Speaker 4  4

Speaker 5  5

For 6–10, choose from A–H what upsets the people about friendships.

- A not being able to rely on friends in times of trouble
- B being bothered by someone who won't accept the friendship is over
- C constantly being forced to make new friends
- D realising that your friendship is no longer of any value
- E dealing with friends' emotional problems
- F losing touch with people who have been your friends since childhood
- G being let down by friends at work
- H knowing their position in the group is what matters to your friends

Speaker 1  6

Speaker 2  7

Speaker 3  8

Speaker 4  9

Speaker 5  10

