

GRADES 9-11

PART 1. LISTENING COMPREHENSION

TIME: 40 MIN

Task 1. You will hear part of an interview in which a science writer called Andy Hicks and a psychologist called Dr Karen Ferrigan are talking about how technology affects our brains. For questions 1-6, choose the answer (A, B, C or D) which fits best according to what you hear.

- 1 What point does Andy make about multitasking?
A Few people have the ability to master it effectively.
B People fail to understand its implications for their lifestyle.
C The different interpretations of what it means are valid.
D The idea itself is a popular misconception.

- 2 When asked about the effect of unread emails on intelligence Andy says
A it is purely temporary in nature.
B it suggests people are easily able to change focus.
C it has been over-simplified by researchers.
D it is less dramatic than previously supposed.

- 3 Andy mentions workplace studies in order to illustrate
A the advantages of letting people multitask.
B how common self-deception is.
C a personal experience he has had.
D the need for more directed research.

- 4 Karen feels that problems with remembering passwords are due to
A the way the brain organizes data.
B issues with different types of memory.
C inconsistent rules that users have to follow.
D the information overload now imposed on people.

- 5 What does Karen see as a key issue with the human brain?
A the methods used to do research into its workings
B how it struggles to keep up with technological change
C the way it physically adapts to environmental changes
D how bad it is at making effective decisions

- 6 When asked about the benefits of the information age, Karen and Andy disagree about
A the accuracy of the information we can access.
B the risks of neglecting traditional sources of information.

- C the effects on people's abilities to retain information.
- D the priorities for helping people exploit the mass of information available.

1	2	3	4	5	6

Task 2. You will hear an architectural photographer called Jack Gollins talking about his work immediately after receiving a professional reward. For questions 7-14, complete the sentences with a word or short phrase.

Architectural photographer

Jack says it was a conversation with (7) _____ that made him aware of how much work he's done during his career. One of Jack's personal rules is that, unlike other architectural photographers, he shoots photos with a (8) _____ lens. Jack uses the expression (9) _____ to refer to places containing buildings that have had a strong impact on him. Jack recalls the need for powerful (10) _____ when working in India. Jack refers to his visits overseas as (11) _____ for developing his professional skills. Jack explains how collaborating with a particular (12) _____ Has helped him take elevated shots. By doing a number of fast (13) _____, Jack is able to shoot from the sky without annoying people on the ground. Jack explains that capturing what he calls the (14) _____ can be very important financially.

7	
8	
9	
10	
11	
12	
13	
14	

READING COMPREHENSION

Time: 30 min.

PART 1

You are going to read an article about the music used in gyms. Seven sentences have been removed from the article. Choose from the sentences **A-H** the one which fits each gap **(1-7)**. There is one extra sentence which you do not need to use.

Music to get fit by

An aerobics teacher argues that music can increase our workout productivity

At college, I used to go to the gym regularly but I never liked the music they played in the classes. I trained as an instructor largely so that I could have control of the stereo. Now I teach twenty hours of aerobic classes a week and so I always associate physical activity with banging house music at 140 beats per minute.

This is not as crazy as you might think. Music and exercise have long been known to be close companions. **1** He is also the architect of the Brunel Music Rating Inventory (BMRI), designed to rate the motivational qualities of music.

Karageorghis says we have an underlying predisposition to react to musical stimuli. 'Music is beneficial,' he explains, 'because of the similarities between rhythm and human movement. The synchronisation of music with exercise consistently demonstrates increased levels of work output among exercise participants.' **2**

For James Cracknell, the rower, the ideal music was a Red Hot Chili Peppers' album, which he says played an integral part in his preparation and, ultimately, his Olympic victory. **3** If you are not familiar with this word, it means that during repetitive exercise, music essentially diverts attention away from the sensation of fatigue. The right music can almost persuade your body that you are in fact having a nice sit down and a coffee.

Not everyone, however, shares the same taste in tunes. 'Can you turn that racket down?' said a participant in one of my classes before storming out. Reaching a consensus on music is notoriously tricky – which makes communal exercise classes problematic. There are, however, some rules that professional fitness instructors follow **4**

Most importantly, however, the music should mirror your heartbeat. The instructor should choose the music to go with the different phases of a class, from the warm up, to high intensity, to the final relaxing phase. It's advisable to follow this sequence when you work out alone, too, and not make the mistake a good friend of mine made. **5**

Instructors and gyms often buy ready-mixed CDs that come with a music licence, without which they can be fined heavily. A frequent complaint by those who go to classes is that they hear the same old songs over and over again. **6** It is also true, sadly, that most people respond best in motivational terms to quite awful songs – music they wouldn't necessarily be proud to have on their Pod.

7 In order to prepare mentally, for example, golfers can get hold of a special range of music just for them. Whatever your sport, I'd like to give you some final words of advice. As Karageorghis suggests, enjoy the beat and let the music motivate you, but never forget your main objective is to exercise and music is only there to help you do that.

A But perhaps the most useful thing about music is that it allows even the humble gym-goer or runner to practise a technique used by elite athletes, known as 'disassociation'.

B These days you can find music tailored to suit an incredibly diverse range of sports and exercise needs.

C One of them is that the music must be appropriate to the type of class and not just the instructor's personal enthusiasm for a particular genre or artist.

D This is mostly because only a limited number of them are released for public performance each year, and partly because teachers universally favour the most popular tracks.

E The most convenient is the gym called *Third Space* in London's Soho, which does several sessions a week to live DJ accompaniment.

F He was cooling down to techno music, which left him feeling nervous and twitchy all day.

G Choose the right music and, according to Karageorghis, you can up your workout productivity by as much as twenty percent.

H Dr Costas Karageorghis, a sports and exercise psychologist who is also a musician, has spent more than a decade studying the link between athletic activity and music.

1	2	3	4	5	6	7

PART 2

You are going to read a magazine article about five people who each write a personal blog. For questions **1-15**, choose from the people (**A-E**). The people may be chosen more than once.

- A Ann Handley**
- B Dave Armano**
- C Carol Krishner**
- D Debbie Weil**
- E Tristan Hussey**

Which person

- | | |
|--|--------------|
| started writing the blog as a way of improving career prospects? | 1 |
| says they use the personal blog in professional activities? | 2 |
| warns prospective bloggers about a loss of privacy? | 3 |
| mentions having certain difficulties as a teenager? | 4 |
| made a decision to improve the quality of the blog? | 5 |
| is not concerned about making errors in the blog? | 6 |
| felt no need to learn anything new before starting to write blogs? | 7 |
| believes that blogging has improved their language skills? | 8 |
| initially lacked confidence in their ability to attract readers to the blog? | 9 |
| was surprised by the response to the blog? | 10 11 |
| compares the ease of writing blogs to other types of writing? | 12 |
| values the fact that the blog provides a break from work? | 13 |
| remembers other people being less open about what they had written? | 14 |
| has offered other new bloggers help in starting their blogs? | 15 |

Why do people start writing blogs?

Read the personal stories of five bloggers

Ann Handley Like many of my school friends, I used to spend hours every day writing a diary. But while they kept them hidden under their beds, I needed an audience, interaction and feedback. One day, my teacher encouraged me to join a pen friend organisation and I used to write pages of fascinating detail about my teacher, my friends, my dog ... I even invented a few personalities, the details of which were far more interesting than my own life. So when one of my colleagues explained to me what blogging was all about — the frequent postings, the feedback, the trackbacks — I felt confident that I already knew all about it. I am now a marketing specialist and my blog is a business tool. But at the same time I am reliving the joy of communicating and the thrill of the conversation.

Dave Armano A year ago I was a professional minding my own business. When I started reading blogs, I would say to myself: 'There's so much information out there — so many smart people.' I decided to start my own blog, but I had no idea what I was doing. I was basically a nobody and I was trying to get people to listen to me. What was I thinking? But then I created a visual for my blog and before I knew it, I had all these other blogs linking to me — doing weird stuff like trackbacks. I had no idea what a trackback was, but I went from forty hits a day to

close to a hundred overnight. It was amazing! That's when I stopped to think: if I wanted traffic I needed to get some good content there, and that's what really worked for me.

Carol Krishner It's great to have my personal blog because I feel free and if I make mistakes I learn from the experience. I'm a lecturer, and it's refreshing to be able to step outside my academic interests and into a different world. But it's interesting that when you choose topics to write about you give others hints about yourself, and people do get to know you. So it's not the thing to do if you want to remain anonymous. One of the first lessons I learnt is that the blogosphere is a genuine community. After asking a question in a blog comment about what qualities are needed in a good blog, I soon got spot-on advice from a blogger I didn't even know. Then I had an invitation to a local face-to-face blogger meet-up, which was an amazing experience.

Debbie Weil I started my first blog exactly three years ago for a very practical reason. It was clear to me that blogs were going to become a useful tool in my future job as a journalist. I needed to know how to use this new tool, and I figured blogging myself was the quickest way to get up to speed. I learnt quickly and since then I've helped others launch their own personal blogs. The simplicity of blogging software enables me to write short entries without any problems or delays. Writing a 750-word article is a daunting task, but a quick blog entry takes less than a minute. And yet the effect is so significant — I get calls from companies saying they've read my blog and would I be available to give a presentation, for a large fee.

Tristan Hussey Writing has been a struggle for me for most of my academic life. In my first high school year I had serious spelling problems all the time. At college, thanks to a spell checker and some practice, I did fine. In 2004, I was in an administrative job and feeling that I was only using a small portion of my skills. I had heard about this blogging thing and decided I should give it a go. I wrote one blog but deleted it after a couple of days. Then I realised that if I wanted a better job, I'd need to get good at this. So I started reading blogs, writing blogs — it was a daily ritual of reading and writing. And guess what, my writing was getting better, and, incredibly, I got noticed by employers. Today I work for a blog software company.

1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	

GRADES 9-11

PART 3. USE OF ENGLISH

Time: 40 min

Task 1. For questions 1-8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Mark your answers on the separate answer sheet.

Example: A earns B gains C wins D obtained

Answer B

Time and the rotation of the Earth

As all schoolchildren know, there are 60 seconds in a minute. But every so often, our planet (0) _____ a second. The addition of what's called a 'leap year' is (1) _____ to allow the Earth's rotation, which is gradually (2) _____ to catch up with atomic clocks - the world's most accurate time-keepers. This sounds simple, but according to scientists, because they only get six months' (3) _____ of the need to add a leap second, it's difficult to insert it into computers without mistakes being made, (4) _____ systems to fail temporarily. In 2012, a leap second was added on a weekend but it resulted in over 400 flights in one country being grounded as the check-in system (5) _____ down.

Some countries are in favour of abolishing leap seconds while others (6) _____ that the technical challenges are (7) _____ if everyone adds the second in the same way and at the same time. They say that we have always taken the earth's rotation as the ultimate reference for timekeeping and we shouldn't break this (8) _____ without considering the consequences.

- | | | | | |
|---|--------------|----------------|---------------|---------------|
| 1 | A designed | B targeted | C framed | D drafted |
| 2 | A delaying | B lessening | C slowing | D declining |
| 3 | A advice | B notice | C information | D instruction |
| 4 | A compelling | B making | C causing | D influencing |
| 5 | A came | B fell | C ran | D went |
| 6 | A argue | B disagree | C dispute | D question |
| 7 | A governable | B controllable | C manageable | D adaptable |
| 8 | A join | B link | C chain | D union |

Task 2. For questions 9-16, read the text below. Use the word given in capitals at the end of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0). Write your answers IN CAPITAL LETTERS on the separate answer sheet.

Example 0

F	O	R	T	U	N	A	T	E	L	Y				
---	---	---	---	---	---	---	---	---	---	---	--	--	--	--

LAUGHTER

Laughter is the best medicine they say and (0) _____ it's

FORTUNE

contagious. You know the situation – someone laughs and we (9) _____ laugh in turn, without knowing why we’ve joined in. It’s a totally (10) _____ response – just the sound of a laugh is enough to prompt it spreading.

**MIND
VOLUNTARY**

It’s no surprise, therefore, that recorded laughter is added to television sitcoms. This laugh track (11) _____ the programme, in the absence of a live audience, to stimulate laughter among the (12) _____ at home.

**COMPANY
VIEW**

Naturally, the likelihood of our laughing is much greater in social situations. Laughing with people brings the (13) _____ of feeling accepted by the group; the only thing we have to be careful of is not to laugh (14) _____ as that would destroy the positive group feeling.

**PLEASE
APPROPRIATE**

Laughter can be particularly informative measure of relationships because it’s largely (15) _____ and hard to fake. As it’s also a good guide to people’s innermost (16) _____, learning how to ‘read’ these would be a valuable life skill.

**PLAN
THINK**

**GRADES 9-11
Part 4. WRITING
Time 40 min**

ID-NUMBER _____

1. Choose any subject but use in your story the following words at least once (underline the word from the list when using it for the first time):

- communications
- opportunities
- advertising
- Smartphone
- ignorant

- 2. title your story using a word from the list;**
- 3. include description of feelings and emotions;**
- 4. include direct and indirect speech;**
- 5. make an unexpected ending.**

Write 220-250 words.




