

PART 1 - LISTENING

Listening 1

Listen to a talk about the fear of public speaking and choose the best option to answer the questions (a, b, c, or d).

1. What does the speaker say he will cover in the presentation?

- a. A short history of public speaking with useful examples.
- b. Key facts, helpful advice, and where to learn more.
- c. Three common fears and some ways to overcome them.
- d. How to prepare speeches and present them clearly.

2. According to the speaker, what is surprising about the fear of public speaking?

- a. It mostly affects older people in the population.
- b. Many people don't believe it is a real condition.
- c. It is even more common than the fear of dying.
- d. It is something that only professionals deal with.

3. Which statement about gender and public speaking fear is correct?

- a. Men and women feel it equally, but men act on it more.
- b. This fear mainly affects men in serious situations
- c. Women usually ask for help more often than men.
- d. Men generally feel more nervous than women do.

PART 2 USE OF ENGLISH

A. Read the text below and choose the best answer

Many people believe that success happens because of talent alone. However, researchers say that successful people often achieve their goals through careful planning and continuous effort. One famous entrepreneur explained that he **(1)** _____ by his parents that failure was an opportunity to learn rather than something to fear. This belief encouraged him to keep trying even after several disappointments.

Before his first company became successful, he **(2)** _____ several unsuccessful projects. Instead of giving up, he used each experience to improve his ideas. Looking back, he believes that those early failures were valuable lessons.

Today, young people sometimes think successful individuals **(3)** _____ their goals easily because they only see the final result. In reality, many successful people have worked for years before becoming well known.

Experts also suggest that students should not compare themselves with others because **(4)** _____ progress at different speeds. While some people achieve success quickly, others need more time and experience.

Finally, career advisers say that **(5)** _____ important skill for long-term success is the ability to keep learning throughout life.

1. a. had been told
b. had told
c. was told
d. has told
2. a. completed
b. has completed
c. had completed
d. was completing
3. a. should be achieved
b. must have achieved
c. ought to achieve
d. had better achieve
4. a. every
b. all
c. each
d. another
5. a. it is said
b. saying
c. the most
d. many

B. Choose the best answer

6. Sarah has applied for several universities, but she still doesn't know _____.
a. where will she study next year.
b. where she will study next year.
c. where she has been studying next year.
d. where she studied next year.
7. The weather forecast predicted sunshine all weekend. _____, the hiking trip had to be cancelled because of heavy rain.
a. Therefore, everyone packed sunglasses.
b. However, the weather changed completely overnight.
c. As a result, people enjoyed perfect weather.
d. Consequently, the organisers planned another picnic.
8. At the end of the meeting, the manager spoke to the team about the new project. Later, one employee explained that _____.
a. the manager says the project starts next week.
b. the manager said the project would begin the following Monday.
c. the manager said the project will begin next week.
d. the manager says the project began last week.

PART 3

Reading 1

Read the passage below and choose the correct option (a, b, c, or d) to answer the questions.

Digital Detox: Can We Live Without Technology?

1 There is no doubt we are dependent on technology. From our laptop computers to our smartphones and tablets, screens are everywhere and we sometimes feel we cannot function without them. In fact, research shows most people check their phone 200 times a day and spend more time browsing the Internet than sleeping. As a result, the use of technology can have a negative impact on our health.

2 This is not to say that there are no benefits to using technology; in fact, computers, smartphones and tablets are all extremely useful for work, entertainment, and also for education. New apps are released every day to help us manage all kinds of activities. However, it may also distract us and prevent us from doing what we are supposed to be doing. But what can we do to change this?

3 Experts say there are small adjustments we can make to improve the way we live and detox from technology. For example, not allowing phones during meals can have a positive influence on relationships. Ask everyone to leave their phones in a basket or box so that these do not interrupt conversations and you can actually listen to each other. There is no doubt that technology can have a negative effect on relationships. So, call a friend instead of sending them a message or play a board game with friends instead of using an app and playing with people you do not really know.

4 It is also important to use technology for the right reasons and to learn where to draw the line. Start by leaving your phone out of your bedroom. Research shows that light from screens reduces the production of the hormone that helps us fall asleep. Equally, experts suggest not using technological devices before going to bed. In fact, they recommend spending at least two hours without screens before bedtime. On the same note, do not start your day checking your email. Doing this makes you focus on what other people need from you and forget about your own goals. Make sure you deal with more important tasks before you start reading your emails. Time your emails so that they are downloaded every two or three hours. This will help you not to get distracted by emails and to concentrate on other activities.

5 Try not to use electronic devices while travelling to work. Enjoy spending time outdoors or looking through the window instead. Do not use your devices at events, such as at concerts or theaters, or while waiting for something to begin. It is also a good idea to leave your devices at home while exercising, unless you are using them to listen to music. Try not to use your phone while on holiday, except to communicate with family and friends. If you take it with you, try not to check email or social media and enjoy your time away and in contact with nature instead. Buy something at a shop rather than online. Read a printed book instead of an e-book.

6 Detox will allow you to use your energy for other activities like doing exercise, spending more time with your family and friends, having conversations which are not interrupted by cell phones, and enjoying real relationships which go beyond the screen.

1. What is the main idea of the text?

- a. Technology should be banned to improve health.
- b. The internet has changed how we sleep.
- c. We are addicted to technology, but there are ways to reduce its negative impact.
- d. People should stop using smartphones completely.

2. Why does the writer mention that people check their phones 200 times a day?

- a. To show how useful phones have become
- b. To explain how people use phones for work
- c. To support the idea that people are overly dependent on technology
- d. To compare phone use to sleep

3. What does the writer suggest instead of using an app to play games?

- a. Play a board game with friends
- b. Watch TV with family
- c. Play computer games offline
- d. Check social media with others

PART 3 - WRITING

Write an essay in response to the question: "Should people younger than 13 use social media?"

Present your viewpoint clearly, support it with 2-3 well-developed reasons, and include examples or evidence. Use appropriate linking words to organize your ideas.

Write about 250 words.