

Test 6

Reading and Use of English Part 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:

0 A cause B bring C lead D make

0	A	B	C	D
	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Teenagers really do need more sleep

It has long been suspected that lack of sleep can actually (0) to illness, particularly in young people. Research (1) students aged 14–19 over a three-week period now appears to (2) this.

The teenagers wore devices that recorded the movements they made, without being (3) of them, that indicated they were asleep. The results were then (4) to the number of illnesses that they had (5) from during the three weeks, in addition to the number of occasions on which they had been (6) from school.

What the study showed was that students who slept fewer than seven hours a night caught colds, flu and other relatively (7) illnesses more often. The problem is that as children enter their teens their natural sleeping patterns change, (8) in them going to sleep later and therefore wanting to wake up later – but they still have to get up in the morning to go to school.



- | | | | | |
|---|-------------|-------------|---------------|---------------|
| 1 | A enclosing | B combining | C associating | D involving |
| 2 | A assure | B confirm | C defend | D justify |
| 3 | A awake | B aware | C familiar | D sensitive |
| 4 | A compared | B measured | C balanced | D qualified |
| 5 | A caught | B affected | C suffered | D experienced |
| 6 | A outside | B remote | C distant | D absent |
| 7 | A light | B minor | C smaller | D slight |
| 8 | A resulting | B producing | C finishing | D forcing |

Test 6

Reading and Use of English Part 2

For questions 9–16, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

Example:

0	O	u	T																
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Music really can reduce that pain

A survey has recently been carried (0) into the way music affects people in pain, and (9) it seems to show is that certain songs can actually reduce the sensation of physical pain. About 40% of people suffering (10) continuous pain said that music helped them feel better, with an even higher figure (11) young people: a remarkable two-thirds of those taking part (12) reported to have said it had had a positive effect (13) their symptoms.

The type of music played appears to make less difference than might (14) imagined. Pop music, as (15) as it is fairly gentle and not too loud, is slightly ahead of classical as the favourite for dealing with pain. Researchers believe that listening to your favourite music, (16) may directly affect both your emotions and your thoughts, can have the very welcome effect of distracting you from what is hurting.

Test 6

Reading and Use of English Part 3

For questions **17–24**, read the text below. Use the word given in capitals at the end of some 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	C	O	A	S	T	A	L												
---	---	---	---	---	---	---	---	--	--	--	--	--	--	--	--	--	--	--	--

Letting the sea in

The small **(0)** town of Medmerry has found an unusual way to reduce the risk of flooding: let the sea in. The scheme involved the **(17)** of part of the existing sea wall and the building of seven kilometres of new, higher **(18)** further inland, closer to local communities. This has led to the **(19)** of a large area of wetland, capable of absorbing the energy of the waves and therefore bringing about a **(20)** reduction in flooding at times of storm and high tides.

COAST
DESTROY
DEFEND
CREATE
SUBSTANCE

According to environmental scientists, this **(21)** project will also turn the whole area into a **(22)** nature reserve. It is already attracting large numbers of birds and other wildlife and eventually it should provide a safe home for some of the country's most **(23)** species. This is bound to attract more visitors to the area, although it remains **(24)** whether numbers will have to be limited in order to protect the reserve.

AMBITION
MASS
DANGER
CLEAR

Test 6

Reading and Use of English Part 4

For questions **25–30**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **two** and **five** words, including the word given. Here is an example (0).

Example:

0 Awards will be presented at a ceremony next June.

PLACE

An awards ceremony next June.

The gap can be filled by the words 'will take place' so you write:

Example:

0	WILL TAKE PLACE
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Write only the missing words **IN CAPITAL LETTERS** on the separate answer sheet.

25 'Would you like to come to my party, Karen?', the girl said.

INVITED

The girlparty.

26 Two foolish people took no notice of the warning sign.

PAID

Two foolish people the warning sign.

27 The rescue workers had too little food to feed everyone.

NOT

There the rescue workers to feed everyone.

28 Jack gets no exercise apart from walking to his car.

ONLY

The walking to his car.

29 Sonia wanted to be a nurse so she left her job as a teacher.

GAVE

Sonia become a nurse.

30 There's far less noise in this street than there used to be.

NEARLY

In this street, there isn't there used to be.

You are going to read an article about doing a degree course from home. For questions **31–36**, choose the answer (**A, B, C or D**) which you think fits best according to the text.

Distance learning

Distance learning can give students the chance to work and learn at the same time.



Nineteen-year-old Jamie Henderson hasn't had what you'd call a typical student experience. Despite wanting to read for a degree in Law, Jamie decided against the usual university route and instead opted to study from home.

'With course fees now so high in this country, I was

really put off by all the debt I would have when I came out of university,' he says.

Having made this decision, Jamie was able to look into alternatives – which in the end turned out to be a degree validated by a university through a distance learning provider.

'It was a massive weight off my mind and it was a perfect option for me,' Jamie says. 'It has allowed me to stay near my friends and my family and still work part-time.'

Jamie has been able to take on two part-time jobs – alongside his studies – but has also been free to undertake work experience for a law firm, which has led to a full-time job offer before he has even completed his course.

Jonathan Smith, who is studying for a BA in Business, chose to study via a distance learning course when already in full-time employment.

'I'd studied History, Politics and Economics at school but going to university wasn't even a consideration for me,' he explains. 'My friends were at home, I didn't want to be burdened with debt and I wanted to get straight into a career.'

Jonathan completed a Business and Administration Apprenticeship with the local council. While working as a medical administrator, he studied for a diploma and after 12 months had valuable workplace experience.

'I'd done so well at work that they kept me on. But after six months getting settled into my new role, I was financially

stable and ready to progress my career with a degree. I didn't want to give up what I'd achieved to go to university, so distance learning was an appealing choice.'

Obviously, one of the downsides to a distance learning course is that students miss out on the experience of attending university, which means missing out on traditional lectures.

'Reading feedback and instructions from a screen isn't quite the same as talking to someone face-to-face,' Jamie says. 'It's also a lot of work to do on your own. I don't have a close circle of friends going through the same thing, so I can't really ask my peers for help and advice. However, I've found the online student forums helpful and the firm I've been working for have offered advice and guidance when I've needed it.'

line 46

'I haven't met as many new people as I would have, had I moved away,' says Jamie. 'But I have met new people through work instead. It's just a different type of experience, which is just as rewarding and ultimately, in my opinion, makes me more employable.'

For anyone considering a distance learning course, there are several other factors to be considered; perhaps most importantly, motivation.

'Distance learning isn't an easy option,' says Dr Philip Hallam, Chief Executive Officer of a distance and online learning provider. 'It's going to be a substantial commitment, not only financially but also on your time. We need to make sure that people have really thought it through and understand why they want a degree. You will need to dig deep occasionally.'

Jonathan Smith is confident in the choices he's made regarding education, but believes more could be done to make young people aware of the choices they have.

'When I left school with good qualifications, I was shocked at how little advice was available on options other than university. Everyone is different and education should reflect that. I'm glad I took the route I did and I think it is important that more people have the opportunity to study in a way that suits them.'

- 31** Why did Jamie decide to do his degree from home?
- A** His friends were also studying by distance learning.
 - B** He had already been offered a full-time job.
 - C** He wanted to avoid owing a lot of money.
 - D** He was unable to obtain a place at university.
- 32** Jonathan's reason for studying from home was that
- A** he wanted to remain in his job.
 - B** the job he was doing was badly paid.
 - C** his preferred subject wasn't available at university.
 - D** it was too late for him to apply to university.
- 33** In line 46, what does 'my peers' mean?
- A** the university staff
 - B** students who have already graduated
 - C** the management of the firm
 - D** students of the same age
- 34** Jamie says that studying from home has enabled him to
- A** work with people who were also studying at the same time.
 - B** improve his chances of finding work in the future.
 - C** get to know more people than he would have done at university.
 - D** concentrate on studying rather than spend time socializing.
- 35** Dr Hallam recommends distance learning for students who
- A** dislike having to work very hard.
 - B** have little time available for study.
 - C** cannot afford to go to university.
 - D** know exactly what it involves.
- 36** In the last paragraph, Jonathan says that young people should
- A** be advised not to go to university.
 - B** be made more aware of the choices they have.
 - C** apply for work with employers like his.
 - D** ensure they get high grades at school.

You are going to read an article about dreaming. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (37–42). There is one extra sentence which you do not need to use.

  **Can we control our dreams?**  

Strange as it seems, the answer is yes – and it could help us solve our problems.

Do we have any influence over the often strange, wandering, night-time journeys in our mind? Could we learn to dream differently, getting rid of repeated nightmares or finding answers to the problems that we cannot solve in daylight hours? Strange though it may seem, the answer is yes. Research suggests that, using practical and psychological techniques, we can influence our dreams and use them to draw on the vast, largely unused resource of our unconscious mind.

Deirdre Barrett, an assistant clinical professor of psychology at Harvard Medical School, is convinced we all have the power to manage our dreams. 'If you want to dream about a particular subject,' she says, 'focus on it once you are in bed. **37** You can also place an object or photo that represents the desired dream on your bedside table,' Barrett says.

Another key factor in using one's dreams creatively is to avoid jumping out of bed the moment you wake up. **38** 'If you don't recall a dream immediately, lie still and see if a thought or image comes to mind,' Barrett says. 'Sometimes a whole dream will come flooding back.'

The point of this second strategy is to make use of the information presented by our unconscious as we sleep. It's hard to put an exact figure on the ratio of our unconscious to conscious mind, but psychologists estimate it to be nine to one. We may believe that thinking is our best problem-solving strategy, but the power of our conscious mind is relatively tiny. **39** So letting the unconscious mind work on it may be healthier and more productive.

Barrett put this to the test in a week-long study with college students; she asked them to use dreaming as a way of finding ways of dealing with a particular problem. **40** 'If we're stuck on a problem, it's our waking, logical way of thinking that's stuck,' Barrett says. 'The dream's power lies in the fact that it's a different manner of thought – it adds to and develops what we've already done while awake.'

Most of us enjoy the rich, pleasantly strange experience of dreaming (and we all dream – some people just don't remember it). But no one enjoys nightmares that keep coming back, or the kind of unpleasant dreams from which you wake sweating. **41** 'It's very common for them to have nightmares about being chased by a monster,' says Delphi Ellis, a counsellor and dream expert. 'This often happens as they get older and become aware of their place in the huge world.'

'As an adult, troubling or frightening dreams are often an indication of difficult issues from the past,' Ellis says. **42** They and all other kinds of dream are an incredibly valuable resource, which most of us simply ignore. So learn to listen to them, even the horrible ones – they're always trying to tell you something.'

- A** It's one in which you know you're dreaming as the dream is occurring – the kind of 'dream within a dream' that film characters sometimes have.
- B** Even more anxiety-causing, if you're a parent, are the scary ones that have such an effect on your kids.
- C** Doing so means you'll lose half of what your dream contained as the day's distractions take over your thoughts.
- D** About half of them dreamt about it and one-quarter of them solved it.
- E** Since dreaming is so visual, form a picture in your mind of something related to that topic as you fall asleep.
- F** The more you ignore dreams like those, the more your unconscious turns up the volume – so a nightmare is that message on full volume.
- G** Also, when this consists of going over and over negative or worrying issues in our minds, it is strongly linked with stress, depression and anxiety.

Test 6

Reading and Use of English Part 7

You are going to read a magazine article about bicycles. For questions 43–52, choose from the people (A–D). The people may be chosen more than once.

Which person

bought a second-hand bike?

43	
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says their new bike is good value for money?

44	
----	--

found it difficult to slow down at one point?

45	
----	--

had to take their bike in for repair?

46	
----	--

needed to put the bike together before they could ride it?

47	
----	--

bought a new bicycle to replace one that had been stolen?

48	
----	--

says that riding their bike up hills is tiring?

49	
----	--

says they wish they had checked the size of the bike sooner?

50	
----	--

had to get off their bike when they were riding to fix it?

51	
----	--

compares cycling with another way of keeping fit?

52	
----	--





My new bicycle

Four people talk about their bikes.



A Jonas Hagen

I bought my new mountain bike online and as soon as it was delivered to my home in kit form I set to work. Once it actually looked like a bike and I'd checked that everything seemed to be working properly, I set off down the road. All went well at first, but later on I had a brief moment of panic when the brakes suddenly failed and I narrowly avoided crashing into a hedge. I adjusted them when I got home, and since then they've been fine. The only other adjustment I've had to make is to raise the seat to the maximum because it turns out this bike is for riders whose inside leg measures considerably less than mine. I should really have noticed that before I bought it.

B Lili Huang

I originally bought my bike just for occasional use, but now I go everywhere on it. It's great exercise, every bit as good as going to the gym. It feels just the right size for me and somehow I always feel full of energy when I'm on it, even when my friends and I ride into the mountains at weekends. I've only ever had one breakdown, which was when the chain broke. Fortunately there was a garage nearby, where a very kind car mechanic quickly got me back on the road. I don't know what I'd do without my bike, which is slightly worrying because a lot of people round here have had their bikes stolen. That's why I keep it in the hall downstairs, rather than in the street.

C James Thompson

This is only the second bicycle I've ever bought. It was on offer at the local cycle shop and I think I got something of a bargain because on the whole I've been pleased with it. At first I had some difficulties with the gears, but I managed to sort those out while I was riding. It's a very solid bike, though that does mean it's rather heavy and I wouldn't want to have to push it far if I had a breakdown. It also makes pedalling up steep slopes hard work, although fortunately most of the routes round here are reasonably flat. I don't think it's the kind of bike anyone would want to steal, but I always secure it with a good strong lock just in case. Recently I've also fitted more powerful front and rear lights so that drivers can see me better after dark.

D Mia Doherty

I actually chose this bike in something of a hurry. I'd left my old one outside the sports centre and when I came back it had just disappeared. I reported it, of course, but that was the last I ever saw of it, and I needed a new one to get to work every day. I probably paid more than I should have done for it, though I know the previous owner had looked after it well and I haven't had any trouble with it. Apart, that is, from a flat tyre which meant I had to stop and mend it on the way home in the pouring rain. Riding it certainly helps keep me fit, and even in weather like that I wouldn't change it for a car. The only incident I've had was when a dog ran out into the road in front of me, but the brakes did their job superbly.