

Rishton

10 FULL REAL EXAM SPEAKING MOCKS

2024



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INTRODUCTION

Hurmatli foydalanuvchi!

Bilim va malakalarni baholash agentligi tomonidan 2024-yil 2-yarim yilligidan boshlab Multi-level imtihoni Speaking qismi **YANGI FORMAT** da o'tkaziladi.

Bu o'zgarishlar haqida batafsil tushuncha berib, imtihon topshiruvchilar uchun eng birinchilardan bo'lib [@MultiLevelRecord](https://t.me/MultiLevelRecord) telegram kanalimizda video-darslar tayyorlab berdik.

Bundan tashqari, ushlab turgan bu kitobning imtihonchilar uchun yangi formatdagi Speaking imtihoniga tayyorlanish uchun qimmatli manba tayyorladik.

Bu kitob Multi-level imtihoni Speaking qismida haqiqiy imtihonda tushgan savollardan yig'ilgan **10 ta FULL MOCK** dan tashkil topgan.

Cambridge School jamoasi, xususan Abror Rahmatullayev, Nurilla Lutfullayev hamda Muhammadqodir Tojaliyev bu kitobning tayyorlanishida juda katta hissa qo'shdilar.

Farg'ona viloyati, Rishton tumanida joylashgan bu Xususiy Maktab ko'p yillardan buyon muvaffaqqiyatli faoliyat yuritib bormoqda, va hozirda nafaqat Vodiylar, balki Respublikaning boshqa viloyatlaridan ham o'quvchilar kelib tahsil olishmoqda.

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Aynan Multi-Level va IELTS haqida yanada ko'proq ma'lumotlar va video-darslar olish uchun, pastdagি QR kodni skanerlash orqali Telegram kanalimizga qo'shilsangiz bo'ladi.



[@MULTILEVELRECORD](https://t.me/MultiLevelRecord)

Multi-Level Record Mock Test 1

Part 1.1 Time: 30 seconds each No preparation

Question 1: Do you work or are you a student?

I'm currently a student at Tashkent State University, where I'm pursuing a degree in English Language and Literature. I'm particularly interested in American literature, and I've been studying works by authors like Ernest Hemingway and Mark Twain. I'm also taking courses in linguistics and translation, which are helping me to develop a deeper understanding of the English language.

Question 2: Describe your hometown.

Tashkent is my hometown, and it's a vibrant and bustling city. It has a rich history, dating back to the Silk Road era. There are many beautiful parks and gardens, as well as historical landmarks like the Registan Square and the Chorsu Bazaar. The city is also known for its delicious cuisine, especially its plov and samsa.

Question 3: Where do you go in your free time?

I love spending my free time exploring the city and discovering new places. I often go to the Botanical Garden or the Alisher Navoi National Library. I also enjoy visiting museums and art galleries, like the State Museum of Arts of Uzbekistan. Sometimes, I just like to relax at home and read a good book.



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Part 1.2 Time: 30 seconds each No preparation

**1. Describe these images.**

Well, in these pictures I can see a man driving his own car and on the way to his work or home and then the in second picture we can see people using a bus public transportation for reaching their destination the main difference is that one of them is using their private car with their own comfort and another one is using public transportation which is more efficient and affordable.

2. What are some of the advantages of driving a car?

Driving a car offers several advantages, such as **convenience** and **flexibility**. It allows you to go wherever you want, whenever you want, without having to rely on schedules or routes. Additionally, driving can provide **privacy** and **personal space**. You can choose your own music, temperature, and company. Moreover, for those who enjoy road trips or long-distance travel, driving can be a rewarding experience, offering opportunities to see new places and enjoy the scenery.

3. Why do some people prefer to use public transportation?

Some people prefer public transportation for several reasons. **Cost-effectiveness** is often a major factor, as public transportation can be more affordable than owning and operating a car. Additionally, public transportation can be **more environmentally friendly**, as it reduces carbon emissions and traffic congestion. For those living in crowded cities, public transportation can also be a **more efficient** way to get around, as it often provides dedicated lanes and priority signals. Finally, public transportation can be a **social experience**, allowing people to interact with others and make new connections.

Part 2. Time: 2 minutes | 1 minute preparation**Questions:**

1. Describe a time when you faced a challenge.
2. How did this challenge impact your life?
3. Do you think challenges are important for humans?

Sample Answer:

One of the most significant challenges I've faced was adapting to a new culture when I moved to Tashkent from a smaller city. The pace of life was much faster, the people were more diverse, and the city itself was larger and more complex. I found it difficult to navigate the unfamiliar streets, understand the local customs, and make new friends. At times, I felt overwhelmed and homesick.

This challenge forced me to step out of my comfort zone and become more independent. I had to learn how to communicate effectively in a new language, navigate public transportation, and find my way around the city. I also had to adapt to different social norms and customs. While it was challenging, this experience ultimately helped me to grow as a person.

The impact of this challenge on my life was profound. It taught me the importance of resilience, perseverance, and adaptability. I learned how to overcome obstacles, embrace new experiences, and appreciate different cultures. This experience also helped me to develop a stronger sense of self-confidence and independence. I am grateful for the challenges I faced, as they have shaped me into the person I am today.

I believe that challenges are essential for human growth and development. They help us to discover our strengths and weaknesses, build resilience, and develop problem-solving skills. Overcoming challenges can also boost our self-esteem and sense of accomplishment. While challenges can be difficult and uncomfortable, they are ultimately rewarding experiences that can help us to reach our full potential.

In conclusion, the challenge of adapting to a new culture was a significant experience in my life. It forced me to step outside of my comfort zone, learn new skills, and develop a stronger sense of independence. While it was difficult at times, this challenge ultimately had a positive impact on my life. I believe that challenges are essential for human growth and development, and I am grateful for the opportunities they have provided me.

Part 3. Time: 2 minutes | 1 minute Preparation

Humans have no moral right to do experiments on animals.

For:	Against:
<ul style="list-style-type: none">- Animals are a form of life.- Using them is unethical- Animals are also a part of society.	<ul style="list-style-type: none">- It is better to experiment on them.- Humanity cannot be checked on these tests.- Using them is more efficient and affordable.

The debate regarding animal testing is complex, with compelling arguments on both sides. Those who oppose animal testing frequently emphasise the moral imperative to spare sentient beings undue suffering. They contend that many animal studies are unsuccessful and that ethical alternatives exist, such as computer modelling, human tissue cultures, and organ-on-a-chip technology. These alternative methods provide more dependable and humane ways to conduct scientific research, eliminating the need to cause pain and suffering to animals.

However, supporters of animal research point to the significant medical advances made possible by the use of animal models. For example, animal research has been critical in the discovery of vaccines against diseases such as polio, measles, and smallpox. Animal research has also resulted in the discovery of several life-saving therapies for ailments including as cancer, heart disease and diabetes.

One way to strike this balance is to encourage the use of alternative methods whenever available. By investing in the research and development of these alternatives, we may minimise our reliance on animal testing while also improving the ethics of scientific research. Additionally, strong ethical norms and laws must be in place to control animal experiments, ensuring that animals are treated humanely, and suffering is minimised.

To summarise, the controversy over animal testing is complex, with compelling arguments on both sides. While it is crucial to ensure animal welfare, it is also critical to recognise the potential benefits of animal research. We can achieve a healthy balance between human health and animal welfare by supporting ethical practices, reducing animal suffering, and investigating alternative approaches.

Multi-Level Record Mock Test 2

Part 1.1 Time: 30 seconds each No preparation

Question 1: What was your first teacher?

My first teacher was Mrs. Fatima, who taught me in the first grade. She was a kind and patient teacher who made learning fun and engaging. I still remember her teaching us simple addition and subtraction problems using colorful blocks. She was a great role model, and I still look up to her today.

Question 2: Do you live in a house or flat?

I live in a flat in the center of Tashkent. It's a small but cozy apartment with two bedrooms, a kitchen, and a living room. I enjoy living in the city because there are so many things to do and see within walking distance. Even though it is a bit far from the centre, I still enjoy being a part of this lively and non-stop life.

Question 3: What do you do in evenings?

In the evenings, I usually relax at home by reading a book, watching a movie, or listening to music. I particularly enjoy reading classic literature, and I'm currently working my way through the works of Leo Tolstoy. Sometimes, I like to go for a walk in the park or along the river. I find that spending time in nature helps me to unwind and clear my head. If I'm feeling social, I might meet up with friends for dinner or a movie.



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Part 1.2 Time: 30 seconds each No preparation**1. Describe these images.**

Let me describe the images and then address your questions about dining preferences: Image 1 shows a group of people having lunch or dinner at a restaurant. They're seated at a table enjoying salads and engaging in what appears to be a lively, pleasant conversation. The setting looks casual but nice, with decorative lighting and a modern industrial-style interior.

Image 2 depicts two people having breakfast or brunch at home. They're seated at a white table with what appears to be orange juice, pastries, and other breakfast items. The setting is bright and casual with white brick walls and some home decor visible in the background.

2. What are some of the advantages of eating in a restaurant?

*Eating in a restaurant offers several advantages, such as **convenience** and **variety**. Restaurants provide a wide range of cuisines and dishes, catering to different tastes and preferences. Additionally, dining out can be a **social experience**, allowing you to connect with friends and family while enjoying a meal together. Restaurants also often offer **professional service** and a pleasant atmosphere, making it a relaxing and enjoyable experience.*

3. Why do some people prefer to eat at home?

*Some people prefer to eat at home for various reasons. **Cost-effectiveness** is often a major factor, as cooking at home can be significantly cheaper than dining out. Additionally, home-cooked meals can be **healthier** and **more customizable**, allowing you to control the ingredients and portion sizes. Cooking at home can also be a **therapeutic activity**, providing a sense of accomplishment and relaxation. For those who enjoy spending time with family, cooking and eating together can be a **bonding experience**.*

Part 2 Time: 2 minutes 1 minute preparation**Questions:**

- 1. Describe a moment of failure.**
- 2. Why do you think failing is important?**
- 3. What is the role of failing in life?**

One of the most memorable moments of failure in my life occurred during my university entrance exams. I had studied hard for months, but when I sat down to take the exams, I felt overwhelmed and underprepared. As a result, I didn't perform as well as I had hoped, and I didn't get into my first-choice university.

While the experience was undoubtedly disappointing, I now realize that failure can be a valuable learning opportunity. It taught me the importance of perseverance, resilience, and effective time management. I also learned that it's okay to make mistakes and that failure is not a reflection of my worth as a person.

The role of failing in life is multifaceted. It can help us to develop important character traits, such as resilience, perseverance, and adaptability. Failure can also serve as a catalyst for growth and improvement, motivating us to work harder and strive for better

results. Additionally, failure can help us to appreciate success more fully, as we understand the effort and perseverance required to achieve it.

In conclusion, while failure can be a painful experience, it is an essential part of the human journey. It teaches us valuable lessons, fosters growth, and helps us to appreciate success more fully. By embracing failure as a learning opportunity, we can overcome setbacks and achieve our goals.

Part 3 Time: 2 minutes 1 minute preparation**Extracurricular activities should be taught at school.**

For	Against
Builds teamwork skills.	Reduces academic time.
Promotes creativity and fitness.	Strains school resources.
Helps find new talents.	Not all students are interested.

Extracurricular activities play a vital role in shaping students into well-rounded individuals. In schools, academics are often prioritized, but extracurriculars offer an equally important platform for personal growth. First, these activities help build teamwork and social skills, which are essential in life. In purely academic settings, students may not have the same opportunities to collaborate closely with peers.

Second, extracurriculars encourage creativity and promote physical fitness. Engaging in arts, music, or sports allows students to explore their creative sides and stay active. It also provides a much-needed break from academic pressure. When students participate in these activities, they reduce stress and anxiety, which can lead to better mental and emotional health. A student who is active in extracurriculars is often more balanced and better able to handle the demands of schoolwork.

However, there are valid concerns to consider. One issue is that these activities may take time away from core subjects, which could impact students' academic performance. With so much focus on grades and exams, it can be difficult to strike the right balance between academics and extracurriculars. Another challenge is that schools may face resource limitations. Organizing extracurricular programs requires funding, facilities, and staff, which could put a strain on school budgets.

In conclusion, extracurricular activities offer a wide range of benefits, from developing teamwork and leadership skills to reducing stress and uncovering new talents. However, it's important to implement these programs in a balanced way that doesn't interfere with academics or overwhelm students and schools.

Multi-Level Record Mock Test 3

Part 1.1 Time: 30 seconds each No preparation

1. Tell me about your school.

I went to a public school that was quite large, with around a thousand students. It had excellent facilities, like a well-equipped science lab and a spacious library, which I really enjoyed. The teachers were supportive and encouraged us to participate in extracurricular activities, which helped create a balanced environment for both academic and personal growth. Overall, I had a positive experience there.

2. What type of music do you like?

I'm a big fan of pop music. I find it upbeat and energizing, which is perfect when I'm studying or working out. Sometimes, I also enjoy listening to soft rock, especially when I want to relax. I appreciate music that has meaningful lyrics or a catchy melody, so I often explore new genres depending on my mood.

3. What is your favorite part of the day?

My favorite part of the day is the evening, just after I finish all my responsibilities. It's the time when I can unwind and do things I enjoy, like reading, catching up on a TV series, or going for a walk. The atmosphere is calm, and it feels like the perfect way to end a busy day.



@MULTILEVELRECORD

Part 1.2 Time: 30 seconds each No preparation**1. Describe the pictures.**

Here 2 images describe uh people traveling by different means of transportation and the first one we can observe a lady taking a picture on a plane and on the second one and there's another goal enjoying a picturesque scene or landscape of the nature on the train.

2. What are the advantages of using air and road transportation?

Air transportation is fast and efficient, especially for long distances, allowing people to travel across countries or continents in a matter of hours. On the other hand, road transportation is flexible and convenient for shorter trips, offering door-to-door service and the ability to travel at your own pace, which is ideal for local or regional travel.

3. Why do some people prefer air transportation over road?

People often prefer air transportation because it significantly reduces travel time, particularly for long distances. It's more convenient for international or cross-country travel, as it avoids the fatigue and time commitment associated with long road trips. Additionally, air travel is generally more comfortable for long journeys with amenities like in-flight meals and entertainment.

Part 2 Time: 2 minutes | 1 minute preparation

1. Why do you think teamwork is important in achieving success?
2. What challenges do people usually face when working in a team?
3. Can you give an example of a time when you had to work in a team?

Teamwork is an essential aspect of both personal and professional life. I believe that working in a team can lead to much better outcomes than working alone. One major advantage of teamwork is that it brings together different skills and perspectives. In a group, each member has their own strengths, and when these strengths are combined, the team can come up with more creative and effective solutions to problems. For example, one person might be good at planning while another excels at communication, so together, they can work more efficiently.

Another key benefit of teamwork is that it improves productivity. When responsibilities are shared, the workload becomes lighter for each member. This not only makes the task less overwhelming but also speeds up the process. For instance, in school projects, I've often found that dividing tasks like research, presentation design, and speaking between team members allows us to complete the work much faster.

However, teamwork isn't always easy. One challenge that teams often face is a lack of communication or misunderstandings. If team members don't communicate effectively, it can lead to confusion and mistakes. I've experienced this in the past when I worked on a group project where roles were unclear, and as a result, we struggled to meet deadlines. To overcome this, it's crucial for teams to establish clear communication from the start and ensure that everyone understands their role.

In conclusion, while teamwork can be challenging at times, I believe its advantages far outweigh the difficulties. It enhances creativity, boosts productivity, and when managed well, leads to successful outcomes that individuals might not achieve on their own.

Part 3 Time: 2 minutes 1 minute preparation**Students should wear uniform at school.**

Pros	Cons
Promotes equality among students.	Limits self-expression.
Reduces distractions and peer pressure.	Can be uncomfortable or impractical.
Saves time on choosing clothes.	Adds extra financial burden on families.

The topic of whether students should wear uniforms in school has been debated for years. On one hand, there are several benefits to having uniforms. First, uniforms promote equality among students. When everyone is wearing the same clothes, it reduces the chances of students being judged based on their appearance or the brands they wear. This can help create a more inclusive environment where students feel they belong, regardless of their background.

Second, wearing uniforms can minimize distractions. Without the pressure to wear trendy or fashionable clothes, students can focus more on their studies and less on what others are wearing. This can also reduce peer pressure, as students won't feel the need to keep up with the latest fashion trends to fit in. Another advantage is that uniforms save time. Students don't have to spend time every morning deciding what to wear. This simplicity can help streamline their morning routine and reduce stress, allowing them to start their day more focused.

However, there are some downsides to wearing uniforms. One major issue is that it limits students' ability to express themselves. Clothing is often a way for young people to show their personality, and uniforms can take away that form of creativity and individuality. Additionally, uniforms can be uncomfortable or impractical. Some students may find the materials or design of uniforms restrictive, especially if they're required to wear them in extreme weather conditions. Finally, for some families, the cost of uniforms can be an extra financial burden. While the idea is to reduce inequality, the initial cost of purchasing uniforms might be difficult for some families to manage, especially if the uniforms are expensive or need to be replaced frequently.

In conclusion, while uniforms offer clear benefits like promoting equality and reducing distractions, they also come with challenges, such as limiting self-expression and adding financial pressure. Ultimately, whether uniforms are a good idea depends on the specific needs and context of the school.

Multi-Level Record Mock Test 4

Part 1.1 Time: 30 seconds each No preparation

1. What's your town like?

My town is quite vibrant and full of life. It has a mix of modern buildings and historical sites, which makes it unique. There are plenty of parks and recreational areas where people can relax and enjoy outdoor activities. The community is friendly, and there are local events throughout the year that bring everyone together.

2. Who is your favorite sports person?

My favorite sports person is [insert favorite athlete's name]. I admire their dedication and skill in their sport, especially how they handle pressure during competitions. Their achievements inspire me, and I enjoy following their career and watching them compete.

3. How often do you use the internet?

I use the internet daily, primarily for studying and staying updated on current events. I also enjoy streaming music and watching videos in my free time. It's an essential tool for research and connecting with friends, making it a significant part of my everyday life.



@MULTILEVELRECORD

Part 1.2 Time: 30 seconds each No preparation**1. Describe these images.**

Here both images show different ways of studying modes in the first one there is a teamwork where a group of students are learning from a teacher in a conventional or traditional classroom. On the second picture, we can observe a lady who is doing an autonomous learning or self-preparation with her books and notebooks.

2. What are the advantages of studying alone and with a group?

Studying alone offers several advantages, such as increased focus and personalized learning. When you're alone, you can create your own study schedule and environment, which helps minimize distractions and allows for deep concentration. On the other hand, studying in a group encourages collaboration and knowledge sharing. Group discussions can lead to different perspectives and a better understanding of the material, as members can explain concepts to one another and quiz each other.

3. Why do some people prefer to study alone?

Many people prefer to study alone because it allows for complete control over their learning pace and environment. They can choose the best time and place to study without having to accommodate others. Additionally, studying alone can reduce distractions, enabling them to dive deeply into the material. Some individuals also feel more comfortable expressing their thoughts and questions when they're by themselves, which can lead to better retention and understanding of the subject matter.

Part 2 Time: 2 minutes | 1 minute preparation

1. Describe a successful moment in your life.
2. What did you learn from that successful moment?
3. How did that moment impact your future goals or aspirations?

One of the most successful moments of my life was when I achieved a high score in a national mathematics competition. I had been preparing for several months, dedicating a significant amount of time to studying advanced topics and solving challenging problems. I remember feeling a mix of excitement and nervousness as the competition day approached. When I finally arrived at the venue, I was surrounded by talented students from various regions, which motivated me even more.

During the competition, I focused intently on each problem, applying the techniques and strategies I had practiced. As the time ticked away, I felt a surge of determination to do my best. When the results were announced, I was ecstatic to find out that I had not only scored well but had also placed in the top three. The moment I heard my name called was surreal; it felt like all my hard work had paid off.

This success was significant for me because it boosted my confidence and affirmed my passion for mathematics. It taught me the importance of perseverance and discipline in achieving my goals. The recognition I received also opened up new opportunities, including scholarships and invitations to participate in further advanced programs, which helped shape my academic journey.

In conclusion, this successful moment was not just about the accolades; it was a pivotal experience that reinforced my love for mathematics and set the stage for my future ambitions in the field. It reminded me that hard work and determination can lead to great achievements, encouraging me to pursue my dreams with even more enthusiasm.

Part 3 Time: 2 minutes | 1 minute preparation
Everyone should have hobby

Pros	Cons
Reduces stress and enhances mental health.	Can be time-consuming, potentially affecting responsibilities.
Promotes creativity and personal development.	Some hobbies can be costly, leading to financial strain.
Provides opportunities for social interaction and networking.	Not everyone has the opportunity or means to pursue hobbies.

Having a hobby is often regarded as an essential part of a balanced life. There are numerous advantages to engaging in hobbies, the first being their ability to reduce stress and enhance mental health. After a long day of work or study, immersing oneself in a favorite activity—whether it's painting, gardening, or playing a musical instrument—can provide a much-needed escape. Hobbies allow individuals to unwind and recharge, leading to improved overall well-being.

Another benefit of having a hobby is that it promotes creativity and personal development. When we engage in activities we are passionate about, we often explore new ideas and skills, which can translate into other areas of our lives. For example, someone who enjoys writing in their spare time may find that it helps improve their communication skills, both personally and professionally. Additionally, hobbies offer valuable opportunities for social interaction and networking. Joining a local club or group related to a hobby can help individuals meet like-minded people, fostering friendships and connections that enrich their lives. This social aspect can also provide support and encouragement, making the pursuit of a hobby even more enjoyable.

However, there are some downsides to consider. One major con is that hobbies can be time-consuming. For those with busy schedules, finding time to dedicate to a hobby can be challenging, and this may lead to neglecting responsibilities such as work, family, or studies. Striking the right balance is crucial. Moreover, some hobbies can become costly. Whether it's purchasing equipment for sports, art supplies, or attending classes, the expenses can add up quickly. This financial strain may deter some individuals from pursuing their interests. Lastly, it's important to acknowledge that not everyone has the opportunity or means to engage in hobbies. Factors such as time constraints, financial limitations, or lack of access to resources can prevent individuals from exploring activities they might enjoy.

In conclusion, while having a hobby can bring numerous benefits, including stress relief, personal growth, and social connections, it's also essential to consider the potential challenges. Balancing time, costs, and access is key to making the most out of our hobbies, ultimately enriching our lives and well-being.

Multi-Level Record Mock Test 5

Part 1.1 Time: 30 seconds each No preparation

1. Tell me about your school.

My school is a vibrant place with a diverse student body and dedicated teachers. It offers a range of subjects and extracurricular activities, which helps foster a well-rounded education. The facilities are quite good, with modern classrooms, a library, and sports facilities. Overall, it's a supportive environment where I feel encouraged to learn and grow.

2. Do you like any sports?

Yes, I enjoy playing volleyball. I find it both challenging and exciting, as it requires teamwork and strategy. I also like watching basketball and soccer, especially during tournaments or championships. Sports keep me active and help me relax after a busy day.

3. What do you do on weekends?

On weekends, I like to spend time with friends and family. We often go out for lunch or explore local attractions. I also dedicate some time to studying and catching up on assignments. Additionally, I enjoy relaxing with a good book or watching movies, which helps me recharge for the week ahead.



@MULTILEVELRECORD

Part 1.2 Time: 30 seconds each No preparation**1. Describe these images.**

There are two ways of doing physical activities the first picture a group of people are doing jogging or early running as their daily habit and the second picture uh there is one coach and other people doing yoga activities or tai chi inside a building or a gym.

2. What are the advantages of doing physical activities?

Doing physical activities offers numerous advantages, such as improving physical fitness and boosting mental health. Regular exercise enhances cardiovascular health, strengthens muscles, and helps maintain a healthy weight. It also releases endorphins, which can reduce stress and improve mood. Overall, staying active contributes to a longer, healthier life.

3. How can people stay healthy?

People can stay healthy by maintaining a balanced diet, engaging in regular physical activity, and getting adequate sleep. Eating plenty of fruits, vegetables, and whole grains provides essential nutrients, while exercising regularly helps improve overall fitness. Additionally, staying hydrated and managing stress through relaxation techniques can significantly enhance well-being.

Part 2 Time: 2minutes 1 minute preparation

1. Describe happy event which happen in your life.
2. What did you learn from this happy event?
3. How did this event impact your relationships with others?

One of the happiest events in my life was my graduation ceremony. It was a significant milestone for me, marking the end of years of hard work and dedication. I remember the excitement I felt as the day approached. My family and friends had traveled from different places to celebrate this achievement with me, which made it even more special. On the day of the graduation, the atmosphere was electric. Everyone was dressed in their caps and gowns, and the sense of pride and accomplishment was palpable. As I walked across the stage to receive my diploma, I felt an overwhelming rush of emotions—joy, relief, and gratitude all mixed together. Seeing my family cheering from the audience brought tears to my eyes; their support had been crucial throughout my educational journey. This happy event taught me the importance of perseverance and the value of having a strong support system. It reminded me that hard work pays off and that every challenge I faced along the way contributed to my growth. The celebration that followed the ceremony was also memorable. We had a small gathering with my loved ones, where we shared stories and reflected on the journey that led me to this point. Furthermore, the graduation strengthened my relationships with family and friends. We all came together to celebrate not just my achievement but the collective efforts of everyone who had supported me. This event deepened our bonds, as we shared in the joy of this important milestone.

In conclusion, my graduation ceremony was a truly happy event that left a lasting impact on my life. It taught me valuable lessons about hard work and gratitude and reinforced the significance of having a supportive community around me. This experience has motivated me to set new goals for the future and pursue my aspirations with the same determination and enthusiasm.

Part 3 Time: 2minutes 1 minute preparation

Increasing cost of fuel helps to solve environmental problems

Pros	Cons
Encourages the use of public transport and alternative energy sources.	Can lead to higher living costs for individuals and families.
Reduces carbon emissions as people drive less.	May disproportionately affect low-income households.
Promotes innovation in energy-efficient technologies.	Can harm industries reliant on fossil fuels, leading to job losses.

The increasing cost of fuel is often seen as a potential solution to environmental problems, particularly climate change. One of the main advantages of higher fuel prices is that they encourage individuals to use public transport or seek alternative energy sources. When gasoline becomes more expensive, people are more likely to consider carpooling, biking, or using trains and buses, which can reduce traffic congestion and lower carbon emissions. Additionally, rising fuel costs can significantly decrease carbon emissions. As people drive less, we can expect a reduction in air pollution and greenhouse gas emissions, contributing to a healthier planet. This shift towards lower fuel consumption may also spur innovation in energy-efficient technologies, such as electric vehicles and renewable energy sources, leading to more sustainable options in the long run.

However, there are notable drawbacks to increasing fuel costs. One major concern is that it can lead to higher living costs for individuals and families. As fuel prices rise, the costs of goods and services can also increase, affecting everything from grocery prices to transportation fees. This financial burden can be particularly challenging for those already struggling to make ends meet. Moreover, higher fuel costs may disproportionately affect low-income households. Many of these families rely on their vehicles for commuting to work or school, and increased fuel prices can create additional economic strain. This could exacerbate existing inequalities, making it difficult for disadvantaged groups to access essential services and opportunities. Finally, while transitioning away from fossil fuels is crucial for environmental sustainability, it can also harm industries reliant on these energy sources, leading to job losses and economic disruptions. Workers in traditional energy sectors may find it challenging to adapt to this shift without adequate support and retraining programs.

In conclusion, while increasing fuel costs may contribute to solving environmental problems by promoting greener alternatives and reducing emissions, it also poses challenges such as higher living expenses and potential economic inequalities. Striking a balance between environmental goals and social equity is essential to ensure that the transition is fair and effective for everyone.

Multi-Level Record Mock Test 6

Part 1.1 | Time: 30 seconds each | No preparation

What's your favorite food?

I absolutely love sushi. It's not just the taste but the whole experience of eating it that I enjoy. The combination of fresh fish, seasoned rice, and a hint of wasabi is just perfect. Plus, it's such a versatile dish, with so many different variations to try.

What do you do on the weekends?

On weekends, I usually like to unwind and recharge. I often go hiking if the weather's good, as it's a great way to stay active and enjoy nature. I also like catching up with friends over coffee or exploring new places in the city. It's all about balancing relaxation and fun activities.

What do you do in the evening?

In the evening, I typically like to wind down by reading a book or watching a good movie. Sometimes, I also enjoy cooking a nice dinner. It's a great way to de-stress after a busy day and enjoy some quiet time. Occasionally, I'll go out for dinner with friends or catch a live show, depending on what's happening around town.



@MULTILEVELRECORD

Part 1.2 Time: 30 seconds each No preparation

1. *What can you see in these pictures?*
2. *What are the advantages of reading books over watching TV?*
3. *What is more beneficial: readings books or watching TV?*

1. What can you see in these pictures?

In the first photo, we see a man sitting in a cozy room, reading a book. He's seated in a comfortable chair near a window, with natural light streaming in, which gives the space a calm, peaceful atmosphere. There's a small table next to him with a cup of coffee, suggesting he's enjoying a quiet, relaxing moment. In the second photo, there's a man lounging on a sofa, watching TV. The room has a warm, inviting feel, with soft lighting and a few decorative items on shelves behind him. He seems relaxed, perhaps enjoying his favorite show or unwinding after a long day. Both photos show a sense of comfort and relaxation but in different ways: one through reading, the other through watching TV.

2. What are the advantages of reading books over watching TV?

Well, I think reading books has several key advantages. For me personally, the main benefit is that it really exercises my imagination because I have to create all the scenes and characters in my mind. Also, I find reading to be much more peaceful and calming compared to watching TV. When I read before bed, for example, I tend to sleep much better than when I watch television. Another great thing about books is that I can take them anywhere - I don't need electricity or an internet connection to enjoy a good book.

3. What is more beneficial: reading books or watching TV?

You know, while both have their place, I believe reading books is generally more beneficial. In my experience, when I read a book, I feel more mentally engaged and active. I have to concentrate more, and I often find myself learning new words and expressions naturally. That said, I wouldn't completely dismiss television - it can be great for learning about current events and watching educational documentaries. But if I had to choose one activity for personal development, I'd definitely pick reading books because it helps me think more deeply and improves my concentration skills.

Part 2. Time: 2 minutes 1 minute preparation

1. Tell me about the moment when you lost your hope.
2. How this has affected your life?
3. What people should do in these moments?

My first year of college was the time when I felt like I had no idea where I was going. Just now, I had received the results of my midterm examinations, and I discovered that I had failed three out of the four tests. This was a major blow to me because I had always done so well in school. I was shocked by this. I was under the impression that I had let down both myself and my family, and I started to question both my abilities and my future. The way I think about failing and getting back up after it has been radically transformed as a result of this occurrence. I was initially taken aback by it. I experienced feelings of anxiety and isolation, and I began to question my own value.

However, as time went on, I became more accustomed to viewing errors as opportunities to learn and develop. My learning style was altered, I sought assistance from my instructors and classmates, and I discovered a more balanced way to live my life as a result of this experience. Rather than viewing obstacles as insurmountable challenges that cannot be resolved, I now view them as essential components of the journey. Taking a minute to look at things from a fresh perspective is something that people who are feeling lost should do often. If you are in need of some much-needed warmth and guidance, it may be beneficial to seek assistance from family, friends, or therapists.

When you set modest objectives that you are capable of achieving, you can gradually regain your self-assurance. First and foremost, it is essential to keep in mind that failure is not an indication of how good you are; rather, it is a means by which you could improve. Accepting your shortcomings and maintaining a good attitude are two things that can assist you in transforming your hopelessness into motivation.

In general, that period of time was really challenging; nevertheless, it also permitted me to develop as a person and gain a deeper understanding of what it is to be resilient. Despite the fact that these experiences are excruciating, they have the potential to make us stronger and more resilient in the long term.

Part 3. Time: 2 minutes 1 minute Preparation**Space exploration is a waste of time.**

Pros	Cons
Creates useful technology for daily life.	Very costly; money could solve Earth's problems.
Expands our knowledge of the universe.	Results are uncertain, with no guaranteed benefits.
May provide resources or space for future needs.	Space missions harm Earth's environment.

The topic of whether space exploration is a waste of time is often debated, with strong arguments on both sides. Let's start with the benefits of space exploration. One of the primary advantages is that it leads to significant technological advancements.

Innovations in materials, telecommunications, and health technologies have stemmed from space research. Many of these breakthroughs have real-world applications that benefit society, from satellite communication to medical imaging.

Another argument in favor of space exploration is that it helps us understand the universe. Exploring space allows us to study planets, stars, and cosmic events, broadening our knowledge about the origins of the universe and our place within it. This scientific understanding can drive curiosity and inspire future generations to pursue science and engineering, which is crucial for societal development. Space exploration also provides potential solutions for resource shortages and overpopulation on Earth. As we continue to face challenges like resource depletion, space may offer alternatives, whether through mineral-rich asteroids or discovering habitable planets. These possibilities are exciting, as they could help secure humanity's future in the long term.

However, the opposing view is that space exploration is extremely costly. The funds spent on space missions could be redirected toward pressing issues on Earth, such as healthcare, poverty, and environmental protection. These are immediate problems affecting millions of people, and critics argue that solving them should take priority. Another con is the uncertain outcomes of space exploration. Missions often take years to complete and may not yield immediate, tangible results. This lack of guaranteed benefits makes it challenging to justify the resources allocated to space research, especially when other critical areas could benefit from those funds.

Lastly, there's the environmental impact of launching rockets and space missions. Each launch releases significant amounts of carbon emissions and other pollutants into the atmosphere, which can contribute to environmental degradation. This aspect is often overlooked but is essential to consider, given our current climate crisis.

In conclusion, while space exploration offers exciting opportunities and advancements, it also raises valid concerns about cost, environmental impact, and priority. Balancing exploration with addressing Earth's needs is crucial to making the most out of our resources and ensuring sustainable progress.

Multi-Level Record Mock Test 7

Part 1.1 Time: 30 seconds each No preparation

1. What hobbies do you enjoy in your free time?

I really enjoy painting. It allows me to express my creativity and relax after a busy day. I often spend weekends experimenting with different techniques and colors, creating both abstract and realistic pieces. It's a great way to unwind and see the world from a different perspective. Besides painting, I also enjoy hiking. Being out in nature and exploring new trails helps me stay active and clear my mind. Combining both hobbies, I sometimes take my sketchbook on hikes and draw inspiration from the landscapes I encounter.

2. How often do you have breakfast at home?

I have breakfast at home almost every day. It's usually a quick meal since mornings can be quite hectic, but I try to keep it nutritious. A bowl of oatmeal with fresh berries and a cup of green tea is my go-to choice. On weekends, I like to take my time and make something a bit more special, like avocado toast with a poached egg or a smoothie bowl with various fruits and nuts. Having breakfast at home helps me start the day on a positive note and gives me the energy to tackle my tasks.

3. Do you think breakfast is the most important meal of the day?

Yes, I do. Breakfast kick-starts your metabolism and provides the energy you need to start the day. I find that when I have a healthy breakfast, I'm more alert and focused throughout the morning. Skipping it can leave me feeling sluggish and hungry before lunch. Additionally, breakfast can be a great time to gather your thoughts and set intentions for the day. It's also an opportunity to enjoy some quiet time or connect with family before the day gets busy. Overall, a well-balanced breakfast sets a positive tone for the rest of the day.

Part 1.2 Time: 30 seconds each No preparation

1. What can you see in these pictures?
2. Is celebrating at home more important?
3. What are the disadvantages of celebrating in public places?

1. What can you see in these pictures?

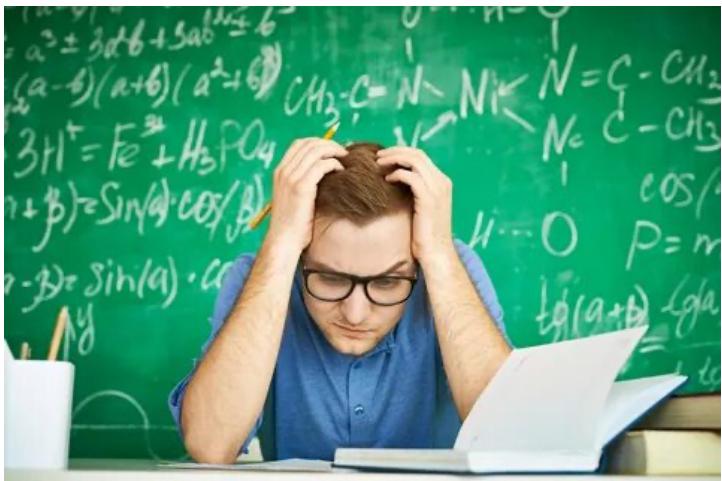
In these pictures, I can see two very different types of celebrations. The first image shows what appears to be a color festival or concert event with a large crowd of people having fun while colorful powder fills the air - it reminds me of events like the Holi festival or color run celebrations. The second image shows a more intimate New Year's celebration indoors, where a small group of friends are celebrating with sparklers and party hats, clearly having a wonderful time in what looks like an elegant setting with chandeliers and festive decorations.

2. Is celebrating at home more important?

I wouldn't say it's necessarily more important, but celebrating at home definitely has its own special value. Home celebrations tend to be more personal and meaningful, where you can have deeper conversations and create more intimate memories with close friends and family. You have more control over the environment, and people often feel more comfortable being themselves. Plus, home celebrations often allow for family traditions to be passed down through generations, which can make them particularly meaningful.

3. What are the disadvantages of celebrating in public places?

There are several challenges when celebrating in public places. First, you often have to deal with large crowds which can make it difficult to stay together with your group or even have proper conversations. There's also usually less control over things like music volume or personal space. Cost can be another significant factor - public celebrations typically involve higher expenses for tickets, food, and drinks. Safety can sometimes be a concern, especially in very crowded events. And lastly, there's less flexibility with timing since you have to follow the event's schedule rather than your own. Weather can also be unpredictable for outdoor public celebrations, which might affect the experience.

Part 2 Time: 2 minutes 1 minute preparation

1. Describe a moment when you have experienced a difficult situation.
2. How did this experience change your outlook on life?
3. What strategies did you use to overcome the challenges you faced?

A difficult moment I experienced was when I faced a challenging period in my studies. During my final exams, I was not only dealing with academic pressure but also some personal issues at home. This made it extremely hard to concentrate and keep up with the intense workload. I remember feeling overwhelmed and worried about not meeting my goals.

At the height of this challenge, I realized I needed to make some changes. First, I reached out to my friends and family for support, which was incredibly helpful. They encouraged me to take breaks, stay positive, and not be too hard on myself. I also adopted better time-management skills, prioritizing tasks and setting realistic goals for each day. Little by little, these small actions helped me regain control over my situation.

In the end, I was able to get through that period successfully, and it turned out to be a valuable learning experience. It taught me the importance of resilience and the value of asking for help when needed. This situation also influenced my lifestyle in a lasting way. Since then, I've made it a priority to balance my work with relaxation and take care of my mental health. I've also become better at managing my time, which has made me more organized and prepared for future challenges.

Looking back, this difficult moment helped shape me into a stronger and more resilient person. It taught me that even the toughest situations can be overcome with the right mindset, support, and willingness to adapt.

Part 3 Time: 2 minutes 1 minute preparation

Learning a second language must be mandatory at schools.

Pros	Cons
Improves cognitive skills and memory.	Takes time away from other core subjects.
Enhances cultural understanding and global awareness.	Can be challenging for students with learning difficulties.
Increases career opportunities in a global economy.	May require resources schools don't have, like qualified teachers.

The idea of making second language learning mandatory in schools is a topic with strong arguments on both sides. Learning a second language has notable advantages. First, it's known to improve cognitive skills and memory. Studies show that learning new languages enhances brain function, making students better at problem-solving and multitasking. This cognitive boost can benefit students in various areas beyond language skills.

Additionally, learning a second language enhances cultural understanding and global awareness. Being able to communicate in another language opens up insights into different cultures and traditions, which fosters empathy and global citizenship. In an increasingly interconnected world, students who can connect with people from diverse backgrounds are better prepared to thrive in multicultural environments. Moreover, second language proficiency increases career opportunities. As businesses expand globally, the demand for bilingual employees grows. Being able to speak more than one language can give students a competitive edge in the job market, making them more adaptable and valuable in various fields.

However, there are some drawbacks to consider. For one, adding a mandatory second language could take time away from other core subjects. Students are already balancing demanding schedules, and introducing a new subject could add to the academic pressure, especially for those who may struggle with language learning.

Another challenge is that language learning can be particularly difficult for students with learning disabilities or those who find it hard to grasp language structures. A mandatory policy may inadvertently add stress for these students and potentially impact their performance in other subjects. Lastly, implementing a mandatory language requirement could strain resources. Schools would need to hire qualified language teachers and possibly invest in new materials and programs. For schools that are already under-resourced, this could be a significant barrier.

In conclusion, while mandatory second language learning in schools offers cognitive, cultural, and career benefits, it's important to consider the impact on students' time, individual learning abilities, and school resources. Finding a balanced approach that supports second language learning without overwhelming students may be the best solution.

Multi-Level Record Mock Test 8

Part 1.1 Time: 30 seconds each No preparation

Tell me about your best friend.

My best friend is an amazing person. We've known each other since childhood, and we've shared countless memories. They're incredibly supportive, always there to lend an ear or offer advice when I need it. We have so much fun together, whether we're exploring new places, trying out new hobbies, or just chilling and talking about life. What makes them really special is their kindness and the way they always manage to make people around them feel valued and appreciated.

Tell me about your country.

Uzbekistan is a country rich in history and culture. Located in Central Asia, it has been a crossroads of civilizations for centuries. The ancient Silk Road cities of Samarkand, Bukhara, and Khiva are filled with stunning architecture and historical landmarks. The people of Uzbekistan are known for their hospitality and vibrant traditions. The cuisine is diverse and flavorful, with dishes like plov, shashlik, and fresh bread being staples. The landscape varies from beautiful mountains to expansive deserts, offering a diverse range of experiences.

What do you do in your free time?

In my free time, I enjoy a mix of activities. Painting is one of my favorite hobbies; it's a great way to express creativity and relax. I also love hiking, which helps me stay active and appreciate nature. On weekends, I often catch up with friends, explore new cafes, or dive into a good book. Sometimes I watch movies or series to unwind. Keeping a balance between active and relaxing activities helps me stay refreshed and motivated.

Part 1.2 Time: 30 seconds each No preparation**1. What can you see in these pictures?**

In these pictures, I can see two different modes of transportation. The first image shows a businessman in a suit driving a car - he looks quite professional and comfortable in what appears to be a luxury vehicle. The second image shows people walking on what looks like a busy street or pedestrian crossing - you can see their legs and feet as they're walking in different directions, and they're wearing various casual outfits like jeans and summer dresses.

2. What are the advantages of walking over driving?

Well, walking has several great benefits that I can think of. First and foremost, it's excellent exercise and really helps improve our physical health. When I walk, I get to enjoy fresh air and really take in my surroundings, which is something you can't do as much while driving. It's also much more environmentally friendly since it doesn't produce any emissions. Another big advantage is that it's completely free - you don't have to worry about fuel costs, parking fees, or vehicle maintenance. Plus, in busy city centers, walking can sometimes be faster than driving, especially during rush hour when traffic is heavy.

3. Why do many people prefer driving?

You know, there are quite a few reasons why people choose to drive. I think the main one is convenience, especially when traveling longer distances or in bad weather. When you're driving, you can carry more things easily - imagine trying to do a big grocery shop on foot! Also, driving gives people more flexibility with time management. For instance, if you need to travel to multiple places in one day, driving makes this much more practical. Some people also prefer driving because it provides more privacy and comfort, particularly in extreme weather conditions. And for those living in areas with limited public transport, driving might be their only practical option for getting around.

Part 2 Time: 2 minutes 1 minute preparation

1. Tell me about a moment when you got advice from someone.
2. How did this advice help you to shape your future?
3. Why do you think it is important to get advices from others?

One moment that stands out when I received advice was during my last year in high school, as I was deciding on my future career path. I felt torn between several options, and the uncertainty was stressful. Around that time, I spoke with one of my teachers who encouraged me to consider my interests and strengths, rather than focusing solely on external expectations or high-paying careers. She explained that pursuing something I genuinely enjoyed and was good at would lead to long-term success and satisfaction. This advice gave me a new perspective and helped me to focus on what felt meaningful to me.

This guidance was truly impactful. It helped shape my future by encouraging me to choose a path in which I felt both interested and motivated to grow. I realized that following my natural abilities and passions was not only more sustainable but also opened doors to personal fulfillment. This advice steered me away from decisions based solely on pressure and allowed me to invest my efforts in a direction where I felt confident and engaged. This has also positively impacted my studies and career, as I'm more enthusiastic and driven to excel in a field I truly enjoy.

Reflecting on this experience, I believe that getting advice from others is incredibly important. Often, people with more experience or an outside perspective can see things we might overlook in moments of uncertainty. Their advice can serve as a reminder of what truly matters or guide us through decisions that feel overwhelming. Whether it's from a teacher, mentor, friend, or family member, advice from others can provide clarity and direction, helping us make choices that align with our true goals and values.

Part 3 Time: 2 minutes 1 minute preparation**Zoos should be banned worldwide.**

Pros	Cons
Protects animals from confinement and unnatural environments.	Zoos help protect endangered species through conservation programs.
Prevents animal exploitation for profit and entertainment.	Zoos educate the public about wildlife and foster empathy for animals.
Encourages alternative, humane ways to view wildlife, like sanctuaries.	Zoos support important research that can aid wildlife conservation.

The topic of whether zoos should be banned worldwide is a complex one, as both sides present valid points. Let's start with the reasons supporting a ban on zoos. One primary argument is that zoos often confine animals to environments that don't meet their natural needs. Animals in zoos may live in spaces far smaller than they would have in the wild, with limited opportunities for physical activity or mental stimulation. This can lead to issues like stress, depression, and unnatural behaviors, raising concerns about animal welfare.

Another point is that zoos often exploit animals for profit and entertainment. Animals become part of shows, exhibits, or even photo sessions that prioritize visitor satisfaction over the animals' well-being. Critics argue that no amount of care can justify holding animals in captivity for human enjoyment, as it treats wildlife as commodities rather than living beings deserving respect.

Lastly, banning zoos would encourage more humane alternatives, like wildlife sanctuaries or virtual experiences, where animals can live in settings closer to their natural habitats. Sanctuaries often rescue animals from harmful situations and allow them to live out their lives in peaceful, expansive environments, while educational technology lets people explore and learn about animals without compromising their freedom.

On the other hand, there are also arguments in favor of zoos. One of the main advantages is that zoos play an essential role in protecting endangered species. Many zoos run successful conservation programs that help prevent species extinction through breeding and habitat restoration efforts. Without these programs, certain species might be at even greater risk.

Zoos also provide valuable educational experiences, raising awareness about wildlife and environmental issues. Visiting a zoo can spark curiosity and empathy for animals in children and adults, motivating them to care about conservation efforts and learn more about the natural world.

Finally, zoos contribute to scientific research. Through their work, we gain a better understanding of animal behavior, physiology, and genetics. This research is critical for advancing conservation techniques and protecting species in the wild.

In conclusion, while banning zoos would help prevent animal exploitation and promote more natural alternatives, zoos also offer essential conservation, educational, and research benefits. A balanced approach may involve improving animal welfare standards in zoos and focusing on conservation-driven facilities that prioritize animals' needs over profit.

Multi-Level Record Mock Test 9

Part 1.1 Time: 30 seconds each No preparation

What is your favorite food?

My favorite food is sushi. I love the delicate balance of flavors and the fresh ingredients used in making it. Each bite is a delightful mix of vinegared rice, fresh fish, and a bit of wasabi. It's not just delicious but also feels like a work of art on a plate.

What do you do in the evenings?

In the evenings, I usually like to relax and unwind from the day. I often start by cooking dinner, which I find therapeutic. After that, I might read a book or watch a series. Sometimes, I take a walk to enjoy the cool night air and clear my mind before heading to bed.

Do you enjoy traveling?

Yes, I absolutely enjoy traveling. Exploring new places, learning about different cultures, and trying local cuisines are some of my favorite aspects. Travel broadens my perspective and provides a break from the routine, making every trip a memorable adventure.



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Part 1.2 Time: 30 seconds each No preparation**What can you observe in these images?**

In these pictures I can observe a lady who is watching TV by leaning on her sofa and probably she's watching a traveling program or cookery course but in the second picture there's another woman who is reading a book in the open space or in the park and both of them are doing different ways of relaxing.

Which do you find more convenient to do before sleeping?

For me, reading books is more convenient before sleeping. It helps me wind down and relax, making it easier to fall asleep. The calmness of reading contrasts with the often stimulating nature of TV, which can sometimes make it harder to switch off and sleep.

Why do people watch TV in their free time?

People watch TV in their free time for various reasons. It's an easy way to unwind and escape from daily stress. TV offers a wide range of entertainment options, from movies to series, which can be very engaging and enjoyable. Additionally, watching TV can be a social activity, allowing people to connect over shared interests in shows and films.

Part 2 Time: 2 minutes 1 minute preparation

1. How does taking personal responsibility influence a person's success?
2. What role does personal responsibility play in building strong relationships?
3. How can practicing personal responsibility lead to personal growth?

Personal responsibility is a concept that plays a fundamental role in every area of our lives. At its core, it means taking ownership of our actions, decisions, and their consequences. When we take personal responsibility, we recognize that while we may not control everything that happens, we can control how we respond to it. This mindset fosters resilience and helps us adapt in challenging situations. For instance, if we encounter setbacks at work or school, taking responsibility means focusing on what we can do to improve rather than blaming circumstances or others. This proactive approach not only helps us learn from our experiences but also builds a sense of independence and confidence.

Personal responsibility is also crucial in relationships. When we hold ourselves accountable, we're more likely to treat others with respect and honesty, which strengthens trust and fosters open communication. Owning up to our mistakes, apologizing when necessary, and making an effort to improve shows that we value others and are committed to building positive connections. In friendships, families, or work relationships, this attitude encourages a supportive and understanding environment, as people feel more appreciated and respected. Moreover, practicing personal responsibility leads to significant personal growth. Each time we take responsibility, we gain a deeper understanding of ourselves, identifying our strengths and areas for improvement. This awareness helps us set realistic goals and work towards them effectively. Over time, this growth mindset shapes our character, making us more dependable, goal-oriented, and resilient. Personal responsibility, then, is not only about handling immediate situations; it's about developing a lifelong habit of self-discipline and accountability, which are key to a fulfilling and productive life.

In summary, personal responsibility empowers us to manage challenges, build strong relationships, and grow as individuals. By embracing it, we set ourselves up for greater success and contribute positively to the lives of those around us.

Part 3 Time: 2 minutes 1 minute preparation

All countries should adapt to a 4-day work week.

Pros	Cons
Improves work-life balance for employees.	Could reduce productivity in certain industries.
Boosts employee productivity and focus.	Requires major restructuring for businesses.
Reduces stress and burnout, enhancing mental health.	Some services might suffer from limited availability.

The idea of a 4-day work week is gaining traction globally, with more countries and companies exploring its benefits. Advocates argue that a 4-day work week improves work-life balance by giving employees an extra day off. This extra day allows individuals to spend more time with family, pursue personal interests, or simply relax, which can significantly enhance their overall quality of life. By reducing the number of working days, people can maintain better mental health, as they have more time to recharge.

Another benefit is increased productivity. Research from countries that have trialed the 4-day work week, like Iceland, shows that employees are often more focused and efficient when they work fewer days. With the shorter week, people tend to manage their time more effectively, leading to better results and higher satisfaction at work. This increase in productivity suggests that companies don't necessarily lose output, even though employees are working fewer hours.

Additionally, a 4-day work week can help reduce stress and burnout. Modern work culture often leads to long hours and high pressure, which impacts mental and physical health over time. By cutting down on workdays, employees can experience lower levels of stress, improving not only their happiness but also their commitment and loyalty to the organization.

However, there are challenges to consider. For one, some industries might see reduced productivity or face difficulties in adapting to a shorter week, especially sectors that rely on round-the-clock services. A four-day work week requires significant restructuring in such industries, and not every business model may support it easily.

Additionally, a shorter week could lead to reduced availability of services. For example, healthcare, transportation, and retail sectors may need to reorganize shifts and hire additional staff to maintain current service levels, which could be costly.

In conclusion, while the 4-day work week offers promising benefits like better work-life balance, higher productivity, and reduced burnout, it also presents logistical challenges for certain industries. For countries to adopt this model effectively, careful planning, flexible policies, and perhaps even industry-specific approaches would be necessary to ensure that both employees and businesses benefit.

Multi-Level Record Mock Test 10

Part 1.1 Time: 30 seconds each No preparation

Question 1: Do you have any pets?

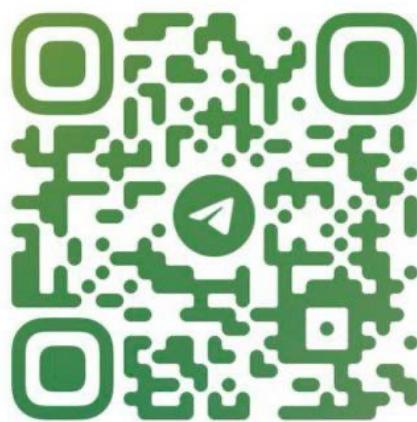
Well, I don't have any pets at the moment. I've always loved animals, especially dogs. I used to have a golden retriever when I was a kid. It was a lot of fun, but it does take a lot of time and effort to care for a pet. Maybe someday, when I have more time, I'll get another one.

Question 2: Who is your first teacher?

My first teacher was Ms. Kim. She was a kind and patient teacher who made learning fun. I still remember the day she taught us the alphabet. She used colorful flashcards and sang songs to help us memorize the letters. She was a great influence on me, and I'm grateful for her guidance.

Question 3: What do you do on a typical day?

On a typical day, I usually wake up around 7 AM. After a quick breakfast, I start my work. I spend most of my day working on various tasks, like writing reports, analyzing data, and attending meetings. In the evening, I like to relax by reading a book or watching a movie. Sometimes, I go for a walk or exercise to stay fit. Before bed, I usually meditate to unwind.



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Part 1.2 Time: 30 seconds each No preparation**What can you see in these pictures?**

In these pictures, I can see two very different dining situations. The first one shows a family having a casual meal at home - they're all smiling and sharing food from various dishes on their kitchen table. The second image shows a fancy restaurant setting with a more formal atmosphere - there are candles on the table, wine glasses, and nicely plated food. The lighting is dim and romantic, which creates a very elegant dining experience compared to the bright, casual feel of the family meal at home.

What are the advantages of having dinner at home?

Well, having dinner at home has quite a few advantages. In my experience, it's much more cost-effective than eating out, and you can control exactly what goes into your food. I also find it's a wonderful way to spend quality time with family - you can chat freely without worrying about disturbing others. Plus, there's something really comfortable about eating in your own space - you can dress casually, take your time with your meal, and even go for seconds if you want! I also think it's great for maintaining family traditions, like cooking special recipes that have been passed down through generations.

Which one is more cost efficient?

In my opinion, eating at home is definitely more cost-efficient than dining out. When you cook at home, you can buy ingredients in bulk, which saves money, and one package of ingredients can often make several meals. For example, I recently made a pasta dish at home for four people that cost about the same as one restaurant meal! Also, when you eat at home, you don't have to pay for service charges or tips, and you can save money on drinks that are usually marked up quite high in restaurants. Plus, any leftovers can be saved for another meal, which makes it even more economical.

Part 2 Time: 2minutes 1 minute preparation

1. *Describe a moment when you shared a secret with someone.*
2. *Why did you decide to share this secret, and with whom?*
3. *How did sharing this secret affect your relationship with that person?*

One memorable moment when I shared a secret was with my closest friend during high school. At the time, I was struggling with self-doubt about my academic abilities and wasn't sure I could achieve my goals. On the outside, I was calm, but inside, I was constantly worried. I hadn't shared these feelings with anyone until one day, in a quiet moment, I decided to open up to my friend. I told her about the pressure I was feeling and my doubts about keeping up with my studies.

Sharing this secret wasn't easy, as I usually try to handle my challenges on my own. But to my surprise, my friend was incredibly understanding. She listened without judgment and reminded me of times I'd succeeded when I felt the same way. Her words were encouraging and made me feel less alone, and our bond became stronger because of the trust I placed in her.

The experience of sharing this secret taught me a valuable lesson about friendship and trust. I realized that opening up and being vulnerable sometimes allows people to support us in ways we hadn't anticipated. In this case, the support I received helped boost my confidence and reminded me that it's okay to lean on others when things feel overwhelming. Since then, I've become more comfortable sharing my feelings with close friends and family, knowing that it can deepen relationships and provide a sense of relief.

In the end, sharing that secret wasn't just about admitting my fears; it was about building a connection that has lasted and evolved over time.

Part 3 Time: 2minutes 1 minute preparation**Handwriting should be taught in schools**

Pros	Cons
Improves fine motor skills in young students.	Digital skills are more relevant in modern education.
Boosts memory retention and learning.	Takes time that could be used for core subjects or tech skills.
Enhances focus and patience.	Handwriting is becoming less necessary due to technology.

The question of whether handwriting should be taught in schools is becoming increasingly relevant in our technology-driven world. Those who support teaching handwriting argue that it offers essential developmental benefits, especially for young learners. One significant advantage is that handwriting can improve fine motor skills. Learning to write by hand requires control and coordination, which can be beneficial for children's physical development and is often harder to achieve through typing alone.

Another advantage is that handwriting has been linked to better memory retention. Studies show that writing notes by hand helps students absorb information more effectively compared to typing. This may be due to the fact that handwriting involves a more engaged process, encouraging students to process and organize information as they write. So, teaching handwriting could support students' learning in other subjects as well.

However, there are also valid arguments against teaching handwriting. Some feel that as we rely more on digital tools, it's less essential for students to spend time on handwriting. Many jobs and academic tasks now require digital skills, so critics argue that time spent on handwriting could be better used to develop these relevant skills.

Another concern is that handwriting lessons take time away from other subjects. With limited school hours, focusing on core subjects and technology could better equip students for the future. After all, typing, coding, and using digital platforms are increasingly necessary skills in both academic and professional settings.

In conclusion, while handwriting offers benefits like improved motor skills and better memory retention, there's also a strong case for focusing on more relevant digital skills in schools. Perhaps a balanced approach, where handwriting is introduced early and technology takes priority as students' progress, could provide the best of both worlds.