

REVISION II

VOCABULARY

A. Match each word with the correct definition.

1. concrete
 2. launch
 3. evolve
 4. pursue
 5. aspect
-
- a. participate or become involved in
 - b. a branch of knowledge, typically one studied in higher education
 - c. to follow or search for someone or something
 - d. a particular part or feature of something
 - e. to begin, or to introduce a new plan or product
 - f. to change or develop gradually
 - g. existing in a material or physical form; not abstract

B. Complete the sentences with the correct form of the words in the box.

core principle discipline credible alternative degree
dissertation gender gap plagiarism examination
modern phenomenon lecturer under-represented

6. The Internet is considered to be an example of _____ which was predicted by science fiction a long time ago.
7. Although he thought that his _____ was solidly written, the graduate student was asked to write the thesis on a different topic.
8. One _____ of the local government is to house those in need, but they do it in many different ways depending on which part of the city they are based in.
9. The report said that in Europe the UK has the largest _____ between women's and men's earnings.
10. The _____ illustrated his point with a diagram on the blackboard.
11. The senior student has been accused of _____ in his final paper.
12. One of the biggest energy suppliers of the country, they aim to produce a/an _____ to the fuel.
13. The university hosts all the occupational and technical programs as well as the various academic _____.
14. She has a / an _____ in physics from the University of Edinburgh.

C. Match each word with the correct definition.

conductive depletion hydrated meditation optimal sedentary supplement

15. A noisy and crowded room does not usually have _____ conditions for studying.
16. Ana's doctor advises that she try _____ to deal with her anxiety about flying on airplanes.
17. Research shows that people who are _____ have more health problems than those who are active.
18. Some doctors think that a vitamin _____ can never equal the nutrients from fresh fruits, vegetables, lean meats, and whole grains.
19. Not using electronics before bed is _____ to a good night's sleep.

D. Match each word with the correct definition.

- | | |
|---------------|--|
| 20. alleviate | a. made more healthy |
| 21. hibernate | b. to make something less severe |
| 22. dreary | c. to come or develop from something |
| 23. rampant | d. to spend the winter in a state like a deep sleep |
| 24. sluggish | e. existing or spreading everywhere in an uncontrollable way |
| | f. something that makes you feel sad; dull and not interesting |
| | g. moving more slowly than normal and in a way that seems lazy |

E. Complete the sentences with the correct form of the words in the box.

pace complex efficient rely on make sense proof function

25. There is currently no scientific _____ to support the suggestion that dolphins are more intelligent than humans.
26. After the last staff meeting, the people at the office started to work at a very fast _____.
27. The success of this project _____ everyone making an effort.
28. Zoos fulfil an important _____ in the protection of rare species.
29. We need someone really _____ who can organize the office and make it run smoothly.

F. Choose the appropriate preposition to complete the sentence. Choose A, B, or C.

30. Your recommended daily amount of calories depends _____ your age and size.
A. in B. of C. on
31. High sugar consumption can lead _____ diabetes.
A. from B. on C. to
32. Fatigue in the winter often results _____ a vitamin D deficiency.
A. in B. from C. with
33. Cindy's parents were worried _____ her health.
A. about B. of C. for
34. Tomas's low energy level was caused _____ the stress of starting college.
A. by B. from C. with
35. Modern yoga is derived _____ ancient Indian practices.
A. of B. for C. from

READING 1

A. Read the article about Social and Emotional Learning. Then complete the sentences below.

SOCIAL AND EMOTIONAL LEARNING

Section I

1 Social and Emotional Learning is defined as the process through which children and adults acquire and effectively apply the knowledge, attitudes, and skills necessary to understand and manage emotions. It also includes the ability to set and achieve positive goals. People who have SEL skills can feel and show empathy for others. They are good at establishing and maintaining positive relationships. And they are capable of making responsible decisions as well. SEL skills include five main areas – self-awareness, self - management, responsible decision making, relationship skills, and social awareness. Teachers find that these abilities contribute to a positive school climate and increased academic success. They also give tomorrow’s workforce the tools for success. They prepare employees to solve problems, manage emotions, and communicate well with each other.

Section II

2 Students who receive social-emotional education early on and throughout their learning careers demonstrate impressive benefits later on in life. The research is hard to ignore. When a child receives SEL training as early as in kindergarten, it is more probable that they will graduate from college and be employed when they grow up. Also, it is much less likely that they get into trouble with the law as adults. A study showed that, on average, for every dollar invested in SEL, there is a return of eleven dollars for both the individual and society. Besides this, SEL skills are highly effective when it comes to closing the so-called achievement gap. This means teaching poorer populations the critical foundational skills necessary to succeed in higher education and the workplace. As a result, they don’t fall behind in society. They stay in school, get a job, and avoid going to prison.

Section III

3 One of the key components of SEL is self-awareness. A person who has it knows their own strengths and limitations. They also have confidence, optimism, and what we call a growth mindset. This means that they know that if they work hard, they can achieve things in life. Healthy self-awareness helps to accurately recognize one’s own emotions, thoughts, and values and how these influence behavior. Ideally, it also involves feeling good about ourselves and what we can do in the world. If children and young people experience success in their efforts when they interact with others and explore their surroundings, they develop self-confidence and see themselves as capable. This motivates them to continue to participate in new experiences and feel optimistic about the future as well.

Section IV

4 It is not enough, however, to only understand ourselves. We must also be able to effectively manage stress and control our desires. We should be able to motivate ourselves to set and achieve personal and academic goals throughout life. Therefore, another key part of SEL skills is self-management, which is the ability to successfully regulate one's emotions, thoughts, and behaviors in different situations. Children and young people who can understand and manage their feelings are more likely to develop a positive sense of self. As a result, they will be more confident and curious learners at school and determined in life in general.

Section V

5 When people understand themselves and others, they are more likely to be able to make positive choices. They will make better decisions about their own personal behavior and social interactions based on ethical standards, safety, and social norms. In other words, children who are taught SEL skills learn how to realistically evaluate the consequences of their various actions. Also, they tend to be more considerate of their own well-being as well as the well-being of others. They can identify problems and analyze different situations. They tend to reflect on their actions more before choosing one path over another.

Section VI

6 Social and Emotional Learning has a lasting impact on students' attitudes toward learning as well as their psychological independence. There is growing evidence that social-emotional learning is key to many kinds of success in life. It leads to increased enrollment at university and greater success in the workplace. It contributes to improved mental health, reduced crime, healthier relationships, and a general sense of competence. It has also been found that the effects of SEL continue to benefit students even years later. Experts carried out some assessments and noticed something interesting. Even years after the last SEL training that a learner received, their academic performance was still higher than other students'. Paying attention to educating our children in social and emotional skills is essential. We should help the next generation to manage their feelings and co-operate with others well. Teaching them social and emotional skills is the way to do that.

1. SEL provides significant benefits later in life including a completed college education, employment, and no problems with _____.
2. If a person knows what their strengths and weaknesses are, are confident and have a growth mindset, are able to understand their own feelings, thoughts and values, they have _____.
3. _____ involves controlling your emotions, regulating your thoughts, and managing your behaviour.
4. SEL leads to making better decisions about one's own behaviour and _____ while considering ethical standards, safety, and social norms.
5. It has been proven that SEL is necessary for various types of _____.
6. It has been proven that if a student received some SEL training, it often increased their _____ for many years ahead.

B. Headings a–f refer to the main ideas of each section in the article. Write the correct heading next to some of the sections below.

7. Section I: ____

8. Section III: ____

9. Section IV ____

10. Section V: ____

a. The Long-Term Consequences of SEL

b. What Is Social and Emotional Learning?

c. Understanding Yourself

d. Taking Care of Your Feelings

e. Better Judgments: Another Positive Side Effect of SEL

f. Why

READING 2

A. Read the article about a method for improving health. Then choose *A*, *B*, *C*, or *D*.

1 Too much of a good thing could describe why obesity is so widespread. Obviously our bodies need food to survive, but overeating leads to an abundance of health problems. People who are overweight try all kinds of methods to drop the pounds, with varying levels of success. One recent dieting trend is intermittent fasting. With this approach, dieters alternate shorter periods of eating with periods of not eating. There are a number of studies showing that fasting is just as effective as other sound dieting techniques, but weight loss is not the only benefit of intermittent fasting.

2 Fasting is not a new concept. For thousands of years, it has been a part of medical treatment and the prevention of diseases. The father of Western medicine, Hippocrates, claimed fasting helped the body heal itself. Studies today show that it may boost the immune system and lower the risk of type 2 diabetes. In addition to its physical benefits, proponents claim fasting brings psychological benefits as well. Many traditions include some type of fasting in their practices as a means of spiritual growth or a sign of devotion. Fasting has also been used to accomplish political goals. Mahatma Gandhi demanded changes in India with fasts that lasted as long as 21 days. Fasting has also been used to lose weight, and recently, it has come back in fashion with the publication of several books that promote it as the path to successful weight loss.

3 The newest version of fasting is called intermittent, or periodic, fasting to emphasize the cyclical nature of the fast and its use as part of everyday eating patterns. This is not a fast done once or twice a year but an ongoing habit to stay healthy. Various fasting plans exist, but two of the most popular are the 5:2 plan and the time-restricted plan. With 5:2, fasters eat their typical diet five days a week. On the other two days, they restrict their calorie intake to 500 for women and 600 for men. In contrast, the time-restricted plan includes a period of fasting every day. Typically, fasters have a

window for eating that is eight to ten hours long. During the remaining 14 to 16 hours, they eat nothing. Key to this method is eating during the same hours every day, for example 9 a.m. to 5 p.m., on weekdays and weekends.

4 In a 2015 study, researchers examined the eating patterns of humans and the potential benefits of time-restricted fasting. Many studies had already been conducted on the health benefits of fasting in animals. In these studies, the animal subjects consumed the same quantity and quality of food as before but within a limited time window each day. The astounding results included decreased obesity, longer sleep, greater endurance, and less inflammation. Humans, the researchers noted, are much more difficult test subjects, as they have difficulty tracking their food intake reliably. To this end, the study participants used a smartphone app to simply take a photo of every meal and snack they consumed for three weeks. The time- and date-stamped photo was automatically uploaded for the researchers to analyze. The study found that most adults have a long period of eating every day that corresponds to their waking hours. Additionally, more than 35 percent of calories are consumed after 6 p.m. As a result of these findings, the researchers added one more component to their study. They had eight of the participants engage in a 16-week program of reducing their 14-plus-hour eating window to ten to twelve hours per day. Without deliberately changing any other of their eating habits, these participants reported weight loss, improved sleep, and increased energy, and these benefits continued one year after the study concluded.

5 Why does intermittent fasting appear to work? Is it really possible to experience weight loss and other health benefits by adjusting our eating schedule? Scientists know that when we eat, carbohydrates break down into sugars, which are burned for energy. Sugar that isn't burned is transferred to fat cells with the help of insulin. When we don't eat, our insulin levels go down, and consequently, our fat cells release their sugars as energy. A long period of fasting allows the insulin to decrease and our body to burn unwanted fat. Apart from weight loss, studies have shown that people at risk of diabetes who followed a time-restricted fast and only ate between 7 a.m. and 3 p.m. experienced lower insulin levels as well as lower blood pressure.

6 If intermittent fasting sounds interesting, experts offer the following advice for successfully adapting it into your lifestyle. First, there are certain groups who should not fast, including pregnant and breastfeeding women, people who take multiple daily medications for chronic illnesses (including diabetes), and people with a history of eating disorders. They also advise that intermittent fasting is not a license for eating whatever you want. It works best when fasters eat a diet rich in fruits, vegetables, and whole grains. If you are concerned about a deficiency in any nutrients, additional vitamins are recommended. Fasters should stay hydrated and should drink water even during the non-eating hours. Initially, fasters may feel moody and fatigued. These uncomfortable feelings should decrease after a few weeks, as the body gets used to the new pattern of eating and fasting.

7 At a time when obesity and its related diseases are spreading rapidly, intermittent fasting promises to be an effective way to not only lose weight but improve overall health as well. Even those who do not need to lose the pounds may turn to intermittent fasting for its other advantages. Researchers should continue to study the best ways to fast (5:2? time-restricted for 14 hours? for 16 hours?) and the beneficial and possibly harmful effects. The history of medicine shows us that there is never a magical cure for our health woes but perhaps just reasonable ideas that can help us thrive.

1. The best title for this article is _____.

- a. The History of Intermittent Fasting
- b. Intermittent Fasting for Weight Loss and More
- c. Fasting Promotes Quick Weight Loss
- d. Fast or Slow: Which Diet Will Work?

2. Intermittent fasting _____.

- a. is less effective than most other diets
- b. has minimal health benefits for fasters
- c. limits fasters to 500 to 600 calories per day
- d. alternates periods of eating and not eating

3. Traditionally, what was **not** a reason that people fasted?

- a. to lose unwanted weight
- b. to treat and cure diseases
- c. to boost the immune system
- d. to show spiritual commitment

4. According to the article, what is different between the 5:2 plan and the time-restricted plan?

- a. the types of food
- b. the eating schedule
- c. the number of calories
- d. the fasting purpose

5. In the article, **window** means _____.

- a. a limited time to do something
- b. a way of looking at weight loss
- c. a glass structure for viewing food
- d. an area that gives time information

6. In paragraph 4, why does the author mention a smartphone app?

- a. Participants wrote down their food intake on it
- b. Scientists could give weight loss advice with it.
- c. It gave the researchers more reliable information.
- d. It worked even when participants were sleeping.

7. The research study on humans in paragraph 4 found that _____.

- a. the subjects were already engaged in a form of fasting
- b. fasting can promote weight loss, but it also decreases energy
- c. a time-restricted fast can have long-term positive results
- d. taking a picture of your food helps you fast successfully

8. According to paragraph 5, _____ results from _____.

- a. a decrease in insulin; fat cells releasing energy
- b. the body burning fat; insulin levels going down
- c. an increase in energy levels; a long period of fasting
- d. carbohydrates changing into sugars; an increase in energy

9. What can be inferred from paragraph 6?

- a. The benefits of fasting are usually felt the first day.
- b. Fasting is ineffective in decreasing the risk of diabetes.
- c. Water is allowed during a fast because it has zero calories.
- d. Fasters who eat junk food are as successful as healthy eaters.

10. The author probably agrees with the statement that _____.

- a. more research about fasting is still needed
- b. people with a healthy weight should avoid fasting
- c. fasting is a trend that will end very soon
- d. time-restricted fasting is better than the 5:2 plan

READING 3

Read the text and mark the best choice.

THE PALEOLITHIC AGE

1 Life in the Paleolithic Age was perilous and uncertain at best. Survival depended on the success of the hunt, but the hunt often brought sudden and violent death. In some instances, Paleolithic people were their own worst enemies. At times they fought each other for control of hunting grounds, and some early hunters played an important part in wiping out less aggressive people. On occasion Paleolithic people seem to have **preyed on** one another. One of the indications that Neanderthal man was at times cannibalistic, that is, hunted human beings, comes from a cave in Yugoslavia, where investigators found human bones burned and split open.

2 On the other hand, the people of the Paleolithic Age were responsible for some striking accomplishments. The most obvious one is the use of the stone **implements** that gave the period its name. The ability to make and use tools gave Paleolithic people the means to change their environment. They could compete with larger and stronger animals and could hunt animals faster and more ferocious than themselves. In the frozen wastes of the north, they hunted the mammoth, the woolly rhinoceros, and the reindeer. In milder southern climates, they hunted deer, squirrels, and rabbits. The demands of the hunt sharpened their intelligence. They supplemented their diet by collecting fruits, nuts, and seeds, and **in the process** they discovered the plant world around them. Paleolithic people learned to control fire and to make clothes from the skins of their prey.

3 The most striking accomplishments of Paleolithic people were intellectual. The development of the human brain made possible thought and symbolic logic. An invisible world opened up to homosapiens. Unlike animals, whose behavior is the result of instinct, Paleolithic people used reason to govern their actions. Thought and language permitted the experience of the old to be passed on to the young.

4 Paleolithic people produced the first art. They decorated the walls of their caves with paintings of animals and scenes of the hunt. They also began to fashion clay models of pregnant women and of animals. These first examples of art illustrate the way in which early men and women communicated to others their experience of the past and hope for the future. Many of the paintings, such as those at Altamira in Spain and Lascaux in France, are found deep in the caves, in areas not easily **accessible**. These areas were probably places of ritual and initiation where young men were taken when they joined the ranks of the hunters.

1. 1st paragraph, '**preyed on**' here means _____.

- a) hunted
- b) controlled
- c) depended on
- d) helped

2. 2nd paragraph, '**implements**' here means_____.

- a) tools
- b) groups
- c) accomplishments
- d) caves

3. 2nd paragraph, '**in the process**' means while _____.

- a) hunting deer, squirrels and rabbits
- b) sharpening their intelligence
- c) discovering the plants around
- d) collecting fruits, nuts and seeds

4. 4th paragraph, '**accessible**' means _____.

- a) learned
- b) communicated
- c) reached
- d) drawn

5. The Paleolithic people's ability to use symbolic logic enabled them to_____.

- a) imagine things they hadn't seen
- b) find good tasting foods
- c) kill other people
- d) discover caves

6. Paleolithic people differed from animals in that they _____.

- a) acted by their instinct
- b) hunted ferocious animals
- c) acted by their reason
- d) preyed on one another

7. According to the author, the most striking accomplishments of Paleolithic people were _____.

- a) artistic
- b) intellectual
- c) religious
- d) physical

8. Cave paintings of Paleolithic people served to _____.

- a) decorate the walls of a Neanderthal home
- b) express their experience of the past and hope for the future
- c) fashion clay models of pregnant women and of animals
- d) join young men to the ranks of the hunters