

**NetExam**

Sri Lanka Institute of Information Technology

elect the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

inefficiency in 1. \_\_\_\_\_ Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_ intermittent  Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_ informed  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4. \_\_\_\_\_ request  that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5. \_\_\_\_\_ However , since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills.

I hope we can resolve this situation promptly.

[Next page](#)



Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the pensioners to sit and wait until they are called.
- b. I'll ask the old man to sit and wait until the he is called.
- c. I'll ask the old folks to sit and wait until they are called.
- d. I'll ask the old woman to sit and wait until she is called.

 Next page

My resume is enclosed with this letter so you can review my education, work experience, and achievements. I would appreciate an opportunity to talk with you or a member of the marketing team to see how my experience and skills could benefit your company.

03 November 2020

Yours Sincerely

Joseph De Silva  
Joseph De Silva

Joseph De Silva  
123 Main Street  
Kandana

Dear Mr Smith

Applying for the Post of Marketing Officer

Thank you for your time and consideration. I look forward to speaking with you in the near future.

I have five years of experience working as a Marketing Strategist for one of our local retail clothing stores. During my time in this role, I increased the number of website page views by 120 percent and reduced the cost of customer acquisition by 20 percent. In addition, our sales increased by 50 percent during that time.

I recently read an article about United International's new approach to digital marketing in Marketing Magazine Online, and I'm writing to inquire whether you have any marketing positions open.

Director  
Human Resources  
United International  
123 Business Rd  
Wattala

Choose... 8

Choose... 2

Choose... 10

Choose... 1

Choose... 4

Choose... 5

Choose... 9

Choose... 7

Choose... 6

Choose... 3

Finish attempt ...

Time left 1:03:12

1 2 3

NEW HEADING

4 5 6 7 8

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

**Question 15**

Not yet answered  
Marked out of  
5.00

Flag question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1. \_\_\_\_\_ an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_

▼ Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_

▼ your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4. \_\_\_\_\_ ▼ that an engineer is sent to my

property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5. \_\_\_\_\_ ▼, since I have not received the advertised service for two-and-a-half months, I do

not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills.

I hope we can resolve this situation promptly.

[Next page](#)

Q

Finish attempt

Time left 1:16:1

1 2 3

NEW HEADING

4	5	6
11	12	13

NEW HEADING

15	16	17
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FEEDBACK

18

File X

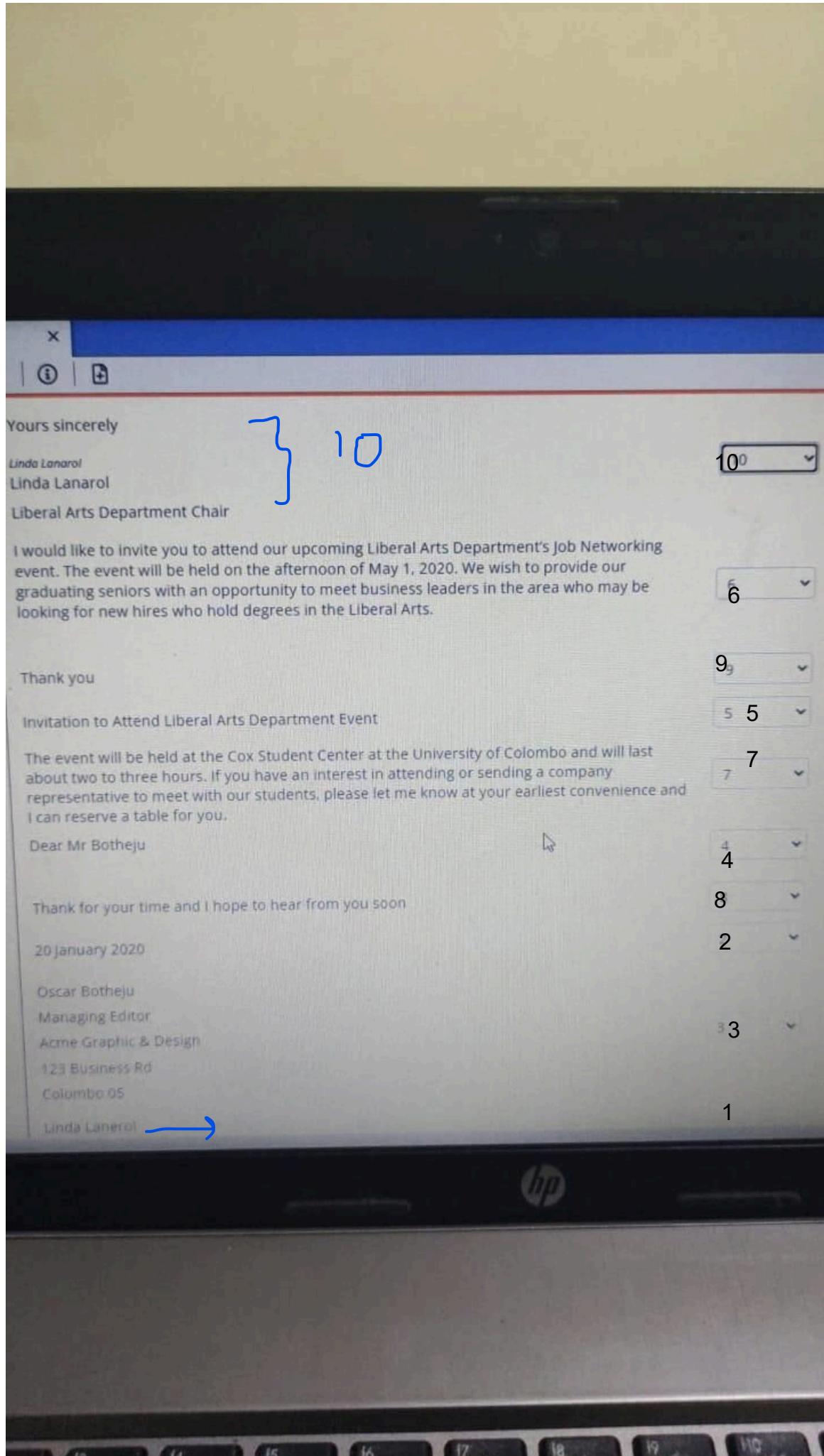
NetExanni

Sri Lanka Institute of Information Technology

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
Some scholars instructed the poetess to use her own language.

Select one:

- a. Some scholars instructed the poetess to use his/her own language.
- b. Some scholars instructed the poet to use his own language.
- c. Some scholars instructed the poetess to use own language.
- d. Some scholars instructed the poet to use the poet's own language.



Minimize X Close @ b

**NetExam**  
Sri Lanka Institute of Information Technology

Question 17  
Ans yet unanswered  
Marked for review  
180  
200 questions

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

The nurse awoke her patient before the doctor's arrival.

Select one:

- a. The nurse awoke the patient before the doctor's arrival.
- b. The nurse awoke the lady patient before the doctor's arrival.
- c. The nurse awoke their patient before the doctor's arrival.
- d. The nurse awoke his patient before the doctor's arrival.

The nurse awoke the patient before the doctor's arrival.

Next page

12  
NEW  
15  
FEEDBACK  
18



Question 13

Not yet answered

Marked out of  
5.00

Flag question

Select whether the following statements are "true" or "false".

The term "working mother" is better than the term "housewife".

False

True

True

False

True

The term "sales associate" is a gender-biased term than "salesperson".

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

Using the phrase "see you later" to a person with visual impairment is appropriate.

[Next page](#)

text here

Type text here

Arts.

### Invitation to Attend Liberal Arts Department Event

The event will be held at the Cox Student Center at the University of Colombo and will last about two to three hours. If you have an interest in attending or sending a company representative to meet with our students, please let me know at your earliest convenience and I can reserve a table for you.

Linda Lanerol

University of Colombo  
123 Main Street  
Colombo 01

Dear Mr Botheju

Oscar Botheju  
Managing Editor  
Acme Graphic & Design  
123 Business Rd  
Colombo 05

Thank for your time and I hope to hear from you soon

7

1

4

3

8

NEXT PAGE

SAMSUNG

Moodle

NetExam

Sri Lanka Institute of Information Technology

Question 13

Not yet answered

Marked out of  
2.00

Flag question

Select the gender-biased term from the given list to refer to "people".  
linga bedaya

Select one:

- a. humankind
- b. human race
- c. mankind
- d. human beings

Arrange the following business letter in the appropriate order by numbering the components from 1 -10.

Thank you 9

20 January 2020 2

Yours sincerely  
Linda Lanarol 10

Liberal Arts Department Chair

I would like to invite you to attend our upcoming Liberal Arts Department's Job Networking event. The event will be held on the afternoon of May 1, 2020. We wish to provide our graduating seniors with an opportunity to meet business leaders in the area who may be looking for new hires who hold degrees in the Liberal Arts. 6

invitation to Attend Liberal Arts Department Event 5

The event will be held at the Cox Student Center at the University of Colombo and will last about two to three hours. If you have an interest in attending or sending a company representative to meet with our students, please let me know at your earliest convenience and I can reserve a table for you. 7

Linda Lanerol  
University of Colombo  
123 Main Street  
Colombo 01

SAMSUNG

NetExam

Sri Lanka Institute of Information Technology

14  
Answered  
out of  
question.

Select whether the following statements are "true" or "false".

Using the phrase "see you later" to a person with visual impairment is appropriate.  Choose... ✓

The term "postal worker" is unbiased than the term "mailman".  Choose... ✓

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.  Choose... ✗

The term "working mother" is better than the term "housewife".  Choose... ✗

The term "sales associate" is a gender-biased term than "salesperson".  Choose... ✓



seems like a correct answer

Question 15

Not yet answered

Marked out of  
5.00 Flag question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1. \_\_\_\_\_ Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_  intermittent

Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_ informed  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4. \_\_\_\_\_ request  that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

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I hope we can resolve this situation promptly.

EQ

Finish a

Time left

1 2

NEW HEAD

4 5

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NEW HEADING

15 16 17

FEEDBACK

18

Next page



Question 17

Not yet answered

Marked out of  
25.00

Flag question

Write an essay on ONE of the following topics. Limit your essay to 250 words.

Type the essay in the given space. (No attachments are allowed)

1. What are the issues caused by the technological development to the modern family and society? Explain.
2. "Exercise can cure all the diseases"

To what extent do you agree or disagree with this opinion?

3. "The moment I stepped out of the house I could see the clear open sky as if I was on a top of a mountain. While I could see hundreds of stars in the sky, there was no moon that night....."

Write a narrative essay using the prompt given at the beginning of the essay.

narrative- story telling/ event happen



introduction  
body  
conclusion

I



Linda Lanarol  
University of Colombo  
123 Main Street  
Colombo 01

Yours sincerely

Linda Lanarol  
Linda Lanarol  
Liberal Arts Department Chair

#### Invitation to Attend Liberal Arts Department Event

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Thank for your time and I hope to hear from you soon

Oscar Botheju  
Managing Editor  
Acme Graphic & Design  
123 Business Rd  
Colombo 05

Thank you

check previous pages answer is there

## Invitation to Attend Liberal Arts Department Event

The event will be held at the Cox Student Center at the University of Colombo and will last about two to three hours. If you have an interest in attending or sending a company representative to meet with our students, please let me know at your earliest convenience and I can reserve a table for you.

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Thank for your time and I hope to hear from you soon

Oscar Botheju

Managing Editor

Acme Graphic & Design

123 Business Rd

Colombo 05

Thank you

20 January 2020

Dear Mr Botheju

check previous pages answer is there

Next page

Each student is responsible for the study loan.

NetExam  
Sri Lanka Institute of Information Technology

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for her study loan.
- b. Each student is responsible for the study loan.
- c. Each student is responsible for woman's study loan.
- d. Each student is responsible for the boy's study loan.

# NetExam

Sri Lanka Institute of Information Technology

Read the following sentence and select the most appropriate sentence from the given list to non-discriminatory.

Some scholars instructed the poetess to use her own language.

Select one:

- a. Some scholars instructed the poetess to use his/her own language.
- b. Some scholars instructed the poet to use the poet's own language. 
- c. Some scholars instructed the poet to use his own language.
- d. Some scholars instructed the poetess to use own language.



Type text here

Type text here

ly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

ck of sleep can disrupt the thinking process.

reaming and sleep-walking occur at similar stages of sleep.

Sleep is essential only for physical well-being.

Healthy individuals who take less than three hours of sleep are commonly found.

The muscles relax during the second stage of sleep.

There is a popular belief that sleep is one long occurrence.

According to the passage, consumption of alcohol can disrupt sleep.

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

The dreams occur during the REM stage.

Medication is suggested by doctors to improve the quality of sleep.

True

False

False

False

False

Choose...

True

Choose...

True

Choose...

on 13

it answered

ed out of

ag question

Read the following sentence and select the **inappropriate/discriminatory sentence** from the given list.

answer is (a)

Select one:

- a. The scholar will be presenting her research reports to the council tomorrow.
- b. The scholars will be presenting their research reports to the council tomorrow.
- c. The scholar will be presenting the research reports to the council tomorrow.
- d. The scholars will be presenting several research reports to the council tomorrow.

# NetExam

Sri Lanka Institute of Information Technology

Read the following sentence and select the most appropriate sentence from the given options which is non-discriminatory.

I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the pensioners to sit and wait until they are called.
- b. I'll ask the old folks to sit and wait until they are called.
- c. I'll ask the old man to sit and wait until he is called.
- d. I'll ask the old woman to sit and wait until she is called.



After two years of experience working as a Marketing Strategist for one of our local retail clothing stores. During my time in this role, I increased the number of website page views by 120 percent and reduced the cost of customer acquisition by 20 percent. In addition, our sales increased by 50 percent during that time.

Yours Sincerely,

Joseph De Silva  
Joseph De Silva

Director  
Human Resources  
United International  
123 Business Rd  
Wattala

(I kindly request to check the previous pages :)

Thank you for your time and consideration. I look forward to speaking with you in the near future.

My resume is enclosed with this letter so you can review my education, work experience, and achievements. I would appreciate an opportunity to talk with you or a member of the marketing team to see how my experience and skills could benefit your company.

03 November 2020

Applying for the Post of Marketing Officer

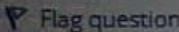
Dear Mr Smith,

I recently read an article about United International's new approach to digital marketing in Marketing Magazine Online, and I'm writing to inquire whether you have any marketing positions open.

Joseph De Silva  
123 Main Street  
Kandana

← → X | i |  NetExam

Sri Lanka Institute of Information Technology

Question 8  
Not yet answered  
Marked out of 2.00  


Read the following sentence and select the most appropriate sentence from the given list to make the sentence discriminatory.

Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for the boy's study loan.
- b. Each student is responsible for woman's study loan.
- c. Each student is responsible for her study loan.
- d. Each student is responsible for the study loan.

 Next page

**NetExam**  
Sri Lanka Institute of Information Technology

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for her study loan.
- b. Each student is responsible for the boy's study loan.
- c. Each student is responsible for woman's study loan.
- d. Each student is responsible for the study loan.

Next page

hp

12 13 14 15 16 17 18 19 20



# NetExam

Sri Lanka Institute of Information Technology

Question 11

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence correct.

An employee should be well prepared when he attends business meetings.

Select one:

- a. An employee should be well prepared when she attends business meetings.
- b. An employee should be well prepared when they attend business meetings.
- c. Employees should be well prepared when he attends business meetings.
- d. Employees should be well prepared when they attend business meetings.



disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move rapidly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people over 60 suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and medication. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes compared to their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including cognitive behaviour therapy and hypnotherapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. This treatment is rarely recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?

Select the correct number in the boxes given against each statement

The necessity of sleep for humans.

Choose... ▾

Factors that cause sleep disorders

Choose... ▾

5

The stages of sleep.

Choose... ▾

Lifestyle changes which can help overcome sleep-related problems

Choose... ▾

How much sleep do we need to stay healthy?

Choose... ▾



NetExam  
Sri Lanka Institute of Information Technology

7 answered out of 1 question

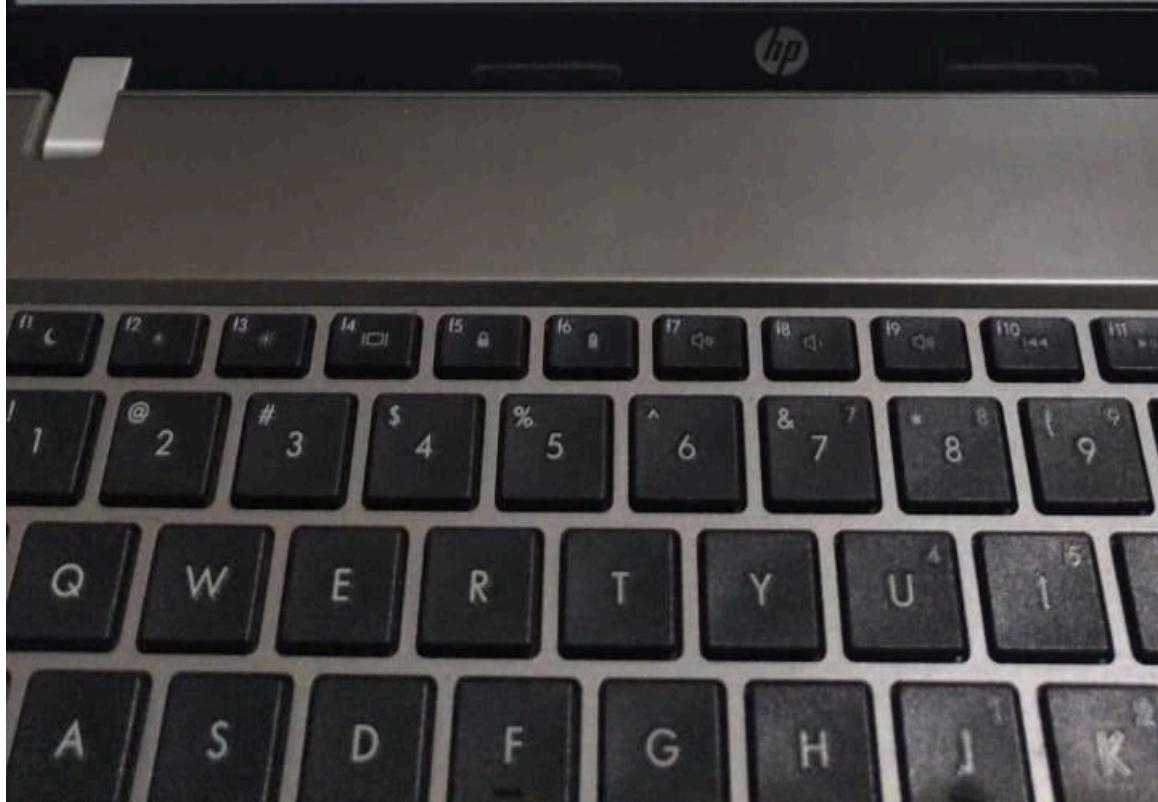
Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

The nurse awoke her patient before the doctor's arrival.

Select one:

- a. The nurse awoke the patient before the doctor's arrival.
- b. The nurse awoke his patient before the doctor's arrival.
- c. The nurse awoke the lady patient before the doctor's arrival.
- d. The nurse awoke their patient before the doctor's arrival.

Next page



Somatotropin, which helps tissue to revive. The level of this hormone rises while we are asleep. Lack of sleep, however, can affect the immune system, disturb the thinking process, cause depression, promote anxiety, and irritability.

3. Researchers in San Diego deprived a group of men of sleep during the early hours of the morning on just one day. They found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning.

"Sleep is essential for our physical and emotional well-being" says Professor William Regelson of Virginia University. "Lack of sleep can seriously affect the functioning of the immune system, and sufferers become open to infection".

4. Many people experience different sleeping problems. Some have problems getting to sleep, others with staying asleep until the morning. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated. In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, if awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?

Select the correct number in the boxes given against each statement

Lifestyle changes which can help overcome sleep-related problems **6**

Choose...

- 4
- 5
- 1
- 6
- 3

Choose... ▾

4 ▾

How much sleep do we need to stay healthy? **1**

1

Factors that cause sleep disorders **5**

5

The necessity of sleep for humans. **2**

2

The stages of sleep. **4**

4

NEW HEADING

4 5 6 7 8 9 10 11

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training, aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?

Select the correct number in the boxes given against each statement

How much sleep do we need to stay healthy?

Choose... ▾

Choose... 

6

3

5

1

4

Factors that cause sleep disorders

The stages of sleep.

check 28th page

The necessity of sleep for humans.

Lifestyle changes which can help overcome sleep-related problems

Choose... ▾



Question 15

Not yet answered

Marked out of  
5.00 Flag question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1. \_\_\_\_\_ Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_  intermittent

Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_ informed  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4. \_\_\_\_\_ request  that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5. \_\_\_\_\_ Furthermore , since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills.

I hope we can resolve this situation promptly.

correct answer

 Next page

≡ Q

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NEW HEAD

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NEW HEADING

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FEEDBACK

18

seriously affect the functioning of the body.

4. Many people experience different sleeping problems. Some have problems staying asleep. There are four stages of sleep. These occur in a repeating cycle of about 90 minutes. There are four cycles, during which the **sequence** of stages is repeated. In the first stage, the body relaxes and muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, the sleeper enters REM sleep. If awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. The heart rate slows down and the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move rapidly, looking at something. During this stage, the body is almost paralysed. This REM sleep is important for memory consolidation.

5. Sleeping patterns change with age, which is why many people over 60 do not sleep as well as they did when they were younger. One reason for this related change is that it is due to hormonal changes. It is estimated that roughly one in three people over 60 suffers from insomnia. Causes can be anything from pregnancy and stress to alcohol and heart disease. A recent survey showed that ex-smokers got to sleep in 18 minutes rather than their ex-smoking partners' 30 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments available to help people with insomnia. These include cognitive behavioural therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep restriction therapy, which involves strictly regulating the time people go to bed and when they get up. Medication is not recommended as a long-term solution.

Identify appropriate antonyms (a word of opposite meaning) for the following words.

(untouched, permit, forbid, suffer, calmness, confusion)

1. anxiety - calmness

2. enable - forbid

3. affected - untouched

4. deprive - permit

5. sequence - confusion

permit

calmness

forbid

untouched

confusion



Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
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Select one:

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- b. Each student is responsible for the boy's study loan.
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- immune system, disturb the thinking process, cause depression, promote anxiety, and irritability.
3. Researchers in San Diego deprived a group of men of sleep during the early hours of the morning on just one day. They found levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning. "Sleep is essential for our physical and emotional well-being" says Professor William Regelson of Virginia University. "Lack of sleep can seriously affect the functioning of the immune system, and sufferers become open to infection".
4. Many people experience different sleeping problems. Some have problems getting to sleep, others with staying asleep until the morning. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated. In the first light phase, the heart rate and blood pressure go down and muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, awoken, the sleeper would be confused and disorientated. It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.
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The dreams occur during the REM stage.

True

Dreaming and sleep-walking occur at similar stages of sleep.

False

The muscles relax during the second stage of sleep.

Choose...

Healthy individuals who take less than three hours of sleep are commonly found.

Choose...

There is a popular belief that sleep is one long occurrence.

Choose...

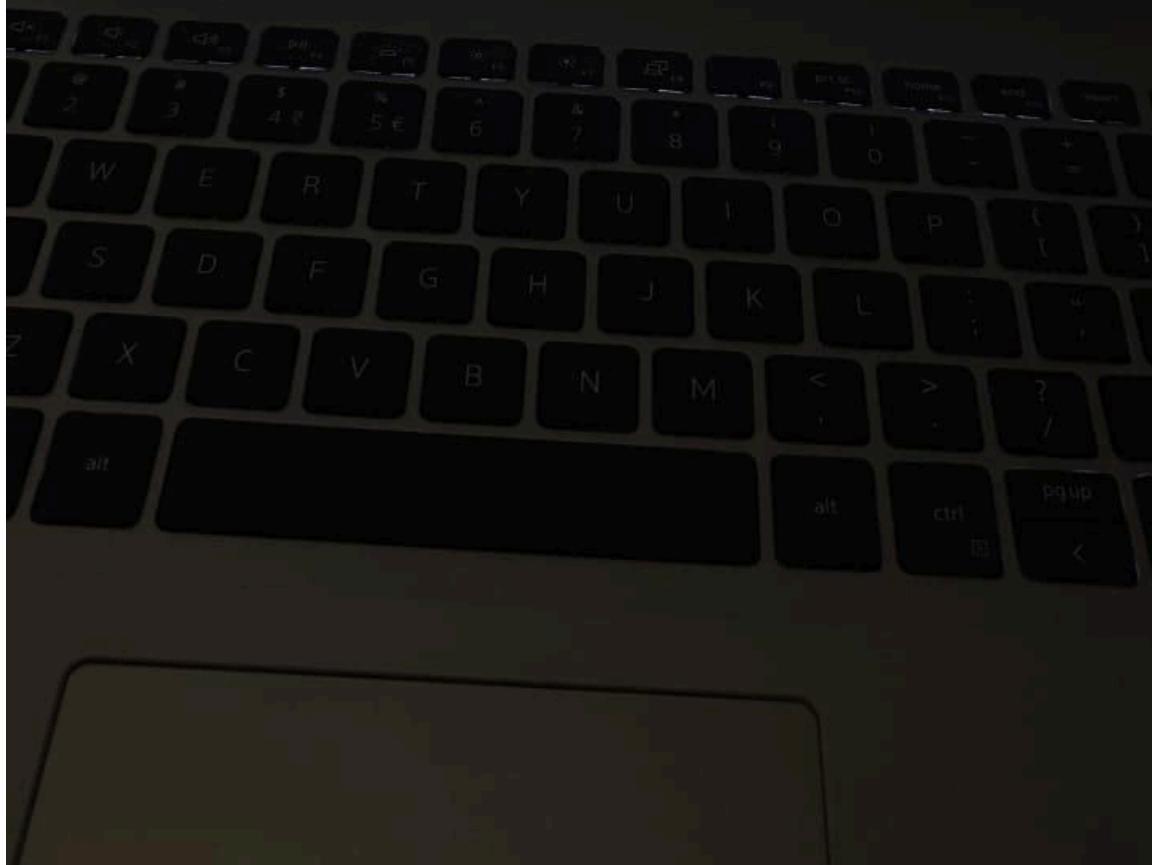
Medication is suggested by doctors to improve the quality of sleep.

Choose...

Sleep is essential only for physical well-being.

Choose...

page 28



b. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The dreams occur during the REM stage.

True

Medication is suggested by doctors to improve the quality of sleep.

False

Dreaming and sleep-walking occur at similar stages of sleep.

True

The muscles relax during the second stage of sleep.

False

According to the passage, consumption of alcohol can disrupt sleep.

True

There is a popular belief that sleep is one long occurrence.

True

Healthy individuals who take less than three hours of sleep are commonly found.

False

Sleep is essential only for physical well-being.

False

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

Lack of sleep can disrupt the thinking process.

False

true

Next page

lly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

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There is a popular belief that sleep is one long occurrence.

According to the passage, consumption of alcohol can disrupt sleep.

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

The dreams occur during the REM stage.

page 34

Medication is suggested by doctors to improve the quality of sleep.

True

False

False

False

False

Choose...

True

Choose...

True

Choose...

and four cycles, during which the **sequence** of stages is repeated. In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, if awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Lack of sleep can disrupt the thinking process. page 34

The muscles relax during the second stage of sleep. Choose...

The dreams occur during the REM stage. Choose...

Dreaming and sleep-walking occur at similar stages of sleep. Choose...

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals. Choose...

Sleep is essential only for physical well-being. Choose...

According to the passage, consumption of alcohol can disrupt sleep. Choose...

Medication is suggested by doctors to improve the quality of sleep. Choose...

There is a popular belief that sleep is one long occurrence. Choose...

Healthy individuals who take less than three hours of sleep are commonly found. Choose...

page 34

... sleep problems. In addition to avoiding alcohol, exercise, there are psychological treatments, including relaxation aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has **six** sections numbered 1-6. Which section contains the following information?  
Select the correct number in the boxes given against each statement

How much sleep do we need to stay healthy?

1 ▾

Factors that cause sleep disorders

6 ▾

The stages of sleep.

4 ▾

The necessity of sleep for humans.

3 ▾

Lifestyle changes which can help overcome sleep-related problems

5 ▾

**'Sleep is essential for our physical and emotional well-being' says Professor William Regan.** Sleep seriously affect the functioning of the immune system, and sufferers become open to infection.

4. Many people experience different sleeping problems. Some have problems getting to sleep in the morning. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are five cycles, each lasting about 90 minutes. In the first stage, the heart rate slows down and muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after about 90 minutes, breathing becomes irregular and the eyes move rapidly. If you are awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the heart rate speeds up again, breathing becomes regular, the eyes stop moving and the body begins to wake up. Heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly, looking at something. During this stage, the body is almost paralysed. This REM phase is also responsible for most dreams.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia. One reason for this related change is that it is due to hormonal changes. It is estimated that roughly one in three people over 60 suffer from insomnia. Other causes of insomnia include stress, depression, pain and physical illness. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is a factor in insomnia. A recent survey showed that ex-smokers got to sleep in 18 minutes rather than their earlier average of 30 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments available aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, which involves strictly regulating the time people go to bed and when they get up. Medication is rarely recommended as a treatment for insomnia.

The passage has six sections numbered 1-6. Which section contains the following information? Select the correct number in the boxes given against each statement

Lifestyle changes which can help overcome sleep-related problems

Choose... ▾

How much sleep do we need to stay healthy?

Choose... ▾

Factors that cause sleep disorders

Choose... ▾

The stages of sleep.

Choose... ▾

The necessity of sleep for humans.

Choose... ▾

①



In this phase that sleep-walking can occur, lasting no more than 15 minutes. In the movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity instantly beneath closed lids as if the sleeper is looking at something. During this stage REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop theory for the age-related change is that it is due to hormonal changes. It is estimated some kind of sleep disturbance. Causes can be anything from pregnancy and smoking is another factor that affects sleep, with one survey showing that ex-smokers have a shorter sleep duration than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological training and therapy aimed at getting rid of pre-sleep worries and anxieties. The aim is to improve sleep quality by strictly regulating the time people go to bed, rarely recommended by doctors.

Identify appropriate antonyms (a word of opposite meaning) for the following words:

1. anxiety - calmness
2. enable - forbid
3. affected - untouched
4. deprive - permit
5. sequence - confusion

Average night, there are five stages of sleep and four cycles, during which repeated. In the first light phase, the heart rate and blood pressure go down after two stages, sleep gets progressively deeper. In stage four, usually reached after awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity moves constantly beneath closed lids as if the sleeper is looking at something. During almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop a disorder. One theory for the age-related change is that it is due to hormonal changes roughly one in three people suffer some kind of sleep disturbance. Causes can be any stress to alcohol and heart disease. Smoking is another factor that affects sleep, with ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatment and therapy aimed at getting rid of pre-sleep worries and anxieties. The reduction therapy, where the aim is to improve sleep quality by strictly regulating the time when they get up. Medication is rarely recommended by doctors.

Identify appropriate antonyms (a word of opposite meaning) for the following words.  
(unouched, permit, forbid, suffer, calmness, confusion)

1. anxiety -
2. enable -
3. affected -
4. deprive -
5. sequence -





5. Sleeping patterns change with age, which is why many people develop insomnia, a sleeping disorder. One theory for the age-related increase in insomnia is linked to hormonal changes. It is estimated that roughly one in three people over the age of 60 have insomnia. Causes can be anything from preexisting health conditions such as asthma, heart disease, or stroke, to environmental factors like noise or light. Smoking is another factor that affects sleep. A survey showed that ex-smokers got to sleep in 18 minutes rather than the average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are also medical treatments, including relaxation training and therapy aimed at reducing anxiety and depression. There is also sleep reduction therapy, which involves trying to improve sleep quality by strictly regulating the time people go to bed and the time they get up. Medication is rarely recommended by doctors.

Identify appropriate antonyms (a word of opposite meaning) for the following words.

page 31

(untouched, permit, forbid, suffer, calmness, confusion)

1. anxiety - calmness
2. enable - forbid
3. affected - untouched
4. deprive - permit
5. sequence - confusion

SAMSUNG

X

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Arts.

Invitation to Attend Liberal Arts Department Event 5

The event will be held at the Cox Student Center at the University of Colombo and will last about two to three hours. If you have an interest in attending or sending a company representative to meet with our students, please let me know at your earliest convenience and I can reserve a table for you.

Linda Lanerol 7

University of Colombo

123 Main Street

Colombo 01

Dear Mr Botheju 1

Oscar Botheju 4

Managing Editor

Acme Graphic & Design

123 Business Rd

Colombo 05 3

Thank for your time and I hope to hear from you soon 8

NEXT PAGE

SAMSUNG

NetExam  
Sri Lanka Institute of Information Technology

Question 17  
Add new unanswered  
Marked for review  
Last updated  
200 questions

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

The nurse awoke her patient before the doctor's arrival.

Select one:

- a: The nurse awoke the patient before the doctor's arrival.
- b: The nurse awoke her patient before the doctor's arrival.
- c: The nurse awoke their patient before the doctor's arrival.
- d: The nurse awoke his patient before the doctor's arrival.

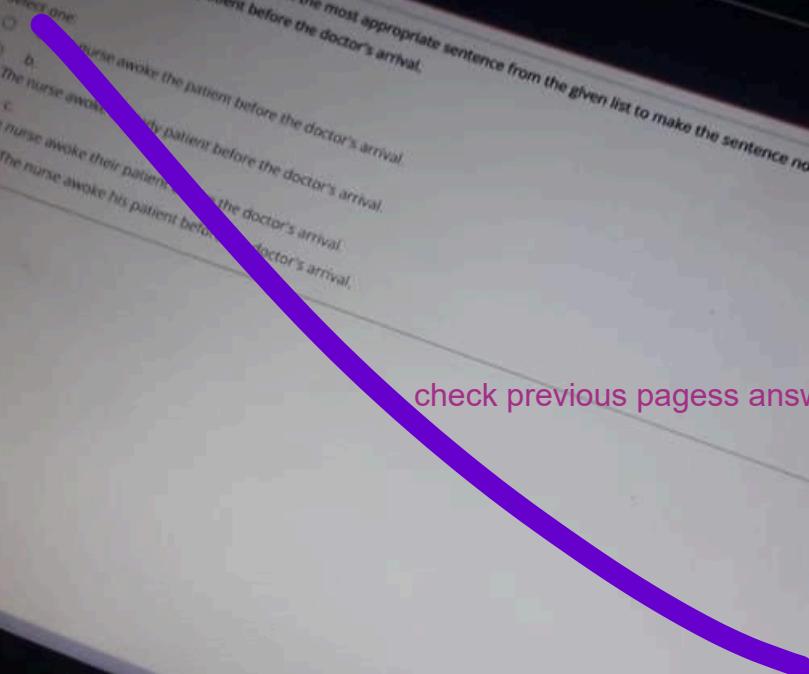
check previous pages answer is there

Next page

NEW  
12

15

FEEDBACK  
18



Linda Lanarol  
University of Colombo  
123 Main Street  
Colombo 01

Yours sincerely

Linda Lanarol  
Linda Lanarol  
Liberal Arts Department Chair

#### Invitation to Attend Liberal Arts Department Event

The event will be held at the Cox Student Center at the University of Colombo and will last about two to three hours. If you have an interest in attending or sending a company representative to meet with our students, please let me know at your earliest convenience and I can reserve a table for you.

I would like to invite you to attend our upcoming Liberal Arts Department's Job Networking event. The event will be held on the afternoon of May 1, 2020. We wish to provide our graduating seniors with an opportunity to meet business leaders in the area who may be looking for new hires who hold degrees in the Liberal Arts.

Thank for your time and I hope to hear from you soon

Oscar Botheju  
Managing Editor  
Acme Graphic & Design  
123 Business Rd  
Colombo 05

Thank you



Question 13

Not yet answered

Marked out of  
5.00

Flag question

Select whether the following statements are "true" or "false".

The term "working mother" is better than the term "housewife".

False

True

True

The term "postal worker" is unbiased than the term "mailman".

True

The term "sales associate" is a gender-biased term than "salesperson".

False

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

True

Using the phrase "see you later" to a person with visual impairment is appropriate.

[Next page](#)



# NetExam

Sri Lanka Institute of Information Technology

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. The scholars will be presenting several research reports to the council tomorrow.
- b. The scholar will be presenting her research reports to the council tomorrow.
- c. The scholar will be presenting the research reports to the council tomorrow.
- d. The scholars will be presenting their research reports to the council tomorrow.



on 4

nt answered

d out of

g question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
An employee should be well prepared when he attends business meetings.



Select one:

- a. Employees should be well prepared when he attends business meetings.
- b. An employee should be well prepared when they attend business meetings.
- c. Employees should be well prepared when they attend business meetings.
- d. An employee should be well prepared when she attends business meetings.

looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The dreams occur during the REM stage.

True

Sleep is essential only for physical well-being.

False

There is a popular belief that sleep is one long occurrence.

True

The muscles relax during the second stage of sleep.

False

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

Lack of sleep can disrupt the thinking process.

False

Dreaming and sleep-walking occur at similar stages of sleep.

True

According to the passage, consumption of alcohol can disrupt sleep.

True

Medication is suggested by doctors to improve the quality of sleep.

False

Healthy individuals who take less than three hours of sleep are commonly found.

False

kindly request to check the previous pages :)

Next page

DELL

heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if they are looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for this related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with a survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and the use of hypnosis. There is also sleep reduction therapy, where the aim is to improve the quality of sleep by strictly regulating the time people go to bed and when they get up. Medication may be recommended by doctors.

kindly request to check the previous pages.)

The dreams occur during the REM stage.

True

Dreaming and sleep-walking occur at similar stages of sleep.

False

The muscles relax during the second stage of sleep.

False

Healthy individuals who take less than three hours of sleep are commonly found.

False

There is a popular belief that sleep is one long occurrence.

True

Medication is suggested by doctors to improve the quality of sleep.

False

Sleep is essential only for physical well-being.

True

According to the passage, consumption of alcohol can disrupt sleep.

True

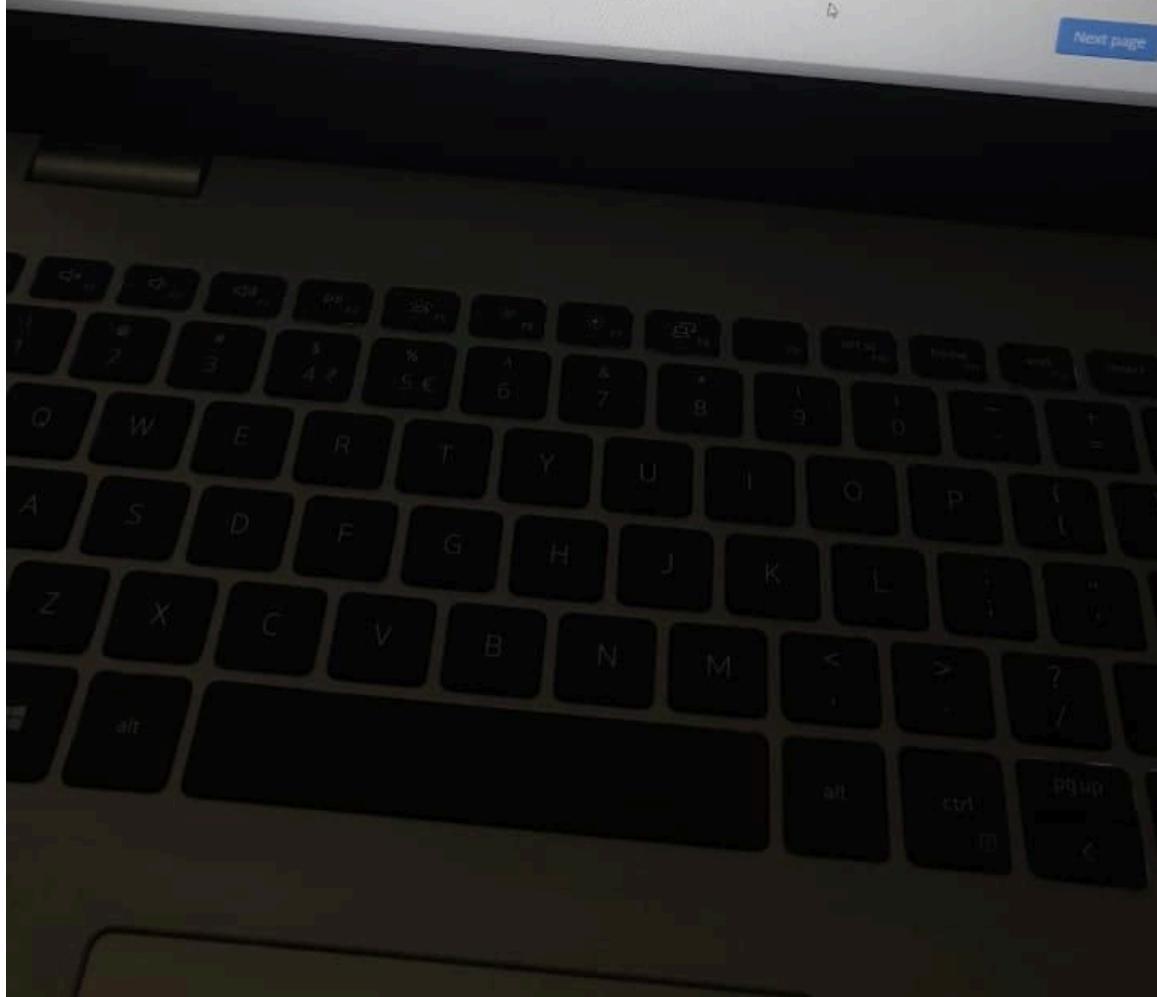
Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

Lack of sleep can disrupt the thinking process.

Choose...

Next page





# NetExam

Sri Lanka Institute of Information Technology

Question 4

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the old folks to sit and wait until they are called.
- b. I'll ask the old woman to sit and wait until she is called.
- c. I'll ask the old man to sit and wait until the he is called.
- d. I'll ask the pensioners to sit and wait until they are called.

Next



Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

The nurse awoke her patient before the doctor's arrival.

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f

stion

Select one:

- a. The nurse awoke his patient before the doctor's arrival.
- b. The nurse awoke their patient before the doctor's arrival.
- c. The nurse awoke the lady patient before the doctor's arrival.
- d. The nurse awoke the patient before the doctor's arrival.

wered  
of  
estion

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for the study loan. 
- b. Each student is responsible for her study loan.
- c. Each student is responsible for woman's study loan.
- d. Each student is responsible for the boy's study loan.

Module

NetExam

Sri Lanka Institute of Information Technology

Question 12

1 answered

1 out of 1 question

What would be the most appropriate, gender-neutral word to refer to a fireman? fireman

Select one:

a. firefighter

b. fire folks

c. fire males

d. fire gentlemen

**Question 17**

Not yet answered

Marked out of  
25.00

Flag question

Write an essay on ONE of the following topics. Limit your essay to 250 words.

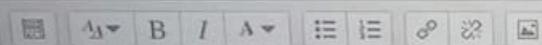
Type the essay in the given space. (No attachments are allowed)

1. What are the issues caused by the technological development to the modern family and society? Explain.
2. "Exercise can cure all the diseases"

To what extent do you agree or disagree with this opinion?

3. "The moment I stepped out of the house I could see the clear open sky as if I was on a top of a mountain. While I could see hundreds of stars in the sky, there was no moon that night....."

Write a narrative essay using the prompt given at the beginning of the essay.

**Quiz navigation**

Finish attempt...

Time left 1:20:54

## NEW HEADING

## NEW HEADING

## FEEDBACK

## Invitation to Attend Liberal Arts Department Event

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Thank for your time and I hope to hear from you soon

Oscar Botheju  
Managing Editor  
Acme Graphic & Design  
123 Business Rd  
Colombo 05

kindly request to check the previous pages :)

Thank you

20 January 2020

Dear Mr Botheju

Next page

# NetExam

Sri Lanka Institute of Information Technology

Read the following sentence and select the most appropriate sentence from the given list to non-discriminatory.

Some scholars instructed the poetess to use her own language.

Select one:

- a. Some scholars instructed the poetess to use his/her own language.
- b. Some scholars instructed the poet to use the poet's own language.
- c. Some scholars instructed the poet to use his own language.
- d. Some scholars instructed the poetess to use own language.



die

NetExam

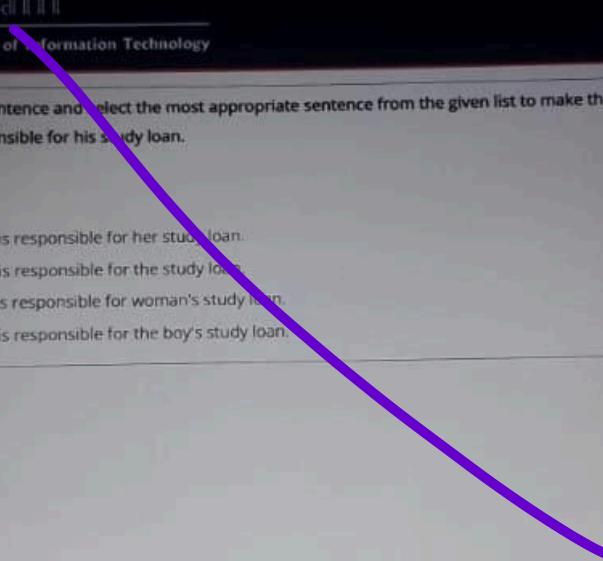
Sri Lanka Institute of Information Technology

7  
Powered  
of  
Question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for her study loan.
- b. Each student is responsible for the study loan.
- c. Each student is responsible for woman's study loan.
- d. Each student is responsible for the boy's study loan.



**NetExam**  
Sri Lanka Institute of Information Technology

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1.  Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2.

Even when it is working, it is so slow that it is unusable. I have actually 3.  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4.  that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5.  since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills.

I hope we can resolve this situation promptly.

Select the gender-biased term from the given list to refer to "people".

Select one:

- a. human race
- b. humankind
- c. mankind
- d. human beings

gender baised =gender neutral

people=man kind

Question 2  
Not yet answered  
Marked out of 5.00  
Flag question

Read the following passage and answer the questions given below.

1. It is estimated that the average sleep a man or a woman needs is between seven-and-a-half and eight hours' of sleep a night. Some can manage on a lot less. Former Prime Minister, Margaret Thatcher, for example, was reported to be able to get by on four hours' of sleep a night when she was the Prime Minister of Britain. Dr. Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleep less than five hours or even as little as two hours in every 24 hours are rare.

2. The latest beliefs are that the main purposes of sleep are to enable the body to rest, allowing time for repairs to take place and for tissues to be revived. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone, Somatotropin, which helps tissue to revive. The level of this hormone rises while we are asleep. Lack of sleep, however, can affect the immune system; disturb the thinking process; cause depression, promote anxiety, and irritability.

3. Researchers in San Diego deprived a group of men of sleep during the early hours of the morning on just one day. They found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning.  
*'Sleep is essential for our physical and emotional well-being' says Professor William Regelson of Virginia University. 'Lack of sleep can seriously affect the functioning of the immune system, and sufferers become open to infection'.*

4. Many people experience different sleeping problems. Some have problems getting to sleep, others with staying asleep until the morning. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated. In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, if awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Identify appropriate antonyms (a word of opposite meaning) for the following words.  
(unouched, permit, forbid, suffer, calmness, confusion)

1. anxiety -   
2. enable -   
3. affected -

kindly request to check the previous pages :)

Quiz navigation

Finish attempt ...  
Time left 1:50:35

1 2 3

NEW HEADING  
4 5 6 7 8 9 10 11

12 13 14

NEW HEADING  
15 16 17

FEEDBACK  
18

Activate Windows  
Go to Settings to activate Windows

SAMSUNG 2008

Moodle

Question 2  
Not yet answered  
Marked out of 5.00  
Flag question

Read the following passage and answer the questions given below.

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2. The latest beliefs are that the main purposes of sleep are to enable the body to rest, allowing time for repairs to take place and for tissues to be revived. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone, Somatotropin, which helps tissue to revive. The level of this hormone rises while we are asleep. Lack of sleep, however, can affect the immune system, disturb the thinking process, cause depression, promote anxiety, and irritability.

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Identify appropriate antonyms (a word of opposite meaning) for the following words.  
(untouched, permit, forbid, suffer, calmness, confusion)

1. anxiety -   
2. enable -   
3. affected -

kindly request to check the previous pages :)

Quiz navigation

Finish attempt ...

Time left 1:50:55

1 2 3

NEW HEADING 4 5 6 7 8 9 10 11

12 13 14

NEW HEADING 15 16 17

FEEDBACK 18

Activate Windows  
Go to Settings to activate Windows

SAMSUNG 200B

a night. Some can manage on a lot less. Former Prime Minister, Margaret Thatcher, for example, was reported to be able to get by on four hours' of sleep a night when she was the Prime Minister of Britain. Dr. Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleep less than five hours or even as little as two hours in every 24 hours are rare.

2. The latest beliefs are that the main purposes of sleep are to enable the body to rest, allowing time for repairs to take place and for tissues to be revived. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone, Somatotropin, which helps tissue to revive. The level of this hormone rises while we are asleep. Lack of sleep, however, can affect the immune system, disturb the thinking process, cause depression, promote anxiety, and irritability.

3. Researchers in San Diego deprived a group of men of sleep during the early hours of the morning on just one day. They found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning.

"Sleep is essential for our physical and emotional well-being" says Professor William Regelson of Virginia University. "Lack of sleep can seriously affect the functioning of the immune system, and sufferers become open to infection".

4. Many people experience different sleeping problems. Some have problems getting to sleep, others with staying asleep until the morning. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated. In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, if awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Kindly request to check the previous pages :)



Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. Students who lose too much sleep may have trouble focusing during the exams.
- b. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- c. A student who loses too much sleep may have trouble focusing during one's exams.
- d. A student who loses too much sleep may have trouble focusing during the exams.

Next page

Related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Sleep is essential **only** for physical well-being.

False

True

False

According to the passage, consumption of alcohol can disrupt sleep.

False

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

The muscles relax during the second stage of sleep. **1st stage**

False

Healthy individuals who take less than three hours of sleep are commonly found. **rarely found (p1)**

False

There is a popular belief that sleep is one long occurrence.

True

The dreams occur during the REM stage.



True

Lack of sleep can disrupt the thinking process.

True

Dreaming and sleep-walking occur at similar stages of sleep. **4th- sleep walk  
5th-dreams REM**

False

Medication is suggested by doctors to improve the quality of sleep. **false**

True



Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for her study loan.
- b. Each student is responsible for the boy's study loan.
- c. Each student is responsible for the study loan.
- d. Each student is responsible for woman's study loan.

Next page



# NetExam

Sri Lanka Institute of Information Technology

**Question 4**

Not yet answered

Marked out of  
2.00

Flag question

What would be the most appropriate, gender-neutral word to refer to a fireman?

\_\_\_\_\_

Select one:

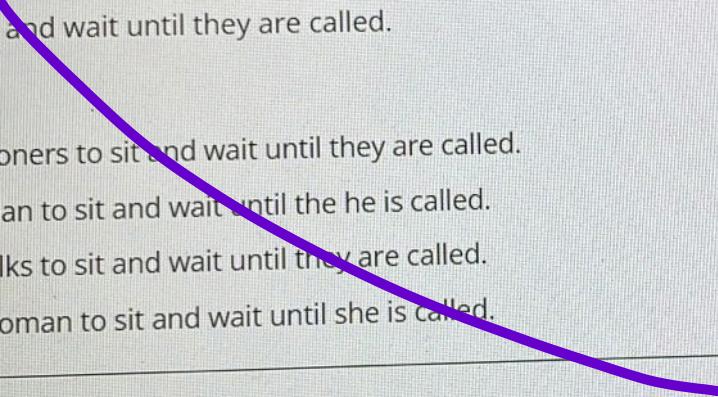
- a. fire folks
- b. fire gentlemen
- c. firefighter
- d. fire males

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the pensioners to sit and wait until they are called.
- b. I'll ask the old man to sit and wait until the he is called.
- c. I'll ask the old folks to sit and wait until they are called.
- d. I'll ask the old woman to sit and wait until she is called.

  
Next page

A survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Sleep is essential only for physical well-being.

False

According to the passage, consumption of alcohol can disrupt sleep.

True

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

The muscles relax during the second stage of sleep.

False

Healthy individuals who take less than three hours of sleep are commonly found.

False

There is a popular belief that sleep is one long occurrence.

True

The dreams occur during the REM stage.

True

Lack of sleep can disrupt the thinking process.

True

Dreaming and sleep-walking occur at similar stages of sleep.

True

Medication is suggested by doctors to improve the quality of sleep.

True



5  
swered  
ut of  
question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

An employee should be well prepared when he attends business meetings.

Select one:

- a. Employees should be well prepared when he attends business meetings.
- b. An employee should be well prepared when she attends business meetings.
- c. Employees should be well prepared when they attend business meetings.
- d. An employee should be well prepared when they attend business meetings.



Select whether the following statements are "true" or "false".

Using the phrase "see you later" to a person with visual impairment is appropriate.

The term "sales associate" is a gender biased term than "salesperson".

The term "working mother" is better than the term "housewife".

The term "postal worker" is unbiased than the term "mailman".

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

Choose... ▾

Choose... ▾

False

True

Choose... ▾

Choose... ▾

Choose... ▾

Read the following passage and answer the following question.

1. It is estimated that the average sleep a man or a woman needs is between seven-and-a-half and eight hours' of sleep a night. Some can manage on a lot less. Former Prime Minister, Margaret Thatcher, for example, was reported to be able to get by on four hours' of sleep a night when she was the Prime Minister of Britain. Dr. Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleep less than five hours or even as little as two hours in every 24 hours are rare.
2. The latest beliefs are that the main purposes of sleep are to **enable** the body to rest, allowing time for repairs to take place and for tissues to be revived. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone, Somatotropin, which helps tissue to revive. The level of this hormone rises while we are asleep. Lack of sleep, however, can affect the immune system, disturb the thinking process, cause depression, promote **anxiety**, and irritability.
3. Researchers in San Diego **deprived** a group of men of sleep during the early hours of the morning on just one day. They found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning.  
*'Sleep is essential for our physical and emotional well-being' says Professor William Regelson of Virginia University. 'Lack of sleep can seriously affect the functioning of the immune system, and sufferers become open to infection'.*
4. Many people experience different sleeping problems. Some have problems getting to sleep, others with staying asleep until the morning. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are five stages of sleep and four cycles, during which the **sequence** of stages is repeated. In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, if awoken, the sleeper would be confused and disorientated.  
It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.
5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.
6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?  
Select the correct number in the boxes given against each statement

How much sleep do we need to stay healthy?

Choose... ▾

### Quiz navigation

Finish attempt ...

Time left 1:59:24

1 2 3

NEW HEADING

4 5 6 7 8 9 10 11

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

Activate Windows

Go to Settings to activate Windows

SAMSUNG

2008

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage (REM) the heartbeat quickly gets back to normal levels. Brain activity speeds constantly beneath closed lids as if the sleeper is looking at something. During this stage, the REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia. One theory for the age-related change is that it is due to hormonal changes. It is estimated that most people over 60 suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to aches and pains. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep earlier than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep hygiene, which aims to improve sleep quality by strictly regulating the time people go to bed and when they wake up. This is rarely recommended by doctors.

**Identify appropriate antonyms (a word of opposite meaning) for the following words.**

**opposite word**

(unouched, permit, forbid, suffer, calmness, confusion)

1. anxiety -  ✓
2. enable -
3. affected -
4. deprive -  ✓
5. sequence -



Moodle

NetExam  
Sri Lanka Institute of Information Technology

Question 7  
Not yet answered  
Marked out of 2.00  
Flag question

Read the following sentence and select the most appropriate sentence from the given list to i discriminatory.

Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for woman's study loan.
- b. Each student is responsible for the study loan.
- c. Each student is responsible for the boy's study loan.
- d. Each student is responsible for her study loan.

hp

Q W E R T Y U I  
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NetExam  
Sri Lanka Institute of Information Technology

it21314506 Kalhan A. H. L it21314506

Question 9  
Not yet answered  
Marked out of 2.00  
Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
Some scholars instructed the poetess to use her own language.

Select one:

- a. Some scholars instructed the poetess to use own language.
- b. Some scholars instructed the poet to use his own language.
- c. Some scholars instructed the poetess to use his/her own language.
- d. Some scholars instructed the poet to use the poet's own language.

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Quiz navigation

Finish attempt ...  
Time left: 20:01

1 2 3

NEW HEADING  
4 5 6 7 8 9 10 11  
12 13 14

NEW HEADING  
15 16 17

FEEDBACK  
18

SAMSUNG 2008

A large purple arrow points from the circled number 1 in the sidebar to the first option 'a.' in the list. Another purple arrow points from the circled number 2 in the sidebar to the second option 'b.' in the list. A third purple arrow points from the circled number 3 in the sidebar to the third option 'c.' in the list.



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it2

Question 5

Not yet answered

Marked out of  
2.00

Flag question

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

- a. The deaf gentleman who is in the corner of the ...
- b. A person who has a hearing impairment.
- c. Avoid any mention of the person's disability
- d. A person who has a vision impairment.

Next page

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DELL

**Question 6**

Not yet answered

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2.00

Flag question

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. The scholar will be presenting her research reports to the council tomorrow.
- b. The scholars will be presenting several research reports to the council tomorrow.
- c. The scholars will be presenting their research reports to the council tomorrow.
- d. The scholar will be presenting the research reports to the council tomorrow.

Next page

NEW  
4

12

NEW  
15FEEDBA  
18



## Question 7

Not yet answered

Marked out of  
2.00 Flag question

What would be the most appropriate, gender-neutral word to refer to a fireman?

Select one:

- a. fire males
- b. firefighter
- c. fire gentlemen
- d. fire folks

[Next page](#)

≡ Quiz n

Finish attempt

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NEW HEADI

4	5
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12	13
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NEW HEADI

15	16
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FEEDBACK

18
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**Read the following sentence and select the most appropriate sentence from the given list:  
discriminatory.**

**An employee should be well prepared when he attends business meetings.**

Select one:

- a. An employee should be well prepared when they attend business meetings.
- b. An employee should be well prepared when she attends business meetings.
- c. Employees should be well prepared when they attend business meetings.
- d. Employees should be well prepared when he attends business meetings.

Moodle

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Sri Lanka Institute of Information Technology

Question 4

Not yet answered

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Flag question

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. The scholars will be presenting their research reports to the council tomorrow.
- b. The scholar will be presenting the research reports to the council tomorrow.
- c. The scholars will be presenting several research reports to the council tomorrow.
- d. The scholar will be presenting her research reports to the council tomorrow.

ed

on

Read the following sentence and select the most appropriate sentence from the given options. The selected sentence must not be discriminatory.

Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for the study loan.
- b. Each student is responsible for her study loan.
- c. Each student is responsible for woman's study loan.
- d. Each student is responsible for the boy's study loan.

Moodle

NetExam  
Sri Lanka Institute of Information Technology

it21196706 Senarath

Question 8  
Not yet answered  
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Flag question

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

a. Students who lose too much sleep may have trouble focusing during the ladies' exams.  
 b. A student who loses too much sleep may have trouble focusing during one's exams.  
 c. Students who lose too much sleep may have trouble focusing during the exams.  
 d. A student who loses too much sleep may have trouble focusing during the exams.

Next page

Quiz navigation

Finish attempt ...

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1 2 3

NEW HEADING 4 5 6 7 8

12 13 14

NEW HEADING 15 16 17

FEEDBACK 18



Question 14

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1

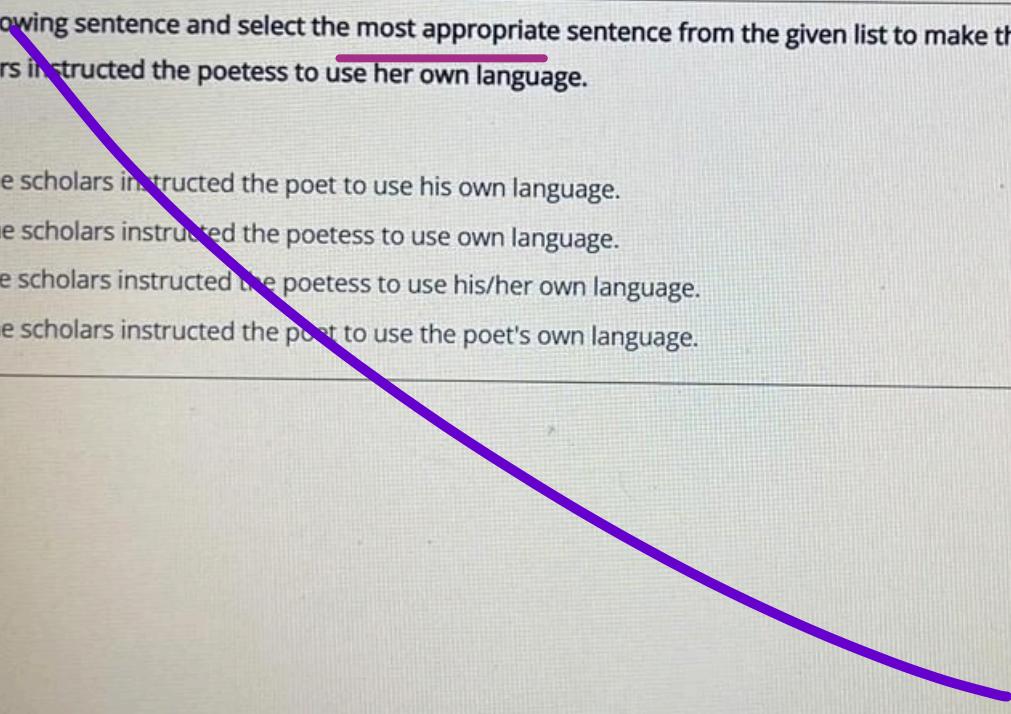
Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

Some scholars instructed the poetess to use her own language.

Select one:

- a. Some scholars instructed the poet to use his own language.
- b. Some scholars instructed the poetess to use own language.
- c. Some scholars instructed the poetess to use his/her own language.
- d. Some scholars instructed the poet to use the poet's own language.

  
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18

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Sri Lanka Institute of Information Technology

5 answered  
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question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

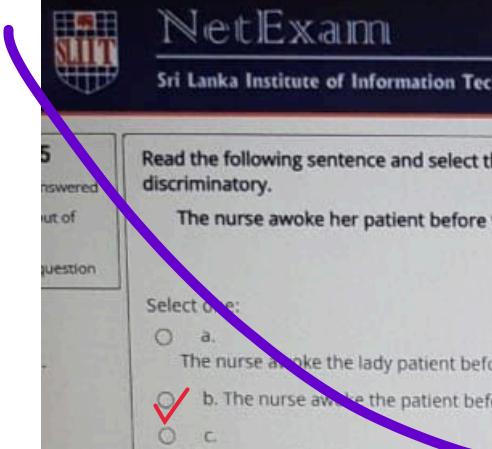
The nurse awoke her patient before the doctor's arrival.

Select one:

a. The nurse awoke the lady patient before the doctor's arrival.  
 b. The nurse awoke the patient before the doctor's arrival.  
 c. The nurse awoke their patient before the doctor's arrival.  
 d. The nurse awoke his patient before the doctor's arrival.

Next page

HP





## Question 5

Not yet answered

Marked out of  
2.00

Flag question

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

- a.  
The deaf gentleman who is in the corner of the ...
- b. A person who has a vision impairment.
- c. Avoid any mention of the person's disability
- d. A person who has a hearing impairment.

[Next page](#)

## Quiz navigation

Finish attempt ...

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## NEW HEADING

4	5	6	7	8	9	10
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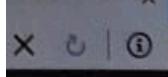
12	13	14
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## NEW HEADING

15	16	17
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## FEEDBACK

18
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 NetExam  
Sri Lanka Institute of Information Technology

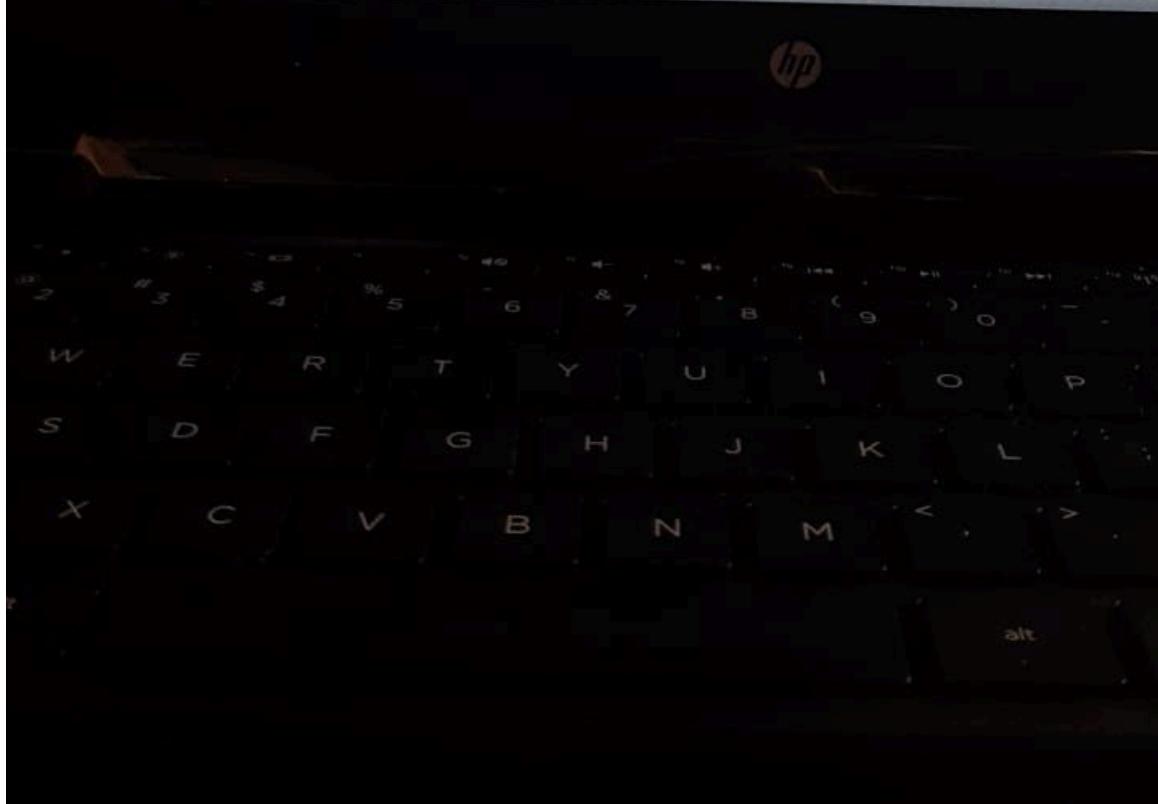
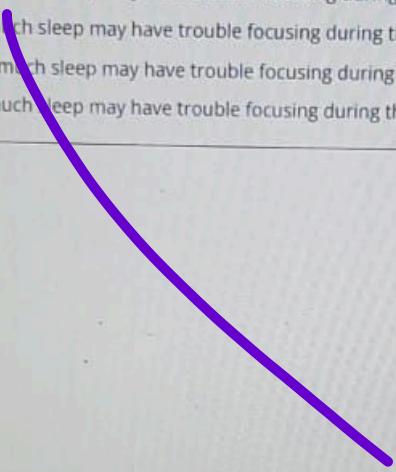
Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. A student who loses too much sleep may have trouble focusing during the exams.
- b. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- c. A student who loses too much sleep may have trouble focusing during one's exams.
- d. Students who lose too much sleep may have trouble focusing during the exams.

Next

hp



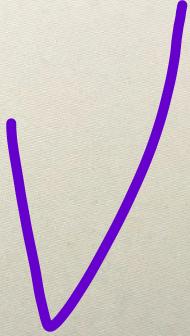
ex-smokers got to sleep in 18 minutes compared to 30 minutes for people who still smoke. Ex-smokers also had a lower heart rate and blood pressure than smokers. Alcohol and heart disease risk factors were also reduced.

6. Apart from self-help therapy, relaxation training and therapy aim reduction therapy, where the aim is when they get up. Medication is rare.

Identify appropriate antonyms (a word with the opposite meaning)

(untouched, permit, forbid, suffer, calm, enable, anxiety, affected, deprive, sequence, confusion, forbid, affected, permit, confusion, enable, anxiety, sequence, suffer, calm)

1. anxiety - calmness
2. enable - forbid
3. affected - untouched
4. deprive - permit
5. sequence - confusion



their bodies' natural defences against viral infections. This makes significantly more research into improving sleep.

"Sleep is essential for our physical and emotional well-being" says Professor William Regelson of Virginia University. "Lack of sleep can seriously affect the functioning of the immune system, and sufferers become open to infection".

4. Many people experience different sleeping problems. Some have problems getting to sleep, others with staying asleep until the morning. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are five stages of sleep and four cycles, during which the **sequence** of stages is repeated. In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, if awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?

Select the correct number in the boxes given against each statement

How much sleep do we need to stay healthy?

1

6

Lifestyle changes which can help overcome sleep-related problems

5

✓

The stages of sleep.

4

S

The necessity of sleep for humans.

3

Factors that cause sleep disorders

6



Next page

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

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Windows 7 Home Premium

2008

SAMSUNG



14

Answered

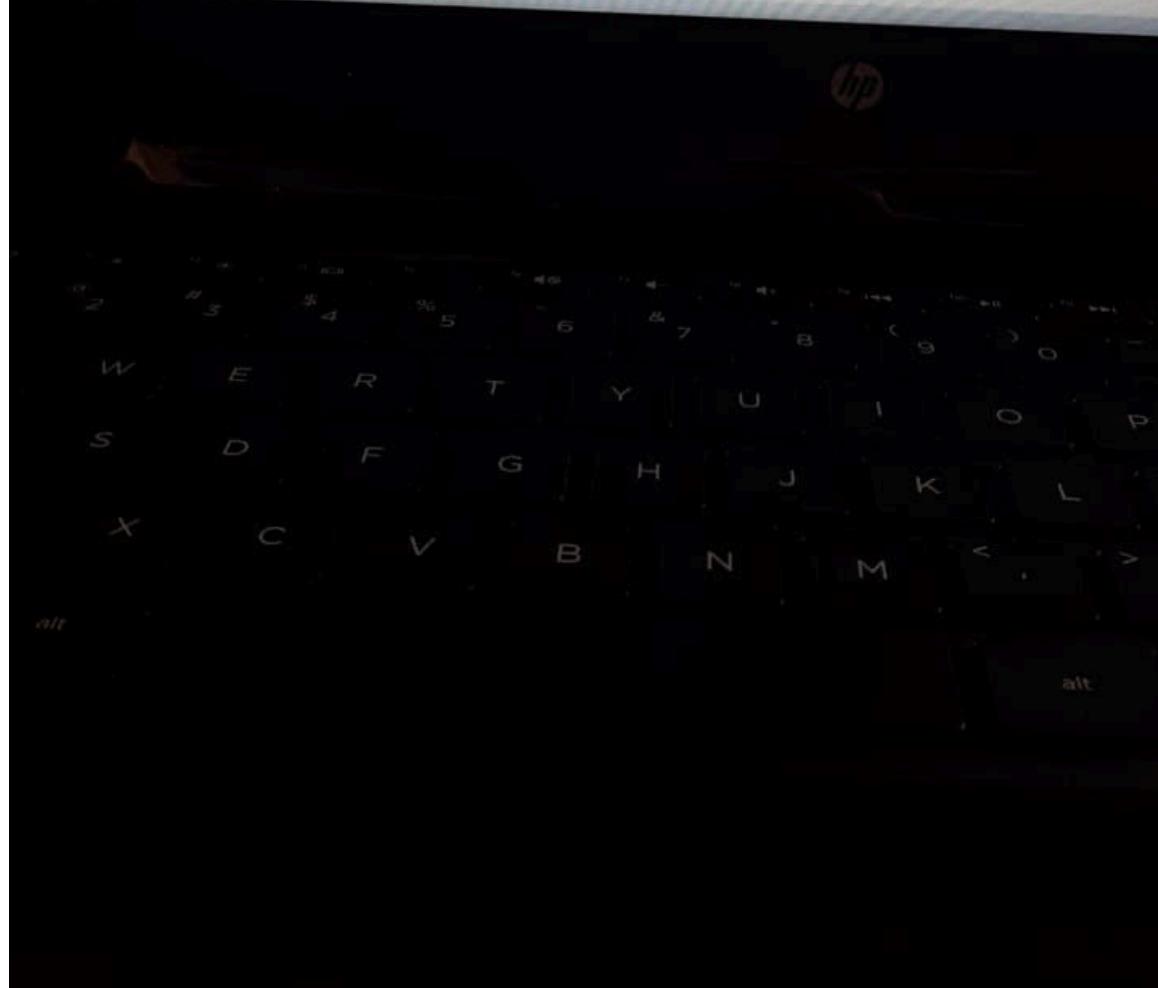
out of

question

What would be the most appropriate, gender-neutral word to refer to a fireman?

Select one:

- a. firefighter
- b. fire folks
- c. fire males
- d. fire gentlemen





Question 17

Not yet answered

Marked out of  
5.00

Flag question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1.  resolving an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2.  intermittent  Even when it is working, it is so slow that it is unusable. I have actually 3.  informed  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4.  request  that

an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5.  Furthermore , since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills. I hope we can resolve this situation promptly.

 Next page

## ≡ Quiz navigation

Finish attempt ...

Time left 0:02:22

1	2	3
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## NEW HEADING

4	5	6	7	8
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12	13	14
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## NEW HEADING

15	16	17
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## FEEDBACK

18
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Activate Window  
Go to Saving? to activate



## Question 17

Not yet answered.

Marked out of  
1.00

T: Fix question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1  Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2  intermittent  Even when it is working, it is so slow that it is unusable. I have actually 3

informed  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4  request  that an engineer is sent to my

property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5  However , since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49. I will accept either a payment or a reduction in the total of future bills.

I hope we can resolve this situation promptly.

## ≡ Quiz navigation

Finish attempt ...

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1	2	3
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## NEW HEADING

4	5	6	7
11	12	13	14

## NEW HEADING

15	16	17
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## FEEDBACK

18

Final page

NetExam  
Sri Lanka Institute of Information Technology

Select whether the following statements are "true" or "false".

Using the phrase "see you later" to a person with visual impairment is appropriate. **true**

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting. **false**

The term "working mother" is better than the term "housewife". **false**

The term "sales associate" is a gender-biased term than "salesperson". **true**

The term "postal worker" is unbiased than the term "mailman". **true**

[Next page](#)

hp

 NetExam  
Sri Lanka Institute of Information Technology

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

a. A person who has a hearing impairment.  
 b. A person who has a vision impairment.  
 c. Avoid any mention of the person's disability  
 d.

The deaf gentleman who is in the corner of the ...

A large purple checkmark is drawn over the question and the first option. A smaller purple checkmark is drawn on the screen below the question area.

hp

W E R T Y U I O  
S D F G H J K L  
X C V B N M

 NetExam  
Sri Lanka Institute of Information Technology

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

An employee should be well prepared when he attends business meetings.

Select one:

- a. Employees should be well prepared when he attends business meetings.
- b. Employees should be well prepared when they attend business meetings.
- c. An employee should be well prepared when she attends business meetings.
- d. An employee should be well prepared when they attend business meetings.

correct answer b



W E R T Y U I O P  
S D F G H J K L  
X C V B N M

NetExam  
Sri Lanka Institute of Information Technology

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. The scholar will be presenting her research reports to the council tomorrow.
- b. The scholar will be presenting the research reports to the council tomorrow.
- c. The scholars will be presenting their research reports to the council tomorrow.
- d. The scholars will be presenting several research reports to the council tomorrow.

hp

The image shows a computer monitor displaying a test interface. The monitor is framed by a blue border. The screen content includes the NetExam logo, the Sri Lanka Institute of Information Technology name, and a question asking to select an inappropriate sentence from a list. A large purple checkmark is drawn over the first option, which has a red checkmark. A large purple curved arrow starts from the bottom left of the screen and points towards the top right, covering most of the question area. Below the monitor, a portion of a black keyboard is visible, showing the letters W, E, R, T, Y, U, I, O, P, D, F, G, H, J, K, L, C, V, B, N, M, and some function keys like F1-F12 and Alt.

Moodle

NetExam

Sri Lanka Institute of Information Technology

Question 11

Not yet answered

Marked out of 2.00

Flag question

Select the gender-biased term from the given list to refer to "people".

Select one:

- a. human beings
- b. human race
- c. humankind
- d. mankind

HP

Z X C V B N



Select whether the following statements are "true" or "false".

The term "sales associate" is a gender-biased term than "salesperson".

False

Choose...

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

True

True

Choose...

Using the phrase "see you later" to a person with visual impairment is appropriate.

The term "postal worker" is unbiased than the term "mailman".

The term "working mother" is better than "housewife".

kindly request to check the previous pages :)

Next page



it21301018 Padukka P.V.G.S it21301018 ..

### Quiz navigation

Finish attempt...

Time left 1:28:59

1 2 3

NEW HEADING

4 5 6 7 8 9 10

11 12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

TO: Kelly Anderson, Marketing Executive  
FROM: Jonathon Fitzgerald, Market Research Assistant  
DATE: June 14, 2012  
SUBJECT: Summer Clothes Line Promotion

Heading

Opening

Through a market research we conducted, it was found out that the proposed advertising media for the new fall lines need to be reprioritized and changed. Findings from focus groups and surveys have made it apparent that we need to update our advertising efforts to align them with the styles and trends of young adults today. No longer are young adults interested in sitcoms as they watch reality televisions shows. Also, it has become increasingly important to use the Internet as a tool to communicate with our target audience to show our dominance in the clothing industry.

Body

Thus, kindly take relevant steps at your earliest.

Conclusion

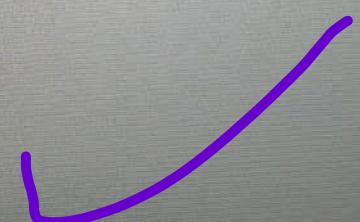
related change is that it is due to hormonal changes. It is estimated that roughly one in three people over 60 develop Insomnia. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor, with a survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 30 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where strict rules are set about strictly regulating the time people go to bed and when they get up. Medication is rarely recommended.

**Identify appropriate antonyms (a word of opposite meaning) for the following words.**

(untouched, permit, forbid, suffer, calmness, confusion)

1. anxiety -
2. enable -
3. affected -
4. deprive -
5. sequence -



## The five-paragraph essay

Introduction  
with a clear  
and concise  
thesis  
statement

Body  
paragraphs  
that include  
\*evidential  
support

A conclusion  
that  
readdresses  
the thesis  
statement in  
light of the  
evidence  
provided.

Clear and  
logical  
transitions

\*Factual ,  
logical,  
statistical,  
anecdotal



**NetExam**  
Sri Lanka Institute of Information Technology

Read the following passage and answer the following question.

1. It is estimated that the average sleep a man or a woman needs is between seven-and-a-half and eight hours' of sleep a night. Some can manage Minister, Margaret Thatcher, for example, was reported to be able to get by on four hours' of sleep a night when she was the Prime Minister of Britain in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleep less than hours in every 24 hours are rare.

2. The latest beliefs are that the main purposes of sleep are to enable the body to rest, allowing time for repairs to take place and for tissues to be evidence for this rest-and-repair theory is that production of the growth hormone, Somatotropin, which helps tissue to revive. The level of this hormone of sleep, however, can affect the immune system, disturb the thinking process, cause depression, promote anxiety, and irritability.

3. Researchers in San Diego deprived a group of men of sleep during the early hours of the morning on just one day. They found that levels of their viral infections had fallen significantly when measured the following morning.

'Sleep is essential for our physical and emotional well-being' says Professor William Regelson of Virginia University. 'Lack of sleep can seriously affect the system, and sufferers become open to infection'.

4. Many people experience different sleeping problems. Some have problems getting to sleep, others with staying asleep until the morning. There is a one long event. But, research shows that, in an average night, there are five stages of sleep and four cycles, during which the sequence of stages is repeated. Heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after that, if awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickens, brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is at a phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop insomnia, a sleeping disorder. One theory for the age-related changes changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?  
Select the correct number in the boxes given against each statement

The stages of sleep.	Choose... ▾
Lifestyle changes which can help overcome sleep-related problems	Choose... ▾
How much sleep do we need to stay healthy?	Choose... ▾
The necessity of sleep for humans.	Choose... ▾
Factors that cause sleep disorders	Choose... ▾



6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?  
Select the correct number in the boxes given against each statement

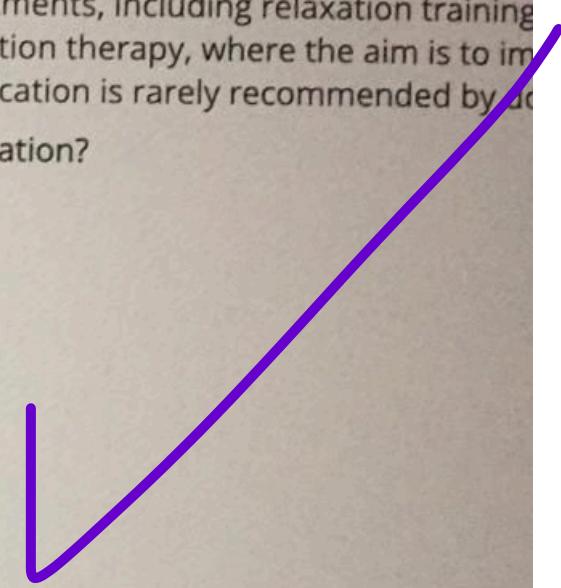
How much sleep do we need to stay healthy?

Factors that cause sleep disorders

Lifestyle changes which can help overcome sleep-related problems

The necessity of sleep for humans.

The stages of sleep.

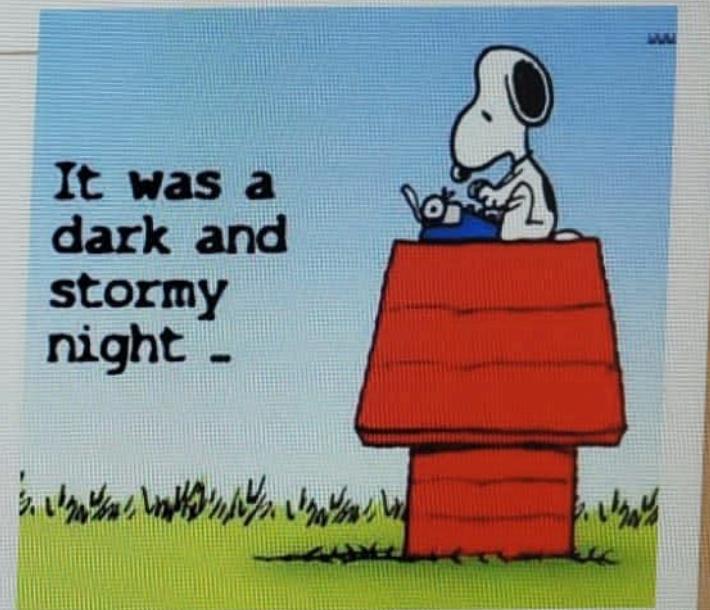


MacBook Air

# What is narrative writing?

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- An essay that narrates a story; can be either **experiential** (**observed**), or personal; expressed **creatively**.





# NetExam

Sri Lanka Institute of Information Technology

Question 6

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the old folks to sit and wait until they are called.
- b. I'll ask the old woman to sit and wait until she is called.
- c. I'll ask the old man to sit and wait until the he is called.
- d. I'll ask the pensioners to sit and wait until they are called.

[Next page](#)

# What is an argumentative essay?

A genre of writing that requires to examine a topic; **collect, generate, and evaluate evidence**; and **establish a position** on the topic.



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of  
estion

Read the following sentence and select the most appropriate sentence from the given discriminatory.

The nurse awoke her patient before the doctor's arrival.

Select one:

- a. The nurse awoke the patient before the doctor's arrival.
- b. The nurse awoke his patient before the doctor's arrival.
- c.  
The nurse awoke the lady patient before the doctor's arrival.
- d.  
The nurse awoke their patient before the doctor's arrival.



# NetExam

Sri Lanka Institute of Information Technology

Question 8

Not yet answered

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2.00

Flag question

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- b. A student who loses too much sleep may have trouble focusing during the exams.
- c. Students who lose too much sleep may have trouble focusing during the exams.
- d. A student who loses too much sleep may have trouble focusing during men's exams.

## ≡ Quiz navigation

### ACADEMIC INTEGRITY DECLARATION

I

### QUESTIONS

- 1    2    3    4    5    6    7  
8    9    .

### FEEDBACK ON THE EXAM

10  
. .

Finish attempt ...

Time left 1:59:06

Next page



27°C

Lis

**Question 10**

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

The nurse awoke her patient before the doctor's arrival.

Select one:

- a.  
The nurse awoke the lady patient before the doctor's arrival.
- b. The nurse awoke his patient before the doctor's arrival.
- c. The nurse awoke the patient before the doctor's arrival.
- d.  
The nurse awoke their patient before the doctor's arrival.

  
Next pageNEW  
4  
11  
15FEEDB  
18

Medication is rarely recommended by doctors.

According to the passage, consumption of alcohol can disrupt sleep.

True

Sleep is essential only for physical well-being.

False

There is a popular belief that sleep is one long occurrence.

True

Healthy individuals who take less than three hours of sleep are commonly found.

False

The muscles relax during the second stage of sleep.

False

Dreaming and sleep-walking occur at similar stages of sleep.

False

Lack of sleep can disrupt the thinking process.

True

Medication is suggested by doctors to improve the quality of sleep.

False

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

True

The dreams occur during the REM stage.

True

 NetExam  
Sri Lanka Institute of Information Technology

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. Students who lose too much sleep may have trouble focusing during the exams.
- b. A student who loses too much sleep may have trouble focusing during the exams.
- c. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- d. A student who loses too much sleep may have trouble focusing during ~~ohe's~~'s exams.

answer is c

X

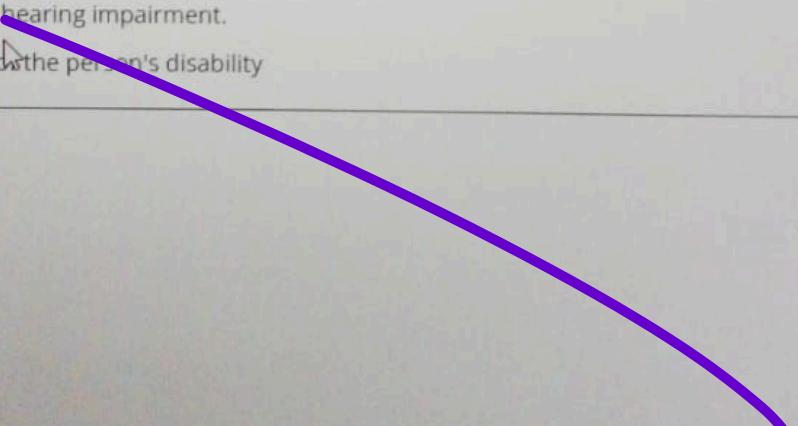
X | i | +

 NetExam  
Sri Lanka Institute of Information Technology

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

- a.  
The deaf gentleman who is in the corner of the ...
- b. A person who has a vision impairment.
- c. A person who has a hearing impairment.
- d. Avoid any mention of the person's disability



**NetExam**  
Sri Lanka Institute of Information Technology

5  
Inefficiency in 1. \_\_\_\_\_ an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_ Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_ your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4. \_\_\_\_\_ that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5. \_\_\_\_\_, since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills. I hope we can resolve this situation promptly.

**Next page**

training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The muscles relax during the second stage of sleep.

False

Healthy individuals who take less than three hours of sleep are commonly found.

False

Medication is suggested by doctors to improve the quality of sleep.

True

Lack of sleep can disrupt the thinking process.

True

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

Dreaming and sleep-walking occur at similar stages of sleep..

False

According to the passage, consumption of alcohol can disrupt sleep.

False

Sleep is essential only for physical well-being.

False

The dreams occur during the REM stage.

True

There is a popular belief that sleep is one long occurrence.

True

Related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Sleep is essential only for physical well-being.

False

According to the passage, consumption of alcohol can disrupt sleep.

True

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

The muscles relax during the second stage of sleep.

False

Healthy individuals who take less than three hours of sleep are commonly found.

False

There is a popular belief that sleep is one long occurrence.

True

The dreams occur during the REM stage.

True

Lack of sleep can disrupt the thinking process.

True

Dreaming and sleep-walking occur at similar stages of sleep.

False

Medication is suggested by doctors to improve the quality of sleep.

True

**Identify appropriate antonyms (a word of opposite meaning)**

(untouched, permit, forbid, suffer, calmness, confusion)

1. anxiety - calmness
2. enable - forbid
3. affected - untouched
4. deprive - permit
5. sequence - confusion



Question 4

Not yet answered

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2.00

Flag question

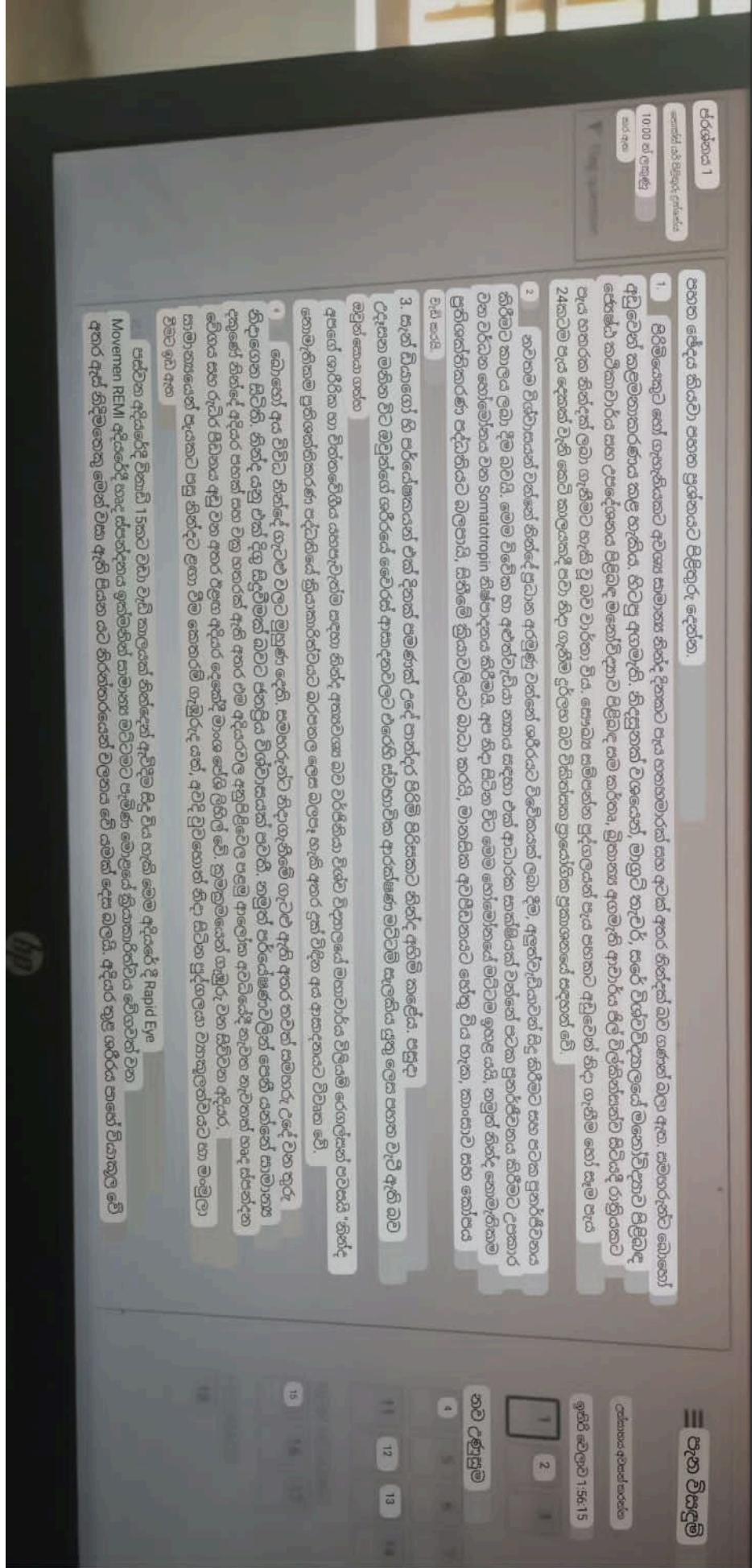
Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

The nurse awoke her patient before the doctor's arrival.

Select one:

- a. The nurse awoke the patient before the doctor's arrival.
- b.  
The nurse awoke the lady patient before the doctor's arrival.
- c. The nurse awoke his patient before the doctor's arrival.
- d.  
The nurse awoke their patient before the doctor's arrival.

[Next page](#)





ion 9

et answered

ed out of

flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

Some scholars instructed the poetess to use her own language.

Select one:

- a. Some scholars instructed the poetess to use his/her own language.
- b. Some scholars instructed the poet to use his own language.
- c. Some scholars instructed the poet to use the poet's own language.
- d. Some scholars instructed the poetess to use own language.

Next page

The aim is to improve sleep quality by strictly re-  
rarely recommended by doctors.

Identify appropriate antonyms (a word of opposi-

(untouched, permit, forbid, suffer, calmness, con-

1. anxiety - calmness
2. enable - forbid
3. affected - untouched
4. deprive - permit
5. sequence - confusion



Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. The scholar will be presenting her research reports to the council tomorrow.
- b. The scholars will be presenting their research reports to the council tomorrow.
- c. The scholars will be presenting several research reports to the council tomorrow.
- d. The scholar will be presenting the research reports to the council tomorrow.

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- b. A student who loses too much sleep may have trouble focusing during the exams.
- c. Students who lose too much sleep may have trouble focusing during the exams.
- d. A student who loses too much sleep may have trouble focusing during one's exams.





Question 15

Not yet answered  
Marked out of  
5.00

Flag question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1 \_\_\_\_\_ Resolving \_\_\_\_\_ an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2 \_\_\_\_\_, intermittent. Even when it is working, it is so slow that it

is unusable. I have actually 3 \_\_\_\_\_ informed \_\_\_\_\_ your customer service department of this via phone on two separate occasions, and the problem has now been ongoing  
for around ten weeks. I would like to 4 \_\_\_\_\_ request \_\_\_\_\_ that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could  
contact me at this email address to arrange a suitable time, that would be great.

5 \_\_\_\_\_ Furthermore \_\_\_\_\_, since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The  
amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills.  
I hope we can resolve this situation promptly.

Quiz navigation

Finish attempt ...

Time left 0:58:48

1 2 3

NEW HEADING

4 5 6 7

14

NEW HEADING

15 16 17

FEEDBACK

18

Next page

Select whether the following statements are "true" or "false".

The term "working mother" is better than the term "housewife".

False ▾

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

Choose... ▾

Using the phrase "see you later" to a person with visual impairment is appropriate.

Choose... ▾

The term "sales associate" is a gender-biased term than "salesperson".

Choose... ▾

The term "postal worker" is unbiased than the term "mailman".

Choose... ▾

X | i | +

 NetExam  
Sri Lanka Institute of Information Technology

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

I'll ask the old men to sit and wait until they are called.

Select one:

a. I'll ask the old folks to sit and wait until they are called.  
 b. I'll ask the old man to sit and wait until the he is called.  
 c. I'll ask the old woman to sit and wait until she is called.  
 d. I'll ask the pensioners to sit and wait until they are called.

Next page



Question 15

Not yet answered

Marked out of  
5.00 Flag question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1. \_\_\_\_\_ Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_  intermittent

Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_ informed  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4. \_\_\_\_\_ request that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5. \_\_\_\_\_ Furthermore  since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills.

I hope we can resolve this situation promptly.

[Next page](#)

≡ Q

Finish a

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1 2

NEW HEAD

4 5

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18



# NetExam

Sri Lanka Institute of Information Technology

Question 10

Not yet answered

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\* Flag question

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

- a. A person who has a hearing impairment.
- b. A person who has a vision impairment.
- c. The deaf gentleman who is in the corner of the ...
- d. Avoid any mention of the person's disability

Next page

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?  
Select the correct number in the boxes given against each statement

The stages of sleep.

4



Factors that cause sleep disorders

5



The necessity of sleep for humans.

3



How much sleep do we need to stay healthy?

1



Lifestyle changes which can help overcome sleep-related problems

6



Next page



Question 7

Not yet answered

Marked out of

2.00

Flag question

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one

- a. A person who has a hearing impairment.
- b. A person who has a vision impairment.
- c. The deaf gentleman who is in the corner of the ...
- d. Avoid any mention of the person's disability

Select whether the following statements are "true" or "false".

The term "sales associate" is a gender-biased term than "salesperson".

False

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

True

The term "postal worker" is unbiased than the term "mailman".

True

Using the phrase "see you later" to a person with visual impairment is appropriate.

False

The term "working mother" is better than the term "housewife".

True

Next

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Medication is suggested by doctors to improve the quality of sleep.

Choose... ▾

The muscles relax during the second stage of sleep.

Choose... ▾

Lack of sleep can disrupt the thinking process.

True

Sleep is essential only for physical well-being.

False

Healthy individuals who take less than three hours of sleep are commonly found.

Choose... ▾

According to the passage, consumption of alcohol can disrupt sleep.

Choose... ▾

Dreaming and sleep-walking occur at similar stages of sleep.

Choose... ▾

The dreams occur during the REM stage.

Choose... ▾

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

Choose... ▾

There is a popular belief that sleep is one long occurrence.

Choose... ▾

Next page



5

Answered  
out of

Question

Select the gender-biased term from the given list to refer to "people".

Select one:

- a. humankind
- b. human beings
- c. mankind
- d. human race



Question 5

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

An employee should be well prepared when he attends business meetings.

Select one:

- a. Employees should be well prepared when he attends business meetings.
- b. An employee should be well prepared when they attend business meetings.
- c. An employee should be well prepared when she attends business meetings.
- d. Employees should be well prepared when they attend business meetings.

Next page

**Question 3**

Not yet answered

Marked out of  
10.00

Flag question

Read the following passage and identify whether the following statements are "True" or "False".

1. It is estimated that the average sleep a man or a woman needs is between seven-and-a-half and eight hours' of sleep a night. Some can manage on a lot less. Former Prime Minister, Margaret Thatcher, for example, was reported to be able to get by on four hours' of sleep a night when she was the Prime Minister of Britain. Dr. Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleep less than five hours or even as little as two hours in every 24 hours are rare.

2. The latest beliefs are that the main purposes of sleep are to **enable** the body to rest, allowing time for repairs to take place and for tissues to be revived. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone, Somatotropin, which helps tissue to revive. The level of this hormone rises while we are asleep. Lack of sleep, however, can affect the immune system, disturb the thinking process, cause depression, promote **anxiety**, and irritability.

3. Researchers in San Diego **deprived** a group of men of sleep during the early hours of the morning on just one day. They found that levels of their bodies' natural defences against viral infections had fallen significantly when measured the following morning.

"Sleep is essential for our physical and emotional well-being" says Professor William Regelson of Virginia University. "Lack of sleep can seriously **affect** the functioning of the immune system, and sufferers become open to infection".

4. Many people experience different sleeping problems. Some have problems getting to sleep, others with staying asleep until the morning. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are five stages of sleep and four cycles, during which the **sequence** of stages is repeated. In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, if awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Medication is suggested by doctors to improve the quality of sleep.

Choose... ▾

**≡ Quiz navig**[Finish attempt ...](#)**Time left:** 1:46:07

1	2	3
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**NEW HEADING**

4	5	6	7
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12	13	14
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**NEW HEADING**

15	16	17
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**FEEDBACK**

18
----

Moodle

20.00

Flag question

My resume is enclosed with this letter so you can review my education, work experience, and achievements. I would appreciate an opportunity to talk with you or a member of the marketing team to see how my experience and skills could benefit your company.

Dear Mr Smith

03 November 2020

Thank you for your time and consideration. I look forward to speaking with you in the near future.

Applying for the Post of Marketing Officer

Director  
Human Resources  
United International  
123 Business Rd  
Wattala

I have five years of experience working as a Marketing Strategist for one of our local retail clothing stores. During my time in this role, I increased the number of website page views by 120 percent and reduced the cost of customer acquisition by 20 percent. In addition, our sales increased by 50 percent during that time.

Yours Sincerely

Joseph De Silva  
Joseph De Silva

Joseph De Silva  
123 Main Street  
Kandana

Finish assessment

Time left 0:59:10

1 2 3

NEW HEADING

4 5 6 7 8 9 10

11 12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

Activate Windows  
Go to Settings to activate Windows



# NetExam

Sri Lanka Institute of Information Technology

Question 5

Not yet answered

Marked out of  
0.00

Flag question

What would be the most appropriate, gender-neutral word to refer to a fireman?

Select one:

- a. fire males
- b. fire gentlemen
- c. firefighter
- d. fire folks

Next p...

**NetExam**  
Sri Lanka Institute of Information Technology

Select whether the following statements are "true" or "false".

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

Using the phrase "see you later" to a person with visual impairment is appropriate.

The term "sales associate" is a gender-biased term than "salesperson".

The term "postal worker" is unbiased than the term "mailman".

The term "working mother" is better than the term "housewife".



### Question 6

Not yet answered

Marked out of  
2.00

Flag question

Select the gender-biased term from the given list to refer to "people".

Select one:

- a. human race
- b. humankind
- c. human beings
- d. mankind



training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. This is rarely recommended by doctors.

**The passage has six sections numbered 1-6. Which section contains the following information?  
Select the correct number in the boxes given against each statement**

The stages of sleep.

4 ▾

Factors that cause sleep disorders

5 ▾

Lifestyle changes which can help overcome sleep-related problems

6 ▾

How much sleep do we need to stay healthy?

1 ▾

The necessity of sleep for humans.

3 ▾



# 8 Parts of Speech



## NOUN

A **noun** names a person, place, things or idea.

### Examples

*dog, cat, horse, student, teacher, apple, Mary and etc...*

## VERB

A **verb** is a word or group of words that describes an action, experience.

### Examples

*realize, walk, see, look, sing, sit, listen and etc...*

## PREPOSITION

A **preposition** is used before a noun, pronoun, or gerund to show place, time, direction in a sentence.

### Examples

*at, in, on, about, to, for, from and etc...*

## PRONOUN

**Pronouns** replace the name of a person, place, thing or idea in a sentence.

### Examples

*he, she, it, we, they, him, her, this ,that and etc...*

## ADVERB

An **adverb** tells how often, how, when, where. It can describe a verb, an adjective or an adverb.

### Examples

*loudly, always, never, late, soon etc...*

## ADJECTIVE

An **adjective** describes a noun or pronoun.

**Examples;** red, tall, fat, long, short, blue, beautiful, sour, bitter and etc...

## CONJUNCTION

**Conjunctions** join words or groups of words in a sentence.

**Examples;** and, because, yet, therefore, moreover, since, or, so, until, but and etc...

## INTERJECTION

**Interjections** express strong emotion and is often followed by an exclamation point.

### Examples

*Bravo! Well! Aha! Hooray! Yeah! Oops! Phew!*



**[www.englishstudyhere.com](http://www.englishstudyhere.com)**

945 x 1134

b. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The dreams occur during the REM stage.

True

Medication is suggested by doctors to improve the quality of sleep.

False

Dreaming and sleep-walking occur at similar stages of sleep.

True

The muscles relax during the second stage of sleep.

False

According to the passage, consumption of alcohol can disrupt sleep.

True

There is a popular belief that sleep is one long occurrence.

True

Healthy individuals who take less than three hours of sleep are commonly found.

False

Sleep is essential only for physical well-being.

False

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

Lack of sleep can disrupt the thinking process.

False

Next page

john33@gmail.com

## English Language Training Proposal

Dear Mr. John,

Further to our conversation this morning, I am attaching our proposal for your employees to come and study at the British Council. If you would like to come and visit the premises and look at the facilities we offer students, please get in touch to arrange a date and time. Alternatively, I can come and talk about the proposal in more detail.

I look forward to hearing from you soon.

Regards

Krystine

Krystine Crystal  
Senior Training Consultant  
Corporate Services  
The British Council



Send ▾





Select the gender-biased term from the given list to refer to "people".

Select one:

- a. mankind
- b. human beings
- c. human race
- d. humankind

Nex



## Formal Letter Format

Name of the Sender

Address

Date

To

Name of the Recipient

Designation

Company Name

Address

Salutation (Dear Sir./Madam)

Subject:

Body of the Letter

[Write 2 -3 paragraphs including the reason behind the letter. Make sure to keep the letter concise without dragging too much]

Thank you for your consideration. Waiting for your response.

Yours Sincerely,

Name

Signature

study this format

Marked out of  
0.00

Flag question

Invitation to Attend Liberal Arts Department Event

Thank you

Dear Mr Botheju

Yours sincerely

Linda Lanerol

Linda Lanerol

Liberal Arts Department Chair

The event will be held at the Cox Student Center at the University of Colombo and will last about two to three hours. If you have an interest in attending or sending a company representative to meet with our students, please let me know at your earliest convenience and I can reserve a table for you.

I would like to invite you to attend our upcoming Liberal Arts Department's Job Networking event. The event will be held on the afternoon of May 1, 2020. We wish to provide our graduating seniors with an opportunity to meet business leaders in the area who may be looking for new hires who hold degrees in the Liberal Arts.

Linda Lanerol

University of Colombo

123 Main Street

Colombo 01

Thank for your time and I hope to hear from you soon

20 January 2020

Oscar Botheju

Managing Editor

Acme Graphic & Design

123 Business Rd

Colombo 05

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1

8

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3

Finish attempt...

Time left 1:22:21

1 2 3

NEW HEADING

4 5 6 7 8

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NEW HEADING

15 16 17

FEEDBACK

18



ed  
on  
Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. A student who loses too much sleep may have trouble focusing during the exams.
- b. A student who loses too much sleep may have trouble focusing during one's exams.
- c. Students who lose too much sleep may have trouble focusing during the exams.
- d. Students who lose too much sleep may have trouble focusing during the ladies' exams.



Next pag

20.00

Flag question

My resume is enclosed with this letter so you can review my education, work experience, and achievements. I would appreciate an opportunity to talk with you or a member of the marketing team to see how my experience and skills could benefit your company.

8

I recently read an article about United International's new approach to digital marketing in Marketing Magazine Online, and I'm writing to inquire whether you have any marketing positions open.

6

I have five years of experience working as a Marketing Strategist for one of our local retail clothing stores. During my time in this role, I increased the number of website page views by 120 percent and reduced the cost of customer acquisition by 20 percent. In addition, our sales increased by 50 percent during that time.

7

Applying for the Post of Marketing Officer

5

Dear Mr Smith

4

Thank you for your time and consideration. I look forward to speaking with you in the near future.

9

Joseph De Silva  
123 Main Street  
Kandana

1

03 November 2020

2

Director  
Human Resources  
United International  
123 Business Rd  
Wattala

3

Yours Sincerely

Finish attempt ...

Time left 1:08:57

1 2 3

NEW HEADING

4 5 6 7 8 9 10

11 12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

Marked out of  
20/20  
Flag question

I recently read an article about United International's new approach to digital marketing in Marketing Magazine Online, and I'm writing to inquire whether you have any marketing positions open.

Choose... ▾

My resume is enclosed with this letter so you can review my education, work experience, and achievements. I would appreciate an opportunity to talk with you or a member of the marketing team to see how my experience and skills could benefit your company.

Choose... ▾

Thank you for your time and consideration. I look forward to speaking with you in the near future.

Choose... ▾

03 November 2020

Choose... ▾

Yours Sincerely

Choose... ▾

joseph De Silva  
Joseph De Silva

Choose... ▾

Applying for the Post of Marketing Officer

Choose... ▾

joseph De Silva  
123 Main Street  
Kandana

Choose... ▾

Dear Mr. Smith

Choose... ▾

I have five years of experience working as a Marketing Strategist for one of our local retail clothing stores. During my time in this role, I increased the number of website page views by 120 percent and reduced the cost of customer acquisition by 20 percent. In addition, our sales increased by 50 percent during that time.

Choose... ▾

Director  
Human Resources  
United International  
123 Business Rd  
Wattala

Choose... ▾

Finish attempt...

Time left: 00:45:4

1 2 3

NEW HEADINGS

4 5 6 7

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NEW HEADING

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FEEDBACK

18



# NetExam

Sri Lanka Institute of Information Technology

**Question 11**

Not yet answered

Marked out of  
2.00

Flag question

What would be the most appropriate, gender-neutral word to refer to a fireman?

Select one:

- a. firefighter
- b. fire folks
- c. fire males
- d. fire gentlemen

File X

X ⓘ N

 NetExam

Sri Lanka Institute of Information Technology

15  
answered  
1 out of  
question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1. \_\_\_\_\_ Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_ intermittent  Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_ informed  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4. \_\_\_\_\_ request  that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5. \_\_\_\_\_ However , since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills. I hope we can resolve this situation promptly.

ered  
f  
tion

**Read the following sentence and select the most appropriate sentence from the given options. Avoid discriminatory.**

I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the old folks to sit and wait until they are called.
- b. I'll ask the old woman to sit and wait until she is called.
- c. I'll ask the pensioners to sit and wait until they are called.
- d. I'll ask the old man to sit and wait until the he is called.



looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Identify appropriate antonyms (a word of opposite meaning) for the following words.

(untouched, permit, forbid, suffer, calmness, confusion)

1. anxiety -
2. enable -
3. affected -
4. deprive -
5. sequence -

next page

Related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Sleep is essential only for physical well-being.

False ▾

According to the passage, consumption of alcohol can disrupt sleep.

True ▾

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False ▾

The muscles relax during the second stage of sleep.

False ▾

Healthy individuals who take less than three hours of sleep are commonly found.

False ▾

There is a popular belief that sleep is one long occurrence.

True ▾

The dreams occur during the REM stage.

True ▾

Lack of sleep can disrupt the thinking process.

True ▾

Dreaming and sleep-walking occur at similar stages of sleep.

False ▾

Medication is suggested by doctors to improve the quality of sleep.

True ▾

ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has six sections numbered 1-6. Which section contains the following information?  
Select the correct number in the boxes given against each statement

The stages of sleep.

▼

How much sleep do we need to stay healthy?

▼

The necessity of sleep for humans.

▼

Factors that cause sleep disorders

▼

Lifestyle changes which can help overcome sleep-related problems

▼

NEXT PAGE



Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the old woman to sit and wait until she is called.
- b. I'll ask the pensioners to sit and wait until they are called.
- c. I'll ask the old folks to sit and wait until they are called.
- d. I'll ask the old man to sit and wait until the he is called.

idle

NetExam  
Sri Lanka Institute of Information Technology

Question 15  
yet answered  
marked out of 10  
Flag question

Write an essay on ONE of the following topics. Limit your essay to 250 words.  
Type the essay in the given space. (No attachments are allowed)

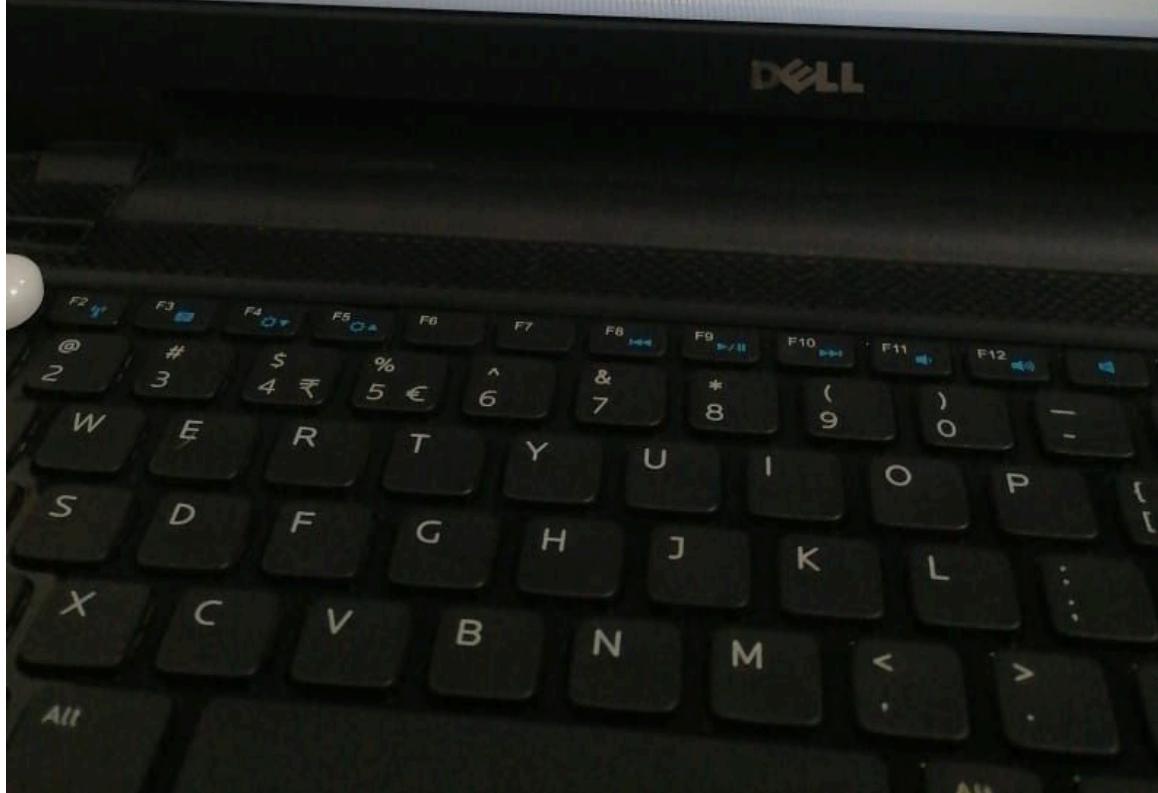
1. What are the issues caused by the technological development to the modern family and society? Explain.
2. "Exercise can cure all the diseases"

To what extent do you agree or disagree with this opinion?

3. "The moment I stepped out of the house I could see the clear open sky as if I was on a top of a mountain. While I could see hundreds of stars in the sky, there was no moon that night....."

Write a narrative essay using the prompt given at the beginning of the essay.

DELL



## Exam

QA Institute of Information Technology

At the most suitable answer from the suggested answers in the boxes to complete the following formal efficiency in 1 \_\_\_\_\_ Resolving  an Issue Concerning the Internet Connection  
I have been a satisfied customer of yours for over a year, but recently my connection has become  
2 \_\_\_\_\_ intermittent  Even when it is working, it is so slow that it is unusable. I have actually  
3 \_\_\_\_\_ informed  your customer service department of this via phone on two separate occasions  
and the problem has now been ongoing for around ten weeks. I would like to 4 \_\_\_\_\_ request   
that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could  
contact me at this email address to arrange a suitable time, that would be great.  
5 \_\_\_\_\_ However  , since I have not received the advertised service for two-and-a-half  
months, I do not believe I should be charged for this period. The amount equates to £98.49; I will acc  
either a payment or a reduction in the total of future bills.  
I hope we can resolve this situation promptly.

DELL



erred  
f  
tion

**Read the following sentence and select the most appropriate sentence from the given options. The selected option must not be discriminatory.**

I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the old folks to sit and wait until they are called.
- b. I'll ask the old woman to sit and wait until she is called.
- c. I'll ask the pensioners to sit and wait until they are called.
- d. I'll ask the old man to sit and wait until the he is called.



Select whether the following statements are "true" or "false".

The term "working mother" is better than the term "housewife".

True ▾

False ▾

Using the phrase "see you later" to a person with visual impairment is appropriate.

True ▾

The term "postal worker" is unbiased than the term "mailman".

False ▾

The term "sales associate" is a gender-biased term than "salesperson".

True ▾

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

Next page



5

Answered  
out of

Question

Select the gender-biased term from the given list to refer to "people".

Select one:

- a. humankind
- b. human beings
- c. mankind
- d. human race

Write an essay on ONE of the following topics. Limit your essay to 250 words.

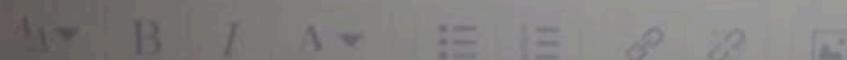
Type the essay in the given space. (No attachments are allowed)

1. What are the issues caused by the technological development to the modern family and society? Explain.
2. "Exercise can cure all the diseases"

To what extent do you agree or disagree with this opinion?

3. "The moment I stepped out of the house I could see the clear open sky as if I was on a top of a mountain. While I could see many stars in the sky, there was no moon that night....."

Write a narrative essay using the prompt given at the beginning of the essay.



Somatotropin, which helps tissue to revive. The level of this hormone can affect the immune system, disturb the thinking process, cause depression, problems with memory and even increase the risk of heart disease.

3. Researchers in San Diego **deprived** a group of men of sleep during a week. They found that levels of their bodies' natural defences against viral infections had fallen.

'Sleep is essential for our physical and emotional well-being" says Professor Peter Hockley. "Sleep deprivation seriously **affect** the functioning of the immune system, and sufferers are more likely to catch colds."

4. Many people experience different sleeping problems. Some have trouble getting to sleep, others wake up in the middle of the night. There are four stages of sleep. In the first stage, the eyes close and the muscles relax. In the next two stages, sleep gets progressively deeper. In the final stage, the sleeper goes through a series of four cycles, during which the **sequence** of stages is repeated. In the final stage, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than a few minutes. The heart rate and breathing slow down, the heartbeat quickly gets back to normal levels. Brain activity speeds up again. In the final stage, the body is almost paralysed.

5. Sleeping patterns change with age, which is why many people complain about lack of sleep. One reason for this related change is that it is due to hormonal changes. It is estimated that teenagers need about nine hours sleep a night. Causes can be anything from pregnancy and stress to alcohol and heavy smoking. A recent survey showed that ex-smokers got to sleep in 18 minutes rather than 30 minutes.

6. Apart from self-help therapy such as regular exercise, there are other ways of improving your sleep. These include aimed at getting rid of pre-sleep worries and anxieties. There is also strict dieting, avoiding coffee and tea before bed, and strictly regulating the time people go to bed and when they get up. Most people need between seven and nine hours sleep a night.

**Identify appropriate antonyms (a word of opposite meaning) for the following words.**

(untouched, permit, forbid, suffer, calmness, confusion)

1. anxiety - calmness

2. enable - forbid

3. affected - untouched

4. deprive - permit

5. sequence - confusion

**Question 4**

Not yet answered

Marked out of  
2.00[Flag question](#)

What would be the most appropriate, gender-neutral word to refer to a fireman?

Select one:

- a. fire folks
- b. fire gentlemen
- c. firefighter
- d. fire males

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The muscles relax during the second stage of sleep.

False

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

Healthy individuals who take less than three hours of sleep are commonly found.

Choose...

Medication is suggested by doctors to improve the quality of sleep.

False

There is a popular belief that sleep is one long occurrence.

Choose...

The dreams occur during the REM stage.

True

Sleep is essential only for physical well-being.

False

Dreaming and sleep-walking occur at similar stages of sleep.

False

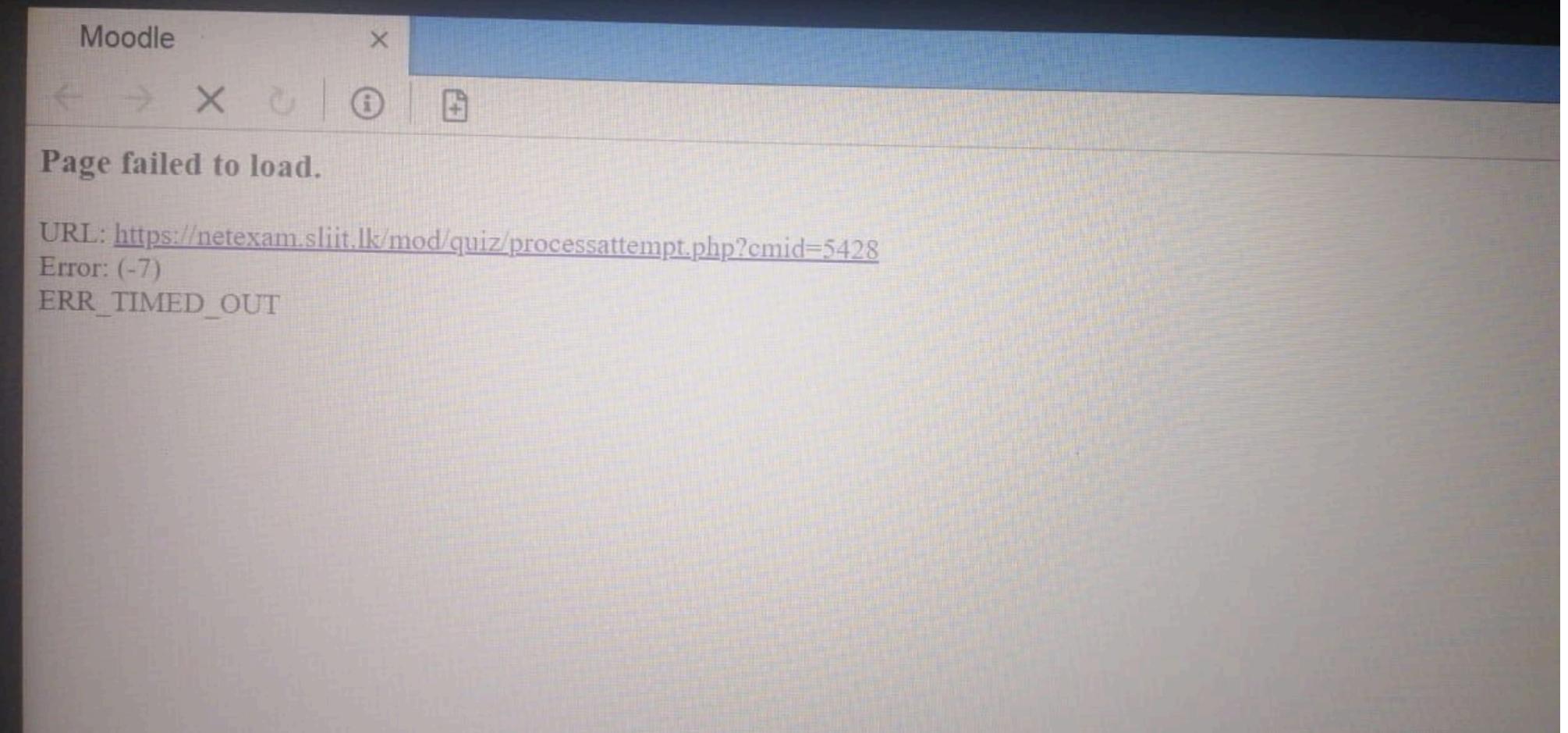
According to the passage, consumption of alcohol can disrupt sleep.

True

Lack of sleep can disrupt the thinking process.

Choose...

Next page



heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder related to this is that it is due to hormonal changes. It is estimated that roughly one in three people suffer from it. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that has been linked to insomnia. A survey showed that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation techniques aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

There is a popular belief that sleep is one long occurrence.

Medication is suggested by doctors to improve the quality of sleep.

Sleep is essential only for physical well-being.

According to the passage, consumption of alcohol can disrupt sleep.

The dreams occur during the REM stage.

Dreaming and sleep-walking occur at similar stages of sleep. →

The muscles relax during the second stage of sleep.

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

Lack of sleep can disrupt the thinking process.

Healthy individuals who take less than three hours of sleep are commonly found.

HUAWEI





5

Answered  
out of

Question

Select the gender-biased term from the given list to refer to "people".

Select one:

- a. humankind
- b. human beings
- c. mankind
- d. human race

wered  
of  
estion

Read the following sentence and select the most appropriate sentence from the given discriminatory.

**The nurse awoke her patient before the doctor's arrival.**

Select one:

- a. The nurse awoke the patient before the doctor's arrival.
- b. The nurse awoke his patient before the doctor's arrival.
- c.  
The nurse awoke the lady patient before the doctor's arrival.
- d.  
The nurse awoke their patient before the doctor's arrival.

X | i | +

 NetExam  
Sri Lanka Institute of Information Technology

4  
answered  
out of  
question

What would be the most appropriate, gender-neutral word to refer to a fireman?

Select one:

- a. fire males
- b. fire folks
- c. fire gentlemen
- d. firefighter

aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where psychological treatment involves strictly regulating the time people go to bed and when they get up. Medication is rarely recommended.

**Identify appropriate antonyms (a word of opposite meaning) for the following words.**

(untouched, permit, forbid, suffer, calmness, confusion)

1. anxiety - calmness
2. enable - forbid
3. affected - untouched
4. deprive - permit
5. sequence - confusion

erred  
f  
don

**Read the following sentence and select the most appropriate sentence from the given options. The selected option must not be discriminatory.**

I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the old folks to sit and wait until they are called.
- b. I'll ask the old woman to sit and wait until she is called.
- c. I'll ask the pensioners to sit and wait until they are called.
- d. I'll ask the old man to sit and wait until the he is called.



**Question 5**

Not yet answered

Marked out of  
2.00

Flag question

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

- a. A person who has a hearing impairment.
- b. The deaf gentleman who is in the corner of the ...
- c. A person who has a vision impairment.
- d. Avoid any mention of the person's disability



5

Answered

out of

question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for her study loan,
- b. Each student is responsible for woman's study loan.
- c. Each student is responsible for the study loan.
- d. Each student is responsible for the boy's study loan.

Next page

5. Sleeping patterns change with age, which is why many people over 60 develop insomnia, a sleeping disorder. One theory for this age related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

Healthy individuals who take less than three hours of sleep are commonly found.

False

Dreaming and sleep-walking occur at similar stages of sleep.

False

There is a popular belief that sleep is one long occurrence.

True

The muscles relax during the second stage of sleep.

False

Lack of sleep can disrupt the thinking process.

True

Sleep is essential only for physical well-being.

False

According to the passage, consumption of alcohol can disrupt sleep.

True

Studies of Surrey University emphasize that sleep deprivation can seriously affect the immunity of individuals.

False

The dreams occur during the REM stage.

True

Medication is suggested by doctors to improve the quality of sleep.

False

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

- a. A person who has a hearing impairment.
- b. Avoid any mention of the person's disability
- c. A person who has a vision impairment.
- d.

The deaf gentleman who is in the corner of the ...



Question 4

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

The nurse awoke her patient before the doctor's arrival.

Select one:

- a. The nurse awoke his patient before the doctor's arrival.
- b.  
The nurse awoke the lady patient before the doctor's arrival.
- c.  
The nurse awoke their patient before the doctor's arrival.
- d. The nurse awoke the patient before the doctor's arrival.

Next page

Moodle

NetExam  
Sri Lanka Institute of Information Technology

Question 4  
Not yet answered  
Marked out of 2.00  
Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
The nurse awoke her patient before the doctor's arrival.

Select one:

a. The nurse awoke the patient before the doctor's arrival.  
 b. The nurse awoke the lady patient before the doctor's arrival.  
 c. The nurse awoke his patient before the doctor's arrival.  
 d. The nurse awoke their patient before the doctor's arrival.

Next page



Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for her study loan.
- b. Each student is responsible for the boy's study loan.
- c. Each student is responsible for the study loan.
- d. Each student is responsible for woman's study loan.

Next page



Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. Students who lose too much sleep may have trouble focusing during the exams.
- b. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- c. A student who loses too much sleep may have trouble focusing during one's exams.
- d. A student who loses too much sleep may have trouble focusing during the exams.

Next page



ed

n

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
An employee should be well prepared when he attends business meetings.

Select one:

- a. Employees should be well prepared when he attends business meetings.
- b. An employee should be well prepared when she attends business meetings.
- c. An employee should be well prepared when they attend business meetings.
- d. Employees should be well prepared when they attend business meetings.





5  
Answered  
out of  
question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

An employee should be well prepared when he attends business meetings.

Select one:

- a. Employees should be well prepared when he attends business meetings.
- b. An employee should be well prepared when she attends business meetings.
- c. Employees should be well prepared when they attend business meetings.
- d. An employee should be well prepared when they attend business meetings.



**Question 5**

Not yet answered

Marked out of  
2.00

Flag question

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

- a. A person who has a hearing impairment.
- b. The deaf gentleman who is in the corner of the ...
- c. Avoid any mention of the person's disability
- d. A person who has a vision impairment.

answered

1 out of

3 question

Some scholars instructed the poetess to use her own language.

Select one:

- a. Some scholars instructed the poetess to use his/her own language.
- b. Some scholars instructed the poetess to use own language.
- c. Some scholars instructed the poet to use the poet's own language.
- d. Some scholars instructed the poet to use his own language.



**Question 4**

Not yet answered

Marked out of  
2.00

Flag question

Select the gender-biased term from the given list to refer to "people".

Select one:

- a. humankind
- b. mankind
- c. human beings
- d. human race



# NetExam

Sri Lanka Institute of Information Technology

**Question 6**

Not yet answered

Marked out of  
2.00[Flag question](#)

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

An employee should be well prepared when he attends business meetings.

Select one:

- a. Employees should be well prepared when he attends business meetings.
- b. An employee should be well prepared when she attends business meetings.
- c. Employees should be well prepared when they attend business meetings.
- d. An employee should be well prepared when they attend business meetings.

 NetExam  
Sri Lanka Institute of Information Technology

11 answered out of 15 question

Select whether the following statements are "true" or "false".

The term "working mother" is better than the term "housewife".  True  Choose...  False

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.  True  Choose...  False

Using the phrase "see you later" to a person with visual impairment is appropriate.  True  Choose...  False

The term "postal worker" is unbiased than the term "mailman".  True  Choose...  False

The term "sales associate" is a gender-biased term than "salesperson".  True  Choose...  False

**Next**

needs is between seven-and-a-half and eight hours. Margaret Thatcher, for example, was reported to be able to get by on five hours a night. Dr. Jill Wilkinson, senior lecturer in psychology at Surrey University, states that healthy individuals sleep less than five hours or even four hours a night. The benefits of sleep are to enable the body to rest, allowing time for repairs to take place. Evidence for this rest-and-repair theory is that production of the growth hormone, which peaks at night, rises while we are asleep. Lack of sleep, however, can increase levels of stress hormones such as cortisol and adrenaline, increase depression, promote anxiety, and irritability.

 Server Message

That functionality is currently disabled

one day. This morning I had difficulty getting out of bed. "Lack of sleep" is the reason given.

OK

... stage four, usually reached after an hour, sleep is so deep  
ayng asleep unt  
ere are five stage.  
d pressure go dow  
ore than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stag  
peeds up, and the eyes move constantly beneath closed lids as if the sleep  
aralysed. This REM phase is also the time when we dream.  
people over 60 develop Insomnia, a sleeping disorder. One theory for the age  
mated that roughly one in three people suffer some kind of sleep disturbance  
and heart disease. Smoking is another factor that affects sleep, with one  
are psychological treatments, including relaxation training and therapy  
also sleep reduction therapy, where the aim is to improve sleep quality by  
o. Medication is rarely recommended by doctors.

## Server Message

*That functionality is currently disabled*

OK



Select whether the following statements are "true" or "false".

The term "working mother" is better than the term "housewife".

True ▾

The term "postal worker" is unbiased than the term "mailman".

True ▾

The term "sales associate" is a gender-biased term than "salesperson".

False ▾

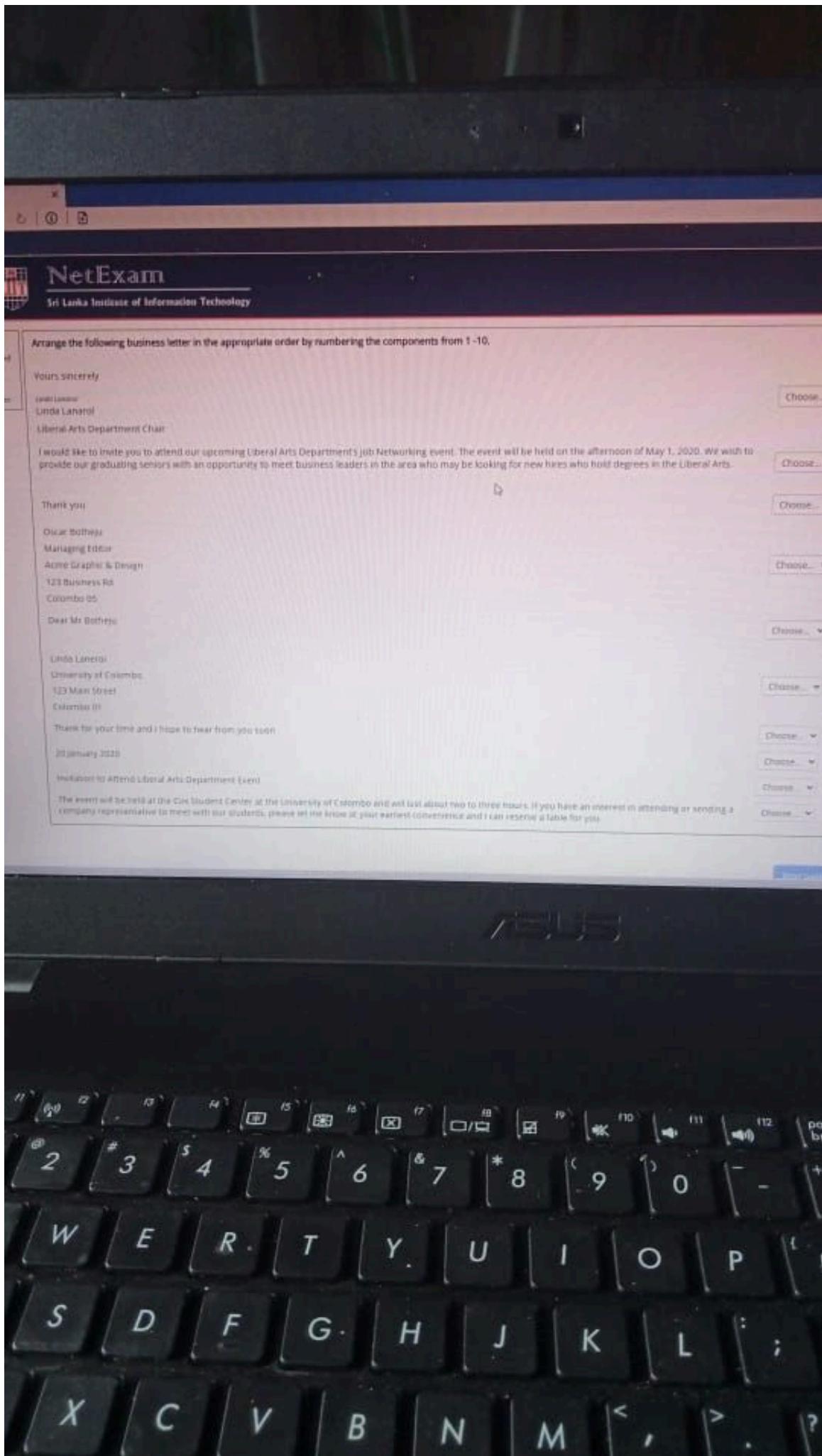
Using the phrase "see you later" to a person with visual impairment is appropriate.

False ▾

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

False ▾

Next page





**Question 14**

Not yet answered

Marked out of  
2.00

Flag question

What would be the most appropriate, gender-neutral word to refer to a fireman?

Select one:

- a. firefighter
- b. fire gentlemen
- c. fire males
- d. fire folks



# NetExam

Sri Lanka Institute of Information Technology

Select whether the following statements are "true" or "false".

The term "postal worker" is unbiased than the term "mailman".

Choose... ▾

Choose...

False

True

Choose... ▾

The term "working mother" is better than the term "housewife".

Using the phrase "see you later" to a person with visual impairment is appropriate.

Choose... ▾

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

Choose... ▾

The term "sales associate" is a gender-biased term than "salesperson".

Choose... ▾

and four cycles, during which the **sequence** of stages is repeated. In the first light phase, the heart rate and blood pressure go down and the muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour, sleep is so deep that, if awoken, the sleeper would be confused and disorientated.

It is in this phase that sleep-walking can occur, lasting no more than 15 minutes. In the fifth stage, the Rapid Eye Movement (REM) stage, the heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed lids as if the sleeper is looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One theory for the age-related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some kind of sleep disturbance. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep, with one survey showing that ex-smokers got to sleep in 18 minutes rather than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, there are psychological treatments, including relaxation training and therapy aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to improve sleep quality by strictly regulating the time people go to bed and when they get up. Medication is rarely recommended by doctors.

The passage has **six** sections numbered 1-6. Which section contains the following information?

Select the correct number in the boxes given against each statement

Lifestyle changes which can help overcome sleep-related problems

The stages of sleep.

Factors that cause sleep disorders

How much sleep do we need to stay healthy?

The necessity of sleep for humans.

Moodle

NetExam  
Sri Lanka Institute of Information Technology

Question 9  
Not yet answered  
Marked out of 2.00  
Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
I'll ask the old men to sit and wait until they are called.

Select one:

- a. I'll ask the old woman to sit and wait until she is called.
- b. I'll ask the pensioners to sit and wait until they are called.
- c. I'll ask the old man to sit and wait until the he is called.
- d. I'll ask the old folks to sit and wait until they are called.

Next page

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- b. A student who loses too much sleep may have trouble focusing during the exams.
- c. Students who lose too much sleep may have trouble focusing during the exams.
- d. A student who loses too much sleep may have trouble focusing during one's exams.





# NetExam

Sri Lanka Institute of Information Technology

Question 11

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. The scholars will be presenting several research reports to the council tomorrow.
- b. The scholar will be presenting her research reports to the council tomorrow.
- c. The scholars will be presenting their research reports to the council tomorrow.
- d. The scholar will be presenting the research reports to the council tomorrow.



# NetExam

Sri Lanka Institute of Information Technology

Question **14**

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. Students who lose too much sleep may have trouble focusing during the exams.
- b. A student who loses too much sleep may have trouble focusing during the exams.
- c. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- d. A student who loses too much sleep may have trouble focusing during one's exams.

**Question 13**

Not yet answered

Marked out of  
2.00

Flag question

Select the gender-biased term from the given list to refer to "people".

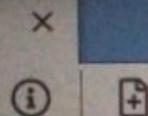
Select one:

- a. mankind
- b. human race
- c. human beings
- d. humankind

The image shows a computer screen displaying a non-discriminatory sentence completion question from the NetExam platform. The question asks the user to select the most appropriate sentence to make the given sentence non-discriminatory. The original sentence is: "Some scholars instructed the poetess to use her own language." The options provided are:

- a. Some scholars instructed the poetess to use his/her own language.
- b. Some scholars instructed the poet to use the poet's own language.
- c. Some scholars instructed the poet to use his own language.
- d. Some scholars instructed the poetess to use own language.

A red checkmark is drawn over the second option, indicating it is the correct answer. The background of the image shows a portion of a keyboard and a dark surface below the monitor.



Network connection lost. (Autosave failed).

Make a note of any responses entered on this page in the last few minutes, then try to re-connect.

Once connection has been re-established, your responses should be saved and this message will disappear.

Sri Lanka Institute of Information Technology

**Read the following passage and identify whether the following statements are "True" or "False".**

1. It is estimated that the average sleep a man or a woman needs is between seven-and-a-half and eight hours' of sleep a night. Some manage on a lot less. Former Prime Minister, Margaret Thatcher, for example, was reported to be able to get by on four hours' of sleep a night when she was the Prime Minister of Britain. Dr. Jill Wilkinson, senior lecturer in psychology at Surrey University and co-author of 'Psychology in Counselling and Therapeutic Practice', states that healthy individuals sleep less than five hours or even as little as two hours every 24 hours are rare.
2. The latest beliefs are that the main purposes of sleep are to **enable** the body to rest, allowing time for repairs to take place and for tissues to be revived. One supporting piece of evidence for this rest-and-repair theory is that production of the growth hormone, Somatotropin, which helps tissue to revive. The level of this hormone rises while we are asleep. Lack of sleep, however, can affect the immune system, disturb the thinking process, cause depression, promote **anxiety**, and irritability.
3. Researchers in San Diego developed a form of sleep deprivation that involved a person sleeping in a chair for 10 hours a day.

**Question 8**

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

Some scholars instructed the poetess to use her own language.

Select one:

- a. Some scholars instructed the poetess to use his/her own language.
- b. Some scholars instructed the poet to use the poet's own language.
- c. Some scholars instructed the poet to use his own language.
- d. Some scholars instructed the poetess to use own language.

A blue rectangular button with the word "Next" in white text, located at the bottom right of the screen. A cursor arrow is positioned directly above the "Next" button.

Moodle

NetExam  
Sri Lanka Institute of Information Technology

Question 15  
Not yet answered  
Marked out of 5.00  
Flag question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1. \_\_\_\_\_ Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_. intermittent  Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_ informed  your customer service department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4. \_\_\_\_\_ request  that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you could contact me at this email address to arrange a suitable time, that would be great.

5. \_\_\_\_\_ Furthermore , since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills.

I hope we can resolve this situation promptly.

Next page

Module

X | O | +

 NetExam  
Sri Lanka Institute of Information Technology

**Question 12**  
Not yet answered  
Marked out of 2.00

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. A student who loses too much sleep may have trouble focusing during the exams.
- b. A student who loses too much sleep may have trouble focusing during one's exams.
- c. Students who lose too much sleep may have trouble focusing during the ladies' exams.
- d. Students who lose too much sleep may have trouble focusing during the exams.



14

Answered

out of

question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

The nurse awoke her patient before the doctor's arrival.

Select one:

- a.  
The nurse awoke the lady patient before the doctor's arrival.
- b. The nurse awoke his patient before the doctor's arrival.
- c. The nurse awoke the patient before the doctor's arrival.
- d.  
The nurse awoke their patient before the doctor's arrival.

**Sri Lanka Institute of Information Technology**

Write an essay on ONE of the following topics. Limit your essay to 250 words.  
Type the essay in the given space. (No attachments are allowed)

1. What are the issues caused by the technological development to the modern family and society?
2. "Exercise can cure all the diseases"

To what extent do you agree or disagree with this opinion?

3. "The moment I stepped out of the house I could see the clear open sky as if I was on a star in the sky, there was no moon that night....."

Write a narrative essay using the prompt given at the beginning of the essay.

(A writing interface with a toolbar at the top is visible, featuring icons for bold, italic, underline, and other document functions.)



on 4

not answered  
1 out of

g question

What would be an example of nondiscriminatory language to use when referring to a deaf worker?

Select one:

- a. A person who has a hearing impairment.
- b. Avoid any mention of the person's disability
- c. A person who has a vision impairment.
- d.

The deaf gentleman who is in the corner of the ...

Marked out of 20.00  
Flag question

I recently read an article about United International's new approach to digital marketing in Marketing Magazine Online, and I'm writing to inquire whether you have any marketing positions open.

Applying for the Post of Marketing Officer

Dear Mr Smith

Director  
Human Resources  
United International  
123 Business Rd  
Wattala

My resume is enclosed with this letter so you can review my education, work experience, and achievements. I would appreciate an opportunity to talk with you or a member of the marketing team to see how my experience and skills could benefit your company.

03 November 2020

Thank you for your time and consideration. I look forward to speaking with you in the near future.

Joseph De Silva  
123 Main Street  
Kandana

I have five years of experience working as a Marketing Strategist for one of our local retail clothing stores. During my time in this role, I increased the number of website page views by 120 percent and reduced the cost of customer acquisition by 20 percent. In addition, our sales increased by 50 percent during that time.

Yours Sincerely

Joseph De Silva  
Joseph De Silva

Moodle

NetExam  
Sri Lanka Institute of Information Technology

Question 7  
Not yet answered  
Marked out of 5.00  
Flag question

Select whether the following statements are "true" or "false".

The term "sales associate" is a gender-biased term than "salesperson".

Using the phrase "see you later" to a person with visual impairment is appropriate.

The term "working mother" is better than the term "housewife".

The term "postal worker" is unbiased than the term "mailman".

"All Asians are ambitious" is an appropriate expression to refer to Asians in an international meeting.

Marked out of  
20.00

Flag question

Yours sincerely

Linda Lanarol

Linda Lanarol

Liberal Arts Department Chair

Thank you

Invitation to Attend Liberal Arts Department Event

20 January 2020

The event will be held at the Cox Student Center at the University of Colombo and will last about two to three hours. If you have an interest in attending or sending a company representative to meet with our students, please let me know at your earliest convenience and I can reserve a table for you.

Oscar Botheju

Managing Editor

Acme Graphic & Design

123 Business Rd

Colombo 05

Dear Mr Botheju

I would like to invite you to attend our upcoming Liberal Arts Department's Job Networking event. The event will be held on the afternoon of May 1, 2020. We wish to provide our graduating seniors with an opportunity to meet business leaders in the area who may be looking for new hires who hold degrees in the Liberal Arts.

Thank for your time and I hope to hear from you soon

9

10

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8

Finish attempt ...

Time left 1:14:34

1 2 3

NEW HEADING

4 5 6 7 8

11 12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

Moodle

NetExam  
Sri Lanka Institute of Information Technology

Question 10  
Not yet answered  
Marked out of 2.00  
Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.  
Each student is responsible for his study loan.

Select one:

- a. Each student is responsible for the study loan.
- b. Each student is responsible for her study loan.
- c. Each student is responsible for the boy's study loan.
- d. Each student is responsible for woman's study loan.



# NetExam

Sri Lanka Institute of Information Technology

**Question 17**

Not yet answered

Marked out of  
25.00

Flag question

Write an essay on ONE of the following topics. Limit your essay to 250 words.

Type the essay in the given space. (No attachments are allowed)

1. What are the issues caused by the technological development to the modern family and society? Explain.

2. "Exercise can cure all the diseases"

To what extent do you agree or disagree with this opinion?

3. "The moment I stepped out of the house I could see the clear open sky as if I was on a top of a mountain. While I could see hundreds stars in the sky, there was no moon that night....."

Write a narrative essay using the prompt given at the beginning of the essay.

They    There    There are

The



## Question 15

Not yet answered

Marked out of

5.00

Flag question

Select the most suitable answer from the suggested answers in the boxes to complete the following formal letter.

Inefficiency in 1. \_\_\_\_\_ Resolving  an Issue Concerning the Internet Connection

I have been a satisfied customer of yours for over a year, but recently my connection has become 2. \_\_\_\_\_ intermittent

Even when it is working, it is so slow that it is unusable. I have actually 3. \_\_\_\_\_ informed  your customer service

department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks. I would like to 4.

\_\_\_\_\_ request  that an engineer is sent to my property since all attempts to resolve the issue remotely have failed. If you co

contact me at this email address to arrange a suitable time, that would be great.

5. \_\_\_\_\_ However , since I have not received the advertised service for two-and-a-half months, I do not believe I should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the total of future bills.

I hope we can resolve this situation promptly.



NetExams

Sri Lanka Institute of Information Technology

**Question 5**

Not yet answered

Marked out of  
2.00

Flag question

Read the following sentence and select the inappropriate/discriminatory sentence from the given list.

Select one:

- a. The scholars will be presenting several research reports to the council tomorrow.
- b. The scholar will be presenting the research reports to the council tomorrow.
- c. The scholars will be presenting their research reports to the council tomorrow.
- d. The scholar will be presenting her research reports to the council tomorrow.