



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 non-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.

[Next page](#)

පෝදෙයේ අංක 1-6 දක්වා කොටස් හයක් ඇත. පහත කොරුරු අඩිගු වන්නේ කුමන කොටසේද? එක් ප්‍රකාශයට එරෙහිව ලබා දී ඇති කොටුවල තිවරදී අංකය කෝරුන්න

නින්ද සම්බන්ධ ගැටළු මගහරවා ගත හැකි ජීවන රථාවේ වෙනස්කම්

කෝර...

නියෝගීම සිමෙම අපට කොපමණ නින්දක් අවශ්‍යද?

කෝර...

මිනිසුන් සදහා නින්ද අවශ්‍යතාවය.

කෝරන්න...

නින්ද ආබාධ ඇති කරන කාබන

කෝර...

නින්ද අදියර.

✓ කෝරන්න

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

Some scholars instructed the poetess to use her own language.

Select one:

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

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.

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≡ Quiz navigation

Finish attempt ...

Time left 1:18:17

1 2 3

NEW HEADING

4 5 6 7 8

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18



4

answered

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

Next p



"Sleep is essential for our physical and emotional well-being" says Professor William Regelson. It 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, during which the sequence of stages is repeated. In the first light phase, the heart rate slows down and muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached about 90 minutes after falling asleep, 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, the 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 the most vivid dream stage.

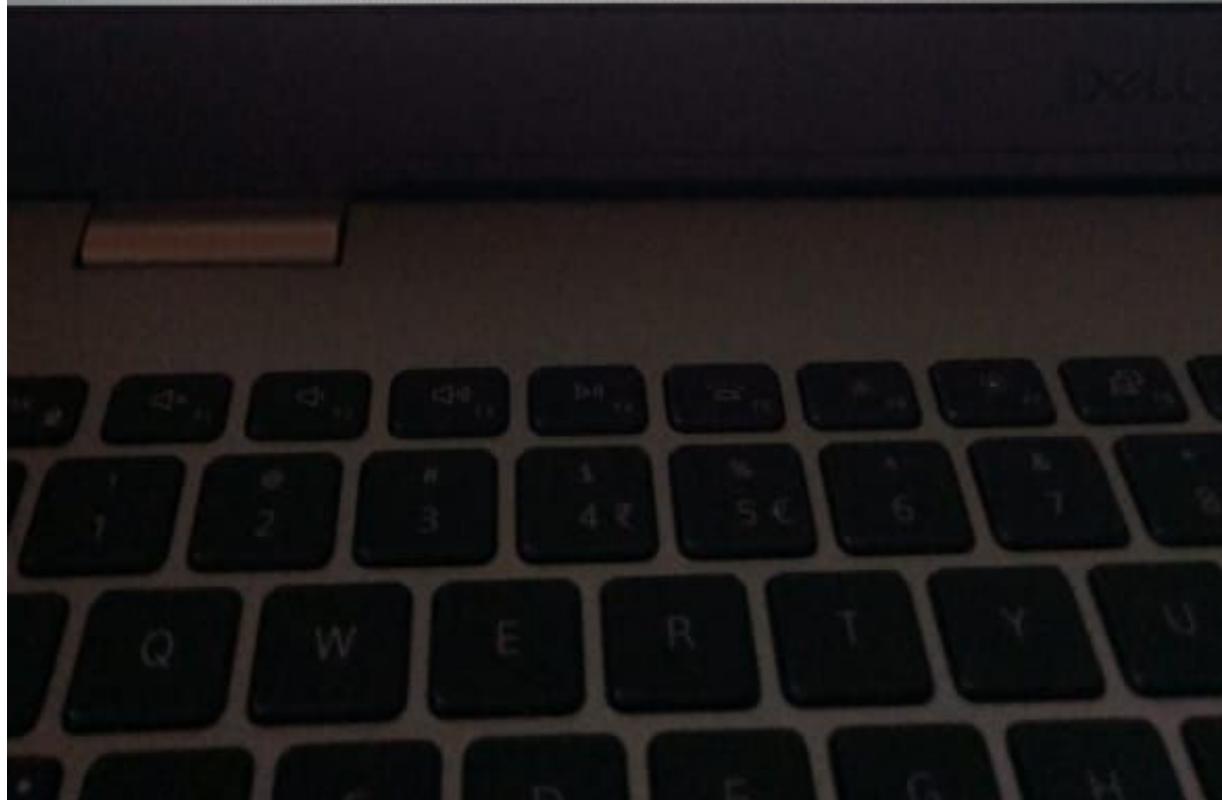
5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a condition where people have trouble sleeping. One related change is that it is due to hormonal changes. It is estimated that roughly one in three people over 60 suffer from insomnia. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that can contribute to insomnia. 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 cognitive behaviour therapy, aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the time people go to bed and when they get up is strictly regulated. Medication is rarely 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 -
2. enable -
3. affected -
4. deprive -
5. sequence -



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

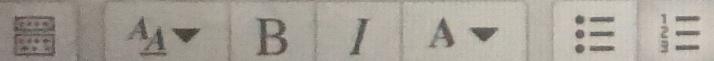
Type the essay in the given space. (No attachments are allowed)

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.



1. what are issues caused by the technola|

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.

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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

tissues to be revived. One supporting piece of evidence for this rest-and-repair theory is that production of Somatotropin, which helps tissue to revive. The level of this hormone rises while we are asleep. Lack of sleep can seriously 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 or levels of their bodies' natural defences against viral infections had fallen significantly when measured the following day.

"Sleep is essential for our physical and emotional well-being" says Professor William Regelson of Virginia University. "Sleep deprivation seriously affects 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 wake up in the middle of the night. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are four stages and four cycles, during which the sequence of stages is repeated. In the first light phase, the heart rate and breathing slow down and muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after a few hours, 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) phase, the heart rate speeds up, the breathing becomes irregular, the eyes move rapidly beneath the eyelids, and the person may be seen looking at something. During this stage, the body is almost paralysed. This REM phase is also the time when most dreaming occurs.

5. Sleeping patterns change with age, which is why many people over 60 develop Insomnia, a sleeping disorder. One related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer from insomnia at some point in their lives. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that can contribute to insomnia. A recent 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 techniques, aimed at getting rid of pre-sleep worries and anxieties. There is also sleep reduction therapy, where the aim is to strictly regulate 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

The necessity of sleep for humans.

3

How much sleep do we need to stay healthy?

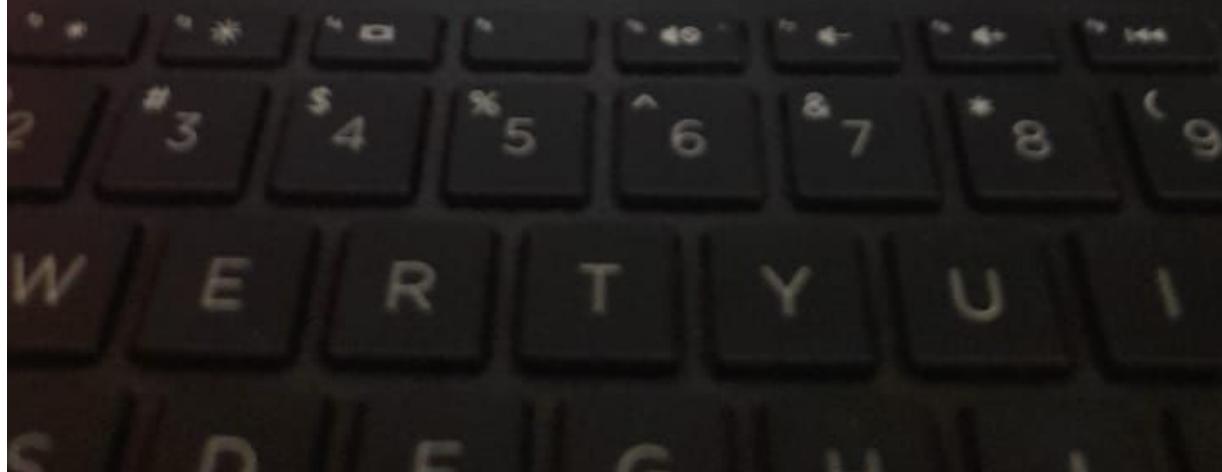
1

Factors that cause sleep disorders

5

Lifestyle changes which can help overcome sleep-related problems

6



**Question 16**

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 1:00:05

1	2	3
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NEW HEADING

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NEW HEADING

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FEEDBACK

18

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**Question 16**

Not yet answered

Marked out of
5.00 Flag question

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Finish attempt ...

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NEW HEADING

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FEEDBACK

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[Next page](#)

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[Next page](#)**Quiz navigation**[Finish attempt ...](#)

Time left 1:00:05

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NEW HEADING

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NEW HEADING

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FEEDBACK

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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

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True

Instructions to Candidates:

This paper consists of **17** questions.

Total marks scored for this paper contribute to **50%** of the final grade.

Duration: 02 hours

The exam will be conducted using the Lock-down Browser.

The Question Navigation Method is sequential. (You cannot return to your previous questions again; no backward navigation) Thus, please note that **each question has to be fully answered before moving on to the next question.**

Please note that it is the responsibility of the student to **foresee possible shortfalls in taking an online examination and make sure to avoid evitable circumstances.**

If your **password is not working** or if you are **experiencing technical issues** with the Examination System during the examination, you can contact **IT Services hotline 0117543175 / 0117543176**

Examination excuse form is available via following link. Examination excuses will only be accepted via the excuse form. No emails or phone calls with this regard will be accommodated. (<https://support.sliit.lk/>)
*Contact SLIIT Student Support
Log in with SLIIT Email Account fill in the necessary details Request/ Inquiry Type I have a question about
examination Exam Excuse Select Excuse Type Submit)*

However, in the event **the student completely loses Internet connectivity throughout the duration of the examination**, they can call the **SLIIT Student Services hotline 0117544910**

A student who is absent for the Final examination without submitting valid evidence as per the methods mentioned above will be given zero marks.

Dear Mr Botheju

20 January 2020

Invitation to Attend Liberal Arts Department Event

Yours sincerely

Linda Lanarol
Linda Lanarol

Liberal Arts Department Chair

Thank you

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

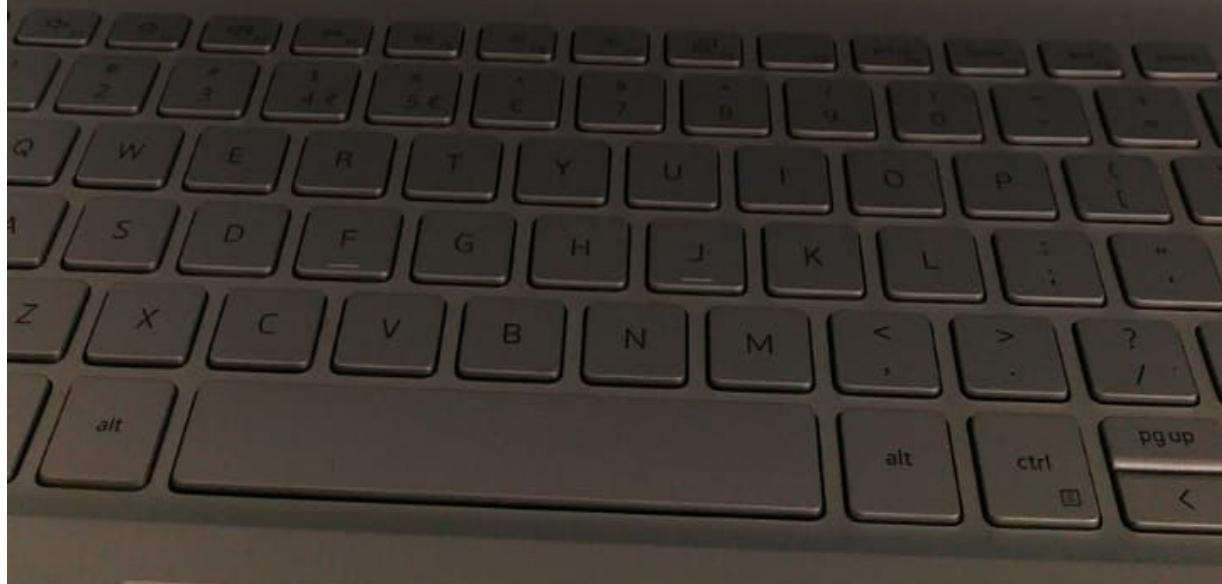
Thank for your time and I hope to hear from you soon

Linda Lanarol
University of Colombo
123 Main Street
Colombo 01

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.

DELL



**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.

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≡ Quiz n

Finish attempt

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1	2
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NEW HEADING

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NEW HEADING

15	16	17
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FEEDBACK

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

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

Choose... ▾



Choose...

True

False

Choose... ▾

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

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.

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

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- 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.



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NetExam

Sri Lanka Institute of Information Technology

Question 8

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

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

the Liberal Arts.

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

20 January 2020

Yours sincerely

Linda Lanarol

Linda Lanarol

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.

Thank you

Oscar Botheju

Managing Editor

Acme Graphic & Design

123 Business Rd

Colombo 05

Dear Mr Botheju

8

1

Choose...

Choose...

Choose...

Choose...

Choose...

11 12 13 14

NEW HEADING

15 16 17

FEEDBACK

18



Activate Windows
Go to Settings to activate Wind

Next page

Question 17

Not yet answered

Marked out of
20.00

Flag question

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

Thank you

Choose... ▾

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.

Choose... ▾

Yours sincerely

Choose... ▾

Linda Lanerol

Linda Lanerol

Liberal Arts Department Chair

Linda Lanerol

University of Colombo

123 Main Street

Colombo 01

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.

Choose... ▾

Choose... ▾

Oscar Botheju

Choose... ▾

Managing Editor

Acme Graphic & Design

123 Business Rd

Colombo 05

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

Choose... ▾

Dear Mr Botheju

Choose... ▾

Invitation to Attend Liberal Arts Department Event

Choose... ▾

20 January 2020

Choose... ▾

Quiz navigation

Finish attempt ...

Time left 0:01:00

1 2 3

NEW HEADING

4 5 6 7 8 9 10 11

12 13 14

NEW HEADING

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FEEDBACK

18

The screenshot shows a computer monitor displaying a web-based examination interface. The top portion of the screen features a dark blue header bar with a white 'X' icon on the left and three small circular icons (refresh, info, and search) on the right. Below this is a light gray navigation bar with a refresh icon, a help icon, and a search icon.

The main content area has a dark blue background with the text "NetExam" in large white letters and "Sri Lanka Institute of Information Technology" in smaller white letters below it. A thin horizontal line separates this from the main content.

The main content is contained within a light gray rectangular box. At the top of this box, the text "Read the following sentence and select the inappropriate/discriminatory sentence from the given list." is displayed in bold black font. Below this, the instruction "Select one:" is followed by a list of four options, each preceded by a radio button:

- 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.

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 ▾

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 ▾

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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.

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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

lion 5
et answered
ked out of
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 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 scholar will be presenting her research reports to the council tomorrow.



NetExam

Sri Lanka Institute of Information Technology

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et answered
ked out of
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 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 scholar will be presenting her research reports to the council tomorrow.

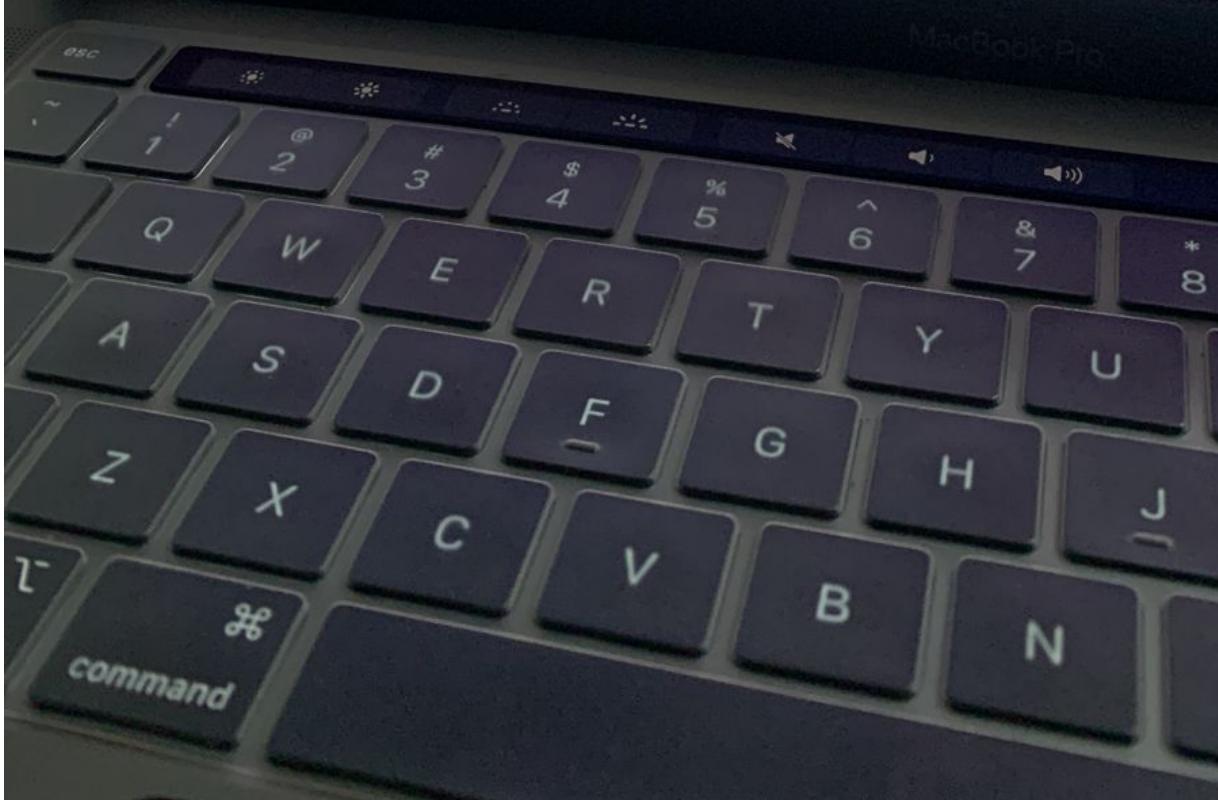


Question 6
Not yet answered
Marked out of
0.00
Flag question

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. 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.



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

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

8

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

03 November 2020

2

Joseph De Silva

9

123 Main Street

Kandana

Yours Sincerely

10

Joseph De Silva

Joseph De Silva

Director

3

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.

7

Applying for the Post of Marketing Officer

5

Dear Mr Smith

4

Finish attempt →

Time left 0:53:50

1 2 3

NEW HEADING

4 5 6 7 8 9 10 11

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

Question 9

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 meaningful.

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 his own language.
- d. Some scholars instructed the poet to use the poet's own language.

Question 15

Not yet answered

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 Flag question

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

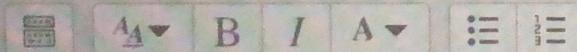
Type the essay in the given space. (No attachments are allowed)

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.



I



Question 15

of you answered

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Flag question

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

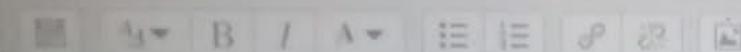
Type the essay in the given space. (No attachments are allowed)

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: 0:58:22

1 2 3

NEW HEADING

4	5	6	7	8	9
11	12	13	14		

NEW HEADING

15	16	17
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FEEDBACK

18





Question 6

Not yet answered

Marked out of

1.00

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

Question 10

Not yet answered
Marked out of
2.00

Flag question

Read the following sentence and select the inappropriate/discriminatory sentence from the options below.

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.



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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 ladies' exams.
- b. A student who loses too much sleep may have trouble focusing during the 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.



Question 8

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

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

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. _____ informed  your custom department of this via phone on two separate occasions, and the problem has now been ongoing for around ten weeks.

_____ request  that an engineer is sent to my property since all attempts to resolve the issue remotely have 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 should be charged for this period. The amount equates to £98.49; I will accept either a payment or a reduction in the bills.

I hope we can resolve this situation promptly.

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"

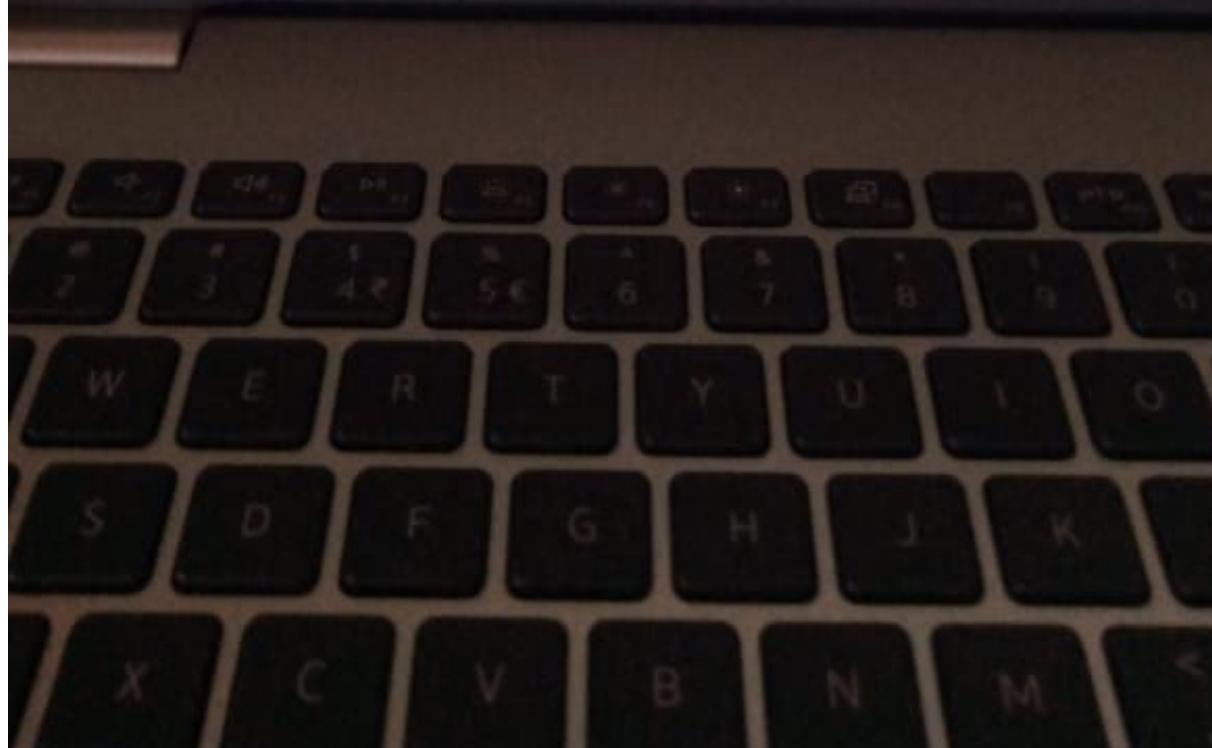
To what extent do you agree or disagree with this opinion?

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 stars in the sky, there was no moon that night....."

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

01.what are the issues caused by the technological development to the modern family and society

Technological development is a better thing to the society but there are some issues also caused by technology.one thing the family is poor sleep habit that means as a result of technological development members of family are getting less part to be tired Depression is also a issue of technological development,lowered self esteem unsuccessful,undetermined





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 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.

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. A student who loses too much sleep may have trouble focusing during the exams.
- d. Students who lose too much sleep may have trouble focusing during the exams.



ion 10

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g 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 boy's study loan.
- d. Each student is responsible for the study loan.

Next page



KEY WORDS
4 5

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

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.



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

1. anxiety -

2. enable -

3. affected -

4. deprive -

5. sequence -



NetExam

Sri Lanka Institute of Information Technology

ion 6

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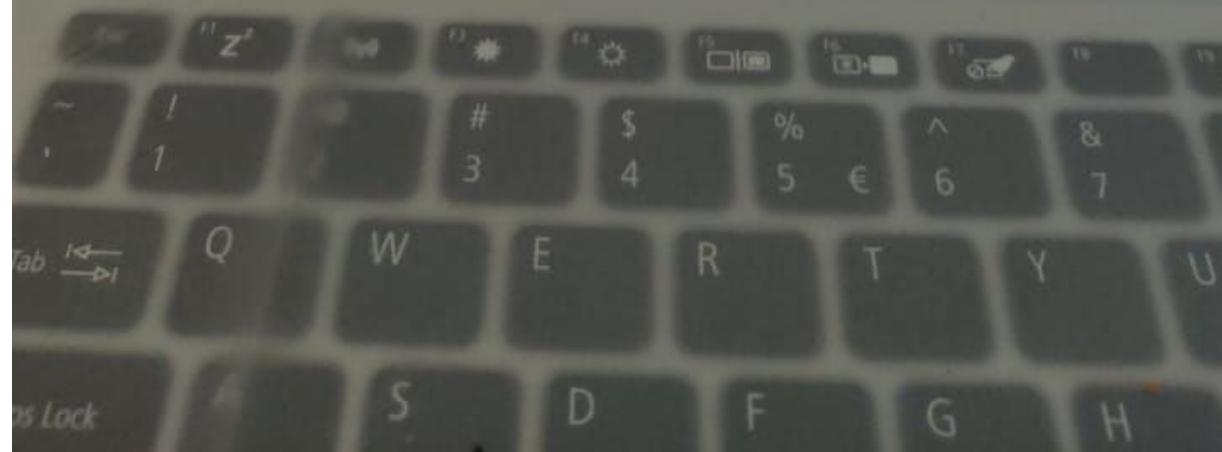
What would be an example of nondiscriminatory language to use when referring to a person who has a hearing impairment?

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.

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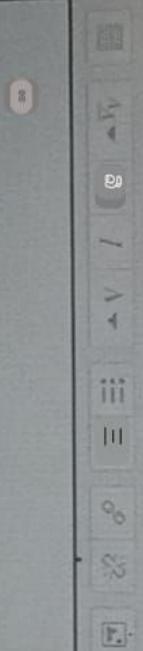
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2. "උරුම ජ්‍යෙෂ්ඨ පෙන්වන යෝග දූෂ්‍ය කළ නැතු

ඉටි මෙම මත්‍යාන්වා මොනොදා යොදා ඇති මා මටසර නැතු?
3. ඔම නිවැසින් පිටාව නැත ලොහොයා හිසු මුදුනක සිවින්නාන් මෙන්පත්තාදීම් විවෘත අයක මැ ඇතුළුම්. මා ආයතනයේ
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Question 8

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.

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 her study loan.
- d. Each student is responsible for the boy's study loan.

[Next page](#)

Quiz nav

[Finish attempt](#)

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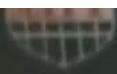
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NEW HEADING

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NEW HEADING

18



Question 14

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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 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 the he is called.
- d. I'll ask the old woman to sit and wait until she is called.

Next Page

≡ Quiz

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NEW HEAD

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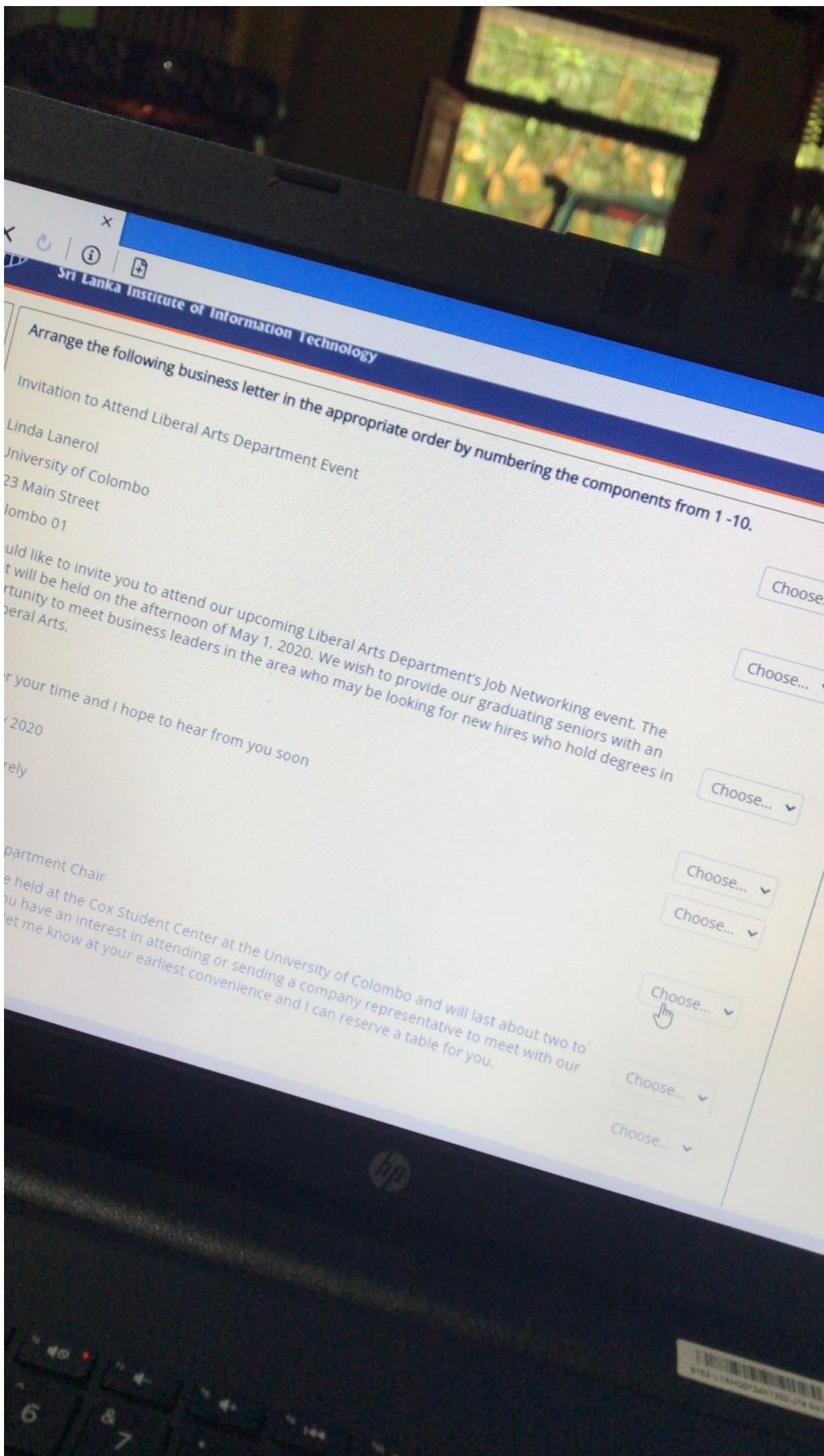
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Select whether the following statements are "true" or "false".

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.

False ▾

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.

True ▾

Next page

Section 10

0 yet answered

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0.0

Flag question

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

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.



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Sri Lanka Institute of Information Technology

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answered
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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

Question 16

Not yet answered

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20.00

Flag question

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

Invitation to Attend Liberal Arts Department Event

5 ▾

Linda Lanerol

2 ▾

University of Colombo

123 Main Street

Colombo 01

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 ▾

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

8 ▾

20 January 2020

1 ▾

Yours sincerely

Choose... ▾

Linda Lanarol

Linda Lanarol

Liberal Arts Department Chair

Choose... ▾

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.

Choose... ▾

Thank you

Choose... ▾

Oscar Rothstein

Quiz navigation

Finish attempt ...

Time left 0:52:25

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](#)

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 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.



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

Next page

**Question 4**

Not yet answered

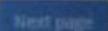
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2.00 Flag question

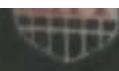
Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

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

 Next page



Question 6

Not yet answered

Marked out of
5.00

Flag question

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.

True

Choose...

Choose...

Choose...

Choose...

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



Choose...

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

Choose...

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

Choose...

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

Choose...

[Next page](#)

Final Examination 2021 - May intake

Instructions to Candidates:

This paper consists of **17** questions.

Total marks scored for this paper contribute to **50%** of the final grade.

Duration: **02 hours**

The exam will be conducted using the Lock-down Browser.

The Question Navigation Method is sequential. (You cannot return to your previous questions again; no backward navigation) Thus, please note that each question has to be fully answered before moving on to the next question.

Please note that it is the responsibility of the student to foresee possible shortfalls in taking an online examination and make sure to avoid evitable circumstances.

If your password is not working or if you are experiencing technical issues with the Examination System during the examination, you can contact IT Services hotline 0117543175 / 0117543176

Examination excuse form is available via following link. Examination excuses will only be accepted via the excuse form. No emails or phone calls with this regard will be accommodated. (<https://support.sliit.lk/> Contact SLIIT Student Support Log in with SLIIT Email Account fill in the necessary details Request/ Inquiry Type I have a question about examination Exam Excuse Select Excuse Type Submit.)

However, in the event the student completely loses Internet connectivity throughout the duration of the examination, they can call the SLIIT Student Services hotline 0117544910

A student who is absent for the Final examination without submitting valid evidence as per the methods mentioned above will be given zero marks.

This quiz has been configured so that students may only attempt it using the Respondus LockDown Browser.

Movement (REM) stage is the deepest sleep stage. It is characterized by rapid eye movements constantly beneath closed lids as if the sleeper is looking around. This REM phase is also the time when we dream.

5. Sleeping patterns change with age, which is why most people experience less sleep as they grow older. One theory for the age-related change is that it is due to hormones that affect the body's ability to sleep. Some people may suffer some kind of sleep disturbance. Causes can be a variety of things, such as stress, illness or medication. Smoking is another factor that affects sleep, with one study showing that smokers sleep less than their earlier average of 52 minutes.

6. Apart from self-help therapy such as regular exercise, diet and relaxation training and therapy aimed at getting rid of pre-sleep worries, there are other ways to improve sleep quality. One way is to strictly regulate the amount of time spent in bed. This is rarely recommended by doctors.

Identify appropriate antonyms (a word of opposite meaning)

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

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



Question 6

Not yet answered

Marked out of
0.00

Flag question

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

Select one:

- a. The scholars will be presenting their 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 several research reports to the council tomorrow.

[Next page](#)



NetExam

Sri Lanka Institute of Information Technology

Qn 11

0 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 poet to use the poet's 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 poetess to use his/her own language.





NetExam

Sri Lanka Institute of Information Technology

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

Select one:

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



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 ladies' exams.
- b. Students who lose too much sleep may have trouble focusing during the 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.

Question 13

Not yet answered

Marked out of
0

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 his/her 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.

Next page

 Flag question

Linda Lanarol
Linda Lanarol

Liberal Arts Department Chair

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

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.

Dear Mr Botheju

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.

Invitation to Attend Liberal Arts Department Event

10

Finish attempt ...

Time left 1:06:18

1 2 3

NEW HEADING

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FEEDBACK

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 Flag question

Linda Lanarol
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10

Finish attempt ...

Time left 1:06:18

1 2 3

NEW HEADING

4 5 6 7 8 9 10

11 12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

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tly 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.

True

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

False

Sleep is essential only for physical well-being.

False

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

False

The muscles relax during the second stage of sleep.

False

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

Choose...

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.

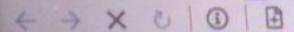
Choose...

The dreams occur during the REM stage.

True

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

Choose...



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.

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

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

Quiz navigation

Finish attempt ...

Time left 1:50:35

1 2 3

NEW HEADING

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NEW HEADING

15 16 17

FEEDBACK

18

Activate Windows
Go to Settings to activate Windows

SAMSUNG

2008





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.

Quiz navigation

Finish attempt ...

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NEW HEADING

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FEEDBACK

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Next page

Question 12

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.

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

Select one:

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

 Reset page

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.

False ▾

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

False ▾

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".

False ▾

Next page



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

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

True

False

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

True

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



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

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

True

False

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

True

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



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

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

True

False

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

True

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



6

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out of
question

≡ Quiz

Finish atten

Time left 1:2

1 2

NEW READIN

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11 12

NEW HEADING

15 16 17

RETURN TO
18

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.

True ▾

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

False ▾

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

False ▾

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

True ▾

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

False ▾



Next page

and four cycles, during which the sequence of stages is repeated. In the first light phase, the heart rate and blood pressure go down, 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 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 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 the cognitive behavioural approach, 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

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

False

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

True

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

True

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

True

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

False

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

b

True

The muscles relax during the second stage of sleep.

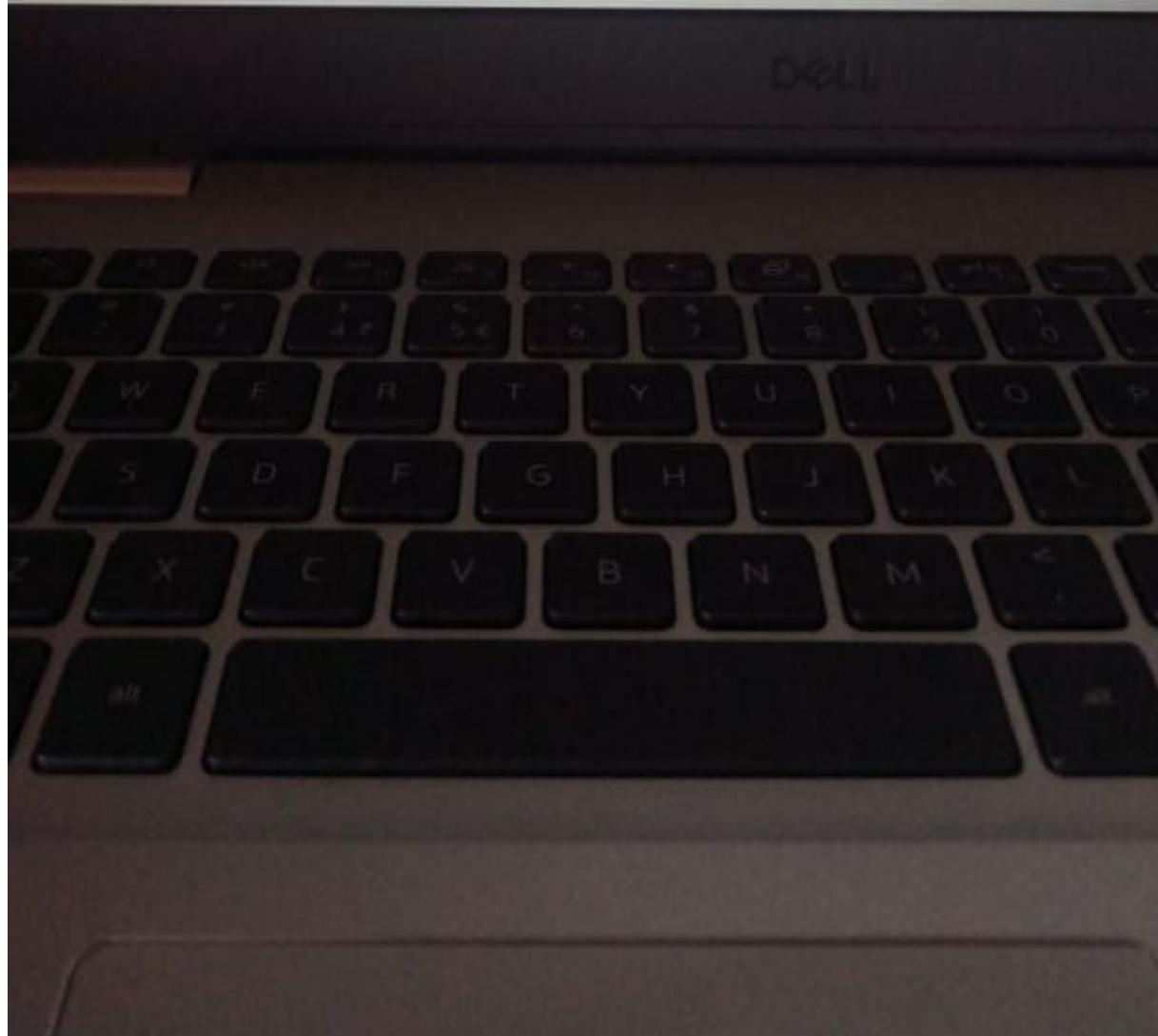
False

Sleep is essential only for physical well-being.

False

Lack of sleep can disrupt the thinking process.

True





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.

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

Next page

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

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The muscles relax during the second stage of sleep.

False

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Choose...

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

True

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Choose...

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True

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

Choose...

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False

The muscles relax during the second stage of sleep.

False

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

Choose...

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.

Choose...

The dreams occur during the REM stage.

True

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

Choose...

reduction therapy, where the aim is to improve sleep quality by strictly controlling 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.

True

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

False

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

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

Sleep is essential only for physical well-being.

False

The muscles relax during the second stage of sleep.

False

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

The dreams occur during the REM stage.

True

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. _____ damaging

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](#)



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 attem

Time left 1:3

1	2
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NEW HEADI

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12	13

NEW HEADI

15	16
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FEEDBACK

18

**Question 6**

Not yet answered

Marked out of
2.00

A small icon of a flag with a diagonal line through it, indicating a flagged 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.

A blue rectangular button with the text "Next page" in white. A mouse cursor is shown pointing at the bottom right corner of the button.

NEW
4

12

NEW
15FEEDBA
18



Question 6

Not yet answered

Marked out of

10

Flag question

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

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

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

True

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

True

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

False

Colombo 01

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6 ▾

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

8 ▾

20 January 2020

1 ▾

Yours sincerely

Choose... ▾

Linda Lanarol

Linda Lanarol

Liberal Arts Department Chair

Choose... ▾

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.

Choose... ▾

Thank you

Choose... ▾

Oscar Botheju

Managing Editor

Acme Graphic & Design

123 Business Rd

Colombo 05

Dear Mr Botheju

Choose... ▾

NEW HEADING

4	5	6	7	8	9	10
11	12	13	14			

NEW HEADING

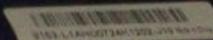
15	16	17
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FEEDBACK

18

Activate Windows

Go to Settings to activate Windows.





NetExamination

Sri Lanka Institute of Information Technology

Question 14

yet answered

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Flag question

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

Select one:

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



ASUS

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

Next page



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

Find

Time

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NEW

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

Next page

Question 1

Not yet answered

Marked out of
10.00 Flag question

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

Lifestyle changes which can help overcome sleep-related problems

Choose... ▾

Quiz navi

Finish attempt ...

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NEW HEADING

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12	13	14
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NEW HEADING

15	16	17
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FEEDBACK

18

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.

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

False

The dreams occur during the REM stage.

True

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

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

False

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

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

True

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

True

 Flag question

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

The necessity of sleep for humans.

3

How much sleep do we need to stay healthy?

1

Factors that cause sleep disorders

5

The stages of sleep.

4

Lifestyle changes which can help overcome sleep-related problems

6

Next page



Question 6

Not yet answered

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



Next page



ered
f
tion

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

Select one:

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





NetExam

Sri Lanka Institute of Information Technology

Question 4

1 question unanswered

2 questions out of

3 questions flagged

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.

Choose... ▾

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

Choose... ▾

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

Choose... ▾

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... ▾

Quiz navigation

Finish attempt

Time left 1:42:24

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NEW HEADING

4 5 6 7 8 9 10

11 12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

Next page



Question 5

Not yet answered

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

[Next page](#)



4

Unanswered

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30

Regulation

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.

Next page



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Question 4

Not yet answered

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2.00

Flag question

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.



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 non-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.

Next p

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. It seriously affects 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. There is a popular belief that sleep is one long event. But, research shows that, in an average night, there are four cycles, during which the sequence of stages is repeated. In the first light phase, the heart rate and blood pressure drop. Muscles relax. In the next two stages, sleep gets progressively deeper. In stage four, usually reached after an hour and a half 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 phase begins. Heartbeat quickly gets back to normal levels. Brain activity speeds up, and the eyes move constantly beneath closed eyelids, 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 related change is that it is due to hormonal changes. It is estimated that roughly one in three people suffer some form of insomnia. Causes can be anything from pregnancy and stress to alcohol and heart disease. Smoking is another factor that affects sleep. 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 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.

The stages of sleep.

4

The necessity of sleep for humans.

Choose...

How much sleep do we need to stay healthy?

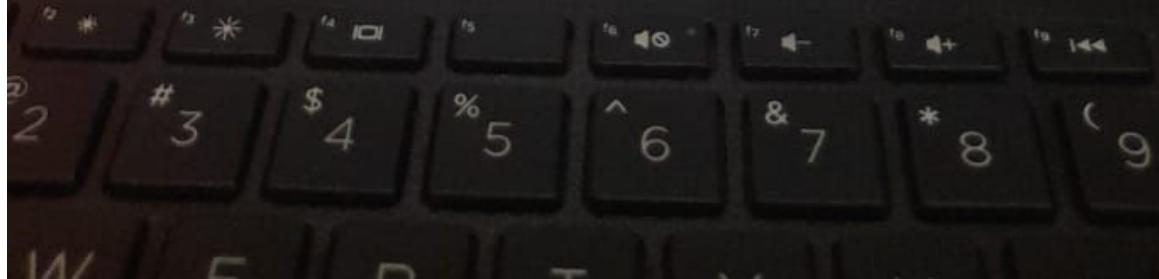
1

Factors that cause sleep disorders

5

Lifestyle changes which can help overcome sleep-related problems

6



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5
answered
out of
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.



Question 13

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 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 several research reports to the council tomorrow.
- d. The scholars will be presenting their research reports to the council tomorrow.

Finish attempt ...

Time left 1:58:03

1 2 3

NEW HEADING

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NEW HEADING

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FEEDBACK

18

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

Lifestyle changes which can help overcome sleep-related problems

Choose... ▾

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

Sleep is essential only for physical well-being.

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

Lack of sleep can disrupt the thinking process.

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

The dreams occur during the REM stage.

The muscles relax during the second stage of sleep.

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

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

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

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Sleep is essential only for physical well-being.

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The dreams occur during the REM stage.

The muscles relax during the second stage of sleep.

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

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

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



4

answered

1 out of

g question

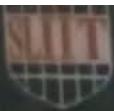
Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

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

Select one:

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

Next p



Question 9

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. firefighter
- c. fire gentlemen
- d. fire males

[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 woman's 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 her study loan.

Next page



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 the poet's 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 poetess to use his/her own language.

Next page



Question 8

Not yet answered

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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 her 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 woman's study loan.

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Quiz n

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NEW HEAD

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FEEDBACK

18



Question 14

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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.

[Next page](#)



Question 14

Not yet answered
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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.

[Next page](#)



Question 12

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.

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

Select one:

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

Quiz

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FEEDBACK

18

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**Question 14**

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

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.

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.



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Question 5

Not yet answered

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Flag question

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

Select one:

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

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

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

പ്രാഥമിക പഠന പദ്ധതി

പ്രായോഗിക ലഭ്യത കുറഞ്ഞ ആവശ്യക അടിസ്ഥാന പരിശീലന പദ്ധതി (പ്രാഥമിക പഠന പദ്ധതി) അനുസരിച്ച് നിർവ്വഹിച്ചു.

(പ്രാഥമിക ലഭ്യത കുറഞ്ഞ ആവശ്യക അടിസ്ഥാന പരിശീലന പദ്ധതി) അനുസരിച്ച് നിർവ്വഹിച്ചു.

1. സ്കൂള് പഠന പദ്ധതി

2. ജീവിക്കുന്ന പഠന പദ്ധതി

3. വിദ്യാഭ്യാസ പഠന പദ്ധതി

4. അടിസ്ഥാന പഠന പദ്ധതി

5. മനസ്ത്വ പഠന പദ്ധതി

പഠന പദ്ധതി

പഠന പദ്ധതി

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FEEDBACK

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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





Question 12

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.
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 woman to sit and wait until she is 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 he is called.



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☰ Quiz navigation

Finish attempt ...

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NEW HEADING

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14

NEW HEADING

15 16 17

FEEDBACK

18



Question 13

yet answered

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Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence less 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 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 pensioners to sit and wait until they are called.

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

Choose... ▾

How much sleep do we need to stay healthy?

Choose... ▾

The necessity of sleep for humans.

Choose... ▾

Factors that cause sleep disorders

Choose... ▾

The stages of sleep.

Choose... ▾

ANSWER



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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. 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.

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DELL

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Sri Lanka Institute of Information Technology

13 answered out of 10 question

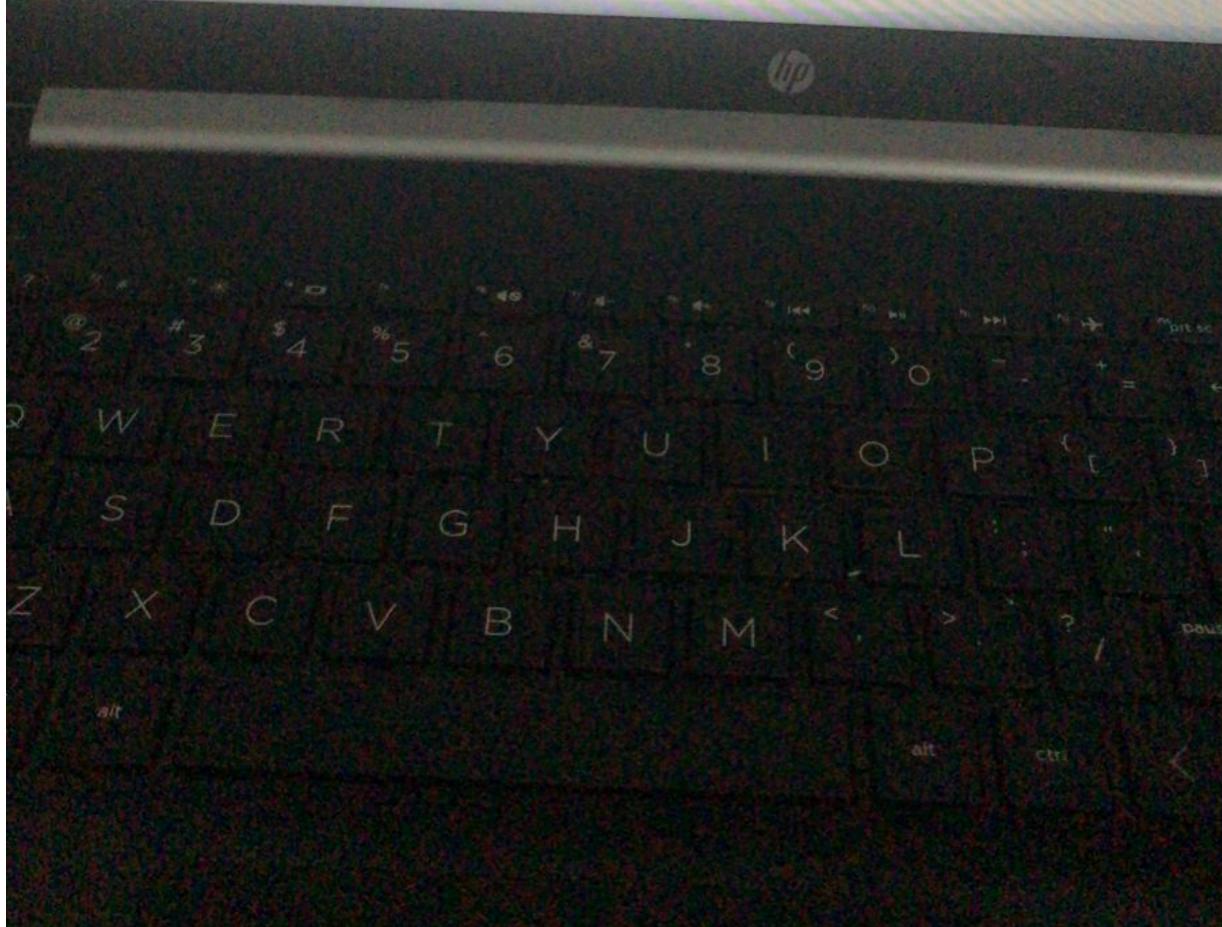
Read the following sentence and select the most appropriate sentence from the given list to make the sentence non-discriminatory.

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 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.

Next page



'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.

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

Choose... ▾

Choose...

False

True

Choose... ▾

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

Choose... ▾

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

Choose... ▾

Lack of sleep can disrupt the thinking process.

Choose... ▾

The dreams occur during the REM stage.

Choose... ▾

The muscles relax during the second stage of sleep.

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... ▾

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

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

affects sleep, with one survey showing that exercise improves it.

6. Apart from self-help therapy such as regular exercise, there are psychological therapies aimed at getting rid of pre-sleep worries and anxieties. There is also sleep restriction therapy which improves sleep quality by strictly regulating the time people go to bed and when they get up. 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

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... ▾

Next page



Question 13

Not yet answered

Marked out of
0.00

Flag question

Read the following sentence and select the most appropriate sentence from the given list to make the sentence no.

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



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 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 woman to sit and wait until she is called.

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 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

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 ▾

 NetExam
Sri Lanka Institute of Information Technology

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

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

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



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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

**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

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 heart rate and 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 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 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 - calmness
2. enable - forbid
3. affected - untouched
4. deprive - permit
5. sequence - confusion

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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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

NEW HEADING
4 5
12 13 14

NEW HEADING
15 16 17

FEEDBACK
18

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.

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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 -

4. deprive -

5. sequence -



Question 6

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 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

tly 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.

True

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

False

Sleep is essential only for physical well-being.

False

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

False

The muscles relax during the second stage of sleep.

False

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

Choose...

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.

Choose...

The dreams occur during the REM stage.

True

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

Choose...



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

- 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.
- 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.
- 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'.

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- 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.

- 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.

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

False

True

Quiz navigation

Finish attempt...

Time left: 1:37:58

1 2 3

NEW HEADING

4 5 6 7 8

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NEW HEADING

15 16 17

FEEDBACK

18

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

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

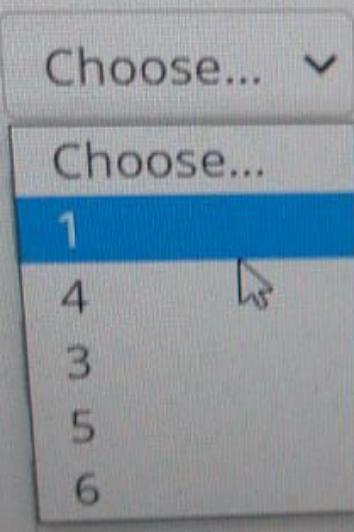
Select one:

- 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

When they get up. Medication is rarely recommended by doctors.

This section contains the following information?

Against each statement



Sleep-related problems

Choose... ▾

heartbeat quickly gets back to normal level looking at something. During this stage, the

5. Sleeping patterns change with age, which related change is that it is due to hormonal changes can be anything from pregnancy and survey showing that ex-smokers got to sleep

6. Apart from self-help therapy such as relaxation aimed at getting rid of pre-sleep worries and strictly regulating the time people go to bed

Identify appropriate antonyms (a word of opposite meaning)

(untouched, permit, forbid, suffer, calmness)

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

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6. Apart from self-help therapy such as relaxation aimed at getting rid of pre-sleep worries and strictly regulating the time people go to bed

Identify appropriate antonyms (a word of opposite meaning)

(untouched, permit, forbid, suffer, calmness)

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



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

question 16

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 1:08:20

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NEW HEADING

4 5 6 7 8 9 10 11

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18

SAMSUNG

200B

Read the following sentence and select the most appropriate sentence from the given options that is not 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.



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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 poet to use the poet's 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 poetess to use own language.

[Next page](#)

X

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. 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.

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 page

Question 1

Not yet answered

Marked out of
10.00

Flag question

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.

≡ Quiz navigation

Finish attempt ...

Time left 1:59:20

1 2 3

NEW HEADING

4 5 6 7 8 9 10

11 12 13 14

NEW HEADING

15 16 17

FEEDBACK

18





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



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.

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Finish attempt ...

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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

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.

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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

The stages of sleep.

Choose... ▾

training and therapy aimed at getting rid of pre-sleep worries and anxieties. There the aim is to improve sleep quality by strictly regulating the time people go to bed a rarely recommended by doctors.

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



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.

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

True

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

True

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

False

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

True

The dreams occur during the REM stage.

False

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

True

The muscles relax during the second stage of sleep.

False

Lack of sleep can disrupt the thinking process.

True

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

False

Sleep is essential only for physical well-being.

True

Next page

TOSHIBA



Question 4

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

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Quiz navigation

[Finish attempt](#)

Time left 1:26:02

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NEW HEADING

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NEW HEADING

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FEEDBACK

18



marking or snoring. 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

Factors that cause sleep disorders

5

The stages of sleep.

4

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

next page

Not yet answered

Marked out of
20.00

Flag question

Thank you

10

Invitation to Attend Liberal Arts Department Event

5

Oscar Botheju

3

Managing Editor

Acme Graphic & Design

123 Business Rd

Colombo 05

Linda Lanerol

1

University of Colombo

123 Main Street

Colombo 01

Dear Mr Botheju

4

20 January 2020

2

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

8

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

Yours sincerely

9

Linda Lanarol

Linda Lanarol

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

Quiz navigation

Finish attempt ...

Time left 1:05:36

1 2 3

NEW HEADING

4 5 6 7 8 9 10

12 13 14

NEW HEADING

15 16 17

FEEDBACK

18



Question 7

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.

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.

[Next page](#)

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

The necessity of sleep for humans.

Choose... ▾

Lifestyle changes which can help overcome sleep-related problems

Choose... ▾

Quiz navigation

Finish attempt ...

Time left 1:58:22

1 2 3

NEW HEADING

4 5 6 7 8 9 10 11

12 13 14

NEW HEADING

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FEEDBACK

18



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

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Quiz na

Finish attempt

Time left 1:09:2

1 2 3

NEW HEADING

4 5 6

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NEW HEADING

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13 14 15

16 17 18

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.

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

Choose... ▾

Finish attempt ...

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1 2 3

NEW HEADING

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NEW HEADING

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FEEDBACK

18



Question 6

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 scholar will be presenting the 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 her research reports to the council tomorrow.

Next page

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

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

X

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.

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

Select one:

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

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

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

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

DELL

**Question 8**

Not yet answered

Marked out of
2.00Flag 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.

Quiz navigationFinish attempt ...

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1 2 3

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NEW HEADING

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

[Next page](#)

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

9

Director

Human Resources

United International

123 Business Rd

Wattala

3

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

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

03 November 2020

2

Dear Mr Smith

5

Applying for the Post of Marketing Officer

4

Joseph De Silva

123 Main Street

1

Kandana

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

Yours Sincerely

Joseph De Silva

Joseph De Silva

10

 NetExam
Sri Lanka Institute of Information Technology

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

Select one:

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

Question 9

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:
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 his own language.
- d. Some scholars instructed the poet to use the poet's ^{the} own language.

6. Apart from self-help therapy such as regular exercise, there are also medical 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 necessity of sleep for humans.

3 ▾

How much sleep do we need to stay healthy?

1 ▾

Factors that cause sleep disorders

5 ▾

Lifestyle changes which can help overcome sleep-related problems

6 ▾

The stages of sleep.

4 ▾



6. Apart from self-help therapy such as regular exercise, there are also medical 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 necessity of sleep for humans.

▼

How much sleep do we need to stay healthy?

▼

Factors that cause sleep disorders

▼

Lifestyle changes which can help overcome sleep-related problems

▼

The stages of sleep.

▼

6. Apart from self-help therapy such as regular exercise, there are also medical 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 necessity of sleep for humans.

▼

How much sleep do we need to stay healthy?

▼

Factors that cause sleep disorders

▼

Lifestyle changes which can help overcome sleep-related problems

▼

The stages of sleep.

▼



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

Some scholars instructed the poetess to use her own language.

Select one:

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



5
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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.

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.



5
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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.

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

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.

FeeSync
Software



Moodle

NetExam
Sri Lanka Institute of Information Technology

Question 4
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. Avoid any mention of the person's disability
- b. A person who has a hearing impairment.
- c. A person who has a vision impairment.
- d. The deaf gentleman who is in the corner of the ...

hp

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



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



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

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.



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

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

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 necessity of sleep for humans.

Choose... ▾

Lifestyle changes which can help overcome sleep-related problems

Choose... ▾

The stages of sleep.

Choose... ▾

Factors that cause sleep disorders

Choose... ▾

How much sleep do we need to stay healthy?

✓ Choose... ▾

5

4

1

3

6

Next page