Passage 1

Commuting college students at USF have three different options for transportation on and around campus. Some students choose to drive their own cars to campus. This requires a parking pass to be purchased each semester at a rate of $91. Because there are so many students who choose to drive themselves to campus, it is often difficult to find convenient parking. **[1]**

A second option students have is riding the HART county bus. This service is free of charge to students with a valid USF student ID. The HART offers various routes throughout Hillsborough County and the USF campus from early morning to midnight. This makes it possible for students without cars to travel far distances between home and school.

The third option available to students is USF’s bus transportation system called the Bull Runner. **[2]** The Bull Runner has six routes throughout the USF campus and nearby student housing. Students are able to track when the next Bull Runner will arrive by using the BullTracker application on their phones or computers, which shows the location of all active buses. **[3]**

1. If the writer removed the preceding sentence from the paragraph, the passage would lose:

A. a description of the most popular models of cars students drive to campus.

B. information to help the reader understand that driving themselves is not always the most convenient option.

C. a justification for the high cost of the student parking passes.

D. a statistic of how many students drive to campus.

B. If the writer removed this sentence from the paragraph, it would be difficult for the reader to weigh the pros and cons for each type of transportation.

2. The writer is considering adding a sentence to this paragraph. Should this sentence be placed here?

This service is also free of charge to students with a valid USF student ID.

A. Yes, because it reinforces the idea that students using the Bull Runner can pick from six different routes.

B. Yes, because the writer explained the costs of the other transportation options.

C. No, because it does support the writer’s main idea of students’ options for transportation.

D. No, because it contradicts the writer’s idea that students can track the location of the Bull Runner buses.

B. The writer explained the cost of the other two transportation options available to students, so it is important that the third option’s cost is also known.

3. Consider the passage as a whole. Suppose the author intended to educate the reader about the most eco-friendly type of transportation used by commuting students at USF. Did the author achieve this goal?

A. Yes, because the writer mentioned three types of transportation often used by commuting students.

B. Yes, because the writer mentioned the costs associated with each method of transportation.

C. No, because the writer did not mention each type of transportation’s effect on the environment.

D. No, because the writer contradicted an earlier point about difficulty finding parking on campus.

C. Throughout the passage, the writer never analyzed how each mode of transportation affects the surrounding environment.

Passage 2

The story of the four-minute mile is one of the most popular in running history. In the 1940’s and 1950’s, doctors claimed that the human heart and lungs could not support a body traveling such a far distance in such a short amount of time. **[1]** It was not long, though, before a man named Roger Bannister proved these doctors wrong.

Bannister was a British medical student who attended Oxford University. He set a goal to break the long-standing world record time of 4:01. There were many people who doubted his ability to do this because of his fourth place finish at the most recent Olympics. Luckily, he did not let their negativity affect his performance. On May 6, 1954, Bannister crossed the finish line in 3:59.4. **[2]**

Bannister is not the only person to have ever run the mile in under four minutes. In fact, someone else broke his newly set world record just 46 days later. Since then, over 1,300 people have successfully run the mile in under four minutes, including a handful of high schoolers. **[3]**

1. The writer is considering adding the following sentence at this point in the paragraph. Should the writer make the addition?

The type of shoe worn is very important for running fast.

A. Yes, because it shows that doctors recommend safe running shoes.

B. Yes, because it informs the reader about types of good running shoes.

C. No, because it does not mention which brand of running shoes is best.

D. No, because it does not help explain why doctors were so concerned about the four-minute mile.

D. The sentence does not further explain why doctors were worried about attempting the four-minute mile.

2. Which of the following sentences, if added at this point in the passage, would best emphasize Bannister’s achievement?

A. This was an incredible feat considering the 20-mile per hour winds recorded that afternoon.

B. He wore shoes with spikes on the sole to better grip the track’s surface.

C. The person timing the laps announced Bannister’s official time a few moments after the race.

D. Bannister’s competitors shook his hand after the race.

A. This answer choice informs the reader about the non-optimal conditions present on race day, which made Bannister’s achievement even more shocking.

3. At the end of which paragraph should the following statement be placed?

Though difficult to fathom, today’s world record stands at a blistering 3:43.13 by Hicham El Guerrouj!

A. Paragraph 1.

B. Paragraph 2.

C. Paragraph 3.

D. It should not be placed at the end of any paragraph.

C. This sentence continues the discussion in Paragraph 3 about sub-four minute mile performances after Bannister’s world record.

Passage 3

USF Athletics implemented an “accountability group” system last year. This was developed to help athletes keep themselves and their teammates accountable by making it known when someone makes a mistake. Athletes on each sports team are divided into groups of ten. Whenever someone misses or is late to practice, tutoring, or study hall hours, a strike is added to the group. After three strikes are accumulated, the group is required to attend a 6 AM workout on the bleachers additional to their regular team practice. **[1]**

There has been a lot of controversy surrounding the implementation of this program.1 Because some sports teams are so big, it is possible that some athletes in a given accountability group do not even know each other’s names.2 Many athletes do not feel that it is fair to be punished for someone else’s wrongdoings, especially for the wrongdoings of someone they do not know.3 Another issue with this program is the 6 AM workout itself.4 The workout is very strenuous and makes some athletes sore, which affects their regular team practice and competition.5 **[2]**

When the accountability groups were developed, athletic staff intended for the athletes in each group to communicate with each other and apologize when they accumulate a strike. This has not been a realistic expectation because athletes do not feel comfortable expressing their wrongdoings to a group of people that they do not know. USF Athletics needs to make modifications to the accountability system needs in order to make it more successful. **[3]**

1. The writer is considering removing the preceding sentence from this paragraph. If removed, the passage would primarily lose:

A. A summary of why athletes do not like the accountability group system.

B. An overview of different exercises the athletes will do on the bleachers.

C. Information regarding how many strikes are given to someone who misses study hall how.

D. A detail that explains the consequences for accumulating a certain number of strikes.

D. Without this sentence, the reader will not know what happens when strikes are added to a group.

2. For the sake of the coherence of this paragraph, Sentence 5 should be placed:

A. Where it is now.

B. After Sentence 1.

C. After Sentence 3.

D. Before Sentence 3.

A. Sentence 5 further explains why the 6 AM workout itself is also an issue. It should be left where it is now because it expands on the information presented in Sentence 4.

3. Consider the passage as a whole. Suppose the author’s goal was to suggest a few modifications that should be made to the accountability group system. Did the author accomplish this goal?

A. Yes, because the author gave several suggestions to help improve the accountability group system.

B. Yes, because there is a lot of controversy with the accountability group system.

C. No, because the author did not suggest how the accountability group system should be changed.

D. No, because the suggestions the author gave would not work.

C. The author did not mention how the system should be changed at any point throughout the passage. The author only mentioned that the system should be changed in order to be more effective.

Passage 4

Moving away from home is often a scary thought for many graduating high school seniors. This always proves to be an important issue when deciding where to apply to college. In fact, many make their college decisions depending on how far a prospective school is from the student’s hometown. Although living in a new city with new people might seem like a nightmare, a few quick tips could help you face your fear of living alone.

Before you move to a college campus, you should learn how to keep an organized living space.1 This will lessen the shock of moving to a dorm because you will not have to rely on someone else to clean up after you.2 You can practice this by cleaning up your room at home every time you notice it becoming messy.3 You can also practice doing your own laundry, folding it, and putting it away in drawers, as this might be something you are used to your parents doing for you.4 Another tip is setting a daily routine.5 You will be accountable for waking up on your own, making your own meals, and getting to places on time.6 It is a good idea to practice these things at home so that you will have no trouble doing it on your own when the time comes.7 It will also be much easier if your body gets accustomed to doing these things at the same time each day.8 **[1]**

The most important tip to help you better adjust to life away from home is finding a good group of friends. **[2]** These will be the people you see on a regular basis in and outside of class. They will make you feel comfortable during the time away from your family, and they will make the months away from home pass in the blink of an eye. It is important to find people who you can have fun with during your time at college because, like you have probably heard before, these will be the best four years of your life. **[3]**

1. The writer is considering breaking this paragraph into two. Where would be the best place for a paragraph break?

A. After Sentence 3

B. After Sentence 4

C. After Sentence 5

D. After Sentence 6

B. The writer should insert a paragraph break after Sentence 4 because the following sentence identifies a new tip for setting a daily routine.

2. At this point, the writer wants to insert another sentence to this paragraph. Should the writer insert the following sentence?

A lot of my friends at USF are sophomores.

A. Yes, because it suggests that the reader should become friends with sophomores.

B. Yes, because it tells the reader that the author has a group of friends.

C. No, because it does not inform the reader as to why they should make friends.

D. No, because it does not suggest for the reader to become friends with juniors.

C. This sentence is does not help explain why making friends at college would be beneficial for their experience away from home.

3. Consider the passage as a whole. Suppose the author’s goal was to inform graduating high school seniors of a few tips they could utilize to ease their transition from home to college life. Did the author accomplish this goal?

A. Yes, because the author discussed how to make living with a roommate easier.

B. Yes, because the author suggested a few things that could be done to help make moving away to college less scary.

C. No, because the author did not propose tips to help ease the transition to college.

D. No, because the author did not inform the reader about how to decorate a dorm room.

B. The entire passage was devoted to discussing ways to make living alone easier and what could be done to prepare for time away from home.

Passage 5

In my opinion, cruises are the best vacations. Depending on the length of the cruise, you get to travel to multiple islands and even spend a few days completely at sea. This is a great opportunity because with any other vacation, the destination is usually only one location. You can choose to tour the Eastern Caribbean islands or maybe snorkel off the shores of Mexico and Honduras. Also, the pools and water slides on the ship itself make for very enjoyable sea days. **[1]**

Vacations are meant to disconnect you from reality for a few days. Cruises allow you to take a complete break from your regular, everyday life because you have no phone or computer service. In the middle of the ocean, there are no incoming emails reminding you of next week’s meeting or text messages updating you about the latest drama. **[2]** If absolutely necessary, you can connect to WiFi or cellphone service once the cruise ship docks at the various ports.

My favorite part about cruises is the endless amount of food.1 For breakfast and lunch, you are free to stuff your face at the buffet on the top deck.2 The great thing about the dinner menu is that it changes every night, meaning you get to sample various dishes prepared by the head chef.3 Also, if you get hungry late at night, feel free to order nightlong room service.4 **[3]**

1. If the preceding sentence were removed, the passage would primarily lose:

A. An explanation for why there are multiple pools on cruise ships.

B. A suggestion for the reader to book a week-long cruise.

C. A statistic for how many water slides are on cruise ships.

D. A description of what there is to do while on the ship at sea.

D. Without this sentence, the readers would be unaware of the activities available on the ship at sea.

2. The writer is considering deleting the preceding sentence from Paragraph 2. Should the sentence be kept or deleted?

A. Kept, because it provides a relevant justification for the claim made in Paragraph 2.

B. Kept, because it makes a claim that cruise passengers are stressed.

C. Deleted, because it contradicts the claim made in Paragraph 2.

D. Deleted, because it makes the reader see cruises in a negative light.

A. This sentence justifies the claim that cruises give passengers a complete break from reality by providing an example with which many readers can identify.

3. The writer is planning on adding a sentence to this paragraph. With regard to logic and coherence, where should the following sentence be placed?

For dinner, you are served a delicious three-course meal in a formal dining hall.

A. Before Sentence 1.

B. After Sentence 2.

C. After Sentence 4.

D. It should not be placed anywhere in Paragraph 3.

B. This new sentence should be placed here because breakfast and lunch are mentioned in Sentence 2 and the dinner menu is discussed in Sentence 3.

Passage 6

Skipping class is an extremely common practice among college students. Many find it difficult to wake up for an 8 AM class and would rather sleep through it. Others feel that it is not mandatory to sit through a lecture if attendance is not taken. Although skipping class once or twice does not sound detrimental, it can quickly become a bad habit that can cost a student his or her grade. **[1]**

One reason why students should not skip class is that it is difficult to make time for learning outside of scheduled class time.1 Having a scheduled class time already sets aside time in a student’s day to learn about the given subject.2 Students are likely to use the scheduled class time to do something else, and they will have to set aside additional time throughout the day to catch up on what was missed.3 This may seem simple, but it is not practical when there are other assignments and studying pending on a student’s agenda.4 A second reason students should not skip class is that professors will be less willing to help if they know the student does not attend lectures.5 Professors tend to show more sympathy to students if they know the students are doing all they can to understand the course concepts.6 If a professor knows that a student has not been attending lectures, they will be less likely to offer additional study materials and even extra credit opportunities.7 **[2] [3]**

1. If the writer deleted the preceding sentence from this paragraph, the passage would lose:

A. A sentence that points to the direction the passage will take.

B. An interesting detail about the benefits of skipping class.

C. A distraction from the main topic of the passage.

D. Nothing at all because it is irrelevant to skipping class.

A. This sentence indicates to the reader for the first time that the remainder of the passage will explain that skipping class is a bad habit.

2. The writer has decided to separate this paragraph into two paragraphs. The paragraph break should be inserted at the end of which sentence?

A. Sentence 2

B. Sentence 3

C. Sentence 4

D. Sentence 5

C. The new paragraph should start after Sentence 4 because a new reason is presented in Sentence 5.

3. Consider the passage as a whole. Suppose the writer’s goal was to encourage students to skip class by providing reasons as to why that is a good idea. Did the writer achieve this goal?

A. Yes, because the author gives specific reasons why it is best to sleep through scheduled class time.

B. Yes, because the passage focuses on negative opinions about attending lectures.

C. No, because the author did not explain why skipping class is unfavorable.

D. No, because the passage primarily focuses on reasons to avoid skipping class.

D. The author did not fulfill this goal because the entire passage outlines why skipping class is a bad habit for college students.

Passage 7

An agenda is one of the simplest yet most helpful tools available to students. These can be purchased at a store or even obtained for free from the student’s university. A basic agenda has pages for each month broken down by week and day. Each day has a space where the student can write down reminders for due dates and events.

Using an agenda allows students to plan ahead for upcoming assignments. In college, professors provide a syllabus at the beginning of the semester with a list of all dates for assignments and exams. It is very rare for professors to send students reminders to turn in assignments or study for an exam, as it is a student’s responsibility to read the syllabus. **[1]** Due to a lack of reminders, it is very easy for students to forget when something is due. By writing everything down in an agenda, a student is able to document all due dates for all the assignments in each of their classes. This prevents students from forgetting when something is due as there are often multiple assignments due for each class on any given day.

An agenda makes it easier for students to coordinate their meetings and extracurricular activities. **[2]** When trying to decide whether an event can be attended, students can flip to the event’s date in the agenda and see what they have to do on that specific day. This will keep them from attending the event and forgetting to do an assignment or study. The agenda also eases the process of scheduling meetings for advising or office hours. Students can look to a certain date to see whether they are available to meet. Once the student knows the day and time of the event, it can be written in the agenda to prevent him or her from forgetting. **[3]**

1. If the preceding sentence were deleted from the paragraph, the passage would primarily lose details that:

A. Show the reader that it is only up to them to remember their assignments.

B. Show the reader that they will be reminded to turn in assignments.

C. Explain why an agenda is not useful.

D. Reinforce the idea that universities sometimes give out free agendas.

A. Without this sentence, the reader would be unaware that professors do not typically remind students of their assignments’ due dates.

2. Which transition word should be inserted in the beginning of this sentence?

A. Contrarily,

B. Therefore,

C. However,

D. Additionally,

D. This should be transition word because it introduces another reason for students to use an agenda second to the first reason provided.

3. At this point, the writer is considering adding another sentence to the passage. At the end of which paragraph should the following sentence be inserted?

Students could use the pages of the agenda to draw pictures.

A. Paragraph 1

B. Paragraph 2

C. Paragraph 3

D. This sentence should not be inserted at the end of any paragraph.

D. This sentence should not be added to the passage, as it is irrelevant to the main idea of agendas being useful for reminders and planning.

Passage 8

Being a student-athlete at a university is both an exciting and challenging experience.1 Before freshman year began, the thought of being a student-athlete never correlated with the thought of extreme discipline and responsibility.2 Three years later, I never imagined that being a student-athlete would have taught me as much as it has.3 **[1]**

It is an incredible opportunity to be a member of a Division I team. Because cross-country and track take place in the fall and spring semesters respectively, we train and compete throughout the entire school year. We travel out of state almost every other weekend. States we have visited this year include North Carolina, Alabama, Indiana, and Massachusetts. It is a lot of fun getting to travel with your closest friends, doing what you love to do, and seeing yourself and your teammates accomplish goals.

Though it seems like fun and games, being a student-athlete takes the highest level of discipline imaginable. Waking up daily before 6 AM for practice is not something easily done by the undedicated. After practice, we go to class, treatment for injuries, team meetings, weight training, and finish homework. In other words, we do everything a regular student does while managing the fatigue from practices that make you want to spend the rest of the day in bed. It sometimes becomes extremely overwhelming and stressful, but in the end, the passion for the sport you play always makes the work worthwhile. **[2] [3]**

1. Which of the following sequences of sentences would make this paragraph most logical?

A. 3, 2, 1

B. 1, 3, 2

C. 2, 1, 3

D. The paragraph is most logical as it is.

D. The current sequence makes the paragraph the most logical. The other sequences would not make the paragraph as as coherent.

2. If the underlined segment were removed from the preceding sentence (and the comma after “stressful” were replaced with a period), the passage would primarily lose:

A. A detail that shows that the author’s love for the sport makes up for the stress.

B. A statement that shows the author truly does not feel that the stress is worth it.

C. Evidence that being passionate about a sport does not matter.

D. A restatement that being a student-athlete is only a stressful experience.

A. If the writer were to remove this phrase from the sentence, the passage would lack a detail that passion for the student-athlete’s sport cancels out the negatives.

3. Consider the passage as a whole. Suppose the writer’s goal was to inform the reader of some pros and cons of being a student-athlete. Did the writer achieve this goal?

A. Yes, because the writer discussed the pros of travelling for competition but also the cons of being tired during the regular school day.

B. Yes, because the writer listed various states they have travelled to this year.

C. No, because the writer did not discuss any fun parts about being a student-athlete.

D. No, because no negative parts about being a student-athlete were listed.

A. The second paragraph explained why being a student-athlete is fun, and the third paragraph explained how it can be stressful.

Passage 9

It is very easy to forget about maintaining a healthy lifestyle while away in college. Rushing to class and studying for exams often shortchanges planning meals and exercise regimens. Luckily, students have easy access to the campus gym and dining halls. **[1]**

Making an effort to exercise two to three times a week can make a significant difference in one’s health. The campus recreation center offers a variety of exercise machines including treadmills, stationary bikes, and weight racks. It has an indoor track, basketball court, and pool. Fitness instructors also teach several classes such as yoga, cardio, and pilates. Students should pick a time to exercise that they could do consistently each week. After a few weeks of going on a certain day at a specific time, it will become a healthy habit that doubles as stress reliever. **[2]**

Eating is another important determining factor for health. Although food at the campus dining halls is not always the healthiest, it is possible to make healthier choices from what is available. For breakfast, better choices include eggs, yogurt, and fruit rather than waffles and sugary cereals. For lunch and dinner, more nutritious options include steamed vegetables, pastas, and salads instead of pizza and fries. Another thing to consider is snacking. It is better to snack on a fruit or granola bar than chips and cookies. **[3]**

1. The writer would like to add the following clause to the end of the preceding sentence (replacing the period after “halls” with a comma). Should the addition be made?

where they can exercise regularly and eat nutritious meals.

A. Yes, because it explains why having access to the gym and dining hall contributes to a healthy lifestyle.

B. Yes, because it provides information about the type of exercise and food that is the most healthy.

C. No, because it is irrelevant to maintaining a healthy lifestyle.

D. No, because the reader may not be interested in exercising or eating healthy foods.

A. Adding this clause to the end of the preceding sentence further explains why being able to go to the gym and dining hall makes a difference in a student’s health.

2. Which sentence, if added here, would best conclude this paragraph and introduce the next?

A. Vegetables are an important source of nutrients that college students can find in the dining halls.

B. Studies suggest that aerobic exercise lowers one’s risk for heart disease.

C. For students to better improve their health, food must be considered additionally to exercise.

D. When biking or using the treadmill, one can watch Netflix to pass the time.

C. This sentence introduces the next idea of healthy eating while still mentioning what was discussed in this paragraph- exercise.

3. Upon reviewing the passage, the writer is considering deleting the final paragraph. Should the paragraph be kept or deleted?

A. Kept, because it provides tips for healthy eating in campus dining halls.

B. Kept, because it confirms that it is easier to exercise than to eat healthy.

C. Deleted, because the passage already discussed tips for healthy eating.

D. Deleted, because it is irrelevant to the focus of the passage.

A. If this paragraph were removed from the passage, it would be lacking information about healthy eating in college, one of the main ideas in the introduction.

Passage 10

We have all heard the saying that says there are not enough hours in the day to get everything done. As true as this is, we tend to let the stress control us rather than manage it. Before you come to college, it is a good idea to practice stress management in order to ease your experience throughout the semester. **[1]**

Creating a to-do list is one of the most effective ways to manage stress.1 It often feels overwhelming when you analyze everything that needs to be completed by the end of the week.2 Rather than trying to do it all at once, it is best to divide the tasks into manageable segments.3 You can do this by making a list of one to three items for each day of the week.4 You can choose what to allot for each day based on how much time you have available to work.5 Once you finish the smaller tasks, you can cross each one off the list.6 Before you know it, you will have completed everything on your list without having stressed about the week as a whole.7 Another good way to manage stress is through exercise.8 Though it seems counterproductive to set aside time for something other than work, exercise is a great way to release negativity.9 It also gives you time to escape the pending homework assignments and studying you have to do later.10 Going outside for some fresh air is sometimes all you need to get yourself focused.11 **[2] [3]**

1. The writer is planning on adding the following sentence to the end of Paragraph 1. Should this sentence be added here?

Two easy ways to practice this are creating a to-do list and exercising.

A. Yes, because it gives statistical evidence of the two most common stress management practices used by college students.

B. Yes, because it introduces what will be discussed in the remainder of the passage.

C. No, because it distracts the reader from the main idea of the passage.

D. No, because it does not introduce what will be discussed in the remainder of the passage.

B. This sentence should be added to this paragraph because it serves as an overview for the direction of the passage.

2. The writer would like to split this paragraph into two separate ones. Where should the paragraph break be inserted?

A. After Sentence 5

B. After Sentence 6

C. After Sentence 7

D. After Sentence 8

C. The new paragraph should start after Sentence 7 because a new idea is introduced to the passage.

3. Consider the passage as a whole. Suppose the writer’s goal had been to inform the reader which type of exercise is best for relieving stress. Did the writer achieve this goal?

A. Yes, because the writer explained that exercise is a good stress reliever.

B. Yes, because the writer discussed how exercise allows the mind to focus on other things.

C. No, because the writer never stated which form of exercise is the most effective.

D. No, because the writer did not say how much time should be spent exercising.

C. The writer did not give specific examples for which types of exercise work best for stress relief.

Passage 11

Often times, yoga comes to mind when thinking of peace and relaxation. The practice of yoga has existed for hundreds of years and is well known for the meditative benefits it offers. It is a simple way to develop strength and flexibility while simultaneously clearing the mind of the outside world. It is offered in thousands of gyms and can even be practiced at home. **[1]**

It is somewhat of a misconception that yoga is purely relaxing.1 The majority of the practice is dedicated to holding various poses for long periods of time, which can be challenging for the unflexible.2 Because each of these poses are held for some time, yoga is an effective way to develop muscular strength and flexibility.3 To make the practice more challenging, dumbbell weights can be held in each hand.4 **[2]**

The meditative aspect of yoga stems from the focus on one’s breathing. Though holding a pose for a few minutes sounds easy, it can quickly fatigue muscles and become an endurance challenge. It has been found that focusing on one’s breath serves as a distraction from the fatigue and helps one remain in the pose for much longer. **[3]**

1. The writer is considering adding the following phrase to the preceding sentence (after the word “home”). Should the writer make the addition?

with as little as a stretching mat.

A. Yes, because it provides details that prove why the practice of yoga is so well known.

B. Yes, because it emphasizes that the practice of yoga is simple and can be done alone with minimal equipment.

C. No, because the phrase does not specify the brand of the best stretching mat.

D. No, because the information is unnecessary and distracts the reader from the main idea.

B. Adding this phrase to the end of the preceding sentence reinforces the claim made in the previous sentence (that yoga is “simple”).

2. For the sake of logic and coherence of this paragraph, where should the following sentence be inserted?

These poses range from twists and planks to headstands and shoulderstands.

A. Before Sentence 1

B. Before Sentence 2

C. Before Sentence 3

D. Before Sentence 4

D. This new sentence should be inserted before Sentence 3 because it explains the types of poses one can hold that were mentioned in Sentence 2.

3. Which sentence, if inserted here, would effectively conclude this paragraph?

A. Yoga should not be done often because it is difficult to develop effective breathing patterns.

B. Good breathing mechanics allow one to relax in the stretch and focus solely on the present.

C. Yoga is only meditative when one focuses on their fatigue throughout the session.

D. Poses can be modified to simpler or more complex versions depending on the flexibility of the person.

B. This sentence best concludes the paragraph because it restates the idea that focusing on breathing is meditative.

Passage 12

Studies have found that people should get between seven and ten hours of sleep each night for optimal daytime functioning. It probably does not come as a surprise that a large percentage of Americans do not meet this recommendation. As a result, many struggle with silly mistakes at work, drowsiness behind the wheel, and high blood cortisol levels. **[1]**

Technology and busy schedules are at much fault for sleep deprivation. Bedtimes that were once at 10 PM are now at midnight thanks to phones, laptops, and tablets. It is a fairly common practice to scroll through social media posts and other websites while in bed. Nighttime technology-users therefore stay awake for a considerably longer time because it distracts them from falling asleep. Busy schedules also pose a serious threat to sleep cycles. College students, for example, sometimes forfeit a night of sleep to work on assignments that they did not have time to complete throughout the day. **[2]**

Many Americans experience sleep deprivation on a daily basis. They do not get nearly as much sleep each night as recommended by health professionals, which ultimately affects work, driving, and personal health. This can be attributed to things such as technology and busy schedules. Both technology and busy lives contribute considerably to delayed bedtimes and all-nighters. **[3]**

1. Which of the following sentences, if added here, would best conclude this paragraph and introduce the next?

A. Sleeping should be prioritized because it is relaxing and good for one’s health.

B. Though sleep deprivation is a growing issue in the United States, it is difficult to pinpoint what is contributing to the problem.

C. In order to control these adverse effects, there are two main culprits behind the issue of sleep deprivation that should be examined.

D. The negative effects of sleep deprivation can be avoided by napping regularly throughout the day.

C. This is the only sentence that restates the idea that sleep deprivation has unfavorable effects and introduces the topic discussed in the next paragraph.

2. If the words “considerably” and “serious” were deleted from this paragraph, it would lose:

A. Evidence that the author is contradicting the claim made earlier in the passage.

B. Emphasis on the severity of the effects technology and busy schedules have on sleep.

C. An explanation of the favorable benefits technology and busy schedules have on sleep.

D. A sense that the author believes these two topics play a positive role on the sleeping habits of Americans.

B. Removing the words “considerably” and “serious” would make the paragraph lack emphasis on the negative effects of technology and busy schedules.

3. Upon reviewing the passage, the writer is considering removing the final paragraph. Should it be kept or deleted?

A. Kept, because it introduces new information not presented elsewhere in the passage.

B. Kept, because it reveals the writer’s true intention for writing this passage.

C. Deleted, because it restates information already discussed in the other paragraphs.

D. Deleted, because it is irrelevant to the main idea of the passage.

C. The final paragraph should be deleted from the passage because it fails to introduce new information to the passage. It is simply a summary of Paragraphs 1 and 2.

Passage 13

It is very true when people say that dogs are man’s best friend. It is estimated that approximately 44 percent of households in the United States have at least one dog. **[1]** This means that there are about 78 million pet dogs just in the United States alone! Though the practice of keeping dogs as pets is extremely common, their purpose as pets varies widely across each owner.

Some dogs are kept as service animals.1 Dogs aid owners with conditions such as blindness, deafness, diabetes, and seizures.2 These service dogs are trained through programs specific to the conditions they will assist.3 Service animals also provide emotional support.4 Emotional support dogs are trained to relieve their owners of conditions such as anxiety and depression.5 **[2]**

Many police departments utilize dogs because of their exceptional sense of smell. Police dogs are trained to search for certain smells including drugs, explosives, and human traces. They are also commonly used in the Customs and Border Protection Department of airports to sniff for concealed illegal substances. **[3]**

1. The writer is considering deleting the preceding sentence. Should the writer make the deletion?

A. Yes, because it does not state how many other pet animals are kept in the United States.

B. Yes, because it restates information already discussed earlier in the passage.

C. No, because it provides a relevant statistic that supports the main idea.

D. No, because it is not consistent with the main idea of the passage.

C. This sentence gives evidence supporting the author’s claim in the first sentence that dogs are man’s best friend.

2. For the sake of logic and coherence of this paragraph, where should the following sentence be inserted?

Some specific tasks they are trained for include reminders for medication, assistance while walking, and carrying medical supplies.

A. After Sentence 1

B. After Sentence 2

C. After Sentence 3

D. After Sentence 4

C. This sentence should be placed after Sentence 3 because it further described the kinds of tasks service dogs are trained to perform.

3. Upon completion of the passage, the author constructs another sentence to be added to the passage. At the beginning of which paragraph should the following sentence be placed?

Dogs are also beneficial for law enforcement work.

A. Paragraph 1

B. Paragraph 2

C. Paragraph 3

D. This sentence should not be added at all.

C. This sentence should be added to the beginning of Paragraph 3 because it introduces the main idea discussed throughout the remainder of the paragraph.

Passage 14

The Rubik’s Cube has entertained and possibly frustrated thousands of users since its creation in 1974. Although many people think a high IQ score is required to solve it, it can be quickly solved in a few steps. The secret to the Rubik’s Cube is held in about ten distinct algorithms, which are mathematical patterns used to solve complex problems. These algorithms are patterns of five to ten sequential movements performed on the cube that guide the user to move a specific side up, down, clockwise, or counterclockwise.

The cube’s sides can be manipulated in multiple directions with the exception of each side’s centerpiece. Because the centers do not move, the sides are distinguishable by color. This prevents the user from getting confused throughout the solving process because they will be able to tell one side from another. When beginning to solve the cube, it does not matter which color is solved first because the algorithms will still work. What does matter, though, is which colors are solved next. It is best to consistently solve the same color first to master the order of algorithms and improve muscle memory. **[1]**

There are a few tricks that can be used in order to solve the cube faster. With more expertise and practice, different algorithms can be used to bypass some of the longer ones. Also, the cube can be taken apart and greased with petroleum jelly to make each turn smoother. With such shortcuts, today’s world record holder can solve the cube in less than six seconds. **[2]** **[3]**

1. The writer is considering deleting the underlined portion of this sentence and inserting a period after the word “first.” Should the writer keep or delete this segment?

A. Keep, because it specifies an important detail of which color should be solved first.

B. Keep, because it further explains the claim made in the beginning of the sentence.

C. Delete, because it reiterates an idea stated earlier in the paragraph.

D. Delete, because it is irrelevant to the main idea of the passage.

B. The underlined portion should be kept because it explains the benefits of consistently solving the same color, something the reader would not understand if it were deleted.

2. After completing this passage, the writer constructs the following sentence. At the end of which paragraph should it be inserted?

When performed in order and on the correct sides, the cube’s sides will be uniform in color.

A. Paragraph 1

B. Paragraph 2

C. Paragraph 3

D. It should not be inserted at all.

A. This sentence is most logical at the end of Paragraph 1 because the entire paragraph is devoted to explaining the role of algorithms in solving a Rubik’s Cube.

3. Consider the passage as a whole. Suppose the writer’s goal was to inform the reader about the history of the Rubik’s Cube. Did the writer achieve this goal?

A. Yes, because the first paragraph states the year that the Rubik’s Cube was invented.

B. Yes, because the writer mentioned a historical moment in the Rubik’s Cube’s history by stating the current world record.

C. No, because the passage did not state how many people have been able to solve the Rubik’s Cube since its creation.

D. No, because the writer did not mention the history of when and how the Rubik’s Cube was developed.

D. The passage does not mention the history of the Rubik’s Cube, only the secrets behind solving it.

Passage 15

Kayla Montgomery is a young woman from North Carolina. When she was a freshman in high school, she began having numbness and tingling in her legs. After various visits to the doctor, Kayla was diagnosed with multiple sclerosis (MS). This is an autoimmune disease that attacks the nerves in the body. **[1]** For eight months straight, Kayla lost all sensation in her legs. Luckily, the she regained all feeling after taking medications prescribed by her doctor.

Though Kayla was used to playing sports throughout her life, her doctor no longer wanted her to play contact sports.1 She was forced to quit soccer, her favorite sport.2 To remain active, Kayla turned to running.3 The downside with playing sports is that heat triggers MS attacks, which makes one lose sensation in the feet and gradually moves up to the waist.4 Because body temperature rises throughout a run, Kayla essentially goes numb and cannot come to a coordinated stop.5 Her coach must wait for her at the end of every run and at the finish line of every race to catch her.6 **[2]**

Despite this issue in her life, Kayla worked toward achieving the goals she set for herself in her running career. During her senior year of high school, she qualified for the two-mile race at the North Carolina State Championship. Kayla was ready to race eight laps on the track with tough competition. One minute into the race, Kayla tripped and fell onto the track, putting her in last place. This did not stop her, though. She quickly caught back up to the rest of the runners, ran the next six laps with the leader, and then moved into first place. Kayla crossed the line in first place and fell into her coach’s arms. **[3]**

1. If the preceding sentence were removed from the paragraph, the passage would primarily lose:

A. A detail about Kayla’s prognosis with the disease.

B. A description of treatments for MS.

C. An important detail regarding the effects of MS on the body.

D. Nothing, because this detail had already been mentioned earlier in the paragraph.

C. Without this sentence, the reader would miss information that explains what MS does to the body.

2. The writer is considering breaking this paragraph into two separate ones. Where should the new paragraph start?

A. After Sentence 2

B. After Sentence 3

C. After Sentence 4

D. This paragraph should not be split in two.

D. This entire paragraph discusses Kayla’s participation in sports, therefore it should not be split in two.

3. Which of the following sentences, if added at this point in the passage, would best emphasize Kayla’s achievement?

A. Some of her competitors feel that she has an unfair advantage because her MS triggers numbness in her legs.

B. Regardless of falling in the first lap and experiencing numbness throughout the race, Kayla became the North Carolina state champion because of her relentless determination.

C. Kayla’s coach carried her off the track and put ice packs on her legs to restore the sensation.

D. In an interview after the race, Kayla laughed about falling and said that she is not surprised that happened to her.

B. This sentence best emphasizes Kayla’s achievement because it explains what she had to go through to be able to win the race.