

Reading comprehension

You have 60 minutes to complete the three parts of the Reading Comprehension.

The reading comprehension is worth a total of 20 marks. Part One: 1 mark per question, total 5; Part Two: 1 mark per question, total 5; Part Three: 1 mark per question, total 10.

Part 1 (5 marks)

Read this article. For questions 1-5, circle the option (a, b or c) on the Answer sheet which you think fits best according to the text.

The human sense of smell

Although the human sense of smell is feeble compared to that of many animals, it is still very acute. We can recognise thousands of different smells, and we are able to detect odours even in infinitesimal quantities. Our smelling function is carried out by two small odour-detecting areas - made up of about five or six million yellowish cells - high up in the nasal passages. For comparison, a rabbit has 100 million of these olfactory receptors, and a dog 220 million.

The human nose is in fact the main organ of taste as well as smell. The so-called taste-buds on our tongues can only distinguish four qualities - sweet, sour, bitter and salt -all other 'tastes' are detected by the olfactory receptors high up in our nasal passages.

Our smelling ability increases to reach a plateau at about the age of eight, and declines in old age. Some researchers claim that our smell-sensitivity begins to deteriorate long

before old age, perhaps even from the early 20s, though women consistently out-perform men on all tests of smelling ability.

Schizophrenics, depressives, migraine sufferers and very-low-weight anorexics often experience olfactory deficits or dysfunctions. Some research carried out in this field has even suggested that certain psychiatric disorders are so closely linked to specific olfactory deficits that smell-tests should be part of diagnostic procedures.

The perception of smell consists not only of the sensation of the odours themselves but of the experiences and emotions associated with these sensations. The association of fragrance and emotion is not an invention of poets or perfume-makers. Our olfactory receptors are directly connected to the limbic system, the most ancient and primitive part of the brain, which is thought to be the seat of emotion.

The positive emotional effects of pleasant fragrances also affect our perceptions of other people. In experiments, subjects exposed to pleasant fragrances tend to give higher 'attractiveness ratings' to people in photographs, although some recent studies have shown that these effects are only significant where there is some ambiguity in the pictures. If a person is clearly outstandingly beautiful, or extremely ugly, fragrance does not affect our judgement. But if the person is just 'average', a pleasant fragrance will tip the balance of our evaluation in his or her favour. So, the beautiful models used to advertise perfume probably have no need for it, but the rest of us ordinary mortals might benefit from a spray or two of something pleasant.

The mood-improving effects of pleasant smells may not always work to our advantage: by enhancing our positive perceptions and emotions, pleasant scents can negatively affect our judgement. In an experiment in a Las Vegas casino, the amount of money gambled in a slot machine increased by over 45% when the site was odorised with a pleasant aroma!

Finally, a note for perfume-marketers: one of the studies showing our tendency to prefer scents that we can identify correctly also showed that the use of an appropriate colour can help us to make the correct identification, thus increasing our liking for the fragrance. The scent of cherries, for example, was accurately identified more often when presented along with the colour red - and subjects' ability to identify the scent significantly enhanced their rating of its pleasantness.

Source: Special Issues Research Centre, Oxford, UK

EXAMPLE:

There are two organs which contribute to our sense of smell which

- a) connects us closely to other similar species.
- b) **allow us to detect great amounts of smells in very small quantities.**
- c) is 10 times less developed than that of rabbits and dogs, for instance.

1) Our capacity to smell is

- a) comparable to that of many animals.
- b) not very well developed.
- c) in fact quite strong and precise.

2) Our sense of smell

- a) continues to develop well into adolescence.
- b) stops developing in our childhood.
- c) declines rapidly after the age of 20.

3) Testing people's sense of smell

- a) lowers their olfactory capacity.
- b) could help psychiatrists to diagnose certain mental illnesses.
- c) can bring on migraines.

4) The act of smelling

- a) triggers emotional areas stored deep in the brain.
- b) develops stronger links between the brain and the limbic system.
- c) enhances our creativity.

5) If we are in a pleasant-smelling environment

- a) we tend to spend less money.

- b) we may not make appropriate decisions.
- c) we spend longer on the internet.

Part 2 (5 marks)

You are going to read an article about exercising and addiction. Seven sentences have been removed from the text. For the gaps (1-5) choose the sentence that best fits from sentences A-G. There is one extra sentence which you do not need. Write your answers on the Answer sheet.

EXAMPLE:

Regular exercise is the key to a healthy lifestyle and makes you feel good.
[0. **G**]

Regular exercise is the key to a healthy lifestyle and makes you feel good. [0.
G]

Exercising can be called addictive when it takes over your life. According to the BBC's One Life website, signs of addiction include getting depressed or irritable when you cannot exercise, feeling that your job or relationships get in the way of exercise and ignoring your friends' and family's concerns or one's health. [1. ____] The situation by definition is thought to be a dependence once exercise starts taking control of a person's life, although you cannot look at one person's exercise regime and diagnose them as doing too much. [2. ____] However, if a person has recurrent injuries, severe menstrual irregularities or drops well below the ideal weight, excess of exercise can be damaging.

According to Eneko Larumba Zabala , sport psychologist and editor of Revista de actualidad de la psicología del Deporte, people can be addicted to sport for the same reasons as they have other types of addiction. “It’s not the addiction itself, but personal needs, expectations and frustrations that maintain addictive behaviour. The addictive conduct could be thought of as the tip of the iceberg, the way in which it manifests as a problem, but it is nevertheless important to get to the root of the problem, which will be different in every case.” he says.

Self-esteem, exaggerated motivation, and distorted body image can all be psychological aspects of exercise dependence. But there are also theories which support the notion of physical dependence to endorphins, produced by the body when we exercise. Endorphins are naturally produced chemicals which give you a high and research, published in 2003, suggested that “exercise is as addictive as alcohol and cigarettes”, because of the rise in endorphin levels in the body after exercising. [3. ____] When the mice were denied exercise, scans showed activity in areas that were normally related to drug withdrawal.

Unlike other addictive behaviours, such as smoking cigarettes, exercise starts out as something to be admired. Once it takes control of a person’s life is when it becomes harmful. Starting as perhaps an “organising principle”, once the thrill from exercise takes priority over work and relationships, it becomes a preoccupation. [4. ____] Eventually, depression, anxiety and sleep disturbance begin to become symptomatic. There are also the physical dangers to over

exercising. Stress fractures and damage to tendons and joints can affect adults who often, as part of the dependence, continue to exercise despite their injuries.

The good news is though that addiction to exercise is rare and particularly complex. [5. ____] So do not worry about your once a week gym habit escalating out of control; it is much more likely not to be enough!

- A. In fact defining what gives one person a sense of wellbeing and what causes the other harm is difficult.
- B. At that stage, the “high” becomes less of a high and needs more exercise to sustain it.
- C. Continuing to go running when ill or injured, for example, could mean that exercise has become a compulsion.
- D. There are no current figures to show how many people are affected and much larger is the problem of the 70-80% of adults who do not exercise enough in order to improve their health.
- E. The mice were subjected to a rigorous exercise regime and the closely observed.
- F. Researchers reached these conclusions by looking at effects in the brains of exercising mice.
- G. But what happens when that enjoyment loses all perspective and becomes a dependence? ✓

Part 3 (9 marks)

You are going to read an article about Eleanor Roosevelt. Ten headings have been removed from the text. For questions 1-9, choose the heading (A-K) which best fits. Write your answers on the Answer sheet. There is one extra heading which you do not need to use.

EXAMPLE:

0. [F]

In a year's time, as the US presidential election nears its climax, it's possible Hillary Clinton will be the Democratic Party's candidate, with a chance of becoming the first female president. But there was once another woman in the White House who came close to fulfilling this description - Eleanor Roosevelt, wife of America's wartime president Franklin Delano Roosevelt. [...] Eleanor is famous for saying that she would "rather be chloroformed than run for office", but she was a consummate political operator in her own right.

Has america already had a female president?

0. [F]

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1. []

Eleanor was still a shy teenager when she met Franklin, her distant cousin. He was good-looking and ambitious and they married in 1905, when she was 20.

Some years later, two events in quick succession altered their relationship. First, was the upsetting discovery in 1918 that Franklin Roosevelt had become romantically attached to Eleanor's own social secretary, Lucy Mercer. Eleanor had found a secret stash of love letters when she was unpacking her husband's trunk on his return from a tour of Europe as Assistant Secretary of the Navy. "It's a twofold stab in the heart," says the historian, Prof Allida Black. "First of all, it's her husband. Second of all, it's her closest associate. She feels bereft in both camps.

2. []

The second episode was possibly even more traumatic. In 1921, at the age of 39, Franklin Roosevelt was struck by a polio attack, which left him paralysed from the waist down. To begin with, it seemed as if his ambition for high office would have to be cast aside. FDR's own mother, Sara Roosevelt, wanted her son to retreat to the family home at Hyde Park in New York State and forget about his political dreams. But Eleanor argued with her formidable mother-in-law and insisted his hope of entering the White House should be kept alive.

3. []

The combined effect of these shocks meant that the Roosevelt marriage evolved from an intimate union into something more like a political partnership. As well as tending to her wheelchair-bound husband and campaigning on his behalf, Eleanor also pursued her own interests. In the 1920s, she spent much of her time championing issues such as world peace, better conditions in the workplace and women's rights.

4. []

When FDR ran for the presidency in 1932 and won, Eleanor was "filled by the greatest possible sense of dread" says Allida Black. Her uncle, Teddy Roosevelt, had been president, so, as Black puts it, "she knows the White House eats women". As it turned out, though, her role went far beyond hosting tea parties in the Rose Garden.

5. []

Due to her husband's disability, she ended up doing a lot of the exhausting travel that would otherwise have fallen to him. This became particularly important as the New Deal took shape - with its numerous programmes designed to pull America out of the Great Depression. Eleanor would often be on the road, crisscrossing the country and visiting New Deal projects to assess which ones worked and which fell short.

6. []

She also instituted her own White House press conferences for women journalists and from 1935 onwards, she was writing her own syndicated newspaper column called My Day.

"It was a bit like a blog," says Maurine Beasley, one of Eleanor Roosevelt's biographers. "It was laughed at by professional journalists but it had a tremendous readership because it appealed to ordinary people with a very conversational style."

7. []

Eleanor became the first president's wife to testify before a congressional committee, and the first to address a national party convention. She was also an influential behind-the-scenes adviser to FDR. Being unelected meant that Eleanor could do things her husband could never dream of.

8. []

The story goes that in 1938, when she was invited to speak at a welfare conference in Birmingham, Alabama, she refused to sit in the white-only section of the hall. After being told that she couldn't sit in the black section, she took her chair and defiantly sat in the middle instead.

9. []

Sometimes there was a tension between her idealism and her husband's pragmatism. The two clashed, for example, over the decision to intern thousands of Japanese-Americans after Japan's bombing of Pearl Harbor in 1941. Eleanor had made known her deep misgivings. "He asked her not to openly challenge him on this and as a First Lady in wartime, she felt compelled to follow that request," says Bob Clark. "But she also then led by example. She

visited the camps. She talked about the loyalty of Japanese-Americans in her My Day column. So while she wasn't openly criticising the President's policy, she was openly expressing support for the people who were interned in those camps."

10. []

After FDR's death in 1945, just months into an unprecedented fourth term in office, Eleanor Roosevelt left the White House a widow. Allida Black believes that if she had stood as a candidate for the US Senate herself, she would have been elected in a landslide. "But she didn't want to run for public office, because she didn't want to spoil the opportunities for her sons to have political careers. They were eager to follow in their father's footsteps." Instead, Eleanor Roosevelt ended up with an unexpected career as a diplomat.

Source: BBC News Magazine website

- | | |
|--|--|
| A. Working in background | G. In touch with the public |
| B. A surprising new role | H. More than a typical First Lady |
| C. An unexpected illness | I. Defying the president's wishes |
| D. A different kind of marriage | J. A painful discovery |
| E. Long days serving the public | K. Fighting for her political dream |
| F. A powerful woman ✓ | L. A determined protest |

Listening comprehension

AUDIO

40 minutes approx.

The listening comprehension is worth a total of 20 marks. Part One: 1 mark per question, total 5; Part Two: 1 mark per question, total 10; Part Three: 1 mark per question, total 5.

Part 1 (5 marks)

You will hear part of a radio interview in which anthropologist Esther Clarke explains gibbon sounds to the programme's presenter, John Humphries. For **questions 1 – 5, choose the best answer** (a, b or c). Write your answers on the Answer Sheet. First you have 45 seconds to look at the questions.

EXAMPLE

- 0) According to the presenter, if the listener was able to identify the sound he played
- a) they have obviously been in a jungle
 - b) **they are very clever indeed**
 - c) they should try to guess again

- 1) The sound the gibbon makes in the jungle is interesting because of
- a) where the gibbon is.
 - b) why the gibbon makes it.
 - c) how the gibbon makes it.
- 2) The first gibbon sound heard on the clip
- a) is specific to one type of gibbon.
 - b) is the one they make when they see predators.
 - c) means that there is a leopard near the gibbon.

- 3) The second sound heard on the clip
 - a) is quiet because the animals are sitting down.
 - b) is made by a type of eagle owl.
 - c) is intentionally quiet.

- 4) Gibbon 'hoo' sounds
 - a) all have the same meaning to other gibbons.
 - b) sound similar but are actually very different.
 - c) are very varied in the way they sound to other animals.

- 5) In gibbon groups, males and females
 - a) sing together in the morning.
 - b) try to sing louder than each other.
 - c) sing in separate spaces in the forest.

Source: BBC Radio 4

Part 2 (10 marks)

Listen to a radio clip about tattoos in the United States. For **questions 1 – 10**, complete the sentences with **a single word or short phrase of no more than five words**. Write your answers on the Answer Sheet. First you have 45 seconds to look at the questions.

EXAMPLE:

Statistics confirm that (0) one third of American adults have tattoos, some even more than one.

According to tattoo parlour owner Khani Zulu, the art of a good tattoo is both (1)

_____.

Zulu says she is worried about (2) _____ and so she has chosen the most natural brand inks which are organic and are not made with (3)

_____.

Some tattoo parlours are adding chemicals to the inks to make the latest fashion tattoos

(4) _____.

The Food and Drug Administration (FDA) in the United States doesn't regulate (5) _____ because they have more important healthcare issues.

The FDA has recently noticed that customers are increasingly making (6) _____ about their tattoos.

Doctor Alster, the dermatologists makes the point that the components of tattoo inks are often (7) _____.

According to the dermatologist, permanent tattoos begin to deteriorate as people (8) _____.

The reporter says that getting a tattoo is (9) _____ than removing one.

In the tattoo removal process, which uses lasers, some colours become darker and (10) _____.

Source: NPR News programme

Part 3 (5 marks)

Listen to a radio clip in which Baratunde Thurston and Deanna Zandt discuss birthdays and social media. For **questions 1 – 5**, decide **who made the statements**. Put the letter **B** for **Baratunde** (the man) or **D** for **Deanna** (the

woman) on the Answer Sheet. First you have 45 seconds to look at the questions.

EXAMPLE	
0. Became friends with someone who left a happy birthday message on their Facebook page.	D
1. People feel an obligation to send certain kinds of messages	
2. Facebook is used for political protests	
3. Clicking a button makes you think you have done something good.	
4. Prefers to take time to write a birthday greeting.	
5. The speaker's mother receives messages on Facebook from the speaker's friends.	

Source: NPR News programme

Writing

You have **90 minutes** to complete the **two parts** of the **Writing**. You **must answer both Question 1 and Question 2**. Use the space provided to write your answers.

The writing test is worth a total of **20 marks**. Question 1: 10 marks; Question 2: 10 marks.

Question 1

You see this announcement in your university's English language magazine:

Short story competition for university students studying English.

Write a short story that **begins** or **ends** with the words: 'The letter changed my life'. Include the following in your story:

- Why did it change your life?
- How did it change your life?
- What did you learn from it?

Write **175-200** words.

Question 2

This was the title of a talk given recently at your university which caused considerable controversy and provoked a reaction amongst the university community:

'People who are ill because of their own bad habits such as smoking, drinking or overeating should pay for their own treatment.'

Now, you have been asked by your English teacher to write an essay on this subject. Say why some people agree with this idea and why others disagree. Include your own opinion as well.

Write **200-250** words.

Speaking

Part 1: 4 mins (5 mins group of 3)

Part 2: 5 mins (6 mins group of 3)

Part 3: 6 mins (8 mins group of 3)

Total time: 15 mins (19 mins group of 3)

The speaking is worth a total of **10 marks**.

Part 1: 4 mins (5 mins group of 3)

Good morning/afternoon/evening. My name is and this is my colleague
.....

And your names are?

Can I have your marks sheet, please? Thank you.

(Candidate A) where are you from?

And you (Candidate B)?

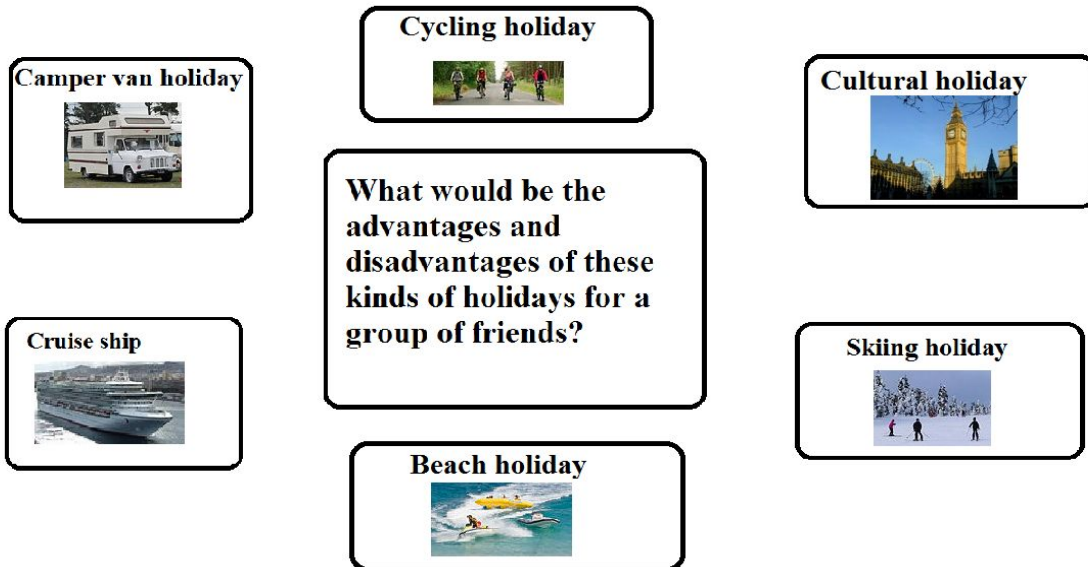
First, I'm going to ask some questions about you.

**Questions in this section will be general questions on topics such as:
likes and dislikes, lifestyle, travel, education and work.**

Part 2: 5 mins (6 mins group of 3)

1. In the next part of the test you are going to talk about something together for about **two minutes**. (3 minutes for groups of 3)
2. I'd like you to imagine a group of friends wants to go on holiday together. Here are some ideas they're thinking about and a question for you to

discuss. First you have some time to think about the activity. (*wait approx 20 seconds*)



Now talk to each other about **the advantages and disadvantages** of these kinds of holidays **for a group of friends**.

3. Thank you. Now you have about a minute to discuss **which holiday would be the best**.
(*1 minutes for groups of 3*)

Part 3: 6 mins (8 mins group of 3)

- How important is it for people to take holidays? Why?
- Do you think you have to spend a lot of money to have a good holiday? (Why/not?)
- What do you think of the following advice? "Take half the clothes and twice the money."
- Some people prefer to travel alone. Why do you think that is?
- Some people say that with internet, mobile phones wifi etc., we're never really able to escape and relax. What's your opinion?

- Some people think they have to travel to another country to have a holiday. What's your opinion?
- What are the most popular destinations in your country for tourists? (Why? What can they do? Have you visited it/them? Would you recommend them?) Do local people also visit these places?
- Is there an advantage to living in a place where there are lots of tourists? Are there any disadvantages?
- What would the advantages and disadvantages of living for a year or more in another country? (Is there a country you would like to live in for a period of time?)

Answer Key

Reading comprehension

Part 1

1. C
2. B
3. B
4. A
5. B

Part 2

1. C
2. A
3. F
4. B
5. D

Part 3

- | | |
|--------|--------------------------------|
| 1. F. | A powerful woman |
| 2. J. | A painful discovery |
| 3. C. | An unexpected illness |
| 4. D. | A different kind of marriage |
| 5. H. | More than a typical First Lady |
| 6. E. | Long days serving the public |
| 7. G. | In touch with the public |
| 8. A | Working in background |
| 9. L. | A determined protest |
| 10. I. | Defying the president's wishes |
| 11 B. | A surprising new role |

Not required: K. Fighting for her political dream

Listening comprehension

Part 1

1. B
2. C
3. C
4. B
5. A

Part 2

1. (the) design (and the) colour.
2. safety
3. animal products.
4. brighter/ psychedelic / glow.
5. (tattoo) ink
6. complaints
7. unknown/not known/unidentified
8. age/get older
9. cheaper/less costly/less complicated
10. impossible to remove.

Part 3

1. D
2. B
3. B
4. D
5. D