



1. FILL IN THE BLANKS WITH THE CORRECT WORD. (30 marks)

Burn out, a serious medical problem? – Open cloze

Workers around the world have experienced burnout for (1)_____. Burnout is mental exhaustion due to (2)_____ much stress at work. This problem has now been (3)_____ as a medical problem. It is (4)_____ that people have burnout if they often lack energy or feel exhausted; if they feel very negative (5)_____ their job; and if they have problems (6)_____ tasks in their job. Doctors should treat patients for burnout. However, doctors are (7)_____ the highest-stress (8)_____. The number of people with burnout has (9)_____ increasing at a worrying rate. More and more workers are getting (10)_____ because of high levels of stress at work. Burnout was identified **as** a problem in 1974 by American psychologist Herbert Freudenberger. Since then, hundreds of studies have tried to explain (11)_____ it is. Researchers have said it is similar to anxiety or mood disorders, and can come from depression. (12)_____ to the Mayo Clinic website, burnout can cause serious health problems. These can include insomnia, heart disease, high blood pressure and type 2 diabetes. The clinic's website (13)_____ advice on how to manage burnout. It suggests (14)_____ to your boss to change your workload; reaching out to coworkers, family and friends; and trying relaxing activities (15)_____ tai chi, meditation, going for a walk in the countryside, and yoga.

2. COMPLETE THE GAPPED SENTENCE SO THAT IT HAS A SIMILAR MEANING TO THE COMPLETE SENTENCE, USING THE KEY WORDS GIVEN. YOU MUST USE BETWEEN 2 AND 5 WORDS. (20 MARKS)

Example:

It is compulsory to show your identification. **HAVE TO**

You **HAVE TO** show your identification.

1. They didn't distribute the contents of their project as I told them. **SHOULD**
They of their project as I told them.
2. People say the latest 'Avengers' film is really amazing. **BE**
The latest 'Avengers' film amazing.
3. 'Why don't we meet for a coffee after work?' Joe said. **SUGGESTED**
Joe for a coffee after work.
4. Carol missed the train because she left home too late that morning. **HAVE**
If Carol had left home earlier,the train that morning.
5. When I woke up yesterday, it was still snowing. **BEEN**
It..... all night when I woke up yesterday.

3. YOU ARE GIVEN A PIECE OF TEXT WITH 5 SPACES. FIVE SENTENCES HAVE BEEN REMOVED FROM THE TEXT, CORRESPONDING TO THE SPACES. YOU ARE ALSO GIVEN 5 SENTENCES A, B, C, D, E. FOR EACH SPACE. YOU ARE REQUIRED TO PUT EACH GIVEN SENTENCE INTO ITS CORRECT SPACE. (20 MARKS)

How Long Can Teens Live Without Social Media?

Let's face it, our teens live in a new world which most of us absolutely and without a doubt did not grow up in. Our teens live in one world where they are in face-to-face contact with others as well as in living a virtual world with others. This is not news to anyone who has seen a group of teens standing in front of a high school texting instead of talking to each other. And, I have often wondered if they may at times simply be texting their moms. **1** _____

It seems that every day a new cutting edge social platform is developed presenting our teens with new social outlets. **2** _____

Social Times recently reported on five of the most popular social network platforms amongst teens: Vine, Snapchat, WhatsApp, Instagram and Ask.FM.

So much of the data supports the impression that teens cannot live without social media. According to Common Sense Media practically every American teenager uses social media. Listen to this -- approximately two-thirds of our teens text every single day. **3** _____ A survey conducted by the Pew Research Center found that -- get this -- up to 95 percent of teens ages 12 to 17 are online in some manner.

I am quite sure that this is not a wake-up call for any one of us. I have always suspected, however, that our teens can and could live without social media for days or even weeks at a time if they are otherwise occupied. I have spoken to many, many teens who have gone for weeks without access to technology when at summer camp or even while traveling. In order to start to get some input on this hypothesis I took to the streets with HooplaHa-Life with a Smile, a good news website, to see how parents and kids would answer the question How long can you (your teen) go without social media? **4** _____

Certainly their parents were. There was considerable discrepancy between how long teens said they could live without social media and how long their parents thought they could remain comfortably unplugged. In almost all cases parents underestimated how long their teens thought that they could stay unplugged. Perhaps the teens are over-estimating their abilities or perhaps not. **5** _____ If they surprise you with their response, see if they would be willing to test the proposition.

https://www.huffpost.com/entry/how-long-can-teens-live-w_b_4976592

- A. If you want to have some fun, ask your kids how long they could last without social media and see how they answer.
- B. Other research findings also support heavy use of social media among teens.
- C. You might be surprised by the teens' answers.
- D. After all, their friends are right there next to them.
- E. Facebook, Twitter and Pinterest are huge and almost passé for teens.

4. A growing number of parents are now choosing to homeschool instead of sending their children to public or private schools. Home education is usually conducted by a parent or tutor or online teacher. Families choose this kind of education for a variety of reasons, including dissatisfaction with the educational options available, different religious beliefs or educational philosophies etc.

WRITE AN ARGUMENTATIVE ESSAY SHOWING THE ADVANTAGES AND DISADVANTAGES OF THIS SYSTEM. (150 -180 WORDS) (30 MARKS)