TEST 6 | Units 11 and 12

Name _____

Total score: _____

VOCABULARY

1 Complete the sentences with the correct form of the word in CAPITAL LETTERS.

0 This is the first ___*prototype*___ of its kind. **TYPE**
1 I was going to have a team meeting at that time, but maybe I can _____ it. **SCHEDULE**
2 When he was only 16, he won a _____ to Harvard University. **SCHOLAR**
3 Is this the original image or was it _____ ? **PHOTO**
4 Don't be so _____ about your exam results! **PESSIMISM**
5 I'm on the _____ for a pair of new shoes to replace my old ones. **LOOK**
6 Can I leave you to _____ the team and their completion of the work? **SEE**
7 Honestly, I'm not using any kind of _____ . It's 100% real. **TRICK**
8 He can play that piece on the piano _____ . It's perfect. **SEAM**
9 Asteroids travel through space at a _____ rate. **PHENOMENON**
10 We've updated the old version with a few more technical _____ . **ADVANCE**

Marks (out of 10): _____

2 Complete the text with the words in the box. There are three extra words you do not need.

business	dream	~~*entrepreneur*~~	envisaged	glass	image	looked
moon	optimistic	see	shift	trend	tunnel	visionary

The **(0)** ___*entrepreneur*___ Michael Dell once said that you don't have to be a genius or a **(11)** _____ to be successful. You just need a framework and a **(12)** _____ . And he should know. Dell started his company in the late 1980s and turned it into a multibillion dollar **(13)** _____ . Dell developed his ideas whilst studying at college. He bought old computers, upgraded them and sold them cheaply. With his fellow students over the **(14)** _____ at having a discount supplier, Dell quickly realized the potential and dropped out of college. His parents didn't **(15)** _____ eye to eye with him at first, but Dell remained **(16)** _____ . The light at the end of the **(17)** _____ came quickly for Dell when he sold computer equipment worth nearly $200,000 in his first month of business. One thing Dell **(18)** _____ early on was his direct model of selling in which he sold directly to the customers and created computers to their own specifications instead of having to buy ready-made computers from a shop. Over the years, many other businesses have **(19)** _____ into why Dell's approach to selling has been so successful and applied it to their own context. What was once a paradigm **(20)** _____ is now regarded as the norm.

Marks (out of 10): _____

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GRAMMAR

3 Complete the second sentence so that it has a similar meaning to the first. Use the word given in bold. (2 marks per question).

0 The new bridge wasn't going to be completed on time. **unlikely**
The new bridge *was unlikely to be completed* on time.

21 We'll arrive at midnight if it's OK with you. **assuming**
_____, we'll arrive at midnight.

22 The journey took three hours but it was fine. **given**
The journey was _____ three hours.

23 If it rains on camping trips, they book into a hotel. **whenever**
_____ on camping trips, they book into a hotel.

24 We had planned to cancel the event ages ago. **going**
We _____ the event ages ago.

25 I was certain they'd get together in the end. **sure**
They _____ get together in the end.

Marks (Two marks per question. Total out of 10): _____

4 Complete the text with a suitable word in each gap.

In **(0)** *spite* of the fact that we'd booked the holiday in beautiful Morocco, I was right to have been pessimistic about the holiday from the start. Even as we were **(26)** _____ to leave the house there had been an argument about how much luggage to take. Shirley had wanted to take two suitcases and her husband, Stan, said that it **(27)** _____ be utterly impractical in view of the **(28)** _____ that this was a hiking holiday, not a beach holiday. He was right, of course. Carrying two suitcases across the Atlas mountains was **(29)** _____ to be impractical, but he could have dealt with it more sensitively. I was **(30)** _____ about to intervene but decided to sit outside and wait in the car. In the **(31)** _____ of an argument between couples I have always learnt to keep my mouth shut. Eventually, they were **(32)** _____ to solve their differences, or so I'd thought. In the end, Shirley emerged with two suitcases. One point to her.

By the **(33)** _____ we'd arrived at the airport everyone seemed to have cheered up and we landed in Morocco without a hitch. But the peace over the luggage was **(34)** _____ to last. We met our guide and his first comment was that **(35)** _____ of the fact we were hiking with porters, there was no way they could take extra suitcase. Stan couldn't resist a smirk which simply made Shirley's resolve stronger.

Marks (out of 10): _____

READING

5 Read the text. For questions 36–45, in which part of the text (A–E) does the writer mention the following?

0 The location of the first study. [B]
36 Ways in which you might become an optimist. ☐
37 How the questionnaires were used. ☐
38 A new trend that is affecting our old beliefs about heart disease. ☐
39 You double the likelihood of good health if your attitude to life is positive. ☐
40 The traditional view of how to avoid heart disease. ☐
41 That a good night's sleep is also a factor. ☐
42 The two outcomes were nearly identical. ☐
43 How the findings are supported elsewhere. ☐
44 The question of whether it's possible to change your outlook. ☐
45 The type of people who took part in the survey. ☐

Marks (out of 10): _____

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Optimists have healthier hearts

A

For years we have been told that the answer to having a healthy heart is to eat a good diet, exercise regularly and give up smoking. And certainly these all make a difference and no one doubts the importance of physical health but increasingly, psychologists are suggesting that your state of mind has an even greater impact on the health of your heart than was once believed.

B

The University of Illinois carried out a survey in which it studied people's attitudes to life and their corresponding cardiovascular health. They found a connection between the two by looking at whether people were optimists or pessimists. People in the study who could be defined as optimists were twice as likely to have a heart in ideal health than their peers who could be classified as pessimists. In other words, if you have a positive outlook on life, it seems to follow that your heart is also in great shape.

C

The sample for the study came from a wide range of participants of different ethnic backgrounds, aged between 45 and 84. Doctors assessed their health by checking different aspects of a person's health including blood pressure, diet, physical activity and whether or not they smoked. As well as looking into their physical health, the participants also completed surveys which were used to assess their mental health and levels of optimism. The researchers compared the results from the physical health check with their scores on the mental health and discovered that scores from both tests generally mirrored each other. So, if a score was high (or low) on one test, it was similar on the other. Optimistic people were between half and 75% more likely to have good health scores.

D

Other studies such as one from Harvard School of Public Health (HSPH) found similar results and even came to the conclusion that optimism and positive emotions helped to protect a patient from cardiovascular disease and could help to slow the development of the disease. It was noted that optimists typically took greater care of themselves by doing exercise, eating a good diet and getting plenty of sleep.

E

The question remains then; if you are a pessimist but you change your attitude so that you are more optimistic, can you in fact reduce the chances of ill health? And if this is true, can optimism be learned? Can you, in fact, stop seeing a glass as half-empty, but see it as half-full? Many psychologists believe you can. It's possible to rewrite the brain so that it's optimistic through doing things like building a strong social network of people, and going for brisk walks or taking up any kind of sport. One researcher commented that it isn't necessary to be too over the top, but to have a realistic outlook on life.

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LISTENING

6 77 Listen to part of a consultation between a life coach and a client. Are these statements true or false? You have one minute to read the statements before listening.

0 The woman wants Phil to talk about his future. *True* / *False*
46 She wants him to be realistic at the start of the discussion. *True / False*
47 Phil is asked not to worry about any other problems going on in his life. *True / False*
48 Phil has taken lessons in the guitar. *True / False*
49 Phil imagines playing with other musicians at some stage. *True / False*
50 The woman suggests that it might be expensive to learn to play the guitar properly. *True / False*
51 Phil suggests that he might not have enough natural skill to be a professional musician. *True / False*
52 Phil has attended courses in how to manage people. *True / False*
53 Phil thinks that to be an entrepreneur you probably need a vision. *True / False*
54 The woman suggests that Phil could start his own business. *True / False*
55 Carly makes a connection between his two interests. *True / False*

Marks (out of 10): _____

SPEAKING

7 Make an arrangement with your teacher for a meeting to discuss your progress in class. You should include the following in your discussion:

- Begin by asking about your teacher's availability.
- Your teacher is not available at that time and will suggest a different time. Say no.
- Suggest another date/time.
- Your teacher is unavailable at that time. Talk about changing the plans you already have in place so that you can meet at the date/time your teacher prefers. (You think you can cancel your other plans.)
- Agree and make an arrangement.

You can receive ten marks for including all the points above and using a range of language for making arrangements.

Marks (out of 10): _____

WRITING

8 A friend in your English class is planning to spend a year working in the UK in order to improve his English. Your friend doesn't mind what kind of job he gets, but he needs a general endorsement from you to give to potential employers. Write an endorsement commenting on the following:

- How you know him
- His personal qualities and general education
- His attitude to work in general
- His communication skills including level of English
- Overall recommendation

You can receive ten marks for including all five points above and using persuasive language.

Marks (out of 10): _____

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