

English Final Examination 2009 / Written Part

05 June 2009

Cover Sheet Instructions, Points & Markings

Name: First Name:

Your exam consists of the following three parts:

Total time: 120 minutes

- | | | |
|---|-----------------------|-----------|
| A | Reading Comprehension | 40 points |
| B | Grammar & Structures | 47 points |
| C | Writing | 44 points |

All parts are handed out at the beginning of the exam. Manage your timing well.
You cannot use a dictionary during the exam.

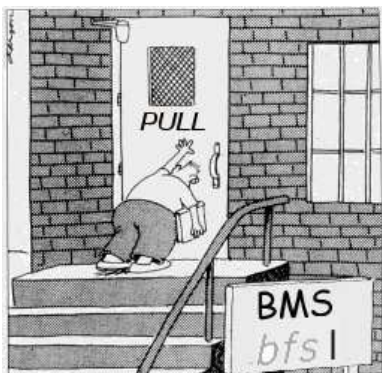
Points part A:/ 40

Points part B:/ 47

Points part C:/ 44

Total:/131

Final Mark:



Good Luck!

Part A: Reading Comprehension (40 points)

I love stress

(*italic & bold words in glossary p.3*)

- 5 Enough of the crying and complaining - a job without pressure is **a job not worth doing**. Cath Janes thinks it's time to get rid of the **doom-mongers** and embrace the stress.

by Cath Janes "The Guardian", Saturday 31 January 2009

- 10 Stress, according to the Samaritans, is a **looming spectre**. And next Friday's Stress Down Day is a chance for "anyone with work or **financial concerns** to seek support ... to discuss thoughts, feelings and problems".



Could a little pressure at work do you good? Photograph: Photonica /Getty

- 15 The organisation is keen to raise awareness about the impact of stress in the workplace. Very good, but haven't we heard it all before? Almost weekly there's a wellbeing survey, study or piece of research warning the nation's workforce that stress is coming to get them. **It's the cloud on every employee's horizon**. The Health and Safety Executive, the person in charge of health issues, has calculated that work-related stress lies at the root of more than a third of all new cases of ill health, while 13.5m working days are lost each year thanks to work-related stress, depression and fears.

- 20 Could this national obsession with workplace stress be doing as much damage as it wants to prevent? If we tell ourselves that we are stressed at work won't we become just that, creating a self-fulfilling prophecy?

- 25 Angela Patmore certainly thinks so. "The Truth About Stress" (Atlantic), her eye-opening reassessment of the subject, has earned her **vitriolic criticism** from those within the "stress industry" as well as support from those who believe we should toughen up.

- 30 "There are more than 650 definitions of stress and even the highest medical authorities don't know what it really means. Yet the term is **banded about** dangerously," Patmore explains. "The problem is that stress is believed to be everywhere and we use the term to interpret everything we feel. It suggests that we have all got this terrible illness but the reality is that we need to be courageous and **learn to cope** by facing challenges."

- 35 That doesn't mean that our emotional responses to workplace situations are not valid. There is no question that some people **get blocked** and are unable to fully function as a result. It simply means that too many of us have developed the habit of thinking that normal reactions to deadlines or meetings are abnormal. In short, are we becoming a nation of softies?

- 40 Stevan Rolls, head of human resources at Deloitte, believes we must accept stress as an integral part of the workplace. "Stress is **inevitable**. It goes hand in hand with the work we do. People don't hire us to do easy things, they hire us to do difficult things and to think that you can remove stress from that is a big mistake. Isn't this pressure why people work in the first place? I work with people who are up for the challenge, focused on being successful and pressure helps them reach their aims."

45 The problem is where one employee's idea of healthy pressure is another's idea of breakdown-inducing chaos. After all, is it really possible to compare the pressures of brain surgery to the pressures of childminding? The general consensus is that it's not - each one of us has different tolerances and expectations. Being locked in a room with a shrieking child could send a brain surgeon **over the edge** while a childminder, faced with the **gore** of the operating theatre, could feel very stressed indeed.

50 Charlie Bagot Jewitt is a former Royal Naval commander and now chief executive of the **National Memorial Arboretum**, which houses the recently opened Armed Forces Memorial, in Staffordshire. He has a keen understanding of what stress means to different people. "I think that my job is stressful because I have to manage a 150-acre site, increasing visitor numbers, up to 10 Royal visits and 200 events a year. Yet I have to put that into the context of the experiences of armed forces personnel who are prepared **to lay down their life** in the service of their country. That's real stress."



60 But Bagot Jewitt believes that working under pressure lies at **the heart of his success**. He was attracted to his current role by the pace and variety and wouldn't have it any other way.

65 "I don't think you should shy away from stress," he says. "It forces you to perform **to live up to your full potential**. I like to think that even when I am **on the verge** of retirement I'll still be pushing myself. It's what gets me out of bed in the morning."

70 Which is why events such as Stress Down Day could be doing the UK's workforce **more harm than good**. The **assumption** that we are all stressed and that this stress has to be eliminated is an idea that, taken to the extreme, could leave us all taking to our beds. Rather than realising that our nerves can make us shine in interviews or understanding that we feel pressure because we want to be good, we'll define anything that raises our heartbeats as dangerous and to be avoided.

75 "To live without stress would be to live in a vegetative state," warns Glynis Kelly, senior lecturer in psychology and sociology at Cornwall College. "It's just not possible. Even the act of getting up in the morning requires effort. For many workers it is the fact that they feel 'driven' that makes the job good and that once that feeling is gone, it is time for them to move on. It is this environment that allows them to produce their best work."

80 Sara Robinson agrees. She is an account director at Cardiff-based Working Word PR and even though she describes her job as stressful, she thinks it's great. "I come up with my best ideas when under pressure," she says, "and when I am staring a deadline in the face I get a sense of flowing adrenaline and real buzz that helps me produce good work."

"My company has introduced Indian head massages as a benefit and I was told that my back is so badly knotted that I must be constantly feeling tension. But I don't see that as a bad thing and can't picture myself doing a job that left me feeling bored."

85 It's time to get control back from the **doom-mongers**, time to get on with the daily challenges of working life. "Stress helps us to develop and survive," says Dr Wolfgang Seidl, executive director of the Validium Group, which provides employee assistance programmes. "So view being stressed as being **resilient**. Resilient people see pressure as a challenge, trust that

90 they have control and don't see themselves as powerless. Those kinds of attitudes are at the root of any career success."

Relax! You're not overly stressed if...

- Work leaves you feeling tired but satisfied with your progress
- You only feel stressed when outside your comfort zone
- You leave your comfort zone in ways and situations that you enjoy
- 95 • You're able to get over stress quickly with no lasting effects
- You don't feel constantly under pressure and have time to relax
- You feel as if you have some control over the situation that you are in
- You have confidence in your ability to cope
- You're a high achiever who seeks out challenges

100

Glossary:

<i>the doom-mongers</i>	Die Pessimisten
<i>looming spectre</i>	drohende Erscheinung
<i>vitriolic criticism</i>	beissende Kritik
<i>bandied about</i>	etwas verbreiten
<i>inevitable</i>	unabwendbar
<i>the gore</i>	Das Blut
<i>National Memorial Arboretum</i>	Nationaler Baum-Gedenk-Garten
<i>on the verge</i>	am Rande
<i>assumption</i>	Annahme
<i>resilient</i>	belastbar

A1 true or false?**(20 points)**Cross() the statement as true (T) or false (F): if it's false, correct it!

Example:

0. The author of this text is Angela Patmore.

No, the author is Cath Janes.

1. According to the Samaritans, a lot of people know about the impact of stress at the workplace.

2. Figures show that a third of the British people at work are stressed.

3. The text says that it is very difficult to say what exactly stress is.

4. Angela Patmore says that people think of stress as being a sickness.

5. Glynis Kelly thinks that life without stress is not very interesting.

6. Stevan Rolls thinks that 'work is stress'.

7. Charlie Baghot Jewitt is employed by the Royal Navy.

8. Charlie Baghot Jewitt believes that looking after the arboretum can be stressful.

9. Sara Robinson had a massage to get rid of tension in her back.

10. if you can get over being stressed quickly it isn't too bad.

points:...../20

A2 Vocabulary**(10 points)**

Explain the meaning (not just one word synonym) of the **bold printed** expressions or phrases in your own words. Do not use these words in your explanations.

1. Line 05: . . . a job not worth doing

2. Line 11: . . . financial concerns

3. Line 18: . . . It's the cloud on every employee's horizon

4. Line 33: . . . learn to cope

5. Line 35: . . . get blocked

6. Line 48: . . . over the edge

7. Line 58: . . . lay down their life

8. Line 61: . . . the heart of his success

9. Line 64: . . . to live up to your full potential

10. Line 67: . . . more harm than good

points:...../10

A3 Antonyms**(10 points)**

10 words in the text are *italics*; give an antonym (maximum two words) for each one of them which could be used in the text.

- | | | | |
|-----|----------|-------------------------------|-----------------|
| 0. | Line 05: | . . . <i>crying</i> . . . | <u>laughing</u> |
| 1. | Line 21: | . . . <i>new</i> . . . | _____ |
| 2. | Line 27: | . . . <i>earned</i> . . . | _____ |
| 3. | Line 29: | . . . <i>highest</i> . . . | _____ |
| 4. | Line 32: | . . . <i>everything</i> . . . | _____ |
| 5. | Line 36: | . . . <i>too many</i> . . . | _____ |
| 6. | Line 40: | . . . <i>easy</i> . . . | _____ |
| 7. | Line 44: | . . . <i>problem</i> . . . | _____ |
| 8. | Line 71: | . . . <i>raises</i> . . . | _____ |
| 9. | Line 76: | . . . <i>to move on</i> . . . | _____ |
| 10. | Line 96: | . . . <i>constantly</i> . . . | _____ |

points:...../10

Part B Grammar (47 points)

B1 Prepositions

(5 points)

Fill in the correct preposition.

1. Which is the longest riverEurope?
2. Is there anythingtelevision this evening?
3. We arrived.....the hotel after midnight.
3. 'Where's Mike?' 'He's.....holiday.'
4. Tom hasn't seen himself..... a picture.
5. Linda is away. She's been awayMonday.
6. The next meeting is15 April.
7. I usually go to work.....car.
8. There's too much sugarmy coffee.
9. Kevin lived in Londonsix months. He didn't like it very much.
10. Were there a lot of peoplethe party?

points:...../05

B2: active or passive

(14 points)

Read these newspaper reports and put the verbs into the most suitable form.

1 CASTLE FIRE

Winton Castle _____ (damage) in a fire last night. The fire, which _____ (discover) at about 9 o'clock, spread quickly even though the fire-fighters _____ (be) at the scene very fast. The fire-fighters spokesperson _____ (say) that one person _____ (take) to hospital after _____ (rescue) from an upstairs room.

2 SHOP ROBBERY

In Paxham yesterday a shop assistant _____ (force) to hand over £500 after _____ (threaten) by a man with a knife. The man _____ (escape) in a car which _____ (steal) earlier in the day. The car _____ (later / find) in a car park where it _____ (leave) by the thief. A man _____ (arrest) in connection with the robbery and _____ (still / question) by the police.

points:...../14

B3: conditionals**(8 points)**

Complete the sentence for each situation with the correct conditional

You should take more exercise because that's the way to get fit.

If you take more exercise, you' ll get fit.

1. Road travel is cheaper than rail travel in England. As a result there are lots of traffic jams.
If rail travel _____ than road travel in England, they
_____ lots of traffic jams.
2. Cutting down rainforests has caused many plants and animals to disappear.
Many plants and animals _____ if people
_____ rainforests.
3. I don't do much exercise because I don't have enough free time.
If I _____ more free time, I
_____.
4. Many people leave their cars unlocked when they park. This makes life easy for thieves.
If people _____, life
_____.
5. Some people didn't realize that smoking a lot was dangerous when they were young. Now they are middle aged they have serious health problems.
If people _____, they
_____ now they are middle-aged.
6. James sowed some seeds, but they didn't grow because he forgot to water them.
The seeds _____ if James
_____.
7. It's important to protect wildlife now. Otherwise there will be nothing left for the future generations.
If we _____, there
_____ for future generations.
8. People don't realize the importance of energy conservation, so they do nothing about it.
If people _____, they
_____ something about it.

points:...../08

B4: Mixed Tenses – A holiday in South Africa**(20 points)**

Look at the dialogue. After the gaps there is a verb in brackets. Put the verb into the correct tense.

- J** Good morning. Kuoni Travel, Jane speaking. How can I help you?
- Mr L** Oh, hello. I (1) _____ (look) at your brochure on holidays in Cape Town and the Western Cape and I (2) _____ (wonder) if you could give me some more information?
- J** Certainly. Mr...?
- Mr L** It's Lewis, Mr. Lewis.
- J** Well, as it happens, Mr Lewis, I (3) _____ (go) to Cape Town myself last Christmas. I (4) _____ never _____ (be) there before. I (5) _____ (do) some research for Fairweather Travel, so I (6) _____ (get) to know the city pretty well.
- Mr L** Really! Then you're just the person to talk to. Tell me, (7) _____ you _____ (feel) safe? There (8) _____ (be) so much unrest in Africa recently.
- J** Well, Mr Lewis, I (9) _____ (visit) many countries on behalf of Fairweather Travel, and I have to say that I (10) _____ (feel) very safe the whole time I (11) _____ (travel) round South Africa.
- Mr L** That's reassuring. My three children (12) _____ (learn) all about South Africa at school. They (13) _____ (look forward) to seeing Table Mountain. My wife (14) _____ (hope) to sample some South Africa wine. (15) _____ that _____ (be) possible?
- J** Oh, yes indeed. There are tours to many of the vineyards and wine cellars. Your wife (16) _____ (be able) to try some really good wines. South Africa (17) _____ (produce) some of the best wine and brandy in the world.
- Mr L** Sounds good. Well, you (18) _____ (be) most helpful. I (19) _____ (get) back to you as soon as possible, after I (20) _____ (discuss) it all with my wife. Thank you very much. Bye.
- J** Bye.

points:...../20

Part C Writing (44 points)

Write **an essay** on one of the following topics. Write between 140-150 words.

1. 'Stress is inevitable. It goes hand in hand with the work we do.' Discuss this statement.
2. "It [stress] forces you to perform to live up to your full potential". Where do you agree or disagree with this statement. Use personal examples, apart from work related ones, to explain your statements.
3. What situations create stress for you and how do you deal with it?

Evaluation Criteria:

	Points	
Contents:		
length (at least 120 words)	6	_____
understanding (own text, to the point)	6	_____
quality, substance	6	_____
 Structure:		
divided into paragraphs, logical sequence	2	_____
 Style:		
conciseness, adequacy	4	_____
 Vocabulary:		
accuracy	4	_____
range	4	_____
 Sentence Patterns:		
complexity, variety, word order	2	_____
 Grammar:		
grammar mistakes	5	_____
spelling mistakes	5	_____

_____ /44points

