

LEVEL C (C1&C2)

2021 A

MODULE 1 Reading comprehension and language awareness

PART A - CHOICE ITEMS

ACTIVITY 1

Read the text below and do the tasks that follow.

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Do you ever feel like you're not good enough?



If you feel you're not good enough, if your self-worth rises and falls on the basis of what other people think of you – rather than what you think of yourself – you're not alone. This doesn't mean that it's right – for you or for those who really care about you. This is why it's high time you do something about this. Meagan O'Reilly, staff psychologist at Stanford University in California, says we all can, and she tells us how. She suggests that we start challenging the “not-enough” mindsets we've developed by doing the following:

Do what makes *you* – not other people – feel good. Feeling like you're not enough can sometimes lead you to take on certain friends, hobbies, projects or jobs that you think will make you look good in other people's eyes. O'Reilly asks: “When was the last time you did something not because it's going to count, not because it meets a condition of worth that you're wrestling with, but just because you enjoyed it?” It's important to pursue the things that we genuinely enjoy because “it softens our stance toward ourselves,” says O'Reilly. “It allows us a zoomed-out perspective and gives us a chance to experience ourselves and others in a non-conditional way.” When you're in the flow of doing what you love, you can shake off the weight of judgements and expectations.

Recognize that you have value. Believing that you're good at what you do does not mean that you should lower the bar for what you'd like to accomplish in life. It just means that what you believe about yourself remains constant and isn't affected by your actions. Contrary to what some people fear, recognizing your self-worth does not mean that you're full of yourself. It does not mean that you are saying “I can do anything, I'm the best!” It means “I'm going to do my best, but what I'll finally manage to accomplish doesn't define me.”

When you meet new people, go beyond job, title or school. Don't allow people who are impressed by labels determine your value on the basis of the work that you do, a title you or your family has. Try to take pride in what you do well and to cherish what you are offered rather than what you don't have.

Respond with love and acceptance to the successes and failures of your family, your friends and colleagues. This is what you want for yourself. Wouldn't you also like the most important people in your life – young or old – to feel like they are enough? By appreciating them and showing that your love for them is unconditional, you can create change that will ripple outwards. O'Reilly says, “Enough is enough with these ‘worth wars’ we're waging. Think about how radically different our world and relationships would be if each of us actually acted like we all had inherent value.”

ATTENTION

- Mark your answers on Answer Sheet 1 [ΑΠΑΝΤΗΤΙΚΟ ΕΝΤΥΠΟ 1].
- You have **120 minutes** to complete this part of the exam.
- Provide a single answer for each item.

1.1 Choose the best answers (A, B, or C) for items 1a-5a from the text above

- 1a. This text is probably of interest especially to people who are
 A. vain. B. shy. C. insecure.
- 2a. The text gives us advice to do the things we enjoy
 A. for the sheer pleasure and joy of it. B. as it helps us not to be hard on ourselves. C. because life is too short not to enjoy it.
- 3a. Accepting our self-worth doesn't mean that we're
 A. overconfident. B. modest. C. pretentious.
- 4a. The text also implies that we should be
 A. thankful for what we've got. B. proud of our family and friends. C. satisfied, no matter what.
- 5a. The last piece of advice is to refrain from
 A. criticizing others. B. accepting painful truths. C. overvaluing ourselves.

1.2 Choose the best option (A, B, or C) for items 6a-10a.

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MEANING IN CONTEXT

WHAT DO THE UNDERLINED WORDS / EXPRESSIONS FROM THE TEXT MEAN?

- 6a. This is why it's high time you do something about this.
 A. the point in time B. the right time C. the time of the year
- 7a. Feeling like you're not enough can sometimes lead you to take on certain friends, hobbies, projects or jobs that you think will make you look good in other people's estimation.
 A. you're inadequate B. you're too delicate C. you're too frail
- 8a. It's important to pursue the things that we genuinely enjoy because "it softens our stance toward ourselves".
 A. it makes us worry less about ourselves B. it makes us go easy on ourselves C. it enables us to stand ourselves
- 9a. When you're in the flow of doing what you love, you can shake off the weight of judgements...
 A. you get the hang of B. you tend to avoid C. you're in the habit of
- 10a. Contrary to what some people think, recognizing your self-worth does not mean that you're full of yourself.
 A. you think you're special B. you're self-conscious C. you humble yourself

ACTIVITY 2

Read the text below and choose the best answer (A, B, or C) for items 11a-15a.

- 11a. This text is about 'kintsugi' a technique used for
 A. mending broken relics. B. replacing broken objects. C. dispensing with cracked bowls.
- 12a. Actually, 'kintsugi' is an ancient Japanese practice that
 A. originated in China. B. concedes to change. C. is considered a form of art.
- 13a. The craftsmen who came up with the 'golden repair' method
 A. were talented artists. B. wanted to hide the cracks. C. were hired by Yoshimasa.
- 14a. The philosophy behind this practice is to
 A. appreciate imperfection. B. hide imperfection. C. reveal imperfection.
- 15a. Japanese tea masters in the 1500s had revolted against
 A. normality. B. prosperity. C. extravagance.

The Japanese art of pottery repair

Have you ever broken or cracked your favourite or someone else's favourite cup or plate? And have you felt really bad about it? Have you thought "Oh, if I could only fix it?" It's only natural that you don't want to throw it away! Well, there is something you can do. Most of the times, you cannot mend it in such a way that the cup or plate does not show its scars, but you can learn to turn these scars into art—like kintsugi (金継ぎ)—an ancient Japanese practice.



Kintsugi, which in English means golden joinery (or something you join with gold), is the Japanese art of repairing broken pottery by mending the cracked areas with lacquer mixed with powdered gold, silver, or platinum. This way, instead of discarding ruined pottery, the kintsugi artist repairs broken items with a golden adhesive that enhances the break lines, making the piece unique. The idea behind this practice is to call attention to the lines made by time and rough use rather than to treat them as a source of shame—to emphasise the beauty and utility of breaks and imperfections. The philosophy behind the practice is to turn the problem into a plus.

According to art historians, kintsugi (also known as the 'golden repair' method) came about accidentally. When the 15th century Japanese ruler named Ashikaga Yoshimasa broke his favorite tea bowl, he sent it to China for repairs and was disappointed that it came back stapled together. The metal pins were unsightly, so local craftsmen came up with a solution—they filled the crack with a golden lacquer. The outcome was lovely, and the mended bowl was once again Ashikaga Yoshimasa's favourite. This incident prompted a whole new art form.



The idea behind kintsugi and the elements it used weren't new, however. The glue is made from the sap of a plant, which has been employed in Asia for about 5,000 years to glue things together, such as the parts of weapons. And the concept behind it was already gaining ground in Japan at the time that Yoshimasa's bowl was mended; it stems from the Japanese aesthetic philosophy, which cultivates appreciation for flaws.

In the 16th century, Japanese tea ceremony masters had rebelled against the prevailing taste of luxury and opulence. Instead, they thought highly of simple items, marked by time and process. They celebrated irregularity, rough surfaces, asymmetry, and defects in tea ceremony implements and settings. "These qualities often appear in the aging process or result of an accident during the creative process."

ACTIVITY 3

Read the text below and choose the best answer (A, B, or C) for items 16a-17a.

- 16a. There is a relationship between the text on the previous page and the one below, but it is
 A. slight. B. profound. C. phony.
- 17a. What answer does the text give to the question posed in its title?
 A. Absolutely not. B. Depending on the conditions. C. Definitely yes.

Should we show others how vulnerable we really are?



We probably don't expect people to be perfect. We may even appreciate it when people expose their vulnerabilities, show old wounds or admit errors. It's evidence that we're not infallible, that we heal and grow, that we survive blows to the ego, to our reputations, or even to our health, and that we can live to tell the tale! When people expose their vulnerabilities to us by admitting that they've made a mistake, we feel closer to them, we trust them more, and we forgive them.

However, though we're often relieved when others are truthful, we're afraid to expose ourselves. We see other people's honesty about their flaws as positive, but we consider admitting to our own failures much more problematic. We're afraid to show or tell others what we've done wrong.

According to a recent study by psychologists at the University of Mannheim in Germany, this tendency stems from the fact that we understand other people's experiences abstractly but see our own concretely. We feel the things that happen to us instinctively and physically. What happens to others, however, functions more like an instructive tale, because the pain of failure isn't our own, and the distance gives us perspective. We all understand in theory that bad things happen. But we feel rotten when they happen to us. We think we should have done something to prevent them from happening and we condemn ourselves for not doing so.

"Vulnerability is courage in others and inadequacy in us," writes University of Houston professor Brene Brown in her book *Daring Greatly*, about the transformative power of exposing what we might consider weaknesses. Brown sees imperfections as gifts to be worked with, not shames to be hidden.

3.2 Read the text again and decide if items 18a-22a are True, False, or Not Stated.

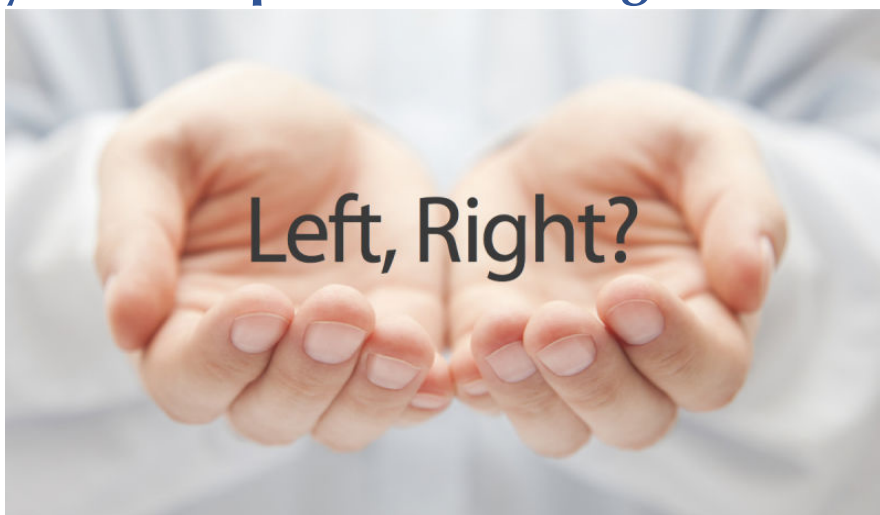
| STATEMENTS | | A | B | C |
|------------|---|------|-------|------------|
| | | TRUE | FALSE | NOT STATED |
| 18a. | When people show their vulnerability, they are likely to be taken advantage of. | | | |
| 19a. | By showing others that we're vulnerable, we feel exposed. | | | |
| 20a. | Our cognitive operations are such that we undergo our experiences in indirect manner. | | | |
| 21a. | Inadequacy is explicit admission of failure. | | | |
| 22a. | We think that people who admit their vulnerability have guts. | | | |

ACTIVITY 4

Choose the best option (A-F) with which to complete items 23a-27a. Use each option only once. There is one option you do not need.

| | | | | | |
|-----------|---------------|-----------|-----------|-----------|--------------|
| A. | victimization | B. | suspicion | C. | ambidextrous |
| D. | structure | E. | downsides | F. | tendency |

Why Are People Left- (or Right-) Handed?



Excluding the small number of truly (23a) _____ people, humans generally have a dominant hand (and side of their body) that they favor for everyday tasks. Most people—about 85% to 90%— are right-handed and there's no population on Earth where left-handers are in the majority, but there are many famous people who were left-handed, like Einstein and Marie Curie.

That uneven split has had some historic (24a) _____ for lefties. They've had to use scissors, desks, knives and notebooks that were designed with righties in mind. Many lefties were forced, against their natural inclination, to write with their right hands. They've been discriminated against and eyed with (25a) _____, as evidenced in the language used to describe lefties. "Right" in English obviously also means "correct." The etymology of the word "sinister" can be traced back to the Latin word for "left."

While the stigma against left-handedness has faded in most places around the world, there is a common (26a) _____ in some situations to think of left-handed people as exceptional. After all, Barack Obama and many other prominent people are lefties. Of course, scientists are still confounded by the righty-lefty divide. Researchers are still trying to understand what makes people prefer one hand over the other and why righties dominate.

While there's no righty or lefty gene, DNA does seem to play a role in handedness. In a recent study published in *Brain: A Journal of Neurology*, researchers at the University of Oxford looked at the DNA of about 400,000 people in the U.K. and found that four regions of the genome are generally associated with left-handedness. Three out of these four regions were involved in brain development and (27a) _____. Some researchers hope that studying the biological differences between lefties and righties could shed light on how the brain develops specializations in its right and left hemispheres.

ACTIVITY 5

5.1 Here's an extract of Ken Liu's delightful short story "Paper Menagerie". Read it and choose the best answer (A, B, or C) for items 28a and 29a.

28a. The story is being narrated by

A. a boy.

B. a grown man.

C. a magician.

29a. The story begins with

A. a humorous incident.

B. a tragic event.

C. a memory.

Paper Menagerie

One of my earliest memories starts with me sobbing. I refused to be soothed no matter what Mom and Dad tried. Dad gave up and left the bedroom, but Mom took me into the kitchen and sat me down at the breakfast table. "Kan, kan," she said, as she pulled a sheet of wrapping paper from on top of the fridge. For years, Mom carefully sliced open the wrappings around Christmas gifts and saved them on top of the fridge in a thick stack. She set the paper down, plain side facing up, and began to fold it. I stopped crying and watched her, curious. She turned the paper over and folded it again. She pleated, packed, tucked, rolled, and twisted until the paper disappeared between her cupped hands. Then she lifted the folded-up paper packet to her mouth and blew into it, like a balloon. "Kan," she said. "Laohu." She put her hands down on the table and let go. A little paper tiger stood on the table, the size of two fists placed together. The skin of the tiger was the pattern on the wrapping paper, white background with red candy canes and green Christmas trees.

I reached out to Mom's creation. Its tail twitched, and it pounced playfully at my finger. "Rawrr-sa," it growled, the sound somewhere between a cat and rustling newspapers. I laughed, startled, and stroked its back with an index finger. The paper tiger vibrated under my finger, purring. "Zhe jiao zhezhi," Mom said. This is called *origami*. I didn't know this at the time, but Mom's kind was special. She breathed into them so that they shared her breath, and thus moved with her life. This was her magic.

Dad had picked Mom out of a catalog. One time, when I was in high school, I asked Dad about the details. He was trying to get me to speak to Mom again. He had signed up for the introduction service back in the spring of 1973. Flipping through the pages steadily, he had spent no more than a few seconds on each page until he saw the picture of Mom.

I've never seen this picture. Dad described it: Mom was sitting in a chair, her side to the camera, wearing a tight green silk cheongsam. Her head was turned to the camera so that her long black hair was draped artfully over her chest and shoulder. She looked out at him with the eyes of a calm child.

"That was the last page of the catalog I saw," he said.

The catalog said she was eighteen, loved to dance, and spoke good English because she was from Hong Kong. None of these facts turned out to be true.

He wrote to her, and the company passed their messages back and forth. Finally, he flew to Hong Kong to meet her.

"The people at the company had been writing her responses. She didn't know any English other than 'hello' and 'goodbye'. What kind of woman puts herself into a catalog so that she can be bought?"

Instead of storming into the office to demand his money back, he paid a waitress at the hotel restaurant to translate for them.

"She would look at me, her eyes halfway between scared and hopeful, while I spoke. And when the girl began translating what I said, she'd start to smile slowly."

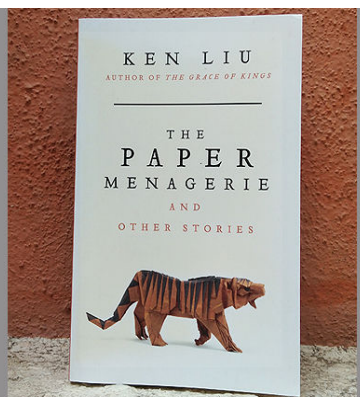
He flew back to Connecticut and began to apply for the papers for her to come to him. I was born a year later, in the Year of the Tiger.

5.2 On the basis of the text on the previous page, choose the best answer (A, B, or C) for items 30a-34a.

- 30a.** The narrator begins by telling us how his mother made
A. him feel better. **B.** a magic wand. **C.** fun of him.
- 31a.** The paper tiger that the mother in the short story had created
A. had magic powers. **B.** had a mysterious effect. **C.** seemed to come alive.
- 32a.** The narrator's father and his mother met
A. by accident. **B.** via a dating ad. **C.** through a common friend.
- 33a.** The narrator's mother was obviously
A. enthusiastic. **B.** impatient. **C.** eager to please.
- 34a.** His father had to apply for his mother's
A. birth certificate. **B.** entry to the USA. **C.** citizenship papers.

5.3 Below is an extract from an interview with the author of the short story, Ken Liu. Read it and choose the best answer (A, B, or C) for items 35a and 36a.

- 35a.** Ken Liu's work could be classified as
A. science fiction. **B.** techno thriller. **C.** historical romance.
- 36a.** The short story "Paper Menagerie" obviously
A. is based on a fantasy. **B.** got the Pulitzer prize. **C.** was well-received by critics.



I write, mostly fiction. I have a big silkpunk epic fantasy series called "The Dandelion Dynasty", in which the heroes are engineers, not wizards. "Silkpunk" is my invention. I use it to describe a technology aesthetic based on a science fictional elaboration of traditions of engineering in East Asia's classical antiquity. My story, "The Paper Menagerie," is the first piece of fiction to win three genre literary awards: the Hugo, the Nebula, and the World

Fantasy Award. I also consult and speak publicly on various subjects such as cryptocurrency, futurism, implications of new technologies (5G, GPT-3, nanomaterials, etc.) science fiction, virtual reality, and sustainable storytelling.

5.4 The short story continues below with another extract. Read the text below and choose the best answer (A, B, or C) for items 37a-40a.

- 37a.** The paper toys the mother made for the boy, whose name is Jack,
A. made him nervous. **B.** took him to a fantasy world. **C.** were poor toy substitutes.
- 38a.** Laohu was the boy's
A. favourite toy. **B.** dog. **C.** companion.
- 39a.** When the boy's family moved to a new house, neighbours
A. were antisocial. **B.** were considerate. **C.** made racist remarks.
- 40a.** The Star Wars action figures that Mark (the neighbor boy who came to visit) brought with him
A. didn't really impress Jack. **B.** fascinated Jack. **C.** set off the boys' friendship.

At my request, Mom also made a goat, a deer, and a water buffalo out of wrapping paper. They would run around the living room while Laohu chased after them, growling. When he caught them, he would press down until the air went out of them and they became just flat, folded-up pieces of paper. I would then have to blow into them to re-inflate them so they could run around some more.

Sometimes, the animals got into trouble. Once, the water buffalo jumped into a dish of soy sauce on the table at dinner. (He wanted to wallow, like a real water buffalo.) I picked him out quickly, but the capillary action had already pulled the dark liquid high up into his legs. The sauce-softened legs would not hold him up, and he collapsed onto the table. I dried him out in the sun, but his legs became crooked after that, and he ran around with a limp. Mom eventually wrapped his legs in saran wrap so that he could wallow to his heart's content.

Also, Laohu liked to pounce at sparrows when he and I played in the backyard. But one time, a cornered bird struck back in desperation and tore his ear. He whimpered and winced as I held him, and Mom patched his ear together with tape. He avoided birds after that.

And then one day, I saw a TV documentary about sharks and asked Mom for one of my own. She made the shark, but he flapped about on the table unhappily. I filled the sink with water, and put him in. He swam around and around happily. However, after a while he became soggy and translucent, and slowly sank to the bottom, the folds coming undone. I reached in to rescue him, and all I ended up with was a wet piece of paper.

Laohu put his front paws together at the edge of the sink and rested his head on them. Ears drooping, he made a low growl in his throat that made me feel guilty.

Mom made a new shark for me, this time out of tin foil. The shark lived happily in a large goldfish bowl. Laohu and I liked to sit next to the bowl to watch the tin foil shark chasing the goldfish, Laohu sticking his face up against the bowl on the other side so that I saw his eyes, magnified to the size of coffee cups, staring at me from across the bowl.

When I was ten, we moved to a new house across town. Two of the women neighbors came by to welcome us. Dad served them drinks and then apologized for having to run off to the utility company to straighten out the prior owner's bills. "Make yourselves at home. My wife doesn't speak much English, so don't think she's being rude for not talking to you."

While I read in the dining room, Mom unpacked in the kitchen. The neighbors conversed in the living room, not trying to be particularly quiet.

"He seems like a normal enough man. Why did he do that?"

"Something about the mixing never seems right. The child looks unfinished. Slanty eyes, white face. A little monster."

"Do you think he can speak English?"

The women hushed. After a while they came into the dining room.

"Hello there! What's your name?"

"Jack," I said.

"That doesn't sound very Chinesey."

Mom came into the dining room then. She smiled at the women. The three of them stood in a triangle around me, smiling and nodding at each other, with nothing to say, until Dad came back.

Mark, one of the neighborhood boys, came over with his Star Wars action figures. Obi-Wan Kenobi's lightsaber lit up and he could swing his arms and say, in a tinny voice, "Use the Force!" I didn't think the figure looked much like the real Obi-Wan at all.

Together, we watched him repeat this performance five times on the coffee table. "Can he do anything else?" I asked.

Mark was annoyed by my question. "Look at all the details," he said.

I looked at the details. I wasn't sure what I was supposed to say.

Mark was disappointed by my response. "Show me your toys."

I didn't have any toys except my paper menagerie. I brought Laohu out from my bedroom. By then he was very worn, patched all over with tape and glue, evidence of the years of repairs Mom and I had done on him.

ACTIVITY 6

Read the text and decide what the meaning of each underlined word (41a-45a) is. Choose A, B or C.

| | | | | | | |
|------|----|-----------|----|-----------|----|--------------|
| 41a. | A. | worthy | B. | direct | C. | trusty |
| 42a. | A. | initiate | B. | handle | C. | discuss |
| 43a. | A. | cover | B. | accept | C. | hug |
| 44a. | A. | hardships | B. | nuisances | C. | tests |
| 45a. | A. | attorney | B. | preacher | C. | spokesperson |

CARING FOR OTHERS BUT ALSO FOR OURSELVES

As loved ones begin to age, many will take on the (41a) honorable role of becoming a caregiver. However, caring for an older adult can be time-consuming, reducing the ability to (42a) address your own needs. In fact, Home Instead Senior Care found that 63 percent of family caregivers said caring for their aging loved ones made it more difficult to care for themselves. With this in mind, “Home Instead” encourages caregivers to take a minute to recognize and (43a) embrace their own feelings and needs. It can be difficult to watch your aging parent or loved one go through the (44a) trials of getting older

without it taking a toll on your own health. It’s natural to feel anxious, guilty or sad as a family caregiver. In fact, 53 percent of family caregivers admit to feelings of major depression. That is why it’s critical to find a balance between your caregiving responsibilities and your personal needs. When you’re on a plane, flight attendants always emphasize that, in the case of an emergency, adults should secure their own oxygen masks before helping children. This is because the adult won’t be able to help if they do not have the strength themselves. Taking care of an older adult is similar: it’s not selfish to take care of yourself first so you are well enough to take care of them. If you or someone you know is feeling the pressure of being a family caregiver, here are some tips from Lakelyn Hogan, “Home Instead” Senior Care gerontologist and caregiver (45a) advocate, to help overcome the feelings that can get in the way of enjoying time spent with family.

ACTIVITY 7

Read the text on the next page and choose the best answers (A, B, or C) for items 46a-50a.

- 46a. According to the text on the next page, sleep learning is
 A. still being investigated. B. a fabrication of the mind. C. scientifically impossible.
- 47a. Researchers suggest that brain activity during sleep is
 A. located in the hippocampus. B. slowly less contested. C. about processing memories.
- 48a. Sleep research tells us that the hypothesis of sleep-learning is
 A. total nonsense. B. valid. C. pseudoscientific.
- 49a. Hypnopedia may result to some form of learning, but
 A. it disrupts much needed rest. B. it is usually quite costly. C. it’s a matter of conditioning.
- 50a. The sleeping brain can be
 A. biased. B. traded off. C. manipulated.

Can You Learn Anything While You Sleep?



There are only 24 hours in a day, and usually about a third of that is spent on sleeping. So, the overambitious have always wondered: Is it possible to make use of this time and learn a new skill or even a language? In other words, is sleep learning possible? The answer is yes and no, depending on what we mean by the term *learning*.

Absorbing complex information or picking up a new skill from scratch by, say, listening to an audio recording during sleep is almost certainly impossible. But research shows that the sleeping brain is far from idle and that some forms of learning can happen. However, whether that's worth losing sleep over this has yet to be determined.

The concept of sleep learning, or *hypnopedia*, has a long history. The first study to demonstrate a memory and learning benefit from sleep was published in 1914 by German psychologist Rosa Heine. She found that learning new material in the evening before sleep results in better recall compared to learning during the day. Thanks to many studies done since then, we now know that sleep is crucial for forming long-term memories of what we have encountered during the day. The sleeping brain replays the day's experiences and stabilizes them by moving them from the hippocampus, where they are first formed, to regions across the brain. Given that so much is happening to memories during sleep, it's natural to ask if the memories can be altered, enhanced or even formed anew.

Some early studies found that people learned the material they encountered during sleep. But those findings were debunked in the 1950s, when scientists began to use EEG to monitor sleep brain waves. Researchers found that if any learning had happened, it was only because the stimuli had woken the participants. These poor studies threw the sleep learning idea into the trash can as pseudoscience. But in recent years, studies have found that the brain may not be a total blob during sleep. These findings suggest that it is possible for the sleeping brain to absorb information and even form new memories. The catch, however, is that the memories are implicit, or unconscious. Put another way, this form of learning is extremely basic. Still, these findings have elevated sleep learning from the category of pipe dreams and put it back on scientists' radar. For scientists, the recent discoveries have raised hopes about possible applications. For example, the implicit nature of sleep learning makes the phenomenon useful for people who want to shed a bad habit, like smoking, or form new good ones.

What all these studies have in common is that they show an implicit form of memory. Learning a new language involves many different layers: recognizing the sounds, learning the vocabulary, and mastering the grammar. So far, research suggests it may be possible to get familiarized with the tone and accent of a language or even the meaning of words while sleeping, but to a weaker level than what we already do all the time during the day without noticing. And then you have to consider the cost. Stimulating the sleeping brain with new information likely disrupts the functions of sleep, negatively affecting the pruning and strengthening of what we have learned over the previous day.

While losing quality sleep to potentially learn a few words is not a smart trade-off, researchers continue to study sleep learning because the compromise may be worth it in special cases. And some forms of implicit learning that may help in those situations may occur more strongly during sleep. It seems however, as scientists suggest, that the sleeping brain is not so smart, and we can manipulate it for our own good. Until then, remember that a good night's sleep is already sleep learning at its best.

PART B - SHORT ANSWERS

ACTIVITY 1

Fill in the gaps (1b-5b) in the text below with the most appropriate word.

What Is Emotional Intelligence?



Measuring emotional intelligence is relatively new in the field of cognitive psychology. It first started (1b) _____ explored in the mid-80s. Several methods are currently being developed, but for our purposes, we'll examine five key areas identified by psychologist Daniel Goleman.

The first key area is self-awareness, which involves (2b) _____ your own feelings. This includes having an accurate assessment of what you're capable of, when you need help, and what your emotional triggers are. The second key area is self-management, which involves being able to keep your emotions in check when they become disruptive. This actually means (3b) _____ outbursts, calmly discussing disagreements, and (4b) _____ from activities that undermine you – like extended self-pity or panic. The third area is motivation. Everyone is motivated into doing things that bring money or status. Goleman's model, however, refers to motivation for the sake of personal joy, curiosity, or the satisfaction of being productive. The fourth key area is empathy which refers to sensing other people's emotions and guessing what someone else might be thinking or feeling. The last key area refers to social skills – a category which involves the (5b) _____ to communicate, persuade, and interact with other members of the society, without undue conflict or disharmony.

ACTIVITY 2

All the statements below are from the back cover of a novel by Kamila Shamsie "Burnt Shadows". Put the jumbled words in Column B in the correct order to complete statements 6b-10b in Column A.

| COLUMN A | COLUMN B |
|---|---|
| 6b. 1945, Nagasaki. Hiroko Tanaka steps onto her veranda, wrapped in her kimono with three black cranes swooping across the back. She is twenty-one and on the verge of marrying Konrad Weiss. In _____ | white second world turns the split a |
| 7b. As the years unravel, new homes replace those left behind and old wars are _____. | by conflicts seamlessly usurped old |
| 8b. But the shadows of history – personal political – are cast over _____ as they are transported from Pakistan to New York and to Afghanistan in the wake of 9/11. | the families worlds of entwined different |
| 9b. Burnt Shadows has huge ambition and an author equal to the task. This very beautiful novel sets out to grasp _____. | the history our nettle of modern |
| 10b. Intensely charged with emotions and beauty. Has such a sad story ever been told as beautifully? A formidable arching _____. | loss about and tale foreignness |

ACTIVITY 3

Find **ONE** appropriate synonym for each of the underlined words (11b-15b) in the text below.

Numerous pieces of research have been published which suggest that you will feel (11b) healthier if you have a pet within your home.



According to one study from 2017 reported on by the “Mother Nature Network” having a dog could lower the risk of death from cardiovascular disease or other (12b) ailments. This particular piece of research followed 3.4 million individuals in Sweden — men and women aged between 40 and 80 years old — and examined their health records for around 12 years, as well as whether they owned a dog.

Once all the research was compiled, it was (13b) found that individuals who lived by themselves but had a dog were able to reduce their risk of death in general by 33%, as well as their risk of death due to a cardiovascular-related issue by 36%, when compared to those who lived alone and without a pet.

Having a dog can (14b) boost your fitness levels too. A study led by Rebecca A. Johnson, PhD, director of the Research Center for Human-Animal Interaction at the University of Missouri College of Veterinary Medicine came to the conclusion that dog walking improved their fitness more than those who opted to walk with other people instead.

Furthermore, a separate piece of research, which was published in the *Journal of Physical Activity & Health*, suggested that dog owners were 54% more likely to meet the (15b) recommended levels of physical activity than those who didn’t have a dog in their lives.

ACTIVITY 4

“Make” is one of the most important words in the English language. If we combine it with other words, we can create many different meanings, such as in the statements below. Fill in gaps 16b-20b with words which, combined with “make”, create meanings in the statements below.

- 16b. The actor's last two films were terrible, but he's making a _____ with his most recent movie, which got great reviews.
- 17b. We'll just have to make _____ with the car we have, though it's old and we were planning to get a new one. But this last year was so very hard on us financially...
- 18b. As she watched him begin to make a _____ at the elegant woman in red, getting out of the limo outside “Le Grand Quartier” Hotel, she couldn't wait to see the woman's reaction to his insolence and his reaction when he discovered who the woman in red is. And so... the cheeky novel comes to an end.
- 19b. One of the men who is in the same prison cell as Ahmet Altan – the main character but also author of the deeply moving memoir *I will never see the World Again* – is a deeply religious teacher who is faced with a dilemma, as he cannot make _____ his mind whether he should save himself and become an informant or pay the price that is in store for him.
- 20b. Critics are making a _____ about Viken Berberian's controversial novel *The Cyclist* – a book which combines absurdist humor and edgy lyricism.

**ΣΑΣ ΥΠΕΝΘΥΜΙΖΟΥΜΕ ΟΤΙ ΠΡΕΠΕΙ ΝΑ ΜΕΤΑΦΕΡΕΤΕ ΟΛΕΣ ΤΙΣ ΑΠΑΝΤΗΣΕΙΣ ΣΤΟ ΕΝΤΥΠΟ 1
ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ**