

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and decide if each statement (1-10) is True (A), False (B) or Not Mentioned (C).

Today's teens have built up an impressive amount of daily screen time. This trend is now exposing some worrying results and researchers are interested in the impact it is having on many aspects of our health, including sleep, the importance of which is nowadays gaining remarkable attention. A recent study of over 1,700 young adults has shown that social media interaction during the last 30 minutes before going to bed is the strongest indicator of a poor night's sleep. What is worse is that when it comes to sleep deprivation, it is usually young people who are most negatively affected. That is because adolescence is a time of important biological and social changes that are critical to people's overall development. If social media use increases anxiety and depression, as research has shown, it could then, in turn, impact sleep. If you lay in bed awake comparing yourself to other people's posts, you might well believe that your life is somewhat dull in comparison, which could make you feel worse and keep you up. Social media use is growing and changing so quickly, that it is difficult to keep up with all those changes. To combat any problems, it's clear that moderation is the key. We should all reserve specific periods of time throughout the day to distance ourselves from our screens. Parents need to have set places in their homes where devices can or cannot be used, so it's not a fluid situation where social media is bleeding into every part of your life without any boundaries.



(Words: 257)

STATEMENTS		A	B	C
		TRUE	FALSE	NOT MENTIONED
1.	The text discusses the connection between daily time spent on social media and lack of sleep.			
2.	Researchers studied the effect of increased screen time on people's health a long time ago.			
3.	A study has shown that social media interaction 30 minutes before going to bed may result in a bad night's sleep.			
4.	Teenage years are critical for people to build healthy sleep habits.			
5.	Sleep deprivation can have a negative impact on people's professional life.			
6.	The writer finds no relationship between lack of sleep and young people's development.			
7.	Anxiety and depression may lead to sleeping problems.			
8.	Negative social media comments may cause mental health problems to adults.			
9.	Parents should control the use of electronic devices by their children at home.			
10.	According to the text, the best way to deal with the negative impact of social media is to limit the time spent on using them.			

ΘΕΜΑ 2^α. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

Fill each gap in sentences 11-20 with the correct word/phrase from the box below (A-J). Use each word/phrase only once.

A.	trend	B.	amount	C.	interested	D.	affected	E.	critical
F.	dull	G.	reserve	H.	devices	I.	keep up	J.	throughout

11.	Whenever you have some free time I'd be really _____ to hear more about your work.
12.	She was calm _____ her visit to the dentist.
13.	The president's support is absolutely _____ to this new project.
14.	Her long skirt is right on _____ this winter.
15.	Could I _____ two seats for tomorrow evening's performance?
16.	I read the papers every morning to _____ with what's happening in the outside world.
17.	My dog eats an unbelievable _____ of food for her age.
18.	Washing machines and vacuum cleaners are timesaving electrical _____.
19.	The book was so _____ that I couldn't finish it; I actually quit reading at the end of chapter one.
20.	Local farmers have been badly _____ by the extreme weather.