

ΘΕΜΑ 1. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Read the text and choose the correct option (A, B or C) for items 1-10.

Today's teens have built up an impressive amount of daily screen time. Figures put it at between six to eight hours a day for 11-15 year-olds, and that's not including time spent on a computer for homework. In fact, even the average UK adult spends more time looking at a screen than they do sleeping, according to one analysis. This trend is now exposing some worrying results and, staying hot on the heels of social media's popularity, researchers are interested in the impact it is having on many aspects of our health. Ever since the meteoric rise of social media, research has been interested in its impact on society examining the relationship between technology and mental health looking at the good and the bad effects. What is unclear, however, is the exact causal direction: does depression increase social media use, or does social media use increase depression? It could be working both ways, making it even more problematic as there's a potential for a vicious circle. The more depressed some people are, the more they might use social media, which worsens their mental health. But there's another worrying impact. In a 2017 study of over 1,700 young adults, scientists found that when it comes to social media interaction, time of day plays a crucial role. Engagement during the last 30 minutes before going to bed strongly indicated a poor night's sleep, which was completely independent of their total amount of time of use during the rest of the day.



(Words: 249)

1. This text talks about the
 - A. time people spend on computers.
 - B. effects of social media use on our health.
 - C. reasons why many people feel depressed.
2. This text would probably appear on
 - A. a shopping website.
 - B. a software development blog.
 - C. a popular website.
3. According to the text, teenagers
 - A. spend at least 6-8 hours a day in front of a screen.
 - B. spend more time in front of a computer screen than adults.
 - C. do not spend much time on a computer for their homework.
4. From the text it seems that researchers are
 - A. worried about the amount of people's daily screen time.
 - B. excited about the popularity of social media.
 - C. pleased with social media use by teenagers nowadays.
5. In the text the underlined word "meteoric" means
 - A. frightening.
 - B. bright.
 - C. fast.
6. People who are depressed might
 - A. feel worse when using the social media.
 - B. try to avoid using the social media.
 - C. use the social media less often than others.
7. In the text the underlined word "they" refers to
 - A. people.
 - B. researchers.
 - C. social media.
8. A 2017 study showed that
 - A. many young people use the social media to make friends.
 - B. it is important to know when social media is used during the day.
 - C. the amount of social media use has a negative effect on people's work.
9. According to the 2017 study,
 - A. social media use has a negative impact on all people's sleep.
 - B. poor sleep and social media interaction are related.
 - C. social media use at night can help us sleep better.
10. In this text, the writer appears
 - A. worried about the impact of social media use on people's mental health.
 - B. pleased with the positive effects of technology and social media use in people's lives.
 - C. satisfied with the results of the studies on social media use among teenagers nowadays.

ΘΕΜΑ 2^ο. ΛΕΞΙΚΟΓΡΑΜΜΑΤΙΚΗ

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

A.	popularity	B.	trends	C.	aspect	D.	researcher	E.	average
F.	results	G.	depression	H.	amount	I.	impact	J.	directions

11.	He works as a market _____ for a big advertising company and he carries out surveys on customers' attitudes towards specific products.
12.	The extent to which every _____ of our daily life is influenced by technology is amazing!
13.	The increase in the number of young people moving to work in big cities has had a dramatic _____ on the population of many villages.
14.	I completed my university entrance exams yesterday, but I won't get the _____ until the end of August.
15.	The _____ adult man burns between 1,500 to 2,000 calories per day.
16.	Unemployed people receive a small _____ of money from the state.
17.	The band has enjoyed an unstoppable rise in _____; all teenagers listen to their songs!
18.	The top fashion _____ for the spring season include light, cool fabrics and coloured accessories.
19.	"Did you have any trouble finding the theatre?" "No, your _____ were excellent."
20.	People who feel miserable all the time might be suffering from _____.