

READING

A Read the article then underline the correct word(s) in *italics* in the sentences. An example (0) has been done for you.

Inside Out

Pixar's *Inside Out* is about the feelings that go through the mind of an 11-year-old girl. These are anger, sadness, fear, disgust and joy. The movie was a box-office hit and this was mainly due to its original angle on feelings. Rather than focus on the positive ones, it gives equal importance to all emotions. In other words, we need a balance of feelings to help us make decisions.

That brings us onto a difficult question: what exactly is an emotion? In actual fact, most psychologists are still a ways off on being able to give us a satisfactory reply. Think about the last time you felt one of the emotions above. What exactly was it? Was it just a thought? Well, hardly. This is evident when you think about something frightening. You'll find that you are able to do so without actually feeling frightened. Then again it's not simply a physical sensation. Sure, when you feel anxious your stomach often tightens and you may start to sweat. This is not unique to this emotion, however. It's not unlike the pain you get when you have a case of food poisoning.

On the other hand, take away thought and physical sensation and what's left? Pretty much nothing. And this is in spite of massive advances in science over recent years. It could just be something magical and mysterious that happens when these two things collide and we seem unable to deal with the result.

So there seems to be two ways to look at this dilemma. The first is to spend vast amounts of cash on therapy trying to better understand our emotions: Why do we feel a certain way in different situations? How can we control feeling this way? What in our childhood has caused us to react like this? Is it our fault or something that we've done wrong? The questions are endless and the answers are by no means certain.

The second is to choose to regard it as a comfort instead of something that needs to be fixed. Indeed, if emotions really are a combination of thinking and physical sensation, they are perhaps easier to manage. This is Buddhist philosophy at any rate. Our whole life experience is made up of ups and downs, thanks to our emotions and it's probably better for us to ride the waves rather than to attempt to calm the seas.

- 0 The film *Inside Out* conveys the message that emotions can *help* / *reduce* the ability to make decisions.
- 1 Psychologists are *close to* / *far from* discovering what an emotion is.
- 2 Feeling anxious and having food poisoning have a *similar* / *different* effect on the body.
- 3 The writer suggests that science has made *little* / *big* progress in understanding emotion.
- 4 Spending money on personal emotional development *guarantees* / *doesn't guarantee* success.
- 5 Buddhist philosophy teaches us to *control* / *accept* our feelings, good and bad.

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B Read the article, then answer the questions with one of the groups of people from the box. An example (0) has been done for you.

Parents, Kids, Phones and Rules!

How much time does the average child spend on their phone? Does it actually do any harm? Well recently the chief medical officer in England, Sally Davies, published some advice which could be helpful for all of us. This includes banning phones from mealtimes and the bedroom, taking a screen break every two hours and keeping an eye on how many hours a day they are being used by an individual.

The government has finally realized that action is needed due to the connection of phones to mental health problems, low self-esteem and their general addictive nature. But is it all a bit too late?

Are the people who should be implementing these kinds of rules free of guilt themselves? Well, let's take a look. I'm sure we've all seen adults driving while using their phones or crossing the road looking at a screen. And they are as addicted to getting a 'like' – and therefore approval from their peers – as anyone else. Indeed, by the time a child reaches an age where they receive their first cell phone, it's likely that their image has been shared online numerous times by their own parents. How, then, are parents going to successfully limit the use of their children's phones if they are unable to actually do this themselves?

I am actually one of those crazy parents who have attempted to have a phone-free house by telling family and visitors alike to leave them outside my front door. As well as being an easy target for thieves, the idea was far from popular. We need to teach responsible phone use from a young age so that it's automatic.

Many schools have already banned phones from the classroom but maybe that should be extended to other social places such as cafés and restaurants? There is nothing more antisocial than parents and kids sitting around a table having a meal out and not even saying a word to each other. Talking to their phones rather than one another. If we're not careful, the art of conversation will become a thing of the past.

adults ~~adults~~ children Sally Davies the government the writer

- | | |
|---|---------------|
| 0 Who need(s) to be concerned about their own use of phones? | <u>adults</u> |
| 1 Who suggest(s) phones should be unavailable to children in the evening? | _____ |
| 2 Who look(s) at their phones waiting for a 'Like' on their social media? | _____ |
| 3 Who experimented with house rules which didn't allow phones? | _____ |
| 4 Who has had their photo shared online several times? | _____ |
| 5 Who has become aware of the impact of phones lately? | _____ |

 / 5

LISTENING



A Listen to a conversation between a mother and daughter about people in their family, then complete the table. An example (0) has been done for you.

	What job did they have when they were younger	What they are / were like (personality)
Grandpa Godfrey	0 <u>played hockey</u>	1 _____
Grandma	2 _____	3 _____
Grandpa Joe	4 _____	5 _____

___ / 5



B Listen to someone talking about how he adapted to his new environment, then underline the correct word(s) in italics. An example (0) has been done for you.

- 0 In the town, other people would try to make new-comers feel welcome / rally around.
- 1 He discovered that city life would require *effort* / *clubs* to feel comfortable.
- 2 He *was* / *was not* ready for people asking in-depth questions.
- 3 At first, he felt as if he sounded *on the same wavelength as others* / *inquisitive*.
- 4 Finding out more about people means you can *avoid making plans* / *build a stronger relationship with them*.
- 5 He is used to *being more spontaneous* / *making plans* now.

___ / 5

WRITING

A You have seen an advertisement for a badminton club in your local area. Write a formal letter of inquiry and find out:

- if you have to be a member to play and, if so, how much it costs to join
- if you have to pay to play each time you go
- when/where the club meets
- whether it's possible to bring children or if it's an adults-only club.

Write 70–90 words.

[illegible]

___ / 5

B Write an article for a magazine, giving advice on what visitors to your town could do in three days. Think about the following:

- things to take with you before you go
- what attractions there are
- what there is to do at different times of the year

Write 270–300 words.

[illegible]

/ 5

Total: ____ / 30