

- I. TOPICS :**
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|---------------------------|----------------------|----------|
| 1. Family life | 2. Your body and you | 3. Music |
| 4. For a better community | 5. Inventions | |

II. GRAMMAR

1. Tenses:

- Present simple
- Present continuous
- Present perfect
- Past simple
- Past continuous
- Simple future
- Near future (be going to V)

2. Gerund and infinitive

3. Adjectives ending in “ed” and “ing”, “full” vs “less”

4. Passive voice

III. WRITING:

1. Write about doing household chores
2. Write a biography
3. Write about the benefits of an invention

IV. PRONUNCIATION:

1. Consonant clusters: /tr/, /br/, /kr/, /pl/, /gl/
2. Sound clusters: /est/, /eit/, /ənt/

V. TYPES OF EXERCISES:

1. Phonetics: Pronunciation
2. Multiple choice/ choose the best answer.
3. Fill in each numbered blank with one suitable word or phrase.
4. Give the correct form of the given words to complete the following sentences
5. Reading comprehension. (T/F exercise and answer the questions)
6. Rewrite sentences.
7. Write a letter or complete the sentences based on the given words and phrases.

PRACTICE TEST

Choose the word whose stress pattern is different from that of the others.

1. A. voluntary B. dedicated C. obvious D. devoted
2. A. Inspirational B. characteristic C. unforgettable D. disadvantaged

Choose the word which has the underlined part pronounced differently from the rest.

3. A. charity B. chance C. researchch D. orchestra
4. A. replacement B. comment C. measurement D. Government

Choose the best answer that best completes each sentence

5. People who volunteer in their community have a personal attachment _____ the area and want to make it a better place for themselves and for others.
A. toward B. with C. to D. in
6. Jim is very untidy. He _____ his things all over the place.
A. always leaves B. has always left
C. is always leaving D. was always leaving
7. My sister and I (read) _____ a comic book online when our father (come) _____ in last night.
A. were reading / was coming B. were reading / came
C. read / was coming D. read / came
8. A digital camera is more _____ than a film camera: You don't have to buy rolls of films.
A. economical B. versatile C. expensive D. unusual
9. A _____ is a piece of furniture with drawers to store clothes in.
A. tallboy B. goldbrick C. lighthouse D. greenhouse
10. The Internet was first created in the 1960s. Since then, it _____ people's lives in different aspects.
A. changed B. has changed C. changes D. is changing
11. Alice didn't expect _____ to Bill's party.
A. invited B. inviting C. to invite D. to be invited
12. He _____ to give the explanation why he was late.
A. denied B. objected C. refused D. disliked
13. They were _____ to know that their contributions were _____ to the poor people in that area.
A. excited / meaningless B. exciting / meaningless
C. excited / meaningful D. exciting / meaningful
14. Food is broken down and converted into energy in the _____ system.

A. circulatory B. digestive C. respiratory D. nervous

15. It is definitely true that nature has _____ numerous inventions and technologies.

A. made B. inspired C. invented D. created

16. American Idol became the most popular _____ series in America with viewers in the hundreds of millions.

A. entertain B. entertaining C. entertainment D. entertainer

Choose the letter A, B, C or D to indicate the underlined part that needs correcting.

17. We have heard so many news about recent developments in computer technology.

A. development B. so many C. have heard D. recent

18. Venus approaches the Earth more closely than any other planet is.

A approaches B the Earth C any other D. is

19: The threat of being dismissed do not worry me any more because I have started my own business.

A the B. being dismissed C. do not worry D my own business

Mark the letter A, B, C, or D on your answer sheet to indicate the word(s) CLOSEST in meaning to the underlined word(s) in each of the following questions.

20: Let's go over that report again before we submit it.

A. dictate B. print C. read carefully D. type

21: Sorry, I can't come to your party. I am snowed under with work at the moment.

A. busy with B. relaxed about C. free from D. fond of

Mark the letter A, B, C, or D on your answer sheet to indicate the word(s) OPPOSITE in meaning to the underlined word(s) in each of the following questions.

22: When he passes the entrance exam, his parents will be walking on air.

A. extremely happy B. extremely light
C. feeling extremely unhappy D. feeling extremely airy

23: Maureen usually felt depressed on Mondays, because she never got enough sleep on the weekends.

A. embarrassed B. cheerful C. unhappy D. understanding

Read the passage and choose the answer that best fits each space.

Seeing Live Music

There's something very special about (24)_____ to a live concert. Although CDs are wonderful, allowing you to listen to your favourite band in the comfort of your own home, they

cannot create the true atmosphere of a live (25) _____. Whether you have queued up for tickets, or sent off for them months before, you get the same feeling of excitement when you finally make it into the concert venue. Standing with (26) _____ other fans, you eventually see the road crew leave the stage. How can you keep still after that, with everyone around you (27) _____, as the musicians come on stage? Even if it is not your favourite band, you soon get carried away by the rhythm and power of the music. Like waves in a heavy sea, the audience around you rocks and sways to the beat of each song. And when it seems to be over, you stamp your feet and shout for more, and are rewarded at last by the (28) _____ of the band running back on stage for that final encore. Give me live music every time!

24. A. going B. seeing C. watching D. attending
25. A. act B. performance C. play D. exhibition
26. A. thousands B. thousands of C. thousand D. thousand of
27. A. yelling and screaming B. yells and screams
 C. yelled and screamed D. yell and scream
28. A. sight B. view C. scene D. sign

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 36 to 42.

For decades doctors have warned us about the danger of stress and have given advice about how to cut down our stress levels. Everyone agrees that long-term stress, for example having to look after someone who has a **chronic** illness, or stressful situations where there is nothing we can do, for example being stuck in a traffic jam, is bad for our health and should be avoided whenever possible. However, some medical experts now believe that certain kinds of stress may actually be good for us.

Dr Marios Kyriazis, an anti-ageing expert, claims that what he calls “good stress” is beneficial to our health and may, in fact, help us stay young and attractive and even live longer. Dr Kyriazis says that “good stress” can strengthen our natural defences which protect us from illnesses common among older people, such as Alzheimer’s, arthritis, and heart problems. He believes that “good stress” can increase the production of the proteins that help to repair the body’s cells, including brain cells.

According to Dr Kyriazis, running for a bus or having to work to a deadline are examples of “good stress”, that is situations with short-term, low or moderate stress. The stress usually makes us react quickly and efficiently, and gives us a sense of achievement - we did it! However, in both these situations, the stress damages the cells in our body or brain and they start to break down. But then the cell’s own repair mechanism “switches on” and it produces proteins which repair the damaged cells and remove harmful chemicals that can gradually

cause disease. In fact, the body's response is greater than is needed to repair the damage, so it actually makes the cells stronger than **they** were before.

"As the body gets older, this self-repair mechanism of the cells starts to slow down," says Dr Kyriazis. "The best way to keep the process working efficiently is to "exercise" it, in the same way you would exercise your muscles to keep them strong. This means having a certain amount of stress in our lives." Other stressful activities that Kyriazis recommends as being good stress include redecorating a room in your house over a weekend, packing your suitcase in a hurry to reach the airport on time, shopping for a dinner party during your lunch break or programming your DVD or video recorder by following the instruction manual.

So next time your boss tells you that she wants to see that report finished and on her desk in 45 minutes, don't **panic**; just thinking of it as "good stress" which will have benefits for your long-term health.

29: What is mainly discussed in the passage?

- A. Health benefits of certain stressful situations.
- B. Some stress's ability to make our cells stronger.
- C. Doing exercise as one way to avoid stress.
- D. Illnesses caused by stress.

30: Which of the following situations is NOT considered as "good stress"?

- A. Redecorating your room
- B. Being in a traffic jam.
- C. Finishing a report in less than an hour.
- D. Running to catch a bus

31: The word "**chronic**" in paragraph 1 is closest in meaning to _____.

- A. temporary
- B. fatal
- C. infectious
- D. lasting

32: Which of the following is TRUE according to the passage?

- A. We should avoid stress altogether in our lives.
- B. Long-term stress is sometimes good for our health.
- C. Not all kinds of stress is bad for us.
- D. Too much protein can make us ill.

33: What can repair the damaged cells caused by stress?

- A. beneficial chemicals
- B. muscles
- C. proteins
- D. a minor illness

34: The word "**they**" in paragraph 3 refers to _____.

- A. proteins
- B. cells
- C. harmful chemicals
- D. muscles

35: The word "**panic**" in the last paragraph is closest in meaning to _____.

- A. feel frightened
- B. scream
- C. quit the job
- D. rush

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that is closest in meaning to each of the following questions.

36. Our plans for an excursion to London have been spoilt by the weather.
- A. Because of the bad weather, our excursion to London was put off later.
 - B. Our plans for an excursion to London have fallen through because the weather was so bad.
 - C. The bad weather was the reason that made our excursion to London have been fallen over.
 - D. Our plans for an excursion have fallen away because the weather was bad.
37. Susan will be ready any minute, and then we must leave.
- A. We must leave as soon as Susan will be ready.
 - B. We must leave the moment Susan must be ready
 - C. We must leave as soon as Susan is ready.
 - D. We will leave any minute when Susan will be ready.
- 38: It's difficult for me to understand what he implies.
- A. I find it difficult to understand what he really means.
 - B. Understanding what he implies is found difficult.
 - C. What he implies is not very difficult to understand.
 - D. To understand what he really means is difficult to find.

Mark the letter A, B, C, or D on your answer sheet to indicate the sentence that best combines each pair of sentences in the following questions.

- 39: Smoking is an extremely harmful habit. You should give it up immediately.
- A. As smoking is an extremely harmful habit, you should give it up immediately.
 - B. You should give up smoking immediately and you will fall into an extremely harmful habit.
 - C. When you give up smoking immediately, you will affect your health with this harmful habit.
 - D. Stop your smoking immediately so it will become one of your extremely harmful habits.
- 40: The man is very old. He can't take such a long trip.
- A. The old man has refused to take such a long trip.
 - B. The trip is not too long for the man to take.
 - C. The man is young enough to take such a long trip.
 - D. The man is too old to take such a long trip.