I. WHILE-LISTENING SECTION (8 pts.)

A. STATEMENT (1 pt.)
For the item in this section, you will hear a statement and a question related to it. Before you listen to the statement and the related question, you will be given 15 seconds in order to have a look at the four alternative answers to the question. The statement will be spoken only ONCE. After you listen to the statement, mark the alternative that best answers the question that follows.

1. What does the speaker imply about the basketball team?
   a) They don’t need funding to take part in international games.
   b) They need more money to win international competitions.
   c) They have just won an international competition.
   d) They are not good enough to win international games.

B. DIALOGUE (1 pt.)
For the item in this section, you will hear a dialogue and a question related to it. Before you listen to the dialogue and the related question, you will be given 15 seconds in order to have a look at the four alternative answers to the question. The dialogue will be spoken only ONCE. After you listen to the dialogue, mark the alternative that best answers the question that follows.

1. What does the man mean?
   a) He doesn’t expect to get a good grade.
   b) He thinks the last question was too difficult.
   c) It didn’t take him too long to finish the exam.
   d) The exam was easy, yet there was not enough time.

C. MINI-LECTURE (1.5 pts. each; 6 pts.)
For the items in this section, you will hear a mini lecture on water. You will hear the mini lecture only ONCE. As you listen, fill the gaps with the correct information. Before you listen to the mini lecture, you will have 40 seconds to have a look at the questions related to it.

* Today, ecologists are concerned about two main environmental problems: maintaining a(n)
  (1)_________________________________________ and preserving the rain forests.

* Water is the most widely used resource in industry, and it also has an important place in
  (2)________________________________________.

* Clean water supplies are decreasing in China, India, and the US due to water pollution,
  (3)_________________________________________ and deforestation.

* One of the possible solutions to the problem of water shortage is introducing better ways of
  (4)_________________________________________ and using water resources more effectively.
INTERMEDIATE GROUP

Class: ___________________ Name: _________________________

LISTENING AND NOTE-TAKING SECTION (12 pts.)

PART A. Answer the questions below using your notes. (2 pts. each; 8 pts.)

1. What is sleep deprivation?
   1. __________________________________________________________________________
   1. __________________________________________________________________________.

2. What is the percentage of adults who suffer from a type of sleep disorder?
   1. __________________________________________________________________________.

3. How does sleep deprivation affect brain neurons?
   1. __________________________________________________________________________.

4. Write two causes of sleep deprivation mentioned in the text.
   a) __________________________________________________________________________.
   b) __________________________________________________________________________.

PART B. Complete the sentences below using your notes. (1 pt. each; 4 pts.)

* As people get older, they suffer from sleep deprivation due to the (1a) ________________
  and (1b) ________________ changes in the body.

* Long periods of sleeplessness may bring about problems, such as tiredness and
  (2) ________________.

* Working (3) ________________ can bring about major changes in one’s normal
  sleeping patterns.

* Doctors advise people with the problem of sleep deprivation not to consume caffeine or alcohol
  (4) ________________.
LISTENING AND NOTE-TAKING SECTION (12 pts.)

PAPER I.
You will hear a lecture on “Sleep deprivation.” You will hear the lecture ONCE. Listen carefully, and take notes on the following points as you listen:

* what sleep deprivation is
* effects of sleep deprivation on brain and health
* causes of sleep deprivation

Later, you will be given eight minutes to answer some questions using your notes. Your notes will not be graded.
A. STATEMENT (1 pt.)

Speaker A: For the item in this section, you will hear a statement and a question related to it. Before you listen to the statement and the related question, you will be given 15 seconds in order to have a look at the four alternative answers to the question. The statement will be spoken only ONCE. After you listen to the statement, mark the alternative that best answers the question that follows.

Speaker A: Number 1. Have a look at the four alternatives. (**pause 15 second)

Speaker B: If the basketball team had more financial resources, they could win international competitions.

Speaker A: What does the speaker imply about the basketball team? (**pause 10 seconds)

B. DIALOGUE (1pt.)

Speaker A: For the item in this section, you will hear a dialogue and a question related to it. Before you listen to the dialogue and the related question, you will be given 15 seconds in order to have a look at the four alternative answers to the question. The dialogue will be spoken only ONCE. After you listen to the dialogue, mark the alternative that best answers the question that follows.

Speaker A: Number 1. Have a look at the four alternatives. (**pause 15 second)

Woman : How do you think you did in the maths exam?

Man : Well, I think it was too difficult, so I didn’t have enough time to go over the answers. I think I’ll get a poor grade.

Speaker A: What does the man mean? (**pause 10 seconds)

C. MINI LECTURE (1.5 pts. each; 6 pts.)

For the items in this section, you will hear a mini lecture on water. You will hear the mini lecture only ONCE. As you listen, fill the gaps with the correct information. Before you listen to the mini lecture, you will have 40 seconds to have a look at the questions related to it. (**pause 40 seconds)

Many of the world's most serious environmental problems such as pollution and wasting the earth's natural resources are not new; they have existed for many years. Today, ecologists are involved in two major environmental issues: maintaining a clean water supply and preserving the rain forests.

Water is a necessary resource that supports all life forms. Neither plants nor animals can survive for very long without water. It is the most widely used resource in industry and plays a major role in energy production. Quality of life, as well as life itself, depends on a continuous supply of clean, fresh water.

Countries, such as China, India, and the United States, are now running out of clean water supplies. The main causes of this are water pollution, overpopulation and deforestation. It is estimated that future water shortages could reach highly damaging levels within the next ten years. Possible solutions to this problem include introducing better ways of recycling water and using water resources more effectively.
II. LISTENING AND NOTE-TAKING SECTION (12 pts.)

You will hear a lecture on “Sleep deprivation.” You will hear the lecture ONCE. Listen carefully, and take notes on the following points as you listen:

* what sleep deprivation is
* effects of sleep deprivation on brain and health
* causes of sleep deprivation

Later, you will be given eight minutes to answer some questions using your notes. Your notes will not be graded.

Good afternoon everybody. In today's session, we’ll talk about the problem of sleep deprivation with its effects on the human body and continue with an analysis of the reasons behind this problem. Doctors define sleep deprivation as a kind of sleep disorder characterized by having too little sleep over a period of time. In other words, it is a condition in which people simply do not get enough sleep for a long period of time. As people age, they are more likely to suffer from some kind of sleep disorder due to all the hormonal and physical changes that occur. That is, after a certain age, because of hormonal and physical changes, people’s sleeping patterns may change. In fact, 50 percent of adults suffer from some type of sleep disorder. In other words, half of the adult population has sleeping problems. The most commonly observed sleep disorder is sleep deprivation, which may have serious physical and mental effects on health. Sleep is especially needed for the brain, so that it may continue to function well. During sleep, the brain performs tasks like organizing long-term memory, and integrating new information learned during the day. After periods of extended wakefulness or reduced sleep, neurons may begin to malfunction, visibly affecting a person's health. That is, the neurons either slow down or lose their function. Long-term sleep deprivation causes tiredness, depression, concentration difficulties and even weight loss.

Having discussed the effects of sleep deprivation, now let’s move on to the causes of sleep deprivation. Why don’t we get enough sleep? Well, in fact, the causes of sleep deprivation can be grouped into three main categories: lifestyle choices, habits and medical conditions. As for lifestyle choices, sleep deprivation is common among people who lead busy and stressful lives. Fatigue, or tiredness, and sleeplessness, that is, lack of sleep, are often a direct result of lifestyle choices. For example, night jobs can dramatically alter people’s normal sleeping patterns. That is, if you work late at nights, this can lead to major changes in your normal sleeping patterns. Like lifestyle choices, some habits may change the sleeping patterns. For instance, consuming caffeine or alcohol before bedtime is among the most common causes of sleep deprivation. For this reason, many doctors advise their patients to drink milk or warm water before going to bed. Another cause of sleep deprivation can be the medical conditions which influence people’s sleeping patterns, making it difficult to fall asleep. These conditions can be either physical or mental in nature. For example, while physical conditions such as headaches may make sleeping difficult, mental conditions, such as anxiety or stress can interrupt sleep, leading to sleep deprivation. Consequently, if you think you have sleep deprivation, you should talk to your doctor about your problem before it is too late.

That’s all for now. In our next session, we will discuss the possible solutions to the problem of sleep deprivation…. (FADE OUT)
INTERMEDIATE GROUP

Answer Key

LISTENING SECTION (20 pts.)

WHILE LISTENING SECTION (8 pts.)

A. (1 pt.)
1. b

B. (1 pt.)
1. a

C. (1.5 pts. each; 6 pts.)
1. clean water supply
2. energy production
3. overpopulation
4. recycling (water)

NOTE-TAKING SECTION (12 pts.)

PART A. (2 pts. each; 8 pts.)

1. Having too little sleep over / for a long period of time
   Not getting enough sleep
   It is a kind of sleep disorder when people have too little sleep over a long period of time.
2. 50 (%) 
3. Any of the following:
   They/Neurons begin/start to malfunction.
   They slow down.
   They lose their function.
4. Any two of the following:
   Lifestyle (choices), habits, medical conditions

PART B. (1 pt. each; 4 pts.)

1. (0.5 pts. each)
   a. hormonal
   b. physical

2. Any of the following:
   depression / concentration difficulties / weight loss
3. (late) at nights
4. before bedtime/before going to bed