PRE-INTERMEDIATE GROUP

Class:__________ Name:________________________

I. WHILE-LISTENING SECTION (10 pts.)

A. STATEMENTS (1pt. each; 2 pts.)
For the items in this section, you will hear a statement and a question related to it. Before you listen to each 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. Each statement will be spoken only ONCE. After you listen to each statement, mark the alternative that best answers the question that follows.

1. What does the speaker imply?
   a) The teacher plays an important role in academic success.
   b) He doesn’t think the teacher is a key factor in academic success.
   c) People who think the teacher is very important in academic success are wrong.
   d) If you want to be successful at school, you shouldn’t depend on your teacher.

2. What does the speaker say about Brenda?
   a) She will stay if you double her salary.
   b) She will stay to double her salary.
   c) She won’t stay whether or not you double her salary.
   d) Whether or not she stays, you won’t double her salary.

B. DIALOGUES (1pt. each; 2 pts.)
For the items in this section, you will hear a dialogue and a question related to it. Before you listen to each 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 dialogues will be spoken only ONCE. After you listen to each dialogue, mark the alternative that best answers the question that follows.

1. What does the man mean?
   a) He couldn’t understand the weather report.
   b) He doesn’t like flying in bad weather.
   c) It’s too bad they can’t get to the airport on time.
   d) Bad weather might delay the arrival of their plane.

2. What does the woman mean?
   a) She knows a tour guide in the park.
   b) She knows the park very well.
   c) She has a good guide book the man can use.
   d) She is used to taking tours.

C. MINI-TALK (1.5 pts.)
For the item in this section, you will hear a mini talk. However, the last sentence of the mini talk is incomplete. Before you listen to the mini talk, you will be given 15 seconds in order to have a look at the four alternative answers that may complete the last sentence. The mini talk will be spoken only ONCE. After you listen to the mini talk, and hear the “beep” sound, mark the alternative that best completes the sentence.

1. a) negative aspects of homeschooling
   b) good physical conditions at schools
   c) low levels of academic quality at schools
   d) lack of socialization with other children

PLEASE TURN OVER
D. MINI-LECTURE (1.5 pts. each; 4.5 pts.)
For the items in this section, you will hear a mini lecture on LANCE ARMSTRONG, a well-known cyclist. You will hear the mini lecture only ONCE. As you listen, mark the choice that best completes each sentence. Before you listen to the mini lecture, you will have 45 seconds to have a look at the questions related to it.

1. Lance had won ____________ when he was 13 years old.
   a) the Tour du Pont
   b) the Iron Kids Triathlon
   c) the Classico San Sebastian
   d) the U.S. Amateur National Championship

2. Lance was ____________ years old when he was diagnosed with advanced cancer.
   a) 16
   b) 25
   c) 32
   d) 15

3. Lance was given ____________ chance for survival after he underwent two surgeries.
   a) almost 0%
   b) almost 100%
   c) less than 50-50
   d) more than 50-50
LISTENING AND NOTE-TAKING SECTION (10 pts.)

PAPER I.

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

* what stress is
* how the human body reacts to stress
* types of stress
* how to cope with stress

Later, you will be given eight minutes to answer some questions using your notes. Your notes will not be graded.
LISTENING AND NOTE-TAKING SECTION (10 pts.)

PART A. Answer the questions below using your notes. (2 pts. each; 10 pts.)

1. According to the text, what is stress?

_______________________________________________________________________
_______________________________________________________________________

2. Write two physical symptoms of stress mentioned in the text.
   a) ______________________________________________________________________
   b) ______________________________________________________________________

3. What does positive stress bring to people’s lives?

_______________________________________________________________________

4. Write two examples of situations causing negative stress mentioned in the text.
   a) ______________________________________________________________________
   b) ______________________________________________________________________

5. According to the text, what should people do to cope with stress? Write two suggestions.
   a) ______________________________________________________________________
   b) ______________________________________________________________________
I. WHILE LISTENING SECTION (10 pts.)

A. STATEMENTS (1 pt. each; 2 pts.)(TRACK 1)

Speaker A: For the items in this section, you will hear a statement and a question related to it. Before you listen to each 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. Each statement will be spoken only ONCE. After you listen to each statement, mark the alternative that best answers the question that follows.

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

Speaker B: I totally agree with people who think that academic achievement depends mainly on your teacher.

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

Speaker A: Number 2. Have a look at the four alternatives. (**pause 15 seconds)**

Speaker A: Even if you double her salary, Brenda won’t stay.

Speaker A: What does the speaker say about Brenda? (**pause 10 seconds)**

B. DIALOGUES (1 pt. each; 2 pts.)(TRACK 2)

Speaker A: For the items in this section, you will hear a dialogue and a question related to it. Before you listen to each 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 dialogues will be spoken only ONCE. After you listen to each dialogue, mark the alternative that best answers the question that follows.

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

Woman: Their flight will arrive on time, won’t it?

Man: I’m not so sure because the weather report doesn’t sound too good.

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

Speaker A: Number 2. Have a look at the four alternatives. (**pause 15 seconds)**

Man: Have you ever visited Yellowstone National Park?

Woman: Visited? I used to be a tour guide there.

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

C. MINI-TALK (1.5 pts.) (TRACK 3)

Speaker A: For the item in this section, you will hear a mini talk. However, the last sentence of the mini talk is incomplete. Before you listen to the mini talk, you will be given 15 seconds in order to have a look at the four alternative answers that may complete the last sentence. The mini talk will be spoken only ONCE. After you listen to the mini talk, and hear the “beep” sound, mark the alternative that best completes the sentence.

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

In our modern world, there is a trend towards home-schooling. Around 15,000 families are now teaching their youngsters at home. The popularity of home schooling is mainly a result of the rigidity of the examination system. Moreover, some parents prefer home-schooling due to _________. (**pause 10 seconds)**
D. MINI LECTURE (1.5 pts. each; 4.5 pts.) (TRACK 4)

For the items in this section, you will hear a mini lecture on LANCE ARMSTRONG, a well-known cyclist. You will hear the mini lecture only ONCE. As you listen, mark the choice that best completes each sentence. Before you listen to the mini lecture, you will have 45 seconds to have a look at the questions related to it.

Lance Armstrong was born in 1971 in Texas. He began running and swimming competitively when he was only 10 years old. By the time he was 13, he was competing in triathlons and had won the Iron Kids Triathlon. Lance’s mother, who raised Lance mostly by herself, recognized and encouraged his competitive spirit. Things went well for Lance in the following years until his 25th birthday. At this time, he was diagnosed with advanced cancer that had already spread to his brain and lungs. He immediately went under two cancer surgeries. After these two surgeries, he was given a less than 50-50 chance of survival as he began chemotherapy treatment. After the chemotherapy finished,.....

(***pause 20 second)

II. LISTENING AND NOTE-TAKING SECTION (10 pts.)(TRACK 5)

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

* what stress is
* how the human body reacts to stress
* types of stress
* how to cope with stress

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

Good afternoon everyone. Today I'll be discussing stress. I'm going to start by talking about stress in general; what stress is and how our bodies respond to it. Then we'll look at the types of stress. Finally, I’ll tell you how to deal with stress.

So let's begin with the definition of stress. Stress is the emotional and physical reaction to pressure from the outside world. The term stress was first used in the 1930s by a doctor named Hans Selye. He described stress as a human reaction to any kind of outside pressure. When our body is under pressure, it reacts in different ways. Common stress reactions in general include a variety of physical symptoms. When people are under stress, they may suffer from headaches, high blood pressure, dry mouth, fast breathing or a fast heartbeat.

Having briefly mentioned how the human body reacts to stress, let’s now focus on the types of stress. Experts analyze stress under two main headings: positive and negative. Let me first give you a little information about positive, or good, stress. Positive stress occurs in a life situation towards which a person feels positively. These situations may include the excitement of going on a holiday, getting married, the excitement when you win a game or race, or the accomplishment of a challenge. These experiences give individuals a feeling of pleasure and satisfaction, making them excited about life. In other words, experiencing positive stress gives individuals pleasure and satisfaction. As a result, they develop the ability to generate the best performance or maximum output. Unfortunately, although positive stress enables a person to generate the best performance, it only occurs for a short period of time. The second type of stress is negative, or bad, stress. In contrast to positive stress, negative stress often lasts for long periods of time. Negative stress occurs in situations toward which one feels negatively, and those situations could be death of a family member, financial problems, heavy work load or even test-taking.

Psychologists claim that if people develop appropriate ways to cope with stressful situations, then they can reduce the harm caused by negative stress. One method most psychologists advise for people is to have a regular life-style, paying attention to their body's needs. In addition to a regular life-style, another way to cope with stress is to learn time management and organization skills. People can avoid stress if they plan ahead with good time management and organization skills. Still another way to reduce the harm which is caused by stress is to be optimistic. Most psychologists claim that people who are trying to find the positive in every situation, that is, people who are optimistic, are healthier, less stressed and more successful than those who see only the negative aspects in situations. That is, individuals should try to think positively and lighten difficult situations with a smile or humour.
Yes, perhaps your strategies for dealing with stress have been mentioned in this lecture and perhaps some of you have your own ways that you'd like to share with the class. Why don't we open the floor to comments, suggestions, and questions from you before we go on..... (FADE OUT)
LISTENING SECTION (20 pts.)

WHILE LISTENING SECTION (10 pts.)

A. (1 pt. each; 2 pts.)  B. (1 pt. each; 2 pts.)  C. (1.5 pts.)  D. (1.5 pts. each; 4.5 pts.)

1. a  2. c  1. d  2. b  1. c  1. b  2. b  3. c

NOTE-TAKING SECTION (10 pts.)

(2 pts. each; 10 pts.)

1. (Stress is) the emotional and physical reaction to the pressure from the outside (world)
   (Stress is) a human reaction to any kind of outside pressure.

2. (1 pt. each)
   headaches / high blood pressure / dry mouth / fast breathing / a fast heartbeat

3. Pleasure/ satisfaction / (the ability to generate) the best performance (or maximum output)

4. (1 pt. each)
   Death of a family member / financial problems / heavy work load / test-taking.

5. (1 pt. each)
   (They should) have a regular life style
   (They should) learn time management and organization skills.
   (They should) be optimistic / try to think positively (and lighten difficult situations with a smile or humour)