

Listening and Reading

Time: 1 hour 15 minutes

LISTENING

Task 1

For items **1-10** listen to the talk about extensive reading and decide whether the statements (**1-10**) are **TRUE (A)**, or **FALSE (B)** according to the text you hear. You will hear the text **TWICE**.

1. The students chosen for the study had much lower test results than other students.
A. True **B. False**
2. During the experiment the chosen students had more classes of English.
A. True **B. False**
3. After the experiment, the students in the extensive reading class outperformed students in normal English classes.
A. True **B. False**
4. The experiment improved students' enthusiasm for studying English.
A. True **B. False**
5. To do extensive reading you need to read a lot of challenging books.
A. True **B. False**
6. With extensive reading, you can improve your writing skills without even practising writing at all.
A. True **B. False**
7. Extensive reading benefits speaking and listening even to a greater extent than writing.
A. True **B. False**
8. Reading simplified books for language students has no effect on students' accuracy and fluency.
A. True **B. False**

9. Reading a lot in English can be more helpful in tests like TOEFL than actually living in an English-speaking country.

A. True

B. False

10. Extensive reading provides opportunities to see grammar in context and deepen understanding of its use.

A. True

B. False

Task 2

For items **11-15** listen to the conversation. Choose the correct answer (**A, B** or **C**) to answer questions **11-15**. You will hear the text **only ONCE**.

11. What is NOT TRUE about Tara's coursework?

A. It goes smoothly.

B. It's manageable.

C. It will take Tara more time to finish it.

12. Tara has a problem with her

A. groupmates.

B. roommates.

C. parents at home.

13. If Henry had the same problem, he would NOT

A. stop his friends.

B. join his friends.

C. tell his friends about his feelings.

14. Henry's final advice to Tara was

A. to talk to her friends.

B. to relax and enjoy the music.

C. to talk to the flat owner.

15. At the end of the conversation, Henry

- A. reassured Tara.
- B. felt worried about Tara.
- C. expressed doubt about the situation.

INTEGRATED LISTENING AND READING

Task 3

Read the text below, then listen to a talk on the same topic. You will notice that some ideas coincide and some differ in them. Answer questions **16-25** by choosing **A** if the idea is expressed in **both** materials, **B** if it can be found **only in the reading text**, **C** if it can be found **only in the audio-recording**, and **D** if **neither** of the materials expresses the idea.

Now you have 15 minutes to read the text.

I remember reading Sherlock Holmes stories when I was a kid, the stories were deeply enjoyable, the formidable detective left a lasting impression on my mind. I guess in some ways Sherlock Holmes was the reason why I first took interest in problem solving and logical deductions at some of my school subjects, such as Maths and Physics. As a kid I imagined myself as Sherlock Holmes solving complex problems as I was solving mathematical problems at school, and I guess in a way this somewhat attributed to my small success in my later career as a student. It had been years since I first read it, until two years ago when I stumbled upon this collection of Sherlock Holmes. Published by Wordsworth Library, this heavy tome contains all of Sir Arthur Conan Doyle's stories of Sherlock Holmes in chronological order according to their date of publication. The collection contains all four novels: *A Study in Scarlet*, *The Sign of Four*, *The Valley of Fear*, and *The Hound of the Baskervilles*, plus 56 short stories about the famous detective in 221 Baker Street. This huge book has 1408 pages and contains the original illustrations from the Strand Magazine.

All in all, I tried to read this book back-to-back, I spent an enormous amount of time reading through this book, while trying to formulate theories about the strange cases on my own based on the facts laid out at the beginning of each story. The character of Sherlock Holmes is interesting, and his quirky friendship with Watson provides a humorous effect in some of the darker

moments in their adventures. In my opinion, not all the stories of Sherlock Holmes are the same quality, some stories are better than the others. For example, stories such as *The Five Orange Pips*, *The Sussex Vampire*, *The Problem of Thor Bridge*, *The Dancing Man*, *The Red-Headed League* and *The Adventure of the Six Napoleons* are amongst the more memorable cases, with surprising twists and turns to form a lasting impression on the readers' memories. The stories are gripping and kept me reading through this 1408-page book.

As I mentioned earlier, this book contains the original illustrations from the Strand Magazine by Sidney Paget. The illustrations are very well done and usually inserted at the right place in the text to demonstrate the important moments in the stories. If you have never read anything about the famous detective, or if you are a fan and want to get all of the Sherlock Holmes stories in one volume, then this is the book to get.

Now listen to another text on the same topic and then do the tasks (questions 16-25), comparing the text above and the interview. You will hear the text TWICE.

16. Sherlock Holmes is a very impressive character.
17. Sherlock Holmes can motivate students learn Maths and Physics.
18. Sherlock Holmes is good at reading people.
19. Sherlock Holmes suffers from his personal weaknesses and character flaws.
20. Sherlock Holmes has an ear for music.
21. Holmes and Watson are friends.
22. *The Sherlock Holmes Stories* is an illustrated book.
23. Sherlock Holmes has a real prototype.
24. There is some humour in the stories.
25. The Sherlock Holmes stories are of different quality.

READING

Task 4

Read the text and answer questions **26-40** below.

Sleeping when everyone else is awake

Turning normal sleeping cycles upside down helped writer Joanna Cannon recover her energy

(A) I've always had an unusual relationship with sleep. When I was little, I adopted a childlike logic that equated staying awake with being a grownup, but as I grew older I began to enjoy getting up early. There was no typical teenage routine of lying under the duvet until lunchtime and I liked to be ready for the day as early as possible. It was when I started training as a doctor that my relations with sleep got aggravated. A daily five-hour round trip to Leicester medical school meant I had to wake even earlier than the crack of dawn and the course gradually became more and more demanding and the clinical situations I witnessed increasingly distressing.

(B) This habit continued long after I left the wards behind, and I often struggled with getting to sleep. Insomnia followed me around for most of my adult life until about 12 months ago, when a particularly nasty virus saw me heading to bed at teatime. I woke eight hours later completely refreshed. A week of keeping to the same routine and it became my new schedule. Now I have boundless energy. I have no problems getting to sleep and, more importantly, my mind feels settled. My social-media timelines move at a snail's pace and without incoming phone calls and emails, I can get on with my writing without interruption. The silence is uplifting and the solitude has become a comfort. And my choice of waking hours doesn't affect anyone else as more of us now work from home.

(C) Of course, this upside-down life is fine when you're operating as a one-person army, but when I have social commitments or book events, I need to re-integrate into a "normal" timetable. I've found the only way to do that

successfully, is to treat it like jet lag. Have a good sleep the night before, power through, and eat plenty of carbs the next day. Thankfully, a lot of my friends are abroad, which it makes it easy to organise Zoom calls.

(D) It's always a risk that you'll be asked why you don't go to bed when other people do, but fashions change. In medieval times, for example, sleep was biphasic. Everyone had "first" and "second" sleeps, with a little break in between to do housework and chat to their friends (a period known as "the watch"). This habit died out when artificial light became commonplace, but it still exists in more remote parts of the world. Back in the seventeenth century, the idea of sleeping for eight hours straight would have been mighty strange indeed.

(E) No doubt, insomnia is a crippling condition and continued sleep deprivation not only affects our mental health, but our physical health, too, because it's when we're resting that our bodies and our minds do all their housekeeping. Muscle repair, toxin removal, energy renewal quietly get to work in the background once we've dozed off. Even more significantly, while we sleep our minds relax and the brain's neurons reorganise themselves and flush out the toxic by-products that accumulate during waking hours. It has even been suggested that sleep helps us to convert short-term memories into long-term ones, our synapses declutter and sweep away anything we no longer need, making room for new information.

(F) If all this occurs during sleep, could an upside-down sleeping pattern like mine have any detrimental effect on my physical health? There are studies which suggest it might. In 2019, scientists found out that night shift sleeping patterns can give rise to a higher risk of developing cancer. More than 3m people in the UK are night workers, an increase of 5% in the past 10 years, in addition to the many thousands of insomniacs who, rather than choose this particular lifestyle, find that it has chosen them. The Great British Sleep Survey

estimated that one in three of us suffer from sleep issues at any one time and an astonishing 10% describe it as a chronic problem.

(G) Will these findings change my sleeping routine? No. They will not. On no account whatever. After walking miles of hospital corridors, I know that anxiety, low mood and tension have a huge impact on physical and mental health, not only with a direct effect on how our organism functions, but also through the coping mechanisms we employ to try to alleviate our suffering. My coping mechanism was a change of sleeping habits and the therapeutic benefits far outweigh potential drawbacks. Rather than fight insomnia and feel helpless, I opted to embrace it. I chose to listen to my body rather than the clock. No doubt, there are drawbacks to being awake all night, but to me they are few and far between.

Questions 26-30

In which part of the text is the following mentioned?

- 26 the influences of stress on one's body and mind
- 27 an invention that made people give up an established routine in the past
- 28 processes of restoring one's physical and mental balances
- 29 occasional obligations that break the established routine
- 30 a routine commuting journey starting at daybreak
- 31 a personal choice to accept an uncomfortable situation
- 32 research on problems connected with reversed sleep issues
- 33 formation of a new individual wake and sleep pattern
- 34 mechanisms that start operating after we fall asleep
- 35 satisfying working conditions and environment
- 36 unwillingness to alter one's established habits
- 37 a segmented sleep pattern consisting of two parts

- 38 a schedule likely to lead to a serious medical condition
- 39 a common habit shared by adolescents
- 40 eliminating certain acquired but unwanted stuff

TRANSFER ALL YOUR ANSWERS TO YOUR ANSWER SHEET