

File Test 6

Grammar, Vocabulary, and Pronunciation A

GRAMMAR

1 Underline the correct word(s).

Example: Had I known it was your birthday, I would *brought* / *have brought* you a present!

- 1 OK, I'll tell you what happened as long as you *promise* / *will promise* not to laugh at me!
- 2 *Supposing* / *Suppose* we got lost and couldn't find our way back to camp. What would we do?
- 3 *Provided that* / *Even if* I won the lottery, I would still go to work every day.
- 4 I would *have called* / *call* to say I was going to be late if my mobile wasn't broken.
- 5 Can I *borrow* / *borrowed* 10 quid until tomorrow, please?
- 6 If we *have* / *had* two more people, we'd have enough for a full basketball team.
- 7 We're going to have a sing-along by the campfire, provided Ellen *brings* / *brought* her guitar.

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2 Complete the sentences with the gerund or the infinitive form of the verbs in brackets.

Example: I'd like you *to call* (call) the manager and tell him I want to see him.

- 1 I really dislike people _____ (make) a noise while I'm trying to study!
- 2 I've just cleaned the floor. Would you mind _____ (take) your shoes off?
- 3 My cousin advised us _____ (visit) Greece before the weather gets too hot.
- 4 I'll be bored here all on my own. Please let me _____ (come) with you.
- 5 I would hate them _____ (think) I'm not interested in the project.
- 6 They'd better not keep me _____ (wait) long. I'm too busy to waste time sitting here!
- 7 I'm just waiting for the train _____ (arrive). It's a few minutes late.

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3 Is the sentence right or wrong? Write C (correct) or I (incorrect). Correct the incorrect sentences by writing them below.

Example: I'd like you send me a confirmation email for this transaction. I

I'd like you to send me a confirmation email for this transaction.

1 Supposing you get into university, where would you want to live? _____

2 I dislike people to make decisions for me when I can make them myself! _____

3 We've arranged for you giving your presentation at 3.00. _____

4 If I have listened Dave, I wouldn't have been caught by that internet scam! _____

5 She recommended that I apply for this year's writing competition. _____

6 I had known about the conference, I would have gone to it. _____

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Grammar total		20
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VOCABULARY

4 Complete the sentences with the correct word.

Example: Oh no! I've left my mobile at home – I forgot to _____ it before I left this morning!

call unplug do

1 Unfortunately, the network _____ here in the mountains can be quite variable.
battery signal coverage

2 To change your notification sound, you'll need to go into your phone _____.
settings contacts conversations

3 The credit on my mobile account's getting low. I'll have to _____ it up.
hang pop top

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- 4 Shall we _____ the film so we can keep it for longer?
stream update download
- 5 My computer is being slow at the moment because it's doing _____.
a stream an update a pop-up
- 6 To answer the phone, _____ the icon in any direction.
scroll update swipe

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5 Complete the sentences with the correct preposition.

Example: I'm getting sick of eating toast! I really need to go to the supermarket!

- 1 I have to admit that I'm hooked _____ that new drama series.
- 2 We're so accustomed _____ being able to go online. When the internet isn't working, it feels like the end of the world!
- 3 I'm concerned about Marta. She's obsessed _____ getting the highest marks possible.
- 4 The content of this documentary is unsuitable _____ children under twelve.
- 5 Young children are dependent _____ their parents for help.
- 6 Many people aren't aware _____ the impact their screen use is having on their eyesight.

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6 Choose one word to form a compound adjective with the word in *italics*.

Example: ~~fashioned~~ sighted minded *old-fashioned*

- 1 term hand minute *last-* _____
- 2 friendly breaking saving *labour-* _____
- 3 good curricular cost *extra-* _____
- 4 scale fashioned risk *high-* _____
- 5 minded made behaved *narrow-* _____
- 6 old end worn *dead-* _____
- 7 pitched conditioned high *air-* _____
- 8 breaking minded changing *life-* _____

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Vocabulary total		20
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PRONUNCIATION

7 Match the words to the same sound.

broadband	coverage	worse	accustomed	attached
contact				

Example: turn worse

- 1 self-conscious _____
- 2 mundane _____, _____
- 3 rang _____, _____

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8 Underline the stressed syllable.

Example: tech|no|lo|gy

- 1 ob|sess|ed
- 2 re|co|mmend
- 3 un|suit|able
- 4 eco-|friend|ly
- 5 de|pen|dent

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Pronunciation total		10
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Grammar, Vocabulary, and Pronunciation total		50
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File Test 6
Reading and Writing A**READING**

Read the article about the reasons why we get addicted to social media. Five sentences have been removed. Which sentence (A–F) fits each gap (1–5)?
There is one extra sentence which you do not need to use.

Why Social Media?

It's highly likely that, at one point or another, you've wondered whether you might have a 'problem' with social media. (---- 1 ----) According to research, we use our smartphones for an average of 3 hours and 15 minutes per day, with the top 20% of users spending over four and half hours. And because evidence also shows that this constant connectedness is having real and lasting consequences on our physical and mental health, a deluge of advice articles, therapies, and self-help courses has followed the news articles. Even the tech giants who invented social media seem to be banning their kids from using it, and a whole new luxury travel industry has appeared ready to take your money in exchange for a 'digital-detox'.

But amidst all the media sensation and negativity around our excessive social media usage and what we can do if it is ruining our lives, we need to ask the question: why? Why are we doing this to ourselves? From a personal perspective – and I think this view is mirrored by the majority of people I know – I can't help it. (---- 2 ----) I just can't stop myself from doing it. So, I decided to do a bit of research into that *why?* question, and I found that the answer could be based on factors involving both cognitive and social science.

In terms of cognitive science, human beings are hardwired to multi-task. In studies of smartphone use, researchers have found that the number and frequency of pick-ups is significant. The average person picks up their phone 58 times a day, and while we might intend to just send a quick text or check our inbox, inevitably we end up getting distracted by social media.

However, this behaviour is not by any means a modern phenomenon. (---- 3 ----) We basically need to 'check' things, see if our friends and relatives are OK, and make sure we know what our rivals or 'enemies' are doing. So, a common theory is that responding immediately to updates and notifications is in fact normal instinctive human behaviour but in a modern context. Technology simply exploits our natural human impulses. And while 'exploit' might seem like a strong word, apparently, we have less control over our technology than we'd like to believe. Historian Yuval Noah Harari likens us to "hackable animals", who are tracked by algorithms that "know us better than we know ourselves". Basically, we're hooked on the feel-good factor of socializing online – and the social media companies know it!

A plausible theory related to this idea that technology stimulates our natural impulses, is that we may be obsessed with our smartphones because of an evolutionary drive to socialize. (---- 4 ----) We are dependent on that knowledge to fulfil many purposes: to develop our sense of identity; strengthen cultural and social bonds; set boundaries and goals; and for guidance as to what is culturally appropriate behaviour.

In a recent study, researchers from McGill University, USA, concluded that the most addictive functions of smartphones shared a common theme: they fulfilled our desire to connect with others. This makes sense when I recall a friend's description of his own 'tech-addiction'. He compared his constant checking of social media to repeatedly opening and

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closing the door of his flat hoping that someone had come to visit. (----- 5 -----) Although to a certain extent the news that our smartphone addiction fulfils a basic human need offers some good news, it is important to acknowledge that this doesn't give us an excuse to continue as we have been. Because, whatever the reason for it, the speed and intensity of our internet-connectivity is pushing the brain's reward systems into overdrive, which can lead to unhealthy addictions. The message here I guess is: proceed with caution.

- A Studies show that, as an inherently social species, we are motivated to share information about ourselves and in turn monitor others and gain knowledge about them and what's happening in their lives.
- B We're all the same – waiting for that connection, a 'like', a comment, a new piece of information to share – we're seeking that reward of human connection.
- C It's difficult to avoid that nagging doubt, now with so much negative press documenting technology addiction.
- D According to experts, humans, having evolved in an environment of uncertainty and danger, are pre-programmed to make rapid shifts in focus.
- E Where social media usage averaged over 3 hours a day, researchers recorded a 14% increase in related mental health issues.
- F Even though I'm aware of the potential traps and dangers of my habits, I'll still repeatedly grab my smartphone in the middle of doing some completely unrelated task, and check it.

Reading total		10
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WRITING

Choose one of the statements below and write a discursive essay in approximately 250 words:

- 1 Our use of technology is reducing our social skills and ruining our relationships.
- 2 The success of a company depends on the happiness of its employees.
- 3 Self-help books can do more harm than good.

Include the following information:

- an introduction to the topic
- present a balanced view of the topic (include reasons and supporting evidence)
- write a conclusion saying which view you most support.

Writing total		10
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Reading and Writing total		20
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File Test 6

Listening and Speaking A

LISTENING

1 Listen to five people talking about how they seek advice. Match the speakers (1–5) to the source of advice each uses (A–H).

- Speaker 1 ☐
 Speaker 2 ☐
 Speaker 3 ☐
 Speaker 4 ☐
 Speaker 5 ☐

- A talks it through with a friend
 B prefers not to seek advice
 C phones a helpline
 D writes to an agony aunt
 E contacts a professional
 F talks to a parent
 G asks a colleague
 H looks online

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2 Listen to an interview with a man who has written a self-help book. Tick (✓) A, B, or C.

- The presenter explains that a decade ago, Jonathon's life _____.
 A was much better than it is now ☐
 B suddenly became difficult ☐
 C changed forever ☐
- Jonathon says that the self-help books he read _____.
 A did not give good advice ☐
 B helped him a lot ☐
 C weren't effective for him ☐
- The presenter found Jonathon's account of his experiences in the book _____.
 A moving ☐
 B thought-provoking ☐
 C hard to relate to ☐
- Jonathon says that he showed his vulnerability as an author because he _____.
 A thought it would sell more books ☐
 B hoped his readers would find comfort in their shared experiences ☐
 C wanted people to feel sorry for him ☐

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Listening and Speaking A

- 5 Jonathon advises anyone in his former situation _____.
 A to make sure they act on the advice they have read ☐
 B not to bother reading self-help books ☐
 C to seek professional face-to-face help ☐

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Listening total		10
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SPEAKING

1 Ask your partner these questions.

- 1 How many hours do you spend on social media per day? What do you do?
- 2 If you had to have a long-distance relationship, do you think it would last? Why?
- 3 What makes you cringe? Why?
- 4 What causes you stress, and how do you deal with it?
- 5 Have you ever read a self-help book? If so, what about? If not, why not?

2 Now answer your partner's questions.

3 Talk about one of these statements, saying if you agree or disagree. Give reasons.

- 1 'Addictions are the greatest problem in society today.'
- 2 'Exams are the best way of measuring a student's progress.'
- 3 'It is better to keep your problems to yourself rather than share them with friends and family.'

4 Now listen to your partner. Do you agree with him / her?

Speaking total		20
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Listening and Speaking total		30
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