

Listening (2.5)

1. "Look deep into nature and then you will understand everything better" it was said by.....
- a. Aristotle b. Einstein c. Pasteur
2. According to recent research ----- stimulates our creativity, makes us healthier and happier.
- a. eating healthy food b. walking in nature c. drinking juice
3. Yoshifumi organized two groups of volunteers. After just a ----- minute walk, the nature walkers demonstrated lower levels of stress.
- a. 15 b. 50 c. 13
4. Bratman sent 38 volunteers to walk in nature and another 38 volunteers to walk in a city. Before the walk, they filled out surveys about their -----.
- a. emotional states b. body c. -----
5. Miyazaki thinks that humans have evolved to be more relaxed in -----
- a. water b. sky c. nature

Vocabulary (6)

6. He is ----- . He makes them work extremely hard.
- a) tyrant b) generous c) honest d) impolite
7. Some people think it is ----- to ask someone's age.
- a) modest b) dumb c) impolite d) brilliant
8. My friend behaves in an usual way. He is -----
- a) moody b) eccentric c) nervous d) serious
9. A: Has he returned that book you lent him? B: Yes, he is -----.

a) reliable b) realistic c) productive d) silly

10. Mary only thinks of herself. She is -----

a) moody b) deaf c)egotistical d) kind

11. He shows strong feelings of enthusiasm for teaching. He 's a ----- teacher

a) passionate b) cynical c) unfair d) nervous

12. The quality of sound produced when one sings: -----

a) beat b) lyrics c) melody d)voice

13. They are ----- players. They play really well.

a) gifted b) pessimistic c) frugal d) difficult

14. My classmate is ----- . She always has new ideas.

a) moody b)imaginative c)optimistic d) serious

15. She was ----- .She wasn't hopeful about her future.

a) optimistic b) pessimistic c) difficult d) fair

16. The words of a song: -----

a) beat b) lyrics c) voice d) sound

17. It is ----- to make him pay for everything.

a) unfair b) gifted c) trained d) modest

Idioms (3)

18. I'm ready to head home

a) Leave home

b) Return home

c) Invite my friend

19. It's a pain in the neck having to work so hard

a) It's very annoying

b) It takes a lot of time

c) It's not difficult

20. It gets on her nerve

a) She likes it

b) It annoys her

c) She is always nervous

21. Give it a listen

a) Listen

b) Stop listening

c) -----

22. I keep track of my expenses.

a) Keep a secret

b) Have information

c) Find

23. I've had enough of eating strange food

a) I want to eat more strange food

b) I can't eat strange food any more

c) I haven't eaten strange food

24. I can't get over how much I enjoy being here

a) I love this place

b) I want to leave

c) I have no idea

25. A: You've got a CD collection. B: Let's put something on

- a) Put the CD on the shelf
- b) Make a CD begin to play
- c) Choose a CD

26. They used to be out of hand

- a) Near me
- b) Easy to control
- b) Difficult to control

27. I can't make ends meet

- a) Earn just enough money to be able to buy the things you need
- b) Spend a lot of money
- c) Work easily

28. It's beyond my means

- a) I can't afford it
- b) I can afford it
- c) It's very big

29. I can't get enough of this place.

- a) I love this place a lot
- b) I don't like this place
- c) I have no idea

Grammar (6)

30. When I saw her , I rememberher at a party.

- a.visit b.to meet c.meeting d.meet

31. Mrs Welland reminded her sonabout his savings.

a.caring b.to be careful c. be careful d.to careful

32. Young childrenhelping around the house.

a.remember b.enjoy c.want d.forget

33.Can you stop ----- some cakes?

a.pick up b.picking up c.picked up d.to pick up

34.Hello! I've justto the shops.look! I've bought lots of things.

a.seen b.been c.taken
d.gone

35.Why don't you read the paper! Iit.

a.had read b. read c.have already read d.have been reading

36.Bob has a black eye and Bill has a cut lip.they

a.had fought b.have fought c.have been fighting d.fought

37. Do you know where -----?

a.does she go b.she go c.she goes d.did she went

38.They asked him ----- he trained.

a. how b. how did c. ----- d. a.b

39.Tomfor the examinationthat it would be so difficult.

a.would have entered/hadn't he know

b.have entered/hadn't he known

c.wouldn't have entered / had he known

d. haven't entered/ had he gotten

40.Sophomoresby next two years.

a. will graduate b.won't graduate c. will have graduated d. won't have graduate

41.This book is -----, I am -----

- a. boring-boring b. bored-bored c. bored-boring d. boring-bored

READING (2.5)

Effects of Music on the Brain

It is known that music helps increase your concentration levels. It helps improve memory. It has been found to increase memory levels of Alzheimer's and dementia patients. Research has shown that the silence between two musical notes triggers brain cells which are responsible for the development of sharp memory. Flute music, and instruments like santoor and sarod are recommended for the enhancement of concentration and memory. Classical music improves the ability to recall what's retained in the brain in the form of memory. Strong beats cause the brain waves to resonate in synch with the beat, thus leading to increased levels of concentration and increased mental alertness. This also trains the brain to change speeds of processing easily. Learning music helps increase self-discipline.

Makes Learning Easier

Have you tried learning anything by combining it with music or rhythm? For example, counting with a certain repeating pattern, or learning the alphabet by giving it a tune. Or remember learning poetry by reciting it musically? Didn't that help you learn things faster? Basically you can remember songs because they are musical compositions and not plain words lacking music or rhythm. This is what music does. It makes learning easier. Learning beat patterns (talas), helps improve math skills. The study of rhythm is known to help students learn math. Music stimulates the brain centers that deal with thinking, analyzing and planning, thus enhancing one's organizational skills.

42. Music -----increase memory levels of Alzheimer's patients.
a) can b) can't
43. The silence between two musical notes ----- harmful for brain cells.
a) isn't b) is
44. Music makes learning process -----
a) easier b) easier and faster
45. Learning the alphabet by music is -----
a) not useful b)useful
46. Music ----- our organizational skills.
a) improves b) doesn't improve