

English Language Exam

Part one: Reading

score: 11/20

Read the article below which appeared in Outlook Newspaper and issued in March 2010 in which the writer suggests ways to avoid a certain kind of stress. When you are through with the reading, answer the questions that follow.

Brightening Circumstances – PREVENTION IS BETTER THAN CURE

- 1- Is not life challenging as it is? Need we truly make it any harder in ourselves? In simplifying matters, why not be concerned with problem prevention rather than cure? Such questions peer into the legitimacy of the argument of whether or not prevention can help us cope with the most common class of stress- psychological stress- and keep it from impeding our progress. Why not adopt a handy technique for our times of need? Why not learn to say "No!?" No to all the downbeat beliefs, negative feelings, and harsh sentiments that tend to cloud our strain of thought and push us off balance.
- 2- For one thing, we will not want to try and thoroughly comprehend a situation wherein we may find ourselves locked in self-strife. Such circumstances are precisely like quick sand, the more we tend to analyze why we are down, the more we probe, discuss, and assess how we have been struck with so gloomy a fate, the deeper ourselves into the mud. Let us bid these pretense inflictions farewell therefore and of them ask of no account, for primarily as such may we switch gears, change frequencies, and brighten our days.
- 3- How to say no? Scrutinizing our patterns of speech and thought will open doors for us to cherry pick any unpleasant phrases (bad apples) from the dialogue tree and chuck them far back behind us into the past where they can no longer touch us. These offsetting terms deliberately trigger the onset of pessimistic circumstances thereby further stressing the brinks in our chains. Once identified and discarded however, they can then be replaced with positive comments and upbeat judgments. Yes, you guessed it, this exercise is more a less a practice of optimism, so "why bother with a pretentious personality?" I can almost hear you say. Well, you tell me, would you rather spend a bulk of the remainder of your days in mental ambush or would you prefer to settle for complacent bliss?
- 4- Another question to consider, do we consider ourselves liberated individuals? Hardly! With negative thoughts constantly bogging us down, how can we feel anything different

then enslaved to circumstances?! Ever whacked a flying four-winged pest (your common household mosquito)? Let us make of these thoughts likewise, let us reduce them to nothing but nasty bloodsuckers, dying to suck the life right out of us; our job therefore, becomes defensive in nature, to make sure we don't let them, to exterminate them! Therein lies our strength, inner strength, to calm the restless tides of self-defeating thought before they hammer down on us, before they boldly cave in and slowly but surely swallow us whole, and before chances for emotional redemption, for escape, grow progressively bleak. For those are fortunate who can have circumstances fit their liking, but those are marvelous, who can have their liking fit their circumstances.

Rami Diab

A) Answer the following set of questions using your own words.

- 1- What issue does the writer highlight in the introductory paragraph? (0.75 pt)
- 2- Why doesn't the writer want us think of any stressful condition? (0.75 pt)
- 3- What solution does the writer present to avoid stress? (0.75 pt)
- 4- According to the writer we are "hardly liberated individuals" yet, we can free ourselves. How? (0.75 pt)

- B) 1-Identify and explain the writer's mood in paragraph 1. (0.5 pt)
 2-Write a conclusion of the article in your own words. (0.75 pt)
 3-What is the writer's purpose of writing this article? Justify your answer. (0.5 pt)

- C) 1-How are paragraphs 3+4 thematically linked? Write the indicator. (0.5 pt)
 2-Identify the pattern(s) of the following sentences: (0.75 pt)
- a- Paragraph 4/ Ever whacked...mosquito
 - b- Paragraph1/ No to...balance
 - c- Paragraph 2/ such... mud

D) Based on the information presented in the text, fill in the chart below with affixes according to the given parts of speech. Copy the chart on your booklet. (3 pts)

Paragraph	Word	Prefix	Root	Suffix	Part of speech
1					Noun
2					Noun
3					Adjective
4					Adverb

E) Find words in the text which likely have the meaning of the following: (1 pt)

- a- Difficult
- b- Deeply
- c- Clearly
- d- Barely

F) What do the following pronouns refer to? (1 pt)

- a- Keep it/ paragraph 1
- b- These/ paragraph 2
- c- Them/ paragraph 3
- d- Let them/ paragraph 4

Part Two: Writing

score: 9/20

Life is generally challenging in a way that it consumes our daily efforts and makes us easy victims of stress. Mention three ways in which you think you can avoid stress in handling your daily affairs. Discuss your ideas in a 250-300 word essay of three body paragraphs by starting in an introduction in which you present a clear thesis statement that must be backed up with relevant details in your body paragraphs and end with a proper conclusion. Draft, revise, and proofread your essay before you hand it in. Your writing will be assessed as follows: 5 pts for content and organization; 3 pts for language and style and 1 pt for tidiness and legibility.

Good Work

Answer Key

A) 1-The issue that the writer highlights in the introductory paragraph is psychological stress, the most common class of stress that shakes our balance.

2-The writer doesn't want us to think of any stressful condition because thinking itself will pull us more down into the problem and we will become more depressed.

3-The solution that the writer presents to avoid stress is by saying "no" to all unfavorable, negative words that complicate and trigger our psychological self and replace them with positive comments.

4-Yes, the writer is right in viewing us as hardly liberated individuals since we are always controlled by negative thoughts and enslaved by our circumstances. To liberate ourselves, according to the writer, we can reduce the impact of thoughts on us and become defensive in nature. Consequently, we will no longer be slaves to our circumstances.

B) 1-The writer's mood in paragraph 1 is both anxious and revolutionary. His anxious mood seems when he sets a series of questions on the issue of psychological stress. This mood changes into being revolutionary by setting a standardized solution: saying "No" to all causes of such stress.

2-Answers vary.

3-The writer's purpose in this article is to persuade us that prevention against psychological stress is better than cure, since prevention can be easily achieved when we decide to stop all forms of stressful situations; whereas cure might be worse than the problem itself especially when we start to think about the cure, we will be pulled down into the problem.

C) 1-Paragraphs 3+4 are indirectly thematically linked by the pronoun "Another". This word shows emphasis on the psychological problems that we suffer from. The first problem is psychological stress. The second is being unliberated individuals.

2-a-Exemplification

b-Listing/ cause-effect

c-Exemplification/ compare/ listing/ cause-effect

D)

Paragraph	Word	Prefix	Root	Suffix	Part of speech
1	Prevention	Pre	Vent	ion	Noun
2	Inflictions	In	Flict	ions	Noun
3	Offsetting	Off	Sett	ing	Adjective
4	Constantly	Con	Stant	Ly	Adverb

E) a-Challenging/ paragraph 1

b-Thoroughly/ paragraph 3

c-Deliberately/ paragraph 3

d-Hardly/ paragraph 4

- F) a-Psychological stress
b-Inflictions
c-Phrases
d-Bloodsuckers