**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Class:** \_\_\_\_\_\_\_\_\_\_

**TEST 4, UNIT 4**

**GRAMMAR – Impersonal pronouns | Past and perfect participles | Gerund**

**1 Underline the correct pronoun to finish each of the sentences. Sometimes the correct answer is ‘both’ or ‘neither’.**

1 *One / You / both / neither* can’t learn a foreign language in two months.

2 *One / They / both / neither* said it wasn’t going to snow today, but it did.

3 Brushing *their / one’s / both / neither* teeth daily is the main principle of good oral hygiene.

4 *They / We / both / neither* shouldn’t be afraid of giving *themselves / yourself / both / neither* a pat on the back from time to time.

5 If *they / one / both / neither* wishes to be successful, *one / they / both / neither* needs to work hard.

6 *You / They / both / neither* are carrying our roadworks in order to repair and improve the highway.

**2 Complete the sentences with the past participle or the perfect participles of the verbs in brackets.**

1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (watch) a horror film in the evening, Ella didn’t sleep a wink.

2 The actors got into their car quickly, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (surround) by paparazzi.

3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (not study) at all, he failed the exam and has to retake it next year.

4 I knew how to get the bus station, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (live) in Varna for almost 5 years.

5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (build) in the 1950s, the bank needs major renovation.

6 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (surprise) by the news, Angela had to sit down.

**3 Rewrite the sentences using the gerund so that they have the same meaning as the original.**

1 I am always happy when I see a good film.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ always makes me happy.

2 If you follow my instructions, it will make the job easier.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will make the job easier.

3 Taking long walks was something they enjoyed.

They enjoyed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4 The Secret Service is mostly busy with the protection of the President.

A major part of the Secret Service’s job is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5 He won all four races and is constantly bragging about it.

He is constantly bragging about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

6 The Wilsons came to the party late, but they had a good excuse.

The Wilsons had a good excuse for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_/10

**VOCABULARY – -*ed*/-*ing* adjectives| Words connected with stress | Words connected with work**

**4 Underline the correct adjective to complete the sentences.**

1 I’d had such an *exhausted / exhausting* day that all I wanted to do in the evening was sit in front of the TV.

2 People my age find reality TV shows very *amused / amusing*, but I am quite *bored / boring* by them.

3 She seemed *relaxed / relaxing* during the presentation, but she admitted that she found the experience *terrified / terrifying*.

4 Poor Tim! He was so *embarrassed / embarrassing* when his mother kissed him in front of his friends.

5 Mr. Lee, your speech was so *inspired / inspiring*! I was especially *interested / interesting* to hear about your experience in South America.

**5 Match the words to make phrases describing the impact of stress on the body. Then complete the gaps with the phrases.**

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | tense | A | stomach |
| 2 | clenched | B | heart |
| 3 | excessive | C | palms |
| 4 | upset | D | extremities |
| 5 | shaky | E | muscles |
| 6 | sweaty | F | hands |
| 7 | racing | G | jaw |
| 8 | cold | H | sweating |

1 \_\_\_ 2 \_\_\_ 3 \_\_\_ 4 \_\_\_ 5 \_\_\_ 6 \_\_\_ 7 \_\_\_ 8 \_\_\_

|  |  |
| --- | --- |
| **Symptom** | **Explanation** |
| a \_\_\_\_\_\_\_\_\_\_ | It pumps faster so that blood can quickly reach your vital organs and limbs. |
| b \_\_\_\_\_\_\_\_\_\_ | When you are stressed, your muscles get ready to act, which can lead to a trembling sensation, twitching, or shaking. |
| c \_\_\_\_\_\_\_\_\_\_ | Stress increases the production of stomach acid, which can lead to stomach aches or even nausea. |
| d \_\_\_\_\_\_\_\_\_\_  e \_\_\_\_\_\_\_\_\_\_ | Body temperature rises because of stress and sweating is the body’s attempt to cool down. |
| f \_\_\_\_\_\_\_\_\_\_ | Muscle tension is almost a reflex reaction to stress. It’s the body’s way of guarding against injury and pain. |
| g \_\_\_\_\_\_\_\_\_\_ | You experience this because adrenaline decreases blood flow to the fingers and toes. |
| h \_\_\_\_\_\_\_\_\_\_ | You do this without paying attention, even while you sleep. It can also include grinding your teeth. |

**6 Complete the text with one of the words from the box. There are FOUR extra words.**

boss deadlines interview long machines negative

noisy rewarding salary stressed unfriendly uniform

I really hate my job. I have a difficult 1\_\_\_\_\_\_\_\_\_\_\_\_ , and my colleagues are really 2\_\_\_\_\_\_\_\_\_\_\_\_ . None of them like me and I don’t like them. My office is horrible, the environment is 3\_\_\_\_\_\_\_\_\_\_\_\_ and they make me wear a really uncomfortable 4\_\_\_\_\_\_\_\_\_\_\_\_ . Not only that but I have tight 5\_\_\_\_\_\_\_\_\_\_\_\_ , and my working hours are 6\_\_\_\_\_\_\_\_\_\_\_\_ . I get home at midnight almost every night. I only get 7\_\_\_\_\_\_\_\_\_\_\_\_ feedback, and the 8\_\_\_\_\_\_\_\_\_\_\_\_ is really low. I really hate it!

\_\_\_/16

**FUNCTIONS – Giving advice and making suggestions**

**7 Rewrite the sentences correctly by changing, adding or removing ONE WORD.**

1 You should doing yoga or tai chi.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2 You could to eat more fruit and vegetables

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 Try breathe slowly and deeply.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 I suggest you to drink more water.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 If you doing some exercise every day, it will reduce your stress.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 Why don’t you to stop smoking?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7 See if you do more exercise.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8 Why not doing meditation?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_/4

**READING – The Country’s Most Stressful Jobs**

**Read the magazine article and answer the questions below.**

**THE COUNTRY’S MOST STRESSFUL JOBS**

The University of Manchester Institute of Science and Technology (UMIST) has once again published its annual report on the most stressful jobs in the UK. And once again, some of the results are surprising, while others are quite predictable.

1. UMIST has been conducting this research since 1987, and it’s interesting to compare this year’s results with the years the research was first started. In doing so, you can get quite an interesting snapshot of changes in society between then and now, especially if you focus on the top ten most stressful jobs.
2. For example, in 1987, miners were included as a stressful occupation, with the highest stress level of 8.3. In this year’s report, however, ‘miners’ as an occupation does not appear at all. This reflects the fact that the mining industry is now pretty much dead, and that this occupation does not exist in the UK anymore.
3. Another interesting example is that in 1987, ‘soldier’ was considered a rather low-stress job, with a low stress level of 4.7. The reason for that? The British army was not involved in many conflicts overseas, and soldiers had an overall easier life. In this year’s results, however, ‘soldier’ is the most stressful occupation, displacing ‘miner’ at the top of the list and registering an even higher score of 9.6. Now, as we know, the world is more dangerous, and the British army has peacekeeping forces in several countries in the Middle East. Today’s soldier is far more likely to see combat than his 1987 counterpart.
4. Other occupations also reveal surprising results. Airline pilots in 1987 (7.5.) shared the same stress level as journalists, whereas now their stress level is significantly lower. It’s safe to assume that the development and use of computerised aircraft has helped to reduce stress levels for pilots. On the other hand, doctors’ stress levels are just as unacceptable today as they were in 1987, at a whopping 6.8. Teachers also had just as unacceptably high stress levels in 1987 as they do now, with 1987 stress levels of 6.2, and 7.2 in the latest research. I can’t help but conclude that the burden we place on teachers and doctors in our society is unforgivable.

**Questions 1-2**

**Tick one answer.**

1 What is the reading passage about?

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The passage is a report from UMIST.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The passage is about a report from UMIST.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The passage is about how to reduce stress in different occupations.

2 What does this sentence mean?

*‘You can get quite an interesting snapshot of changes in society between then and now.’*

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The report contains pictures of the different occupations.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The report shows the changes in society between then and now.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The report doesn’t contain enough details.

**Questions 3 – 7**

**Complete the table with the correct occupation.**



3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Questions 8 – 10**

**Tick the correct answer.**

8 Miners have the highest stress levels in the latest report.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg True

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg False

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg Does not say.

9 The British army had no soldiers in the Middle East in 1987.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg True

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg False

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg Does not say.

10 The author thinks it’s very bad that doctors and teachers have such high stress levels.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg True

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg False

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg Does not say.

\_\_\_/10

**LISTENING – Stress**

**Listen to a lecture in a biology class. Read the questions BEFORE you listen. You may listen as many times as you want, and you may pause the recording.**

**Questions 1-4**

**Tick one answer.**

1 The main topic of the lecture is:

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg a health organisation

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg stress

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg governments

2 Which one is correct?

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg the stress mechanism response

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg the stress response machine

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg the stress response mechanism

3 Why does the student interrupt?

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg She wants to ask a question.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg She wants to confirm her understanding of what the professor says.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg She wants to disagree with the professor.

4 Which sentence is correct?

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The stress response mechanism is also called the ‘fight or flight response’.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The stress response mechanism is different from the ‘fight or flight response’.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg The stress response mechanism happens before the ‘fight or flight response’.

**Questions 5 – 9**

**Number the stages of the ‘fight or flight response’ in the correct order.**

\_\_\_\_\_\_ we sense danger

\_\_\_\_\_\_ stress hormones make the heart beat faster

\_\_\_\_\_\_ the brain sends a message to the nervous system

\_\_\_\_\_\_ we are ready to fight or flee

\_\_\_\_\_\_ the nervous system produces stress hormones

\_\_\_\_\_\_ blood goes to our brain and muscles

**Question 10**

**Choose the correct ending to the sentence.**

10 If we see danger,

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg the stress response mechanism helps us to heal our wounds.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg the stress response mechanism helps us to fight or flee.

C:\Program Files (x86)\Helbling Languages\JETSTREAM Upper-Intermediate - Testbuilder\course\images\tfbox.jpg we will feel nervous.

\_\_\_/10

**WRITING – A solution to a problem**

**A reader of a national newspaper has asked for help with a problem. Other readers may contribute solutions. Read the problem, and write your solution in the comment box. Give reasons and examples. You will get points for using language from unit 4. You should write no less than 150 words.**

Why do I always get so nervous in job interviews? Whenever I get a job interview, I feel stressed and anxious. My hands start to shake and I break out into a sweat. When I get into the interview, I’m so stressed I don’t say anything at all. It’s really embarrassing. And of course I don’t get the job! What can I do?

\_\_\_/10

**SPEAKING – The dangers of stress**

**Work in pairs, A and B. Have a FIVE minute conversation about the dangers of stress and the importance of reducing it. You must use a minimum of 5 and a maximum of 10 language items from unit 4. You have FIVE minutes to prepare first.**

|  |  |
| --- | --- |
| **Student A**  My target language items | **Student B**  My target language items |
|  |  |

\_\_\_/10

**TOTAL: \_\_\_/70**