Listening Part 1

You will hear a lecture about amazing tales of animals’ acting strangely. While you are listening to the lecture, fill in the blanks with ONE suitable word you hear from the lecture. You will hear the lecture twice. Now you have 2 minutes to look at the summary of the text before listening. (1 mark each; 10 marks.)

The lecture is about animals which move away from their habitats just before natural disasters such as volcanic eruptions. The reports show that captive elephants survived a tidal wave. After breaking their chains, they escaped up to the hills. They had to run through the dense forest and this shows that their instincts were right. You may think that it’s their big ears, but in fact, elephants have special (1) ___________________ in their feet and they can feel vibrations in the ground. It seems they had sensed the volcanic eruption. In South Africa, although forest fires travelled about (2) _______________ kilometers, all the animals were able to survive. The reason is not their sixth sense, but like elephants, other animals can notice changes in air (3) _______________ and hear sounds. The animals can feel both natural disasters and changing weather patterns.

In the last century, because people lived in the countryside, they were able to interpret weather signs (4) _______________. However, nowadays people live in the cities so they have little contact with the (5) _______________ environment, which has dulled their senses. Therefore, people who still live in the country use the (6) _______________ of animals to predict the weather. For instance, some birds fly lower when bad weather is coming because the insects are nearer the ground, which make the animals responsive to (7) _______________ changes. For example, birds usually migrate due to a change in temperature as the seasons change.

The animal observers have a lot of concerns over how far our (8) _______________ on the planet is affecting those animal senses. It’s likely that the rise in greenhouse gases changes the balance of nature, which affects the ability of animals to (9) _______________ change. However, scientists are optimistic that animals help people both to get prepared for (10) _______________ disasters and to learn more about how global warming can affect the planet’s eco-system.

(Total: 10 marks / ______)
Listening Part 2

You are going to hear a conversation between Dr. Michael Peterson and an interviewer about the allergies. While you are listening choose the best alternative. Circle a, b, or c. You will hear the conversation twice. Now you have 2 minutes to read the questions before listening. (1 mark each; 5 marks.)

1. Sore eyes, sneezing, and eczema are all _____.
   a. types of allergies
   b. causes of allergies
   c. signs of allergies

2. Which of the following is less likely to develop allergies?
   a. Breastfed babies
   b. Bottle-fed babies
   c. Toddlers

3. According to Dr. Peterson, exposure to germs _____.
   a. increases the chance to develop allergies later on
   b. helps children’s defense mechanism to get more powerful
   c. causes children to develop food intolerances in the future

4. According to the talk, which of the following is NOT TRUE about the genetic causes of allergies?
   a. Allergy problems may be genetic in the family.
   b. All family members experience the same kind of allergies.
   c. Doctors still don’t know why there has been an increase in allergies.

5. Allergies are on the rise due to _____.
   a. a decrease in the consumption of soya
   b. a decrease in food intolerance
   c. food products that are not seasonal

(Total: 5 marks / _____)
Listening Part 3

You will hear a lecture about getting the news in the High-Tech Age. While you are listening to the lecture, choose the best alternative. Circle a, b, or c. You will hear the lecture twice. Now you have 2 minutes to look at the questions before listening. (1 mark each; 5 marks.)

1. What do the statistics about the ways of receiving news indicate?
   a. 70% of people got the news from newspapers in 2003.
   b. In 2000, the number of people who read newspaper was too low.
   c. The number of people reading newspapers declined sharply in 2003.

2. According to a study done in 2004, the percentage of young newspaper readers was ______.
   a. 38
   b. 17
   c. 51

3. Which of the following is NOT one of the reasons why people get the news from the Internet?
   a. Sharing the news with other Internet users
   b. Getting detailed information about the events
   c. Interacting with different links or websites

4. Reporters writing the Internet news can make mistakes because of ______.
   a. excluding some important information purposefully
   b. being fast while conducting research into the news
   c. competing to get the most trustworthy information

5. One negative aspect of getting news online is that ______.
   a. bigger headlines show the most important news
   b. readers can only see the local news on the page
   c. Internet users may miss important information

(Total: 5 marks / ______)

(Total marks for Listening: 20 / ______)
Reading Part 1

Read the text and complete the tasks that follow. Choose a, b, c or d. Put a circle round the most appropriate answer. (1.5 marks each; 9 marks)

(1) After 35 years as a music therapist, Anci Sandell can now present research findings showing that the therapy methods she uses increase the quality of life for people who are being treated for severe medical or psychosocial conditions. On February 22, she will defend her doctoral thesis "Music for Body and Soul - Model for Interactive Music Therapy" at the Nordic School of Public Health NHV.

(2) The research community pointed out that music and song can lead to reduced levels of stress hormones in children, and patients with strokes often find it easier to express themselves through song rather than speech, as well as the fact that music with a clear pulse facilitates movement for patients with Parkinson's disease. New research findings now show that a methodical use of music for treatment purposes can serve as a soothing or comforting function in severe medical treatments and also have an identity-strengthening function in youths with severe psychosocial problems.

(3) Anci Sandell has investigated the effects of music therapy within patients undergoing hospital treatment for psychiatric dysfunction, cancer or dialysis. She has also studied the impact of the therapy on cancer-stricken small children and on youths with severe psychosocial problems. The music therapy has been integrated into the other treatment and has taken place in close interaction between the therapist and the patient. The therapy has been individually adapted and contained both pre-recorded and improvised music, but there have also been elements of painted pictures and texts.

(4) The studies confirmed the music therapy's positive effects on perceived quality of life and it was found that some music reduced heart rate, respiratory rate, and blood pressure in patients with coronary heart disease. Benefits included a decrease in the level of anxiety in heart patients, which increased life expectancy of people. It also gave valuable knowledge regarding how the therapy needs to be adapted to each respective target group. Based on the research findings, therapy can be better adapted to various target groups in the future and also to the needs of the individual patient or client.

(5) "It is not surprising that music therapy has proved to have such positive effects. Music can lower the pulse, the blood pressure, and the levels of stress hormones, as well as improve breathing", Anci Sandell explains. "Music has been used as a healing power since antiquity, but it is an underused treatment method in modern care. I hope that my research findings will contribute to music therapy having a more significant role in the future."

1. The purpose of the reading passage is to _______.

   a. give information about the positive impacts of music on certain health problems
   b. discuss the effects of different types of music with patients staying at hospital
   c. explain how music can be used for educational and medical purposes
   d. encourage people to study on the effects of music therapy
2. According to paragraph 2, which of the following statements is NOT TRUE?

   a. Songs help patients with stroke to communicate more easily.
   b. People with Parkinson’s move easily when they listen to music.
   c. Music has a calming power in curing psychosocial illnesses.
   d. Music increases the amount of stress if not liked by youngsters.

3. The word “facilitates” in paragraph 2 is closest in meaning to _____.

   a. assists
   b. prevents
   c. innovates
   d. devastates

4. According to paragraph 3, the music therapy _______.

   a. does not include other forms of art
   b. has been used with other types of treatment
   c. should only be applied by qualified therapists
   d. can’t be used with youth with psychosocial problems

5. In paragraph 4, it can be inferred from the results of studies that music therapy _______.

   a. has unwanted consequences for patients’ health
   b. does not work well with aging patients
   c. can be changed according to the demands of patients
   d. reduces blood pressure but causes coronary heart diseases

6. In paragraph 5, “it is an underused treatment method in modern care” means _______.

   a. music therapy is an overrated treatment in modern care
   b. music therapy has been a field of modern care for a long time
   c. the use of music therapy is as important as it was in the past
   d. the effective use of music therapy is ignored in modern care

(Total: 9 marks / ______)
Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and increased health problems. There are different ways to classify people according to their weight. (1) **B.** It defines people as overweight meaning pre-obese when it is between 25 kg/m² and 30 kg/m², and obese when it is greater than 30 kg/m².

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, breathing difficulties during sleep and certain types of cancer. Obesity is most commonly caused by a combination of excessive dietary calories and lack of physical activity, although a few cases are caused primarily by genes, endocrine disorders or psychiatric illness.

(2) **C.** However, the evidence to support this view is limited. On average obese people have a greater energy consumption than their thin counterparts because of the energy required to maintain their body mass, not because of metabolic factors.

In addition to its health impacts, obesity leads to disadvantages in both employment and social disapproval. (3) **D.** They also take more disability leave. A study examining workers found out that those with a BMI over 40 kg/m² filed twice as many workers' compensation claims as the ones whose BMI was 18.5–24.9 kg/m². They also had more than 12 times as many lost work days. The most common injuries in this group were due to falls and lifting, thus affecting the lower extremities, wrists or hands, and backs.

(4) **G.** To supplement this, anti-obesity drugs may also be taken to reduce appetite or inhibit fat absorption. If they don’t work and the cases are more severe, surgery may be performed. (5) **F.** In this way, it reduces the ability to absorb nutrients from food.

Obesity is a leading preventable cause of death worldwide, becoming increasingly widespread among adults and children, and authorities view it as one of the most serious public health problems of the 21st century. Obesity isn’t considered healthy in the modern world as it has many drawbacks. (6) **A.**

A. Unlike their normal weight counterparts, obese workers have higher rates of absenteeism from work
B. The primary treatment for obesity is dieting and physical exercise
C. It is usually thought that some obese people eat little yet gain weight due to a slow metabolism
D. One of them is Body Mass Index (BMI), a simple index of weight-for-height used to determine underweight, overweight and obese people
E. However, it was widely perceived as a symbol of wealth and fertility in history, and still is in some parts of the world
F. For example, an intragastric balloon may be placed to reduce stomach volume
G. Like other medical conditions, obesity results from both genetic and environmental factors

(Total: 9 marks / ______)
Reading Part 3

Read the five texts below. There are ten questions about the texts. Decide which text A, B, C, D, or E answers the question. The first one is done for you. (1 mark each; 10 marks)

A.

**Indira Gandhi (1917 - 1984)**

Indira Gandhi was born Indira Nehru to Jawaharlal Nehru. She was the third Prime Minister of the Republic of India for three consecutive terms from 1966 to 1977 and for a fourth term from 1980 until her assassination in 1984, a total of fifteen years. India's only female Prime Minister to date, she remains the world's longest serving female Prime Minister. She was also the only Indian Prime Minister to have declared an emergency in order to 'rule by decree' and the only Indian Prime Minister to have been imprisoned.

B.

**Margaret Thatcher (1925 - 2013)**

In 1975 Margaret Thatcher became the Leader of the Conservative Party and became the first woman to head a major UK political party. Following the 1979 general election she became Britain's first female Prime Minister. Her political philosophy and economic policies emphasized deregulation, particularly of the financial sector, flexible labor markets, and the sale or closure of state-owned companies and withdrawal of grants of money to others. She survived an assassination attempt in 1984. She took a hard line against trade unions, and her tough speeches in opposition to the Soviet Union earned her the nickname of the "Iron Lady", indicating that she was a strong-willed person.

C.

**Mother Theresa (1910 - 1997)**

Mother Theresa was a Catholic nun of Albanian ethnicity and Indian citizenship. She founded the Missionaries of Charity in Calcutta, India in 1950 to help poor, sick, orphaned, and dying people. She also guided the Missionaries of Charity's expansion, first throughout India and then in other countries. She was internationally renowned as a humanitarian and advocate for the poor and helpless, due in part to a documentary and book *Something Beautiful for God* by Malcolm Muggeridge. She won the Nobel Peace Prize in 1979 and India's highest civilian honor, the Bharat Ratna, in 1980 for her humanitarian work.
D.

Rosa Parks (1913 - 2005)

Rosa Parks was an African-American civil rights activist, whom the U.S. Congress called "the first lady of civil rights", and "the mother of the freedom movement". On December 1, 1955 in Montgomery, Alabama, Rosa Parks refused to obey bus driver James Blake’s order that she give up her seat to make room for a white passenger. Parks’ act of defiance became an important symbol of the modern Civil Rights Movement and Parks became an international icon of resistance to racial segregation. She made an organization and collaborated with civil rights leaders, including boycott leader Martin Luther King, Jr., helping to launch him to national reputation in the civil rights movement.

E.

Simone de Beauvoir (1908 – 1986)

Simone de Beauvoir was a French existentialist philosopher, public intellectual and social theorist. She wrote novels, essays, biographies, an autobiography in several volumes, and monographs on philosophy, politics, and social issues. She is now best known for her metaphysical novels, including She Came to Stay and The Mandarins, and for her 1949 treatise The Second Sex, a detailed analysis of women's oppression and abuse and a foundational tract of contemporary feminism. She was also noted for her lifelong polygamous relationships, which allowed her to have more than one mate at one time.

I. Which person :

0. lived the longest? [D]
1. was the only Minister put in prison in her country?
2. was fortunate to live on after an attempt to be murdered?
3. was well-known for her affairs with more than one person?
4. became a hero for her opposition to racial discrimination?
5. got two awards in two consecutive years?

II. Which text answers the following questions?

6. how long did she serve as prime minister?
7. what type of books was she famous for?
8. why did she become a universal figure all over the world?
9. what made her gain a name symbolizing determined people?

(Total: 10 marks / ______)

8
(1) An upsurge of new research suggests that animals have a much higher level of brainpower than previously thought. If animals have intelligence, how do scientists measure it? Before defining animals' intelligence, scientists defined what is not intelligence. Instinct is not intelligence. It is a skill programmed into an animal's brain by its genetic heritage. Rote conditioning is also not intelligence. Tricks can be learned by repetition, but no real thinking is involved. Scientists believe that insight, the ability to use tools, and communication using human language are all effective measures of the mental ability of animals.

(2) When judging animal intelligence, scientists look for insight, which they define as a flash of sudden understanding. When a young gorilla could not reach fruit from a tree, she noticed crates near the tree. She piled the crates into a pyramid, and then climbed on them to reach her reward. The gorilla's insight allowed her to solve a new problem.

(3) The ability to use tools is also an important sign of intelligence. Crows use sticks to find peanuts out of cracks. The crow exhibits intelligence by showing it has learned what a stick can do. Likewise, in a series of complex moves, chimpanzees have been known to utilize sticks to get at a favorite snack—termites. To make and use a termite tool, a chimp first selects just the right stick. He shapes the stick, then finds the entrance to a termite mound. While inserting the stick carefully into the entrance, the chimpanzee turns it skillfully to fit the inner tunnels. The chimp attracts the insects by shaking the twig. Then it pulls the tool out without scraping off any termites. Finally, he uses his lips to skim the termites into his mouth.

(4) Many animals have learned to communicate using human language. Some primates have learned hundreds of words in sign language. One chimp can recognize and correctly use more than 250 abstract symbols on a keyboard. These symbols represent human words. An amazing parrot can distinguish five objects of two different types. He can understand the difference between the number, color, and kind of object. The ability to classify is a basic thinking skill. He seems to utilize language to express his needs and emotions. When ill and taken to the animal hospital for his first overnight stay, the parrot turned to go. "Come here!" he cried to a scientist who works with him. "I love you. I'm sorry. Wanna go back?"

(5) The research on animal intelligence raises important questions. If animals are smarter than once thought, would that change the way humans interact with them? Would humans stop hunting them for sport or survival? Would animals still be used for food, clothing, or medical experimentation? Finding the answer to these tough questions makes a difficult puzzle even for a large-brained, problem-solving species like our own.
1. Why is rote-conditioning NOT defined as intelligence? (1.5 marks)

_____________________________________________________________________

2. According to scientists, what are the signs of intelligence? (1 mark each; 3 marks)
   a. ___________________________________________________________________
   b. ___________________________________________________________________
   c. ___________________________________________________________________

3. According to paragraph 2, what helped the gorilla to get over a problem? (1.5 marks)

_____________________________________________________________________

4. Why do chimpanzees use sticks? (1.5 marks)

_____________________________________________________________________

5. Why does a parrot use the language? (1.5 marks)

_____________________________________________________________________

6. The word “it” in paragraph 1 refers to _____________. (1.5 marks)

7. The word “them” in paragraph 5 refers to _____________. (1.5 marks)

(Total: 12 marks / ______)

(Total marks for Reading: 40 / ______)