SOCRATES

Module E — Full Practice Exam · 90 minutes · 100 points

WRITTEN RECEPTION (70 points)

(ACCESS TO INFORMATION FROM WRITTEN TEXTS)

Read the text and then answer questions 1–9. In the multiple-choice questions, circle the number of the correct answer. In the other questions, follow the instructions.

THE SCIENCE OF PROCRASTINATION

I It is nine o'clock in the evening, and Dana's history essay is due tomorrow morning. Instead of writing, she is suddenly organising her desk, checking her messages and watching a video about penguins. Dana is procrastinating: putting off an important task even though she knows that the delay will hurt her. Psychologists estimate that about one in five adults procrastinates regularly, and among students the numbers are even higher. In recent years, researchers have finally begun to understand why.

II The most common explanation — laziness — turns out to be wrong. Scientists who study procrastination describe it instead as a problem of managing emotions, not time. When a task makes us feel bored, anxious or afraid of failing, postponing it removes the unpleasant feeling immediately, so the delay brings instant relief. Brain-imaging research adds another piece to the puzzle: we tend to think about our future self almost as if it were a stranger, which makes tomorrow's problems feel as though they belong to somebody else.

III The price of this relief is high. In a well-known study, researchers followed university students through a whole term. At the beginning, the procrastinators reported less stress than their classmates and seemed to be enjoying life. By the end of the term, however, they had more stress, more illness and lower grades. Other studies connect serious procrastination with poor sleep and even with delaying visits to the doctor — proof that the problem affects far more than homework.

IV Fortunately, research also points to practical solutions. In one surprising experiment, students who forgave themselves for wasting time before their first exam procrastinated less before the next one; guilt, it seems, only increases avoidance. Another effective method is shrinking the first step: instead of "write the essay", the plan becomes "open the document and write one sentence". Once people begin, continuing is far easier than starting was.

V These findings are slowly changing the advice that experts give. Instead of telling procrastinators to try harder or buy another calendar, psychologists now teach them to notice the emotions behind the delay and to treat themselves with a little kindness. Researchers are currently testing apps and school programmes based on these ideas. If the science is right, the best cure for procrastination may not be more discipline, but a better understanding of ourselves.

QUESTIONS — PART I (70 points)

1. What is Dana doing at nine o'clock in the evening?

i. She is finishing her history essay.

ii. She is helping a friend organise a desk.

iii. She is doing everything except writing her essay.

iv. She is studying for a test about penguins.

(7 points)

2. Scientists say that laziness is the wrong explanation for procrastination. COMPLETE: They describe procrastination as a problem of

.....

.....

(8 points)

3. According to brain-imaging research, why do tomorrow's problems feel as though they belong to somebody else? (paragraph II)

ANSWER:

.....

.....

(8 points)

4. Name TWO problems that the procrastinating students had by the end of the term. (paragraph III)

(1)

.....

(2)

.....

(8 points)

5. What did the procrastinators report at the beginning of the term?

i. They had less stress than their classmates.

ii. They were more ill than their classmates.

iii. They had already finished all their work.

iv. They slept badly and often visited doctors.

(8 points)

6. In one experiment, students forgave themselves for wasting time before their first exam.
COMPLETE: Before the next exam, these students

.....

.....

(7 points)

7. Why does the plan "open the document and write one sentence" help procrastinators?

i. It makes the essay much shorter.

ii. It teaches students to write faster.

iii. It removes the need to finish the task.

iv. Once people begin, continuing is easier than starting.

(8 points)

8. What do psychologists now teach procrastinators to do? Give ONE detail. (paragraph V)

ANSWER:

.....

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(8 points)

9. What is the main purpose of the text?

i. To prove that procrastinators are simply lazy.

ii. To present what research has discovered about procrastination and how to deal with it.

iii. To describe a typical evening in a student's life.

iv. To advertise new calendar apps for students.

(8 points)

PART II — VOCABULARY (30 points)

Answer questions 10–14. In each question, match THREE of the six words or expressions (1–6) to the definitions. Write the number of the word next to the definition.

10. *(6 points)*

1. educate	2. tragedy	3. attraction
4. laugh	5. united	6. public

____ a) joined together for a shared purpose

____ b) provided by the government for everyone to use

____ c) to teach people knowledge and skills

11. *(6 points)*

1. painful	2. look forward to sth/doing sth	3. swear
4. low	5. set up sth or set sth up	6. cyberbullying

____ a) being cruel to someone online through messages or posts

____ b) feel happy and excited about something that will happen

____ c) at or to a small level or amount

12. *(6 points)*

1. landscape	2. questionnaire	3. dishonest
4. take place	5. boiled	6. shut (sb) up

____ a) not truthful and likely to lie or cheat

____ b) cooked in very hot bubbling water

____ c) happen, especially after being planned

13. *(6 points)*

1. shelter	2. marvelous	3. advanced
4. wheat	5. strict	6. turn (sb/sth) into sb/sth

____ a) a plant whose grain is used for making flour and bread

____ b) very modern or at a high level

____ c) a place that protects people from danger or bad weather

14. *(6 points)*

1. weather forecast	2. undressed	3. point
4. disagreement	5. show up	6. purpose

____ a) the reason for doing something; an aim or intention

____ b) to arrive at a place, especially where people expect you

____ c) hold something so it faces towards someone or something

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