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.

WEARABLE TECHNOLOGY AND YOUR HEALTH

I Every morning before breakfast, Margaret Evans, a retired teacher from Manchester, glances at the slim band on her wrist. It tells her how well she slept, how fast her heart is beating and how many steps she walked yesterday. Devices like hers are called wearable technology: small computers worn on the body that constantly collect information about health. More than a billion people around the world now own such a device, and doctors are starting to pay attention.

II The first wearables were simple step counters, but today's devices are far more advanced. Modern smartwatches can measure the level of oxygen in the blood, warn users about an irregular heartbeat and even detect when someone has fallen and call for help automatically. Some patients with diabetes wear tiny sensors that check their sugar levels continuously, so they no longer need to prick their fingers several times a day, which many of them find painful.

III Doctors see great potential in this river of information. When a smartwatch notices an unusual heart rhythm, it can encourage the wearer to visit a clinic early, before a serious problem develops. In several reported cases, such warnings have already saved lives. Wearables also motivate healthy behaviour: studies suggest that people who track their steps walk noticeably more each week than those who do not, simply because they enjoy reaching their daily goals.

IV Nevertheless, experts urge caution. The measurements of cheap devices are not always accurate, and a false alarm can send a healthy person to the doctor in a panic. Others become anxious for the opposite reason: they trust a reassuring screen instead of listening to their own bodies. Privacy is a further worry, since health information is extremely personal, and some insurance companies would love to know exactly how their customers sleep, eat and exercise.

V The next generation of wearables promises even more. Researchers are already developing smart shirts that record breathing, earrings that measure temperature and contact lenses that may one day test blood sugar. Many scientists believe that in the future, doctors will treat patients using a constant stream of information collected at home, instead of a single check-

up once a year. If they are right, the small band on Margaret's wrist is only the modest beginning of a health revolution.

QUESTIONS — PART I (70 points)

1. What is "wearable technology"?

i. A wristband that shows the time and the date.
ii. A special breakfast programme for retired teachers.
iii. A machine doctors use in hospitals to check patients.
iv. Small computers worn on the body that collect health information.

(7 points)

2. Wearable devices have changed greatly over the years. COMPLETE: The first wearables were only

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(8 points)

3. Give TWO things a modern smartwatch can do, according to paragraph II.

(1)

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(2)

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(8 points)

4. How can a smartwatch help stop a serious health problem before it develops? (paragraph III)

ANSWER:

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(8 points)

5. People who track their steps behave differently from people who do not. COMPLETE: Studies suggest that they

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(8 points)

6. Why can a cheap wearable device be a problem?

i. It makes people exercise too much.
ii. Its measurements may not be accurate.
iii. It cannot be connected to a smartphone.
iv. It is too heavy to wear at night.

(7 points)

7. According to paragraph IV, why is privacy a worry?

i. Because health information is very personal and insurance companies want it.

ii. Because wearable devices break easily.

iii. Because doctors refuse to share their patients' results.

iv. Because wearables photograph their users all day.

(8 points)

8. How do many scientists believe doctors will treat patients in the future? (paragraph V)

ANSWER:

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(8 points)

9. What is the main purpose of the text?

i. To convince readers to buy an expensive smartwatch.

ii. To explain how patients with diabetes should be treated.

iii. To describe wearable health technology, its benefits and its risks.

iv. To warn readers against insurance companies.

(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. setting	2. table	3. surface
4. learn	5. light	6. position

____ a) a rank in an organization, or a player's place in a game

____ b) study something so that you remember it exactly

____ c) to make a fire or candle start to burn

11. *(6 points)*

1. stream	2. on a diet	3. diagram
4. emerge	5. bargain	6. universe

____ a) all of space and everything that exists in it

____ b) something bought for less than its usual price

____ c) a simple drawing that explains how something works

12. *(6 points)*

1. rainbow	2. on display	3. separate
4. deposit	5. finding/findings	6. smart

____ a) stop living together as husband and wife

____ b) information discovered through research or study

____ c) shown publicly for people to see

13. *(6 points)*

1. escape	2. proof	3. the headlines
4. let out sb/sth or let sb/sth out	5. regards	6. domestic

____ a) polite good wishes, often used to end letters

____ b) facts or evidence that show something is true

____ c) to allow a person or animal to leave a place

14. *(6 points)*

1. cure	2. either way	3. personally
4. even though	5. scratch	6. visible

____ a) a thin mark, cut, or small damage on a surface

____ b) to make a sick person healthy again

____ c) used to say the result is the same whichever thing happens

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