

## FINAL TEST PRACTICE – Level 4 (Pre-Intermediate: FACSO)

### Reading Section

I. Answer the questions below according to the text on **Why thinking makes us feel tired**.

### **Why thinking makes us feel tired**

#### **THE ARTICLE**

Have you ever wondered why thinking too much makes you tired? A new study has found some answers to this question. Researchers from the Paris Brain Institute looked at why mental effort makes us tired. They found that the brain releases a chemical called glutamate when people think a lot. Too much glutamate upsets the brain's functions. It means the brain tells the body it is tired and that it must rest. People who spend more than six hours working on a task requiring much thought are more likely to feel tired. A period of rest allows the brain to return to normal. This explains why a power nap is good for us. A power nap can be as short as 20 minutes but can refresh us.

The research team looked at the behaviour of 40 participants in their research. Twenty-four of these had to perform challenging tasks. These included looking at a computer screen and matching different letters that appeared. The other 16 participants did a similar, but easier task. Both teams worked for six hours and had two ten-minute breaks. The researchers scanned the brains of the participants. They found that the group who had the more difficult task had higher levels of glutamate in their brain. Study author Antonius Wiehler said: "It would be great to find out more about how glutamate levels are restored." He asked: "Is sleep helpful? How long do breaks need to be to have a positive effect?"

I. Answer the questions according to the text on **Why thinking makes us feel tired**.

1. Who conducted this research?
2. What's the name of the chemical the brain releases when we are tired?
3. How long do people usually work before feeling tired?
4. What does a period of rest allow the brain to do?
5. How can a 20-minute power nap make us feel?
6. How many participants did the research team look at?
7. What did participants have to look at?
8. How many 10-minute breaks did the participants get?
9. What did the researchers scan?
10. Who is Antonius Wiehler?

II. Read The Article again and match by putting the correct letter (A-J) in the box provided to make a phrase. (Sometimes more than one choice is possible).

1. A new study has found
2. why mental effort
3. People who spend more than six hours
4. A period of rest allows the brain
5. A power nap can be
6. The research team looked at the behaviour
7. perform challenging
8. researchers scanned the
9. higher levels of glutamate
10. have a positive

- a. of 40 participants   b. effect   c. as short as 20 minutes   d. in their brain  
 e. out some answers   f. brains   g. makes us tired   h. to return to normal   i. tasks  
 j. working on a task

1		2		3		4		5	
6		7		8		9		10	

### Language in Use Section

I. Match the sentences to form a logical telephone conversation between two people. Write your answers in the box below the texts.

- (1) UKN Systems. Janet speaking.
- (2) Err, yes. Just a moment.
- (3) It's 0766 349 3782
- (4) 0766 349 3782
- (5) Bye

- (A) I'm sorry. Could you say that again more slowly?
- (B) Yeah. Goodbye.
- (C) It's probably around the corner
- (D) Morning. My name's Peter Bland from Pressic SA. I arranged to meet Derek LaMotte at a factory out here on the Houghton Industrial Estate, but I can't find it. Could you give me his mobile so I can ask him where it is?
- (E) Right. Got it. Thanks.

1		2		3		4		5	
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## **Listening Section**

I. **Advice for exams:** You will hear the teacher giving students advice for the exams and do the exercises to practise and improve your listening skills. Listen and answer the questions below.

1. What does the teacher want the students to take?
2. What does the teacher suggest eating?
3. What does the study place has to have?
4. What the students should do if they feel stressed?
5. How long is the break that the teacher recommends?
6. What is the teacher sure that the students will do?

## **Writing Section**

I. Give arguments to support your position for the following topic: Are smartphones good or bad?

Write between **150 – 200 words**