



### A. Reading ( 25 marks )

#### Read the text. Then complete the tasks below.

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know it or not: it's the set of routines and known abilities that make us feel safe because we're confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously, staying inside your comfort zone has many benefits, especially at times when you're feeling under stress.

On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that they are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

#### **1. Replace the underlined parts of the sentences with words or phrases from the box: ( 5 points )**

- I only need one more card to make a complete group .....
- We often get bored with the same everyday things we do regularly .....
- I know a lot about the subject, so I'm quite sure that I'll succeed. ....
- I'm not sure why she feels tired, but I think stress may be a part of the reason .....
- She isn't a great singer yet, but she has great possibilities for the future .....

#### **2. Complete the sentences with phrases from the text (3 words maximum). ( 4 points )**

1. Staying in your comfort zone is a way of avoiding .....events.
2. People often prefer to stay in their comfort zones, particularly if they are.....
- 3..... often recommend leaving your comfort zone.
4. Knowing that you are developing helps you feel .....yourself.

#### **3. Match the pronouns with the nouns or noun phrases that they refer to: ( 3 points )**

Pronouns		Refers to	
1	<i>one</i> (line 2)	Self – help books	a
2	<i>That</i> (line 7)	People	b
3	<i>They</i> (line 10)	Comfort zone	c

#### **4. Answer the following questions: ( 6 points )**

1. What do you think the phrase 'comfort zone' might mean?  
.....
2. Why do you think people are often advised to move outside their comfort zones?  
.....
3. What kind of activities are in your own comfort zone, and what kind are definitely outside it?  
.....

#### **5. Complete the following sentences: ( 3 points )**

1. The other name of comfort zone is .....
2. There are benefits of comfort zone such as .  
a.....b.....

#### **6. Put True or False: ( 3 points )**

1. Staying outside of comfort zone has many benefits (      )
2. An important factor in helping people is feeling positive about themselves (      )
3. You will reach your full potential if you get out of your comfort zone.

## 2. Vocabulary ( 14 marks )

### 1. Complete the sentences with words from the box : ( 5 points )

*Note: (There are more words in the box than needed.)*

Field , optional , on show , how to begin , force yourself , factor

1. There are lots of good paintings .....at the museum this week.
2. I don't know much about biology. It's not really my .....
3. This part of the form is ..... You don't have to fill it in.
4. You may have to ..... do something set new, but you won't be sorry.
5. Sometimes people don't do something different because they don't know.....

### 2. Match the words to make fixed expressions: ( 4 points )

Society , discussion , food , Like , group , outdoors

- 1.....minded Palestine
- 2..... evenings
- 3..... Activities
- 4 .....groups

### 3.Complete with the word of the same meaning from the box below: ( 5 points )

like- minded , participate , field , on show,optional

1. area of interest .....
2. With similar attitudes.....
- 3.take part (in).....
4. Not compulsory.....
- 5.able to be seen.....

## 3. Language study (15 marks )

### 1: Choose the correct answer : ( 4 points )

1. It is getting late and we .....yet  
**a. hasn't finish    b. has finished    c. have finished    d. haven't finished**
2. Look, the boys .....dinner now  
**a.have    b.is having    c.are having    d. have had**
3. The student .....already .....the internet  
**a. is using    b. has used    c. used    d. will use**
4. Niveen .....very tired, she can't walk anymore  
**a. is looking    b. has looked    c. look    d. looks**
5. University student .....the library everyday  
**a. is using    b. has used    c. uses    d. will use**
6. I ..... to find an answer to the problem  
**a .am thinking    b : think    c : thought    d : was thinking**
- 7.He ..... a shower because he has an important appointment.  
**a.is having    b.had .    c.are having    d.has**
- 8.He ..... with friends for too long. He needs to find a house of his own.  
**a.has stayed    b. has been staying    c.have stayed    d.have been staying**

### 2.Complete the sentences with the correct form of the verb in brackets ( 4 points )

1. What do you.....is the reason for her success? (**think** )
2. He usually..... in the afternoons (**teach** )
3. we ..... never..... face to face (**meet**)
4. I .....a member of the school Environment Society for the last two years

**3. Write the full questions. Then ask and answer them with a partner: ( 4 points )**

1. What kind of music / you / prefer?

.....

2. How often / you / go to the cinema?

.....

3. you / enjoy / playing computer games?

.....

4. you / ever / speak in public?

.....

**4. Write questions for the answers below, use the words between parentheses: ( 3 points )**

1. Question: ..... ? ( be / pilot )

Answer : No, I am a teacher

2. Question: ..... ? ( Why / be )

Answer : I was late because I missed the bus.

**GOOD LUCK**

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