

Aim High 4 Exam practice 1

Reading

Tips

- Read the text quickly to find out what it is about.
- Read the sentences and the options (a–d).
- Find the part of the text that relates to each sentence.
- Remember, the sentences follow the same order as the text.
- Choose the correct option, then check that the other options are definitely wrong.

Read the text. Choose the best option (a–d) to complete the sentences (1–5).

Addicted to the internet?

The internet has undoubtedly brought huge benefits to people, such as access to information and the ability to communicate easily across continents. However, it has also brought some new problems, and some doctors are now beginning to wonder if it is possible to be addicted to the internet.

Dr Andrew Malting, an American psychologist, believes that internet addiction is real and should be recognized as a mental illness. He says it is a growing problem, especially among teenagers, and is just as serious as eating disorders and other compulsive behaviours. In a recent article, he mentions the case of South Korea, which has the greatest use of broadband in the world. The average teenager there spends 23 hours a week online, mostly playing games. This is affecting students' performance at school, and teachers are worried that there has been an alarming rise in the number of teenagers dropping out of school in order to spend more time on their computers. In China, there are special camps where parents can send their teenagers to wean them off the internet.

So, what are the symptoms of internet addiction? According to Dr Malting, addicts find it hard to limit their internet use. They often stay online longer than they had intended, and they become stressed or anxious if they cannot get online when they want to. They think about the internet when they are not near their computer, and look forward to their next online session. They also neglect other important aspects of their lives, such as work or study, in order to spend more time online.

However, not everyone agrees that internet addiction exists. Some psychologists believe that the real problem may lie elsewhere and that people who spend a lot of time online have other problems, such as depression or lack of self-confidence. They may be using the internet to avoid facing up to these problems. Whether internet addiction exists or not, doctors agree that it isn't a good idea to spend too much time online.

- 1 Dr Andrew Malting believes that
 - a internet addiction exists.
 - b internet addiction is linked to eating disorders.
 - c internet addiction is not a real mental illness.
 - d internet addiction is very serious in America.
- 2 In South Korea,
 - a broadband is cheaper than in other countries.
 - b broadband is faster than in other countries.
 - c more people use broadband than in other countries.
 - d only teenagers use broadband.

- 3 Teachers in South Korea are worried
 - a because students are not doing well at school.
 - b because students don't spend much time gaming.
 - c because a lot of children are leaving school.
 - d because children are often tired at school.
- 4 Some psychologists think that
 - a people who use the internet a lot may be depressed.
 - b some people use the internet to improve their self-confidence.
 - c some people may be addicted to the internet.
 - d a lot of teenagers have problems.
- 5 Doctors agree that
 - a the internet is dangerous.
 - b internet addiction is a growing problem.
 - c people shouldn't worry about spending time online.
 - d people should limit the amount of time they spend online.

Use of English

Tips

- Read the text through once to find out what it is about.
- Use the context to decide which tense to use.
- You may need to write more than one word for some gaps.
- If an adverb is included in the brackets, think about the word order.

Complete the text with the correct form of the verb in brackets.

In November 1911, Robert Falcon Scott ¹ _____ (set off) with a group of British explorers in an attempt to reach the South Pole. No one ² _____ (ever / walk) to the South Pole before, and Scott ³ _____ (want) to be the first. As the group got near to the Pole, they could see that the weather ⁴ _____ (become) much worse. However, Scott and four others ⁵ _____ (refuse) to turn back, determined to achieve their goal. When they finally ⁶ _____ (arrive) at the South Pole, in January 1912, they ⁷ _____ (walk) for ten weeks in freezing conditions. They found to their dismay that Roald Amundsen, an explorer from Norway, ⁸ _____ (reach) the Pole five weeks before them. The men had to turn back and face the long return journey, and unfortunately all five ⁹ _____ (die) while they ¹⁰ _____ (travel) back across the ice. Many people ¹¹ _____ (make) the journey to the South Pole since Scott's and Amundsen's adventures, but it ¹² _____ (remain) one of the harshest places in the world.

Listening

2.19 You will hear four teenagers talking about their achievements. Read the statements. Then listen and match the speakers 1–4 to sentences A–E. There is one extra sentence.

- A 'Something I saw when I was young started me on this path.'
B 'I was lucky to meet people who helped and motivated me.'
C 'I've been doing it for ages, but for a long time my profession was simply a hobby.'
D 'Talent is important, but I wouldn't be here if not for my ambition and hard work.'
E 'My profession consumes me and I like it that way.'

Speaker 1 _____

Speaker 2 _____

Speaker 3 _____

Speaker 4 _____

Writing

Preparation

- Plan your ideas before you start writing.
- Include all the points from the task in your answer.
- Use the Writing Bank on page 91 of the Workbook.

Tips

- Use the correct style of language (formal or informal).
- Check your writing for spelling and grammar.

A friend is visiting your country, and wants to know what places to visit. Write a letter to your friend.

Recommend places to visit.

Describe the places and say why you recommend them.

Give your friend advice about what things to take.

Speaking

Preparation

- Read the questions with the photos. They will help you to have ideas.
- Think of useful vocabulary to describe each picture.
- Think of words and phrases you can use to compare and contrast photos.
- Use the Functions Bank on page 89 of the Workbook (Talking about pros and cons and Expressing opinions) to help you.



1 Compare the pictures of people on holiday.

What is similar or different in the pictures (people, place, etc.)?
Which holiday do you prefer? Why?

2 Answer the questions.

Do you prefer an active or relaxed holiday? Why?
Which country would you like to visit? Why?
What is your ideal holiday? Why?