

Unit 4 Progress Test A

Grammar

1 Choose the correct words to complete the sentences.

- 1 Rick hopes he **will be managing** / **will have managed** to recover from his injury before Saturday's match.
- 2 I'm sure that some of the world's problems **will have been** / **will be being** solved long before the year 2100. But we'll probably have new problems then as well.
- 3 I don't finish work until six. By then I **will be** / **will have been** standing behind this cash desk for seven hours.
- 4 **Fewer** / **Little** people came to that concert than the one before, so we won't hire that band again.
- 5 Think of me at 2 p.m. tomorrow because I **will be having** / **will have been having** my job interview then.
- 6 It took a **load** / **good deal of** time to sort out the problem, but we found a solution in the end.
- 7 The roads will be bad tomorrow morning. According to the forecast, it **will have been snowing** / **will be snowing** all night by the time we leave for work.
- 8 It took us the **whole** / **half** afternoon to tidy up and clean the house.
- 9 You've put some interesting arguments in your essay, but **not all** / **little or no** of them are convincing.

Mark: ____ / 9

2 Complete the dialogues with the quantifiers or the correct form of the verbs in the boxes.

finish a few half probably work all finish

- Jessica Did you manage to finish the homework?
- Harry No, I did less than ¹ _____ of the exercises because there was so much of it. And we have to hand them in on Monday, so I ² _____ on them all day tomorrow. How about you?
- Jessica I didn't manage to do ³ _____ of them, but I've only got ⁴ _____ exercises left. I ⁵ _____ them by tonight.

much make great deal enjoy travel soon improve

- Dad A week today, you ⁶ _____ to Madrid for your summer language course. You'll still be on the plane.
- Chloe Yes. I hope I enjoy myself there because I'm a bit worried about it. I don't speak ⁷ _____ Spanish at all.
- Dad After a few weeks, you ⁸ _____ your Spanish a ⁹ _____. And I'm sure you'll have a great time there too. Within a few days, you ¹⁰ _____ new friends, and ¹¹ _____ life there.

Mark: ____ / 11

Vocabulary

3 Complete the text with the words in the box.

drastic evolve break clear cosmetic altering later adapt cautioned

Time for change?

Famous physicist Stephen Hawking is one of many scientists who thinks that mankind's impact on the environment is becoming unsustainable. In fact, he has ¹ _____ us that humanity has little chance of surviving the next 1,000 years if we don't find a way to colonise other planets. This may sound like quite a ² _____ statement, but his idea is based on the fact that human beings are consuming this planet's resources at an alarming rate, ³ _____ its geography and climate. Unless we put a stop to this, Hawking believes that we face a global catastrophe.

Whether or not you agree with him completely, what is ⁴ _____ is that habitat loss and climate change have already wiped out many animal and plant species. These species – that took millions of years to ⁵ _____ into creatures that were perfect for their environment – were unable to ⁶ _____ when that environment suddenly changed.

This week, world leaders are meeting at a major international climate change conference. The decisions they make at the conference really could prove to be make or ⁷ _____ decisions for our future. Many environmentalists stress that countries need to make radical rather than ⁸ _____ changes to environmental laws. They stress that we need to reverse the trend towards environmental destruction as quickly as possible. Failure to do this may mean that sooner or ⁹ _____ Hawking's prediction will come true.

Mark: ____ / 9

4 Match the words in the box to the definitions.

tumble amendment sweeping probe mushroom marginal rough and ready

- 1 To investigate or research something _____
- 2 Not very well prepared, but enough and sufficient _____
- 3 On the edge of something, or not important _____
- 4 To go down very fast – for example, when an amount or number of something falls _____
- 5 A change to a document such as a law or contract _____
- 6 To grow fast in area or amount _____
- 7 Important and having a broad effect _____

Mark: ____ / 7

5 Match the parts of the sentences and complete them with the correct form of the words in the box.

cut point profound legislation

- 1 We're hoping to make it easier for refugees to apply to stay here, by ...
- 2 Meeting Sarah brought about some ...
- 3 The government is planning to bring in ...
- 4 You've mentioned that it's very difficult to tackle global issues like poverty, and that's a ...

- A _____ changes in Robert's life.
- B fair _____, but we do have to solve these problems.
- C _____ a lot of the red tape that exists at the moment.
- D _____ to make it illegal for landlords to rent unsafe houses.

Mark: ____ / 4

Use of English

6 Complete the second sentence so that it means the same as the first. Write no more than five words, including the word in brackets.

- 1 True, but the main issue is poverty. (down)
True, but _____ to is poverty.
- 2 My body hurts all over. (aches)
I've got _____ everywhere.
- 3 I see what you mean, but all things considered, it's a question of money. (day)
I see what you mean, but at _____, it's a question of money.
- 4 Fair enough, but at the same time, the world is overpopulated. (take)
I _____, but at the same time, the world is overpopulated.
- 5 I need to know the exact details. (ins)
I need to know _____.
- 6 You can't simply have the ones you want. (choose)
You can't _____.
- 7 That's a reasonable thing to say, but I still think the government are to blame. (fair)
That's _____, but I still think the government are to blame.
- 8 Perhaps, although I think you're being unfair. (view)
Perhaps, although _____, you're being unfair.
- 9 That might be the case, but what it really boils down to is climate change. (so)
_____, but what it really boils down to is climate change.
- 10 That could well be true, but nevertheless I think libraries are important for our communities. (so)
That could well be true, but _____, I think libraries are important for our communities.

Mark: ____ / 10

Listening

7  4 Listen to five people talk about crowdfunding. Choose the correct answer (A–H) for each speaker (1–5). There are three extra sentences.

Why did each speaker use crowdfunding or crowdsourcing?

- A To help a family who couldn't afford medical care. _____
- B To create art. _____
- C To create a new green space. _____
- D To gain a qualification. _____
- E To produce a blog. _____
- F To fight a legal battle. _____
- G To raise money for a South American town. _____
- H To be able to produce a new product. _____

Mark: ____ / 5

Reading

In our Health Spot this week, author Wendy Tanner reviews recent findings about happiness, sadness and the human body.

A

The scientific evidence that long-term unhappiness is bad for your health is cut and dried. Negative emotions like worry and anger cause the body to produce a lot of stress hormones, which damage our health over time. Now new scientific studies suggest that even brief moments of happiness or sadness can make a great deal of difference.

In one recent study, scientists took blood samples from healthy volunteers, then showed one group a very funny comedy video. Later, all the volunteers had their blood tested again. Compared to the group who hadn't watched the video, the group who had watched the comedy programme had significantly more of several types of white blood cells than before. This is important because white blood cells help our bodies to fight infections. Unsurprisingly therefore, another recent study has found that if an optimistic and a pessimistic person both get influenza, on average the optimist will have recovered before the pessimist. It seems that our body's ability to fight disease fluctuates with our feelings, so it's important to try and look on the bright side of life.

B

A lot of actors report that when their faces convey a particular emotion on stage, they begin to feel that emotion inside too. Science is now supporting this anecdotal evidence, suggesting that, for example, pretending to be happy can actually make you feel happier.

We all suppress facial expressions in order to hide our emotions and be polite. For example, we wouldn't want our boss to see we were angry with them, or our dinner party host to see that we hated their food. But research suggests that when we suppress a facial expression, we actually feel the emotion less inside too. Similarly, patients apparently feel less emotional when they've just had injections of botox – a drug which partially paralyses the facial muscles.

In another study, people were shown funny cartoons, and some were also asked to hold a pen in their mouths, forcing the muscles of the face to stay in a smiling position. People who had pens in their mouths found the cartoons much funnier than people who didn't as being forced to smile made them enjoy the experience more. So, the next time you're feeling a bit down, smile anyway. After a few minutes, perhaps that fake smile will have become real.

C

A new study by the University of Michigan suggests that a simple walk in the park could make you both happier and more successful. Being outside, even for short periods, seemed to adjust the thought patterns of people in their study, improving their mood, memory and creativity. Other research supports this finding, suggesting that spending time outside is pretty vital to our well-being.

There may be several reasons for this. Firstly, of course, being outside in nature is very restful. This may relax our fatigued brains, allowing us to think more creatively. Secondly, a walk in the park exposes us to sunlight, and this stimulates the body to produce serotonin, a hormone that improves mood and appetite. In contrast, being indoors away from the sun makes us produce more melatonin – the hormone that makes you feel tired and sleepy at night.

Considering that year-round, the average person today spends about 93% of their time indoors, there could be a lot to be gained from a quick stroll in the park – something which takes little or no effort. Who knows ... you may find that you'll have had some bright ideas by the time you get back.

D

People talk about 'feeling blue' when they're sad, and often describe their lives as being 'grey'. New evidence suggests that these aren't just linguistic phrases.

Scientists at the University of Freiburg, in Germany, found that people who were depressed had a lot more difficulty distinguishing between light and dark tones of the same colours than people who were happier. In another study, people who had just watched a funny video clip had hardly any trouble telling the difference between colours that were very similar. In contrast, people who had seen a sad video had a lot more difficulty distinguishing between the same colours.

One possible explanation for the link between mood and vision is the fact that being sad affects the body's production of a chemical called dopamine, causing levels of dopamine to plummet. Dopamine helps our brains to function correctly, and it improves our mood. Interestingly, dopamine is also linked to our perception of colours. It seems that being sad makes the body unable to see a lot of rich, vibrant colours. Just as people often say, when we feel sad everything really does look grey.

8 Read the text. For questions 1–5 choose the correct option (A–D).

- 1 According to section A, why might optimistic people recover from illness more quickly than pessimistic people?
 - A It's common knowledge that happy people live longer.
 - B Optimists attach less importance to being ill, and so feel better.
 - C Pessimistic people tend to be unhealthy in other ways.
 - D The body's capacity to fight disease is affected by our emotions.
- 2 What does the text say about an experiment where people watched cartoons with pens in their mouths?
 - A Forcing an expression appeared to affect their reactions.
 - B It made subjects uncomfortable and therefore unhappy.
 - C It stopped people from finding something amusing.
 - D It demonstrated the link between laughing and smiling.
- 3 In section C, what important effect of a walk in a park is mentioned?
 - A Relaxing the body before sleeping.
 - B Helping people to appreciate nature.
 - C Giving people a rest from work.
 - D Helping the mind to work in a different way.
- 4 What does section D mention about colour and mood?
 - A Different colours make different people happy.
 - B Vibrant colours help the brain to produce dopamine.
 - C Depression and sadness lead to decreased colour perception.
 - D The link between sadness and colours like grey and blue is purely linguistic.
- 5 Overall, what is the purpose of the text?
 - A To give reasons why it's important to smile.
 - B To outline new research into links between emotions and the body.
 - C To dispute theories about happiness and sadness.
 - D To demonstrate the importance of the mind.

Mark: ____ / 5

Writing

9 Read the task below and write a letter to an editor (220–260 words). Remember to plan your paragraphs before beginning to write.

You have read an article in a local newspaper about a proposal to close a major street in your home town to traffic, making the road open to pedestrians only. You feel that there are both advantages and disadvantages to this idea. Write a letter to the editor of the newspaper discussing the pros and cons of the scheme. Explain whether overall you think it would benefit the town or not.

Mark: ____ / 10

Total: ____ / 70