

Read the following text carefully, and then in your ANSWER BOOKLET answer all the questions that follow. Your answer should be based on the text.

How to revise for exams

A: Do you know if it's too late to start revising now?

No, it's never too late to start revising! The first thing I would do is to draw up a revision timetable.

B: Do you mind telling me how I should draw up a timetable?

Look at all the subjects you have to do, and work out when you are going to work on each one. It's a good idea to change the order of the subjects in your timetable for each day. Try doing a little English, followed by some Maths, then Biology, and so on. This way, by changing the focus of your revision, you keep your mind fresh.

C: Do you know whether it's best to get up early, or to revise late at night?

The earlier you start in the morning, the more beneficial your revision will be, because that's when you feel most awake and your memory is at its best. I'd also recommend studying for 30-minute periods, and then taking a break.

It's been proved that concentration starts to decrease after half an hour, so frequent breaks will help the brain to recover and concentration to return.

D: Could you explain what you mean by frequent breaks?

By a break, I mean any change of activity from studying. It could be something as simple as just getting up from your desk and listening to some music, or walking around for ten minutes.

E: Could you tell me how much exercise I need?

Physical activity is very important, of course, especially when you are studying. Exercise will make a huge difference to the way you feel. The physical activity will increase your heart rate and, in turn, that will increase your blood circulation. It also sends more oxygen to the brain, which makes you revise more efficiently!

F: Do you mind giving me some advice about diet?

Nutrition is very important. You should try to eat as much fresh fruit and vegetables as you can. It's essential not to become dehydrated, so drink lots of water.

Question Number One (22 points)

1. The author states two steps for drawing a revision timetable. Write down these two steps.
2. The author mentions three study subjects. Write down two of them.
3. Quote the sentence which explains the reason why students should change the order of subjects in their timetable for each day.
4. Find a word in the text which means "**the state of having drunk too little water**".
5. What does the underlined word "**one**" refer to?
6. The author states some benefits of physical activity when you are studying. Write down two of these benefits.

7. The author states some examples of frequent breaks during student's revision . Write down two of them.
8. Quote the sentence which explains the reason why students should start their revision earlier in the morning.
9. Find a word in the text which means "**the movement of blood around the body when it is pumped by the heart**".
10. What does the underlined word "**it**" refer to?
11. It is believed that it is possible to improve someone's memory. Suggest three possible ways that can help improving memory.
12. The author states two benefits of frequent breaks . Write them down.
13. The author specifies two kinds of food students should eat . Write them down
14. Quote the sentence which explains the first thing students should do to start revising.
15. Find a word in the text which means "**the process of getting the right kind of food for good health and growth.**(3 points)
16. Physical activity has its own positive impact on our health. Suggest three positive impacts on our health to show how far do you agree with this statement.
17. Students should eat as much fresh fruit and vegetables as they can ,especially when they are studying. Think of this statements and , in two sentences ,write down your point of view.
18. It is a good idea to use coloured pens to highlight parts of a text as you read in order to help you remember facts. Suggest three possible ways to study and to revise for exams.
19. The night before an exam , it is advisable to stay up and study a little more and go to bed later than usual. Think of this statements and , in two sentences ,write down your point of view.
20. Some students find it difficult to fall asleep the night before the exam. Think of this statements and , in two sentences ,write down your point of view.

Learning a foreign language

Speaking a foreign language, it is claimed, improves the functionality of your brain in several different ways. Learning new vocabulary and grammar rules provides the brain with beneficial 'exercise', which improves memory. As well as exercising the brain, it is thought that learning anew language also presents the brain with unique challenges. **These** include recognising different language systems and ways to communicate within these systems. These skills improve your chances of success in other problem-solving tasks as well. It is said that students who study foreign languages do better, on the whole, in general tests maths, reading and vocabulary than students **who** have only mastered their mother tongue.

According to a study carried out by Pennsylvania State University, USA, multilingual people are able to switch between two systems of speech, writing, and structure quite easily. It has been proved that **they** are also able to switch easily between completely different tasks. One experiment required participants to operate a driving simulator while carrying out separate tasks at the same time. The experiment showed that multilingual

participants were less distracted by the other tasks and therefore made fewer driving errors.

It is believed that language learning can also improve your decision-making skills. When you speak a foreign language, you are constantly weighing up subtle differences in meaning of a word or the way that an utterance is made. This process is then transferred subconsciously to other situations in which judgment is called for, and decisions have to be made.

Finally, learning a foreign language can also improve your ability to use your mother tongue more effectively. As you become more aware of the way that a language works, you begin to apply it to the language that you use every day. The skills you obtain from learning a foreign language, therefore, can make you a better speaker and writer in your own language.

Question Number One

1. The article states two skills/challenges that improve someone's chances of success in other problem solving tasks. .Write them down.
2. There are many benefits of learning a foreign language. Write down four benefits from the article.
3. Find a word in the text which means "**speaking ,reading or writing in more two languages.**"
4. What does the underlined word "**who**" refer to?
5. The article states that students who study foreign languages do better in some general tests .Write down two of these tests.
6. The article claims that speaking a foreign language improves the functionality of someone's brain in several different ways. Write down two of these ways.
7. Find a word in the text which means "**any device or system that simulates specific conditions or the characteristics of a real process or machine.** "
8. What does the underlined word "**they**" refer to?
9. A study carried out by Pennsylvania State University has come up with two findings about multilingual people. Write down these two findings.
- 10.The article specifies two benefits of the skills that someone obtains from learning a foreign language. Write down these two benefits.
- 11.Find a word in the text which means "**speaking language very well , like a native speaker.**"
- 12.What does the underlined word "**these**" refer to?
- 13.It is said that students who study foreign languages do better , on the whole , in general tests. Think of this statements and , in two sentences ,write down your point of view.
14. It is often said that practice makes perfect. Think of this statement and, in two sentences ,write down your point of view

Education in Jordan

Our country has a high standard of education. This is mainly due to the fact that the government considers education a necessity. All schools, from kindergarten to secondary, are the responsibility of the Ministry of Education (MOE). Pre-school and kindergarten education is optional, followed by ten years of free, compulsory education. For higher education, students enter university, either for academic or vocational courses .

Students can attend one of ten public universities, or one of nineteen private universities. A large number of Jordanian students choose to study at these institutions, as well as foreign students from all over the world. These are undergraduates studying for a first degree, or postgraduates studying for a Master's degree, a PhD or a higher diploma .

The three universities with the most undergraduates are the University of Jordan in Amman, Yarmouk University in Irbid and Al Balqa Applied University in Salt. These are all public universities. An example of a newer university is the German-Jordanian University in Amman, **which** was set up in 2005 CE. **It** is a collaboration between the MOHE and Germany's Federal Ministry of Education and Research, and **it** follows Germany's model of education in Applied Sciences.

Question Number One

1. Students in Jordan choose one of two courses when joining university. Write these two courses down.
2. Quote the sentence which shows the number of public and private universities in Jordan.
3. The German-Jordanian University in Amman is a collaboration between two institutions. Write them down.
4. Find a word in the text which means "**someone who has not yet completed their first degree**".
5. What does the underlined word "**it**" refer to?
6. The article states some public universities in Jordan. Write down two of these public universities.
7. There are two types of university courses mentioned in the article. Write them down.
8. Quote the sentence which shows the reason why Jordan has a high standard of education.
9. Find a word in the text which means "**someone who has not yet completed their first degree**".
10. The article states some postgraduate degrees. Write down two of these degrees.
11. There are two kinds of optional schools mentioned in the article. Write them down.
12. Quote the sentence which shows the Jordanian universities that have the largest number of undergraduates .

13. Find a word in the text which means " **providing skills and education that prepare a student for a particular job** ".
14. What does the underlined word "**it**" refer to?
15. It is possible in some Jordanian universities to enroll onto distance learning programs in the future. Suggest three advantages of distance learning.
16. Some students prefer to do a vocational course when they finish school. Think of this statement and, in two sentences, write down your point of view.