Test 5 Reading and Use of English Part 1

For questions **1 – 8**, read the text below and decide which answer (**A**, **B**, **C**, or **D**) best fits each gap. There is an example at the beginning (**0**).

Mark your answers **on the separate answer sheet**.

Example:

0 **A** feature **B** matter **C** point **D** character

0	A	B	C	D
	■			

Goals

An obsession with achieving goals is a common **(0)** ..... of life in many parts of the world today. From childhood, people are encouraged to **(1)** ..... goals, and then strive to achieve them. This means people accomplish things they wouldn't otherwise have managed, but such a narrow focus can **(2)** ..... to problems.

One problem is that after reaching a goal, the **(3)** ..... of achievement is often brief, and you're left unsure where to direct the energy you've been using to **(4)** ..... your goals. Another issue is that you're so used to pushing, often well beyond your **(5)** ....., that you don't recognise the need for recovery time. Also, while you're so focused on one thing, other demands in life inevitably **(6)** ..... up, and it's easy to lose **(7)** ..... of those aspects of life which replenish you – relationships, exercise and hobbies.

What can be done? Besides allowing time to recover and **(8)** ..... neglected needs, it helps if you divide the process of achieving a goal into small steps and reward yourself each time you reach one. It's the process that brings happiness, not the endpoint.

1	**A** lay	**B** fit	**C** set	**D** mark
2	**A** result	**B** lead	**C** trigger	**D** cause
3	**A** flavour	**B** mood	**C** taste	**D** sense
4	**A** pursuing	**B** searching	**C** persisting	**D** aspiring
5	**A** margins	**B** limits	**C** borders	**D** restrictions
6	**A** pile	**B** climb	**C** grow	**D** rise
7	**A** touch	**B** vision	**C** sight	**D** mind
8	**A** respond	**B** attend	**C** engage	**D** address

Test 5 Reading and Use of English Part 2

For questions **9 – 16**, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (**0**).

Write your answers **IN CAPITAL LETTERS on the separate answer sheet**.

Example: 0 O N E

The 'walk' button at pedestrian crossings

Waiting for the green signal to cross the road can be **(0)** ..... of the most frustrating experiences of urban life. **(9)** ..... pedestrian crossing buttons are installed at most traffic lights, many people ignore them, believing that pressing them **(10)** ..... no difference. Are they right?

Traffic lights are controlled by computerised systems and vary considerably. **(11)** ..... a rule, however, at a stand-alone pedestrian crossing away from a junction, pressing the button will turn the traffic lights red. How long you wait is a function of how long **(12)** ..... the crossing light was last activated and the volume of traffic. On the other hand, at most junctions and intersections, the system is set so the 'walk' button only functions between midnight and 7a.m. In **(13)** ..... words, for most of the day, the timing of the lights is fixed.

At all crossings, however, **(14)** ..... the time of day or night, the button **(15)** ..... ever needs to be pressed once. Pressing it multiple times will not cause the 'walk' signal to appear any sooner – **(16)** ..... if you think it might.

Test 5 Reading and Use of English Part 3

For questions **17 – 24**, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap **in the same line**. There is an example at the beginning (**0**).

Write your answers **IN CAPITAL LETTERS on the separate answer sheet.**

Example: 0 L I K I N G

Does taste in music reflect personality?

If you have a strong **(0)** ..... for uncomplicated, relaxing and acoustic music, the chances are you will be an extrovert. At least, this is what the **(17)** ..... of research into the links between musical taste and personality suggest. **LIKE** **FIND**

Psychologists conducted worldwide online surveys with over 20,000 voluntary **(18)** ..... of different ages and backgrounds. Each volunteer completed a standard test that rates the five main components of personality – openness, extroversion, agreeableness, neuroticism and conscientiousness – and was asked to state their **(19)** ..... from a selection of 25 pre-categorised musical excerpts. **PARTICIPATE** **PREFER**

The surveys showed that open personalities liked dynamic music, but were relatively **(20)** ..... by slow, mellow music. They also revealed that extroverts, who are very **(21)** ..... and energetic, tended to like unpretentious music. Perhaps **(22)** ..... , agreeable people usually rated most music they listened to highly, **(23)** ..... of genre, while neurotics did the reverse. Conscientiousness was the only trait which revealed no **(24)** ..... with musical type. **IMPRESS** **TALK** **PREDICT** **REGARD** **CORRELATE**

So the researchers concluded that if you know someone's musical taste, you can have a good guess at their personality – and vice-versa.

Test 5 Reading and Use of English Part 4

For questions **25 – 30**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **three** and **six** words, including the word given. Here is an example (**0**).

Example:

0 'I'm sorry I got to the party so late,' Joanna said to her friend.

HAVING

Joanna apologised to her friend ..... up so late at the party.

The gap can be filled with the words 'for having turned', so you write:

Example: 0 *FOR HAVING TURNED*

Write **only** the missing words **IN CAPITAL LETTERS on the separate answer sheet.**

25 I knew nothing at all about who was to blame for the mistake in the report.

WHOSE

I had absolutely ..... the mistake in the report was.

26 Jack couldn't solve the problem because he didn't have enough time.

ABLE

Jack would ..... out the problem if he'd had enough time.

27 Gabi soon learned how to communicate in Romanian every day.

LONG

It ..... Gabi to learn to communicate in Romanian every day.

28 I found Catherine's commitment to her job impressive.

HOW

I was ..... Catherine was to her job.

29 Frank doesn't dream of being a professional footballer any more.

GIVEN

Frank ..... being a professional footballer.

30 Moussa doesn't think that ironing his T-shirts every time he washes them is important.

BOTHERED

Moussa ..... iron his T-shirts every time he washes them.

Test 5 Reading and Use of English Part 5

You are going to read an article about bilingualism. For questions **31 – 36**, choose the answer (**A**, **B**, **C** or **D**) which you think fits best according to the text.

Mark your answers **on the separate answer sheet**.

Bilingualism

What do we know about the impact that speaking more than one language has on people? Journalist Jane Morgan investigates.

In a café in south London, two construction workers are engaged in cheerful banter. Their cutlery dances during more emphatic gesticulations and they occasionally break off into loud laughter. They are discussing a friend, that much is clear, but the details are lost on me. It's a shame, because it sounds intriguing, especially to a nosy person like me. I can't help but interrupt to ask what language they are speaking. They both switch easily to English, explaining that they are South Africans and had been speaking Xhosa. In Johannesburg, where they are from, most people speak at least five languages. One of them speaks seven. Was it easy to learn so many languages? 'Yes, it's normal,' he laughs.

A week later, I am sitting in a laboratory, headphones on, looking at pictures of snowflakes on a computer. It's part of a seemingly simple experiment – though there's a catch – run by Panos Athanasopoulos, a leading researcher of the bilingual mind. As each pair of snowflakes appears, I hear a description of one of them through the headphones. There's nothing else to look at. All I have to do is decide which snowflake is being described. The descriptions, however, are in an invented language called Syntaflake, bearing no similarity to languages I know. The task is strange and incredibly difficult, and by the end, I have to admit defeat. *line 9*

I join Athanasopoulos and glumly recount my struggle to learn the language, despite my best efforts. But it appears that was where I went wrong: 'The people who perform best on this task are the ones who don't care at all and just want to get it over with. Interested people like yourself try to find a pattern and they always do worst,' he says. 'It's impossible, in the time given, to decipher the rules of the language and make sense of what's being said to you. But your brain is primed to work it out subconsciously. That's why if you don't think about it, you'll do OK. Children do the best.'

What lies behind Athanasopoulos' invention of a new language for the snowflake test is a desire to look at the connections between language and culture. Part of his research is about teasing out the language from the culture it is threaded within.

Ask me in English what my favourite food is and I will picture myself in London choosing from the options I enjoy there. But ask me in French and I transport myself to Paris, where the options I'll choose from are different. So the same deeply personal question gets a different answer depending on the language in which you're asking me. This idea that you gain a new personality with every language you speak is a profound one.

The interest of Athanasopoulos and his colleagues in the capacity of language to change people's world views builds on earlier research. In the 1960s, Susan Ervin-Tripp, a linguist based at the University of California, asked Japanese-English bilingual women to finish sentences in each language. She found that the women ended the sentences very differently, depending on which language was used. For example, 'When my wishes conflict with my family ...' was completed in Japanese as 'it is a time of great unhappiness'; in English, as 'I do what I want'. Ervin-Tripp concluded that human thought takes place within language mindsets and that bilinguals have different mindsets for each language. It's an extraordinary idea, but one that has been borne out in subsequent studies; and many bilinguals say they feel like a different person when they speak their other language.

To assess the effect that trying to understand the Syntaflake language had on my brain, I took another test before and after the snowflake task. This test involved matching patterns of arrows and required great concentration. It's not a task where practice improves performance, but when I did the same test again after the snowflake task, I was

significantly better at it. The arrow task involved blocking out impulses and heeding rules. The part of the brain that manages this is the anterior cingulate cortex (ACC). Part of the brain's 'executive system', the ACC enables the brain to concentrate on one task while blocking out competing information and to switch focus between different tasks. The snowflake test primed my ACC for the second arrow task, just as bilingual activity seems to train the executive system more generally. In fact, a steady stream of studies has shown that bilinguals outperform monolinguals in a range of cognitive and social tasks and suggests that the executive systems of bilinguals are different from, and in some ways superior to, those of monolinguals.

31 What feeling does the writer express about the two construction workers she comes across in a café?

- **A** envy about the skills they possess
- **B** irritation over the disturbance they are causing
- **C** frustration at her limited ability to understand them
- **D** embarrassment at the extent of her interest in them

32 When the writer describes the 'snowflake experiment', what is the 'catch' referred to in line 9?

- **A** the artificiality of the situation
- **B** the difficulty of the audio task
- **C** the uniformity of the onscreen images
- **D** the poor level of her own performance

33 What point is made about the snowflake experiment in the third paragraph?

- **A** It required a degree of commitment that many people are unwilling to give.
- **B** The researcher was unsurprised by the writer's lack of success in it.
- **C** It was designed with specific personality types in mind.
- **D** The writer misunderstood the point of it.

34 In the fifth paragraph, the writer is

- **A** explaining her own views.
- **B** introducing a new subject.
- **C** illustrating a point made previously.
- **D** exploring the implications of a theory.

35 The writer says that Susan Ervin-Tripp's research findings

- **A** are particularly convincing because of how distinct the two languages are.
- **B** are in line with the intuitions that lots of people have.
- **C** are based on a limited amount of evidence.
- **D** have been disputed by other researchers.

36 What point does the writer make about the three tests that she did?

- **A** They reflect the impact that speaking more than one language can have on the brain.
- **B** They highlight how switching from one language to another can cause difficulties.
- **C** Doing them provides insights into how best to learn multiple languages.
- **D** Their usefulness depends on having a repetitive structure.

Test 5 Reading and Use of English Part 6

You are going to read four extracts from reviews of a book about sport and philosophy by David Papineau. For questions **37 – 40**, choose from reviews **A – D**. The reviews may be chosen more than once.

Mark your answers **on the separate answer sheet**.

Reviews of *Knowing the Score* by David Papineau

A

In *Knowing the Score*, David Papineau, an eminent philosopher and a passionate lover of sport, applies his philosopher's brain to various sporting questions that interest him. The anecdotal delivery is more in keeping with a dinner table discussion than an exposition in a lecture theatre, but, given the intended general readership, that's no bad thing. Topics addressed include rule-breaking, decision-making, co-operation, and the extent to which genes and/or the environment determine sporting ability. Papineau points out that when sporting success runs in a family, it tends to be in certain sports with very specific environments. Formula 1, where access to fast cars enhances your chances of being good at driving them, is an obvious example. This idea makes good sense, though it's not particularly groundbreaking. Papineau may have been able to take it further, had he looked at more empirical research on the subject. In fact, the limited statistical data that Papineau offers is a frustratingly recurrent feature of the book. That said, *Knowing the Score* is enjoyable and thought-provoking.

B

David Papineau is a professional philosopher whose thoughts on sport are cogent and fluently expressed in everyday English, with specialist references that might deter the non-philosopher rarely intruding. The fairly infrequent citation of scientific research might be a weakness in a scholarly text, but it's an asset in a book of this type. Papineau examines an array of sporting questions – from the disputed question of what actually constitutes a sport to why people 'choke' in highly pressurised situations. At times he strays too far from sport – his chapter on questions of ethnicity being a case in point – but on many questions he is very enlightening. For example, he shows why sporting dynasties are more common in some sports than others. In ice hockey, access to ice and specialist equipment confers advantages on those growing up with ice-hockey-playing parents, while in equipment-light sports, such as football or basketball, genetic disposition will be a more significant factor.

C

Knowing the Score is not a book on the philosophy of sport as much as a collection of meditations by a philosopher who happens to be a sports fan. At a time when data analysis dominates 'serious' discussion of sport, Papineau's faith in pure reasoning is particularly refreshing, as he explores an extensive list of sporting issues in informal, enthusiastic, charming prose. Among the sections I relished, was his explanation of the moral case for accepting authority while retaining the right to transgress against it, as demonstrated by the professional foul in football. On the debit side, the book could do with an examination of gender in the context of sport, and the relevance of his chapter on race was not particularly convincing. But overall, a book which is highly recommended.

D

Knowing the Score is written by a philosopher who applies his skills to a subject he loves, but it's a series of essays rather than a scholarly work. The bibliography is sparse and there are very few references. What's more, Papineau's reflections are mixed. His discussions of the nature–nurture distinction are as logical, sensible and instructive as anything I have read on the subject, but his chapter on amateurism consists almost entirely of the tired old cliché that amateurism is elitism in disguise – Papineau clearly hasn't looked at other recent studies on the subject. In fact, he rarely backs up any of his claims by quoting from serious research findings, which, to my mind, is a flaw. I have no argument with the issues that Papineau has decided to look at. However, his eye seems to be on a mass readership, including people who don't know much about either sport or philosophy and, consequently, the book has a popularising, somewhat condescending tone.

Which expert

shares B's view regarding how appropriate Papineau's choice of topics is? **37** ☐

shares A's view regarding Papineau's use of evidence to support his ideas? **38** ☐

expresses a different view from the others on Papineau's writing style in this book? **39** ☐

has a different view from B regarding Papineau's treatment of the issue of nature versus nurture? **40** ☐

Test 5 Reading and Use of English Part 7

You are going to read an article about an architect, called Victor Gruen, who designed one of the first shopping malls in the USA. Six paragraphs have been removed from the article. Choose from the paragraphs **A – G** the one which fits each gap (**41 – 46**). There is one extra paragraph which you do not need to use.

Mark your answers **on the separate answer sheet**.

Victor Gruen and the Southdale shopping mall

According to its critics, the shopping mall is central to the mindless, car-bound consumerism of suburban USA. Yet Southdale Center, the first fully enclosed, climate-controlled mall from which so many other malls descend, came from the mind of an anti-car European idealist. In 1938, Victor Gruen arrived in America from Vienna in Austria with high architectural aims. He soon launched a career designing storefronts in New York City, but in 1952 he was commissioned to design something else entirely: a shopping centre 15 kilometres outside the city of Minneapolis.

41 _____

A somewhat extreme view, perhaps, but it's important to understand the historical background. When Gruen first came up with the concept of the shopping mall, it seemed very radical. He first publicly submitted such a design in 1943 to a competition run by an architectural magazine, which had called upon architects to imagine the city of the future.

42 _____

The next decade saw a shift in thinking. The 1952 commission that brought the Southdale Center into the world came from the Dayton family, a name synonymous with department stores in 1950s Minneapolis. They wanted a shopping centre to house a new store planned for the growing suburb of Edina. When it opened in 1956, Southdale contained that new branch of Dayton's, another large department store, and space for more than 70 smaller shops in between.

43 _____

But where the open-air design of those projects left them exposed to the elements, Southdale sealed off the outside environment in order to better create its own world within. Southdale's vast, blank walls turned their backs to the street, enclosing stores, cafés, pedestrian boulevards and a courtyard, through whose skylight the sun shone on a fishpond, foliage and a centrepiece cage filled with songbirds.

44 _____

But the utter controllability of the enclosed shopping mall had to do with much more than the climate. It both appealed to Gruen's design philosophy and played straight into the fears of many Americans. They didn't just want protection from the heat, rain, snow and traffic encountered downtown; they also wanted protection from the people encountered there.

45 _____

To this end, he designed Southdale as one element of a masterplan, including hundreds of hectares of residential, commercial, medical, office and mixed-use projects around a lake and public park. The developers, however, ignored most of this wider vision and, instead, set the precedent for all the huge, unimaginative-looking malls surrounded by enormous car parks – 1,500 of which appeared across America in the half-century after Southdale's unveiling.

46 _____

Hence the nostalgia that often accompanies the 21st century's desertions, or even demolitions, of some of the United States' enclosed malls. But suburban Americans now have a host of revitalised genuine downtowns to choose from, as well as a new wave of high-design, urban-flavoured, outward-looking shopping malls. Time has moved on for the mall.

A By then, the concept had some precedents around America. These included the Northgate Mall in Seattle, which opened in 1950, Valley Fair Mall in Appleton, Wisconsin, which opened in 1954, and Gruen's own Northland Mall outside Detroit.

B Despite this, when the renowned architect Frank Lloyd Wright visited Southdale, he was sceptical. He believed that Gruen's notion of moving 'downtown' to the suburbs was unrealistic. Victor Gruen's real aim, however, was to build a new kind of city, not just a shopping centre, and he later claimed that his conception of the shopping mall never came into being.

C Those social concerns were somewhat at odds with Gruen's own. He was interested in creating not just a 'gigantic shopping machine', but a community centre where, free from 'the terror of the automobile', people could stroll, congregate, debate and enjoy the human experience.

D Unfortunately, Gruen's entry, with its full enclosure and lack of a central square, struck even the most forward-thinking judges as a bit much. So Gruen went back to the drawing board.

E Gruen would eventually criticise, even disown, this form that the US shopping mall took. Local residents, however, loved Southdale, and across the country, subsequent generations growing up far from a genuine city centre turned to places like Southdale for the closest thing to an urban experience they could find.

F The writer James Lileks says of that early Southdale aesthetic: 'You have no idea what an innovation it was in the 1950s; there wasn't any place where you could sit "outside" in your shirt-sleeves in the middle of winter' – least of all in a place where it gets as cold as it does in Minneapolis.

G This was Gruen's opportunity to realise his long-imagined vision of an indoor city centre that would import the urbanity of his native Vienna into his fast-growing adopted homeland. Southdale itself was constructed. Nothing else went as he'd envisaged, however, and by the 1970s, Gruen had returned to Austria, having concluded that he'd created a monster.

Test 5 Reading and Use of English Part 8

You are going to read an article about ultramarathons. For questions **47 – 56**, choose from the sections of the article (**A – D**). The sections may be chosen more than once.

Mark your answers **on the separate answer sheet**.

In which section does the writer mention

a sense of nostalgia for what ultramarathons used to be like? **47** ☐

a view that there's a misconception about how most runners approach ultramarathons? **48** ☐

a method for dealing with excessive numbers of race applicants? **49** ☐

a belief that an increased demand for ultramarathons to take part in is inevitable? **50** ☐

an issue that many ultramarathon runners deliberately ignore? **51** ☐

an individual's initial motive for running an ultramarathon? **52** ☐

a contrast between everyday life and the ultramarathon experience? **53** ☐

a state of mind that ultramarathon runners seek? **54** ☐

a general shift in perceptions about what constitutes a genuine challenge? **55** ☐

a theory explaining the rapid rise in the popularity of ultramarathons? **56** ☐

Ultramarathons

At 80 kilometres or more in length, ultramarathon races are at least double the length of the traditional marathon. Yet the number of people running ultramarathons is rising fast. Long-distance runner Louis Adu investigates.

A

About a year ago, I was standing at the office tea point when a colleague, who had heard I was a runner, asked me if I did ultramarathons. He looked put out when I told him I didn't. 'Triathlons?' he asked. I shook my head. 'Oh, just marathons?' In terms of impressing colleagues, family and friends, it seems marathons no longer cut it. We are in the post-marathon age, when everybody knows somebody who has run a marathon. Now, it seems, for a feat to impress, it's better if you can reel off numbers in the hundreds, and preferably over an insanely steep mountain range or a desert. The last decade has seen an explosion in the number of races. 'In previous years,' one ultramarathon race organiser, Karl Lang said, 'you could just turn up on the day and enter, but now the most popular races sell out in minutes.' Many of the world's most oversubscribed events, such as the Ultra-Trail de Mont-Blanc in France, have had to implement lottery systems to manage the hordes wanting to take part.

B

I myself have now completed five ultramarathons. I had run six marathons, when someone suggested I run the six-day, 165km Oman Desert Race. In strict running terms, the race held little appeal, but the notion of crossing a vast stretch of barely charted land, with only myself and a backpack of energy bars to keep me going, lured me in. While adventure has always appealed to the human spirit, Lang puts the almost overnight boom down to the growth of social media, which spreads the word and fires imaginations: 'People see their friends' pictures and go, "Wow, I want to do that."' Some in the ultramarathon world, however, are disdainful of this, saying it has given rise to people looking for kudos by calling themselves ultra-runners, and that the sport has lost its edge as a result. 'Once all ultras had a sense of danger,' one race director told me wistfully. 'Now so many races make it easy for runners to achieve this 'status' with 'everyone-that-enters-is-a-winner' and finisher-hand-holding events.'

C

Experienced ultra-runner Josefina Gomez sees things somewhat differently. 'So many people have done a marathon, that now if someone tells you they're running one, you ask if they're doing it in a panda outfit or something,' she says. 'It's not that the marathon is no longer a stiff test because it is. It's just, over time, that there's a kind of natural race inflation. The human spirit will always want more. It will always crave that feeling of pushing itself to the edge.' I often hear ultra-runners talking about pain. As the world becomes ever more sanitised and automated, there's a deep stirring to get out of our comfort zone. At one event, I met a Swiss couple in their late 60s. They looked completely shattered after three days pushing themselves through scorching heat. This was their 15th ultra. 'Why do we do this?' Melanie asked rhetorically. 'We have such a nice home.' Her husband, Ralf, looked at her and said simply: 'Because we have such a nice home.'

D

After completing his first ultra, Omar Nasri blogged that 'the race pounded me almost into submission before somehow I was lifted on a wave of euphoria.' Veteran ultra Keiko Sato recognises the experience. 'You move from agony to a place where the beauty and timelessness of the present moment come into sharp focus – you actively chase that.' A number of recent studies, however, including a widely publicised one led by James O'Malley, suggest that the obvious health benefits of running begin to tail off, and even reverse, if you run 'excessively'. An irreversible hardening of the tissue around the heart is the main concern. Physiologist and ultra-runner Greg Smith says 'the evidence is there, and we – the ultra community – often bury our heads in the sand over things like this.' But researchers like O'Malley tend to conflate intensity and duration of exercise to define 'extreme'. Ultra-running may, on the surface, seem extreme, but, in practice, it is usually undertaken at a low intensity – with walking forming a large chunk of most ultra races for the majority of competitors. 'Anyway,' says one runner, 'it's difficult to do enough to put you at greater risk than couch potatoes.'