**ESLCO Unit Test B – ANSWER KEY**

Course: ESLCO Unit Test B Student Name: ­­­­

**Be sure to check your work before submitting your test. Do not leave any questions blank.**

**Each question will be graded according to the achievement chart.**

K – Knowledge and Understanding (This category measures how much you know about a topic and your vocabulary.)

T – Thinking (This category measures how you use information when answering a question. Are you thinking about the question, planning your response, and giving answers from many different perspectives?)

C – Communication (This category measures how you communicate your ideas, both orally and in writing. Do you use proper grammar and writing conventions?)

A – Application (This category measures your ability to apply what you have learned in this course to your own life and in other new situations. It also includes your ability to relate to knowledge from sources outside the course.)

**Follow the grading system when answering questions. For example, if a question is worth two marks, you will be required to have at least two points.**

**Write in full sentences where necessary and explain your ideas with as much information as you can.**

Knowledge/Understanding K : /26

Thinking T : /6

Communication C : /8

Application A : /10

Total Grade : /50

***Part A: Reading – 10 marks (10 minutes) K- /9, T- /2***

The Effects of Stress

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomachaches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

There are many healthy ways to reduce\* stress, though. Some people focus on relaxing. They do yoga or meditate. Others focus on athletic activity. They reduce their stress by exercising – riding a bike, walking, or running are common ways to reduce stress and stay active. People also watch movies, listen to music, read a book, or hang out with their friends. These are all ways to take a time-out and relax, and they can also increase your health and emotional well-being.

It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

\* reduce = make something smaller, decrease something

Adapted from: https://web2.uvcs.uvic.ca/elc/studyzone/490/reading/stress3-reading.htm

1. *Answer the following questions*
2. A feeling of panic or stress than makes a person want to stop and relax (1 mark)
3. A. Physical – examples may vary but must be from text (above)  
   B. Emotional -- examples may vary but must be from text (above)  
   C. Mental -- examples may vary but must be from text (above)

(6 marks)

1. Any 2 of the following: yoga, meditate, athletic activity, riding a bike, walking, running, watch movies, listen to music, read a book, hang out with friends (2 marks)
2. ANSWERS MAY VARY (2 marks)

***Part B: Vocabulary - 10 marks (10 minutes) K- /10***

1. *Choose the correct word(s) for each sentence. (10 marks)*
2. audience
3. pastime
4. depressed
5. convince
6. consumers
7. shocked
8. preference
9. advertising
10. innovator
11. bullied

***Part C: Grammar – 10 marks (10 minutes)***

1. *Combine the sentence and the clause (in brackets). Use* who *or* which*. Re-write the whole sentence on your answer sheet. (5 marks)* ***A- /5***
2. What’s the name of the man who lives next door?
3. What’s the name of the river which goes through the town?
4. Everybody who went to the party enjoyed it very much.
5. Do you know anybody who wants to buy a car?
6. The painting which was on the wall was from France.
7. *Fill in the blanks using the correct verb tense for the 1st conditional. Write your answer on the answer sheet. (5 marks)* ***A- /5***
8. do, will improve
9. find, will give
10. will go, has
11. will go, gets
12. doesn’t phone, will leave

***Part D: Writing – 10 marks (20 minutes) C- /8, T- /2***

*Write an answer to the question:*

*Some people say it is more effective to advertise on social media apps (like Facebook, WeChat, Weibo or Twitter) then advertising on TV. Do you agree or disagree? Explain your opinion and use examples.*

*Write at least 100 – 120 words.*

You must include:

* A topic statement and a conclusion
* At least 2 main points, with details and examples
* Language from ESLCO Unit 3 and 4 (including relative clauses, unit vocabulary)

***Part E: Listening – 10 marks (10 minutes) K- /7, T- /2***

1. *Listen and answer the questions.*
2. Humming/singing a song
3. It’s stuck in his head/it’s an ear worm
4. How music affects what we choose to eat and drink
5. It makes them feel classy
6. Change people’s behaviour
7. Expressing strong emotions
8. Cry
9. ANSWERS MAY VARY (2 marks)