UNIT 5

QUIZ B

NAME: _____
DATE: _____
SCORE: _____ /50

A **Listen to the conversation between two friends, Grace and Henry. Choose the correct answer for each question.**

1 What is probably keeping Henry awake at night?
- **A** He has to study for his exams.
- **B** He thinks he may have failed his exams.
- **C** He got pretty bad grades in his exams.

2 What does Grace advise Henry to do?
- **A** He should try to find a way of relaxing before going to bed.
- **B** He should avoid listening to loud music in the evening.
- **C** He should drink some chamomile tea every night.

3 How sure is Henry about trying the app suggested by Matt?
- **A** He isn't sure, because he doesn't like meditation.
- **B** He isn't sure, because he's never tried meditation.
- **C** He's sure he won't use it, because he doesn't think it will help him.

4 What does Grace think about Matt's suggestion?
- **A** She doesn't think it's a good one for Henry.
- **B** She thinks it's a good one, because she loves meditation.
- **C** She likes the idea, because she has tried it.

5 Why does Grace have one of the apps mentioned?
- **A** because she usually needs to calm down before going to sleep
- **B** because she sometimes has problems relaxing
- **C** because she has some trouble breathing while sleeping

_____ /10 (2 points each)

B Match the words to the definitions.

EXAMPLE regain control **B**

1 try a therapy ___
2 calm down ___
3 panic ___
4 be conscious of ___
5 overcome fears ___
6 be scared to death ___
7 be rational ___
8 cure ___

A to be extremely afraid of something
~~B~~ to return to a state of calm after feeling panicked or anxious
C to suddenly feel so worried or frightened that you cannot think or act reasonably
D to stop feeling upset or angry
E to successfully manage or cope with a situation that frightens you
F to eliminate an illness
G to know that something is happening
H to be able to make decisions based on facts, rather than emotions or imagination
I to use a particular method or treatment to help you feel better

_____ **/8 (1 point each)**

C Cross out the option that <u>doesn't</u> work in each sentence.

EXAMPLE My brother **is against** / **has no intention of** / ~~**is unwilling to**~~ using social media. He thinks it's bad.

1 I am **anxious** / **passionate** / **dying** to visit my parents. I haven't seen them for weeks.
2 We **have no desire** / **are reluctant** / **are prepared** to go if it rains. We don't want to get wet.
3 I'm **hesitating** / **dying** / **eager** to see you. I'll be waiting for you at the airport.
4 I'm **unwilling** / **eager** / **hesitating** to invest money in this project. I don't think it's a good idea.
5 The children were **reluctant** / **eager** / **anxious** to open the presents. They were so excited!
6 He **was anxious** / **was reluctant** / **had no desire** to trust anybody. So I had to persuade him.
7 I am **more than happy** / **unwilling** / **prepared** to give you a ride. It's no problem at all.

_____ **/7 (1 point each)**

D Complete the sentences with the words in parentheses ( ) in the correct places.

EXAMPLE they want to be nurses they talk to my mom (if, should)

If they want to be nurses, they should talk to my mom.

1 the tickets cost too much I go (if, might not)

2 my sisters like crazy they see a clown (whenever, scream)

3 you hate planes we take a train or bus (if, can)

4 I send you an email I get to the office (when, will)

5 you sign your name here you want to go on the trip (must, if)

6 the neighbors complain they hear the music (if, will)

7 we study together we have exams (whenever, should)

8 some people cry a lot they see this movie (when, may)

_____ /8 (1 point each)

E Circle the correct answers.

EXAMPLE (Even if) / **Providing** your teachers let you use your phone during class, I don't want you to.

1 **Provided that** / **Only if** you study, you'll pass the exam.
2 I can't make a cake **only if** / **unless** I have some flour.
3 I'll let you go to the party **as long as** / **unless** you're back home before midnight.
4 I'll buy you a new phone, but **unless** / **only if** you promise to look after it this time.
5 I don't mind spending the summer here **as long as** / **unless** we can go to the beach every day.
6 We can go to the restaurant **providing** / **even if** you pay for everything.
7 We'll sell our house **only if** / **unless** we find another one to buy.

_____ /7 (1 point each)

F Read the article. Circle *True*, *False*, or *Not Given* for each statement.

Relax!

Anxiety and worry can cause problems such as insomnia, tiredness, and an inability to concentrate. If you are constantly anxious and unable to relax, you should seek professional advice. If, however, your anxiety level only rises on certain occasions, such as before an important meeting or exam, relax. Here are some simple self-help techniques that can ease your worries.

1 Schedule "worry time"

Worrying about things that may never happen or that we can't control can be a huge waste of time. Don't let concerns get into your thoughts and rob you of time you could be thinking about issues you can actually do something about. Scheduling a time to worry every day can be a way of limiting how much you worry about things. Choose a set time and stick to it. 20-30 minutes a day should be enough.

2 Practice breathing

Learning how to breathe well and to control your breathing can be much more complex than you imagine. However, practice can help you gain control of your breathing – and this will reduce stress and relax your body and mind.

3 Keep a diary of thoughts

If you write down how you feel when you are worried or stressed, you might be able to identify potentially irrational behavior or thinking. Writing down your thoughts and emotions can help you find out why you feel this way, enabling you to recognize patterns of behavior, thoughts, and things that cause your stress.

4 Cut down on screen time in the evening

Screen time can fill your brains with too much information, which doesn't help you achieve a state of relaxation. If you turn off all screens a few hours before going to bed, this allows your brain to gently relax and find peace.

1 The techniques suggested can help with serious problems, such as insomnia. True / False / Not Given

2 One way of worrying less is actually controlling the time you spend worrying. True / False / Not Given

3 Breathing correctly may not be as simple as it seems. True / False / Not Given

4 Writing down your feelings can help you think in a more objective way. True / False / Not Given

5 You should all leave your phones outside the bedroom. True / False / Not Given

_____ /10 (2 points each)