

## LISTENING

*You will listen to an interview with Alex. As you listen, choose the correct answer. You will hear the interview twice with a fifteen-second interval. Now, you have one minute to read the questions before listening. (5 pts. each; 30 pts.)*

1. Alex's Spanish is better than his \_\_\_\_\_.
  - a. Italian
  - b. German
  - c. Portuguese
  - d. Russian
  
2. Which is **NOT** one of the factors that helped Alex learn many languages?
  - a. Doing a lot of practice
  - b. Having a strong motivation
  - c. Showing a rare talent for languages
  - d. Seeing the fun in learning languages
  
3. Alex says if you want to improve your language skills quickly, do not \_\_\_\_\_.
  - a. forget to study on a daily basis
  - b. focus on more than one skill at a time
  - c. change your course materials very often
  - d. study more than three hours a day
  
4. Alex agrees that \_\_\_\_\_.
  - a. it is impossible to learn many languages
  - b. money and time help to learn a new language
  - c. motivation is not important in language learning
  - d. it is not worth starting learning a new language
  
5. What does Alex say about Hebrew?
  - a. Hebrew writing system was totally new to Alex.
  - b. Hebrew is similar to some of the languages he speaks.
  - c. He found Arabic grammar easier than Hebrew grammar.
  - d. It was quite easy for him to learn Hebrew.
  
6. The main idea of the interview is \_\_\_\_\_.
  - a. comparing and contrasting various languages
  - b. discussing the languages Alex could not learn
  - c. learning about new techniques in language learning
  - d. talking about Alex's ideas about language learning

## READING

**Read the text and choose the correct answer according to the text. (5 pts. each; 30 pts.)**

1 There is a longstanding assumption behind most of the research on extreme athletes: “Clearly, something is wrong with them.” That’s what Eric Brymer, a researcher at Leeds Beckett University in the UK, has read for most of his career, but he has never believed in. Why else would anyone willingly participate in an activity that is defined by its high levels of perceived risk? What could motivate that kind of behavior? According to Brymer, the academic literature suggested that “Extreme athletes are adrenaline addicts with death wishes. They’re crazy people, not like normal people.”

2 Brymer has made a career out of studying what drives extreme athletes. He’s an expert in the field and his new book, *Phenomenology and the Extreme Sport Experience*, shows that many of the clichés behind what motivates adventure athletes are false. “Extreme athletes don’t become excited by taking risks or that feeling of adrenaline”, he says. From interviews with dozens of athletes, Brymer and his co-author Schweitzer discovered that extreme sports helped participants feel closer to nature, more self-aware, and at peace. “There’s something extreme athletes find very difficult to describe,” Brymer says, “a feeling of coming home.”

3 Psychologists created an excitement-seeking scale in the early 1970s. Ever since, it’s been easier for researchers to concentrate on the excitement-seeking aspect of extreme sports. Researchers have studied the genetics of extreme athletes, examining whether exposure to high levels of testosterone in the uterus promotes risk-taking or if we’re born with an “adventure” genotype. However, while searching for what differentiates extreme athletes from “normal people”, a key aspect is totally forgotten: in the last thirty years, adventure and extreme sports have become more and more popular. While participation in traditional team sports declines, climbing, surfing and kayaking have all seen record growth.

4 Still, reasons for doing extreme sports have been studied very little, according to Emma Barrett, a researcher at Lancaster University and the author of *Extreme: Why some people thrive at the limits*. “There is a lot of stuff out there about excitement-seeking and risk-taking and it is all interesting stuff, but motivation is a highly complex thing and that’s what makes Brymer’s research unique,” Barrett says. So what drives us to keep doing these sports despite the inherent risks? Brymer’s work and similar research done by John Kerr and Susan Mackenzie suggests one of the most powerful motivators is something any athlete knows: these sports are hard and much of the satisfaction comes from the hard work after a hundred failed tries.

5 Another interesting response that researchers heard from athletes is that they don’t consider “extreme” sports risky. Wingsuit fliers and pro climbers spend a huge amount of time trying to minimize risks. “We learn everything possible about the sport, weather conditions, and wind, so we know what we can and can’t do,” one BASE jumper told Brymer. Although they know a lot about the risks, they believe they have done everything they can in order to **mitigate** the risks through hard work and focus.

1. The **MAIN** purpose of the text is to \_\_\_\_\_.
  - a. compare different kinds of extreme sports
  - b. explain what motivates people to do extreme sports
  - c. show why extreme sports are increasing in popularity
  - d. describe the methods scientists use to study extreme sports
  
2. Which is **TRUE** about Eric Brymer according to paragraph 1?
  - a. He began his academic career in the United Kingdom.
  - b. He says loving extreme sports is a sign of adrenaline addiction.
  - c. He disagrees with what the literature says about extreme athletes.
  - d. He finds it difficult to understand the behaviour of extreme athletes.
  
3. Which is **NOT TRUE** about the book *Phenomenology and the Extreme Sport Experience*?
  - a. It was written after talking to lots of athletes.
  - b. It explores how athletes really feel about doing extreme sports.
  - c. It found that some beliefs about extreme sport experience are false.
  - d. It aims to explain the relationship between risk-taking and performance.
  
4. According to paragraph 3, \_\_\_\_\_.
  - a. research into the field of extreme sports started in the 1970s
  - b. psychologists clearly defined the nature of risk-taking behavior
  - c. there is a close link between testosterone levels and risk-taking
  - d. studies on extreme sports ignore a recent trend in sports participation
  
5. Emma Barrett believes \_\_\_\_\_.
  - a. Brymer is working on a subject that is difficult to understand
  - b. her recent work on extreme sports is one of the best in the field
  - c. Kerr and Mackenzie discovered something no one else could see
  - d. scientists need to carry out more research on excitement-seeking
  
6. In paragraph 5, "**mitigate**" means "to \_\_\_\_\_".
  - a. increase the size of something
  - b. give part of your power to someone else
  - c. reduce the effects of something negative
  - d. take the opportunity to do something special

## WRITING

*Choose one of the topics below and write a well-organized essay of 200-220 words on the topic. Do you agree or disagree with the following statement? Support your ideas with details and examples. (40 pts.)*

- Men and women use language differently.

**OR**

- Social media affects people negatively.