

ΥΠΟΥΡΓΕΙΟ ΠΑΙΔΕΙΑΣ, ΠΟΛΙΤΙΣΜΟΥ, ΑΘΛΗΤΙΣΜΟΥ ΚΑΙ ΝΕΟΛΑΙΑΣ

ΔΙΕΥΘΥΝΣΗ ΜΕΣΗΣ ΕΚΠΑΙΔΕΥΣΗΣ

ΣΧΟΛΙΚΗ ΧΡΟΝΙΑ 2021-2022

ΔΕΙΓΜΑΤΙΚΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ

**ΜΑΘΗΜΑ: ΑΓΓΛΙΚΑ 4ωρο Τεχνικών Σχολών (52) και
ΑΓΓΛΙΚΑ 2ωρο Τεχνικών Σχολών (51)**

Διάρκεια εξέτασης: 2 ώρες και 15 λεπτά

ΤΟ ΕΞΕΤΑΣΤΙΚΟ ΔΟΚΙΜΙΟ ΑΠΟΤΕΛΕΙΤΑΙ ΑΠΟ ΕΠΤΑ (7) ΣΕΛΙΔΕΣ

Να απαντήσετε σε όλα τα ερωτήματα.

Πριν από κάθε απάντηση να σημειώσετε τα στοιχεία της ερώτησης.

ΟΛΕΣ ΟΙ ΑΠΑΝΤΗΣΕΙΣ ΝΑ ΓΡΑΦΟΥΝ ΣΤΟ ΤΕΤΡΑΔΙΟ ΑΠΑΝΤΗΣΕΩΝ

Απαγορεύεται η χρήση διορθωτικού υγρού.

PART II: WRITING SKILLS

(30 MARKS)

Write an email to a friend to tell him/her about your dream job.

In your email, you should

- describe the job
- explain the reasons why you like it.
- discuss 2 factors that make a person successful at his/her job, and explain why.

Your email should be about 150 words

PART III: READING SKILLS

(30 MARKS)

Read the passage below and answer ALL the questions that follow.

SOCIAL MEDIA

By June Eric Udorie



The digital landscape has put increased pressure on teenagers today, and we feel it. There are so many social media channels: *Facebook, Twitter, Instagram, Snapchat, Tumblr*, you name it. I made a conscious decision to avoid *Snapchat* and *Instagram* because of the social pressure I saw them putting on my 14-year-old little sister. If my mum turned off the Wi-Fi at 11pm, my sister would beg me to turn my phone into a hotspot. She always needed to load her Snapchat stories one more time, or to reply to a message

that had come in two minutes before because she didn't want her friend to feel ignored. If I refused, telling her that she could respond in the morning, I'd get the "You're **ruining** my social life" speech. Even as a teenager as well, I sometimes find this craze a little baffling.

A new study has found that teenagers who engage with social media during the night could be damaging their sleep and increasing their risk of anxiety and depression. Teenagers spoke about the pressure they felt to make themselves available 24/7, and

the resulting anxiety if they did not respond immediately to texts or posts. Teens are so emotionally invested in social media that a fifth of secondary school pupils will wake up at night and log on, just to make sure they don't miss out.

Teens are so emotionally invested in social media that a fifth will wake up at night and log on. Perhaps the worst thing about this is that teenagers need more sleep than adults do, so night-time social media use could be detrimental to their health. Research has shown that teenagers need 9.5 hours of sleep each night but on average only get 7.5 hours. A lack of sleep can make teenagers tired, **irritable**, depressed and more likely to catch colds, flu and gastroenteritis. These days, I am always tired at school, and I'm not one to stay up until 2am chatting with a boy. Homework and the pressure to have the perfect set of grades mean I'm up late working. And it seems that at school, most of my mates are exhausted, too.

During the summer holidays, I lost my phone. And for the week that I was phoneless, it felt like a disaster. I love my phone. It gives me quick access to information and allows me to be constantly looped in with my friends, to know exactly what is going on in their lives. So when I didn't have my phone for a week, I felt a slight sense of Fomo, or if you're not up to speed with the lingo, fear of missing out. By the end of the week, I'd got used to not having a phone and I'd quite enjoyed the break from social media. But there was still a lingering **sense** of sadness at the back of my mind that there would be conversations I had missed, messages that had been sent, funny videos shared and night-time chats that I would probably never get to see.

A separate study by the National Citizen Service found that, rather than talking to their parents, girls seek comfort on social media when they are worried. The survey also suggests that girls are likely to experience stress more often than boys – an average of twice a week. It's becoming more and more obvious how the pressures of social media disproportionately **affect** teenage girls. I can see it all around me. Pressure to be perfect. To look perfect, act perfect, have the perfect body, have the perfect group of friends, the perfect amount of likes on Instagram. Perfect, perfect, perfect. And if you don't meet these ridiculously high standards, then the self-loathing and bullying begins.

What is really worrying is that time and time again, these studies pop up and **demonstrate** that the mental health of teenagers, especially teenage girls, is on the line. We know this. We know the perils of the internet, we have heard about online bullying and the dangers of Ask.fm, we know the slut-shaming that goes on in our schools. We know these things. We know that these studies demonstrate that we have to make personal, social and health education (PSHE) statutory in schools and ensure it covers a range of issues from healthy eating and sleeping to consent. And yet, the governments refuse to act. So I ask:

what are we waiting for? Inaction on these issues is harming the physical and emotional wellbeing of young people in this country. What has to happen before we do something?

Adapted from: <http://www.theguardian.com/commentisfree/2015/sep/16/social-media-mental-health-teenagers-government-pshe-lessons>

A. Choose the best answer a, b or c according to the passage. (5x2=10 marks)

1. The phrase “the digital landscape has put increased pressure on teenagers” means it ____.

- a. exercises power over teenagers
- b. has a positive effect on teenagers
- c. leaves teenagers unaffected

2. Engaging with social media, teenagers may feel ____.

- a. anxious
- b. depressed
- c. anxious and depressed

3. According to research, teenagers sleep ____ they need.

- a. more hours than
- b. fewer hours than
- c. as many hours as

4. The writer loves her phone because it allows her to ____.

- a. have a break from social media
- b. be continuously informed about her friends' lives
- c. share funny videos

5. When teenagers are worried, they should ____.

- a. talk to parents
- b. talk to friends
- c. engage with social media

B. Write whether the following sentences are True (T) or False (F). (5x2=10 marks)

1. The writer's sister replied to friends' messages immediately so that they wouldn't feel neglected. **True**
2. Adults need less sleep than teenagers. **True**
3. The writer spent her summer holidays without a phone. **False**
4. Girls only want to be perfect in appearance. **False**
5. Teenagers need to be educated about the dangers of the internet. **True**

C. Answer the following questions according to the passage. (5 marks)

1. What **three** (3) things was the writer worried to have missed when she lost her phone? (3 marks)

Any of the

- conversations
 - messages that had been sent
 - funny videos that had been shared
 - night-time chats
2. Name **two** (2) things that girls do if they think they do not meet the standards of being perfect. (2 marks)
 - self-loathing
 - bullying

D. Match the words in Column A (which are in bold and underlined in the text) with their meanings in Column B. (5x1=5 marks)

Column A	Column B
1. ruining d	a. bad tempered
2. irritable a	b. influence
3. sense e	c. show
4. affect b	d. destroying
5. demonstrate c	e. feeling

PART IV: LANGUAGE USAGE

(20 MARKS)

A. Choose the correct option a, b or c so that the second sentence has a similar meaning to the first sentence. (5x2=10 marks)

1. My friends rarely visit me these days.

My friends ____ me these days.

- a. didn't visit b. visit c. don't visit

2. Twenty people were fired from that office because of reduction of staff.

Twenty people were fired from that office because of ____ cuts.

- a. career b. work c. job

3. He criticised her for stealing the money.

He ____ her of stealing the money.

- a. accused b. blamed c. reported

4. People living in Paphos are complaining about the bus system in their town.

____ of Paphos are complaining about the bus system in their town.

- a. Participants b. Residents c. Spectators

5. I was going to school on foot. Suddenly I realised that I had no money on me.

While I _____ to school, I realised that I had no money on me.

- a. walked b. had been walking c. was walking

B. Complete the following passage by choosing ONE of the following words in brackets. (10x0.5=5 marks)

FINDING YOUR CAREER PASSION



It's no secret that the average adult spends more time at work than they do on any other activity. It's also no secret that the 1. (majority / maximum / most) of people aren't happy with their jobs. There is 2. (restless / helpless / endless) talk about landing your "dream job" and finding your career passion, but many are often so 3. (suspicious

/ confused / interested) about how to do this, that they end up giving up and remaining stuck in their 4. (boring / relaxing / interesting) job.

If you have been thinking of finding your passion and pursuing your dream career, but still feel like the fear of failure 5. (was preventing / had been preventing / is preventing) you from taking the leap, perhaps a little inspiration can unhinge those fears once and for all!

There have been countless failures throughout the years that have led to 6. (success / collapse / mess). In fact, there are so many individuals that have overcome all odds and succeeded 7. (on / at / in) fulfilling their dreams that they have even been called the "famous failures." Did you know that Michael Jordan was cut from his high school basketball team? Or that Steve Jobs was fired 8. (from / of / at) Apple? What if these legends had simply 9. (give / gave / given) up on their dreams? Don't let a little fear of failure stop you from giving the world your gift!

Still not convinced? We've got **10. (many / much / a lot)** more success stories from real life people who decided to step out of their comfort zone to find their passion and pursue their dreams.

Adapted from: <https://career.noomii.com/finding-your-passion/>

C. Complete the following passage by using the correct form of the word in brackets. (10x0.5=5 marks)

NIGHT SHIFT



Some people like their jobs and are satisfied with their careers. Some others have jobs that are not very **1. interesting (INTEREST)**. A lot of people have to work at night and this causes **2. difficulties (DIFFICULT)**. When everybody else is getting ready to go out, they have to go to work, and this puts a lot of **3. psychological (PSYCHOLOGY)** stress on them. It is also not very **4. healthy (HEALTH)** because the human body is designed to be energetic in the day and to rest in the dark. If this cycle is **5. reversed (REVERSE)**, it can have a bad effect on a person's health. So, why do people do night shift?

Nowadays many businesses have to offer a 24-hour service, like hotels, **6. delivery (DELIVER)** companies, some supermarkets open all night and all day, call centres and hospitals. It is true that some people only need a few hours sleep at night but the **7. majority (MAJOR)** need eight hours. Humans are most **8. active (ACT)** in the middle of the day, and the time when they are least able to concentrate and be efficient is between 2am and 4 am.

This is the worst time to drive, or to do anything that needs **9. concentration (CONCENTRATE)**. The body finds it very difficult to adapt to the opposite cycle and people begin to suffer serious medical issues. Things are not **10. likely (LIKE)** to get better in the future because more and more businesses are working 24 hour cycles to keep in step with our 24-hour society.

Source: <https://www.esleschool.com/b1-night-shift-work/>

- END OF THE EXAMINATION -