

# Integrated Skills in English I

Time allowed: 2 hours

This exam paper has four tasks. Complete all tasks.

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## Task 1 – Long reading

Read the following text about sleep and answer the 15 questions on page 3.

### Paragraph 1

Sleep is essential for human life. We can actually live longer without food than without sleep. Most people spend about a third of their life sleeping. That means during our life we will spend about twenty-five years asleep. While the average person sleeps about seven hours a night, some people can manage with as little as four hours. We don't all need the same amount of sleep.

### Paragraph 2

So what happens when we are asleep? There are five stages in a cycle of sleep. Each cycle lasts about 90 minutes and we often repeat this cycle five times a night. In the first two stages, we fall into a light sleep. In stages three and four, we are in a deep sleep and our heart rate and breathing slows down. In stage five, our brain becomes active and our eyes move around quickly. This stage of sleep is called REM, which stands for rapid eye movement. It is during REM sleep that we do all our dreaming.

### Paragraph 3

We all know that sleep is good for us, but what are the benefits? One benefit is that it helps us to resist illness. Without enough sleep, our body cannot fight off colds and the flu as easily. Your sleep pattern can also affect your diet. Researchers at the University of Chicago discovered that poor sleep increased a hormone in the body that makes us hungry. This means that people who sleep badly often eat more high calorie foods and gain more weight.

### Paragraph 4

Sleep also plays a part in our performance at school and at work. A number of reports have shown that children who get a good night's sleep do better in school. Obviously, one reason for this is that if you are very tired you cannot focus. However, there is another important reason. Scientists believe that sleep is important for our memory. While we are asleep our brain deals with information we have learnt and sleep helps strengthen our memories.

### Paragraph 5

Another essential part of sleep to understand is our circadian rhythm, or 'body clock'. This is our body's natural rhythm of sleep. Generally, our body clock tells us to sleep when it is dark and wake when it is light. However, studies now suggest that young people's body clocks change when they become teenagers. Some scientists believe that teenagers are not lazy, but biologically programmed to go to bed later and wake up later.

**Questions 1-5**

The text on page 2 has five paragraphs (1-5). Choose the best title for each paragraph from A-F below and write the letter (A-F) on the lines below. There is one title you don't need.

1. Paragraph 1 .....
2. Paragraph 2 .....
3. Paragraph 3 .....
4. Paragraph 4 .....
5. Paragraph 5 .....

- A The reason we dream
- B Changes in sleep routine
- C Sleep and learning
- D How much we sleep
- E Different types of sleep
- F Sleep and good health

**Questions 6-10**

Choose the five statements from A-H below that are TRUE according to the information given in the text on page 2. Write the letters of the TRUE statements on the lines below (in any order).

6. ....
7. ....
8. ....
9. ....
10. ....

- A Everyone's need for sleep is different.
- B We are usually in a deep sleep for about seven hours.
- C We dream during stage five of the sleep cycle.
- D You sleep more when you have a cold.
- E People who sleep badly often have poor diets.
- F It is important to sleep well after you learn something.
- G Our body clock generally follows changes in light.
- H Teenagers don't get tired very easily.

**Questions 11-15**

Complete sentences 11-15 with an exact number, word or phrase (maximum three words) from the text. Write the exact number, word or phrase on the lines below.

11. During a lifetime, the average person will be asleep for .....
12. Your ..... and heart rate get slower in deep sleep.
13. A poor ..... can cause you to eat more high calorie foods.
14. Our ..... get stronger when we're sleeping.
15. Teenagers' body clocks are different and so they need to go to bed and wake up  
..... than young children.

## Task 2 – Multi-text reading

In this section there are four short texts for you to read and some questions for you to answer.

### Questions 16-20

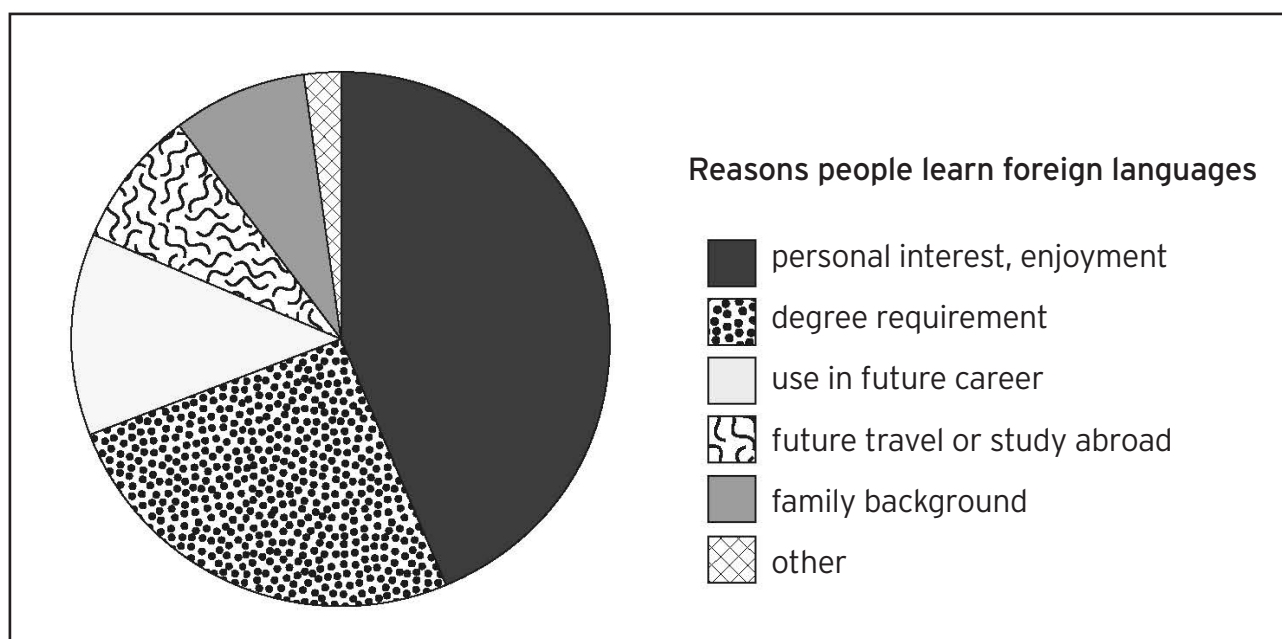
Read questions 16-20 first and then read texts A, B, C and D below the questions.

As you read each text, decide which text each question refers to. Choose one letter – A, B, C or D – and write it on the lines below. You can use any letter more than once.

Which text

16. explains that learning languages can help you learn other skills? .....
17. advises language learners to travel? .....
18. says that music helps us learn? .....
19. shows that more people choose to learn a language for pleasure than work? .....
20. suggests that people who learn more than one language do better at school? .....

### Text A



### Text B


Scientists believe learning a second language increases brainpower. Researchers from University College London studied the brains of 105 people. 80 of these people were bilingual. They found learning other languages changed the part of the brain which processes information. They compared this change to the way in which exercise builds


muscles. Studies show that people who regularly speak more than one language are better at problem solving. In addition students who study foreign languages often score better in tests than students who only speak one language. This is particularly true in maths, music, reading and understanding vocabulary.


## Text C


STUDENT NAME: Maria Coates
CLASS: 4A
LANGUAGE EXPERIMENT
Today our class conducted an experiment based on research about learning languages. Researchers at the University of Edinburgh's Reid School of Music have discovered that learners' memory skills are much better when learning language to music.
Our class decided to test whether music helped us learn languages. In our school experiment, we tried to remember phrases in Greek, and repeat them fifteen minutes later. It was of course important to choose a language no one knew. We were divided into three groups. Each group listened to the Greek phrases and repeated them but each group did this in a different way. The first group heard the phrases spoken, the second group heard phrases set to a rhythm, and the third group heard phrases in a song. The singing group was able to remember far more Greek than the other two groups. Our conclusion was that learning language in a song does help you remember language more easily.

## Text D


**What is the best way to learn a foreign language?**


**Iksung, South Korea:** You should definitely go and live abroad. The best way to learn a language is to be with native speakers and not speak your own language.


**Alexei, Russia:** I use the internet all the time. It's a really cheap and easy way to learn. You have to be careful though as not all websites are good.


**Cara, Italy:** I think watching films with English subtitles is very helpful. My friends listen to English music but I don't think that's a very good way to learn.

## Questions 21-25

Choose the **five statements** from A-H below that are **TRUE** according to the information given in the texts above. Write the letters of the **TRUE** statements on the lines below (in any order).

21. ....
22. ....
23. ....
24. ....
25. ....

- A The most common reason for learning a language is to understand films and music.
- B More people learn another language because of their studies rather than their family.
- C People who speak more than one language are often better at subjects with numbers.
- D Language learning boosts the brain when you speak the second language often.
- E The University of Edinburgh tested different ways of learning music.
- F It is easier to remember words when you sing them.
- G Reading words on a screen can help you learn a language.
- H Any website can be a good place for language learning.

**Turn over page**

**Questions 26-30**

The notes below contain information from the texts on pages 4 and 5. Find an exact number, word or phrase (maximum three words) from texts A-D to complete the missing information in gaps 26-30.

Write the exact number, word or phrase on the lines below.

**Notes****The benefits of studying a second language:**

- pleasure – something enjoyable and interesting to learn
- the language is required in order to study for a **(26.)** .....
- get a better job and progress in a career
- **(27.)** ..... is increased by learning languages
- foreign language students often get higher marks in **(28.)** .....

**Effective ways of learning:**

- listen to a **(29.)** ..... to help learn new language
- **(30.)** ..... and practise with native speakers
- use technology, eg language learning websites
- television, eg practise reading and listening with subtitled films





# ISE I Sample paper 1

## Answers

### Task 1 – Long reading

1. D
2. E
3. F
4. C
5. B

6-10 can appear in any order

6. A
7. C
8. E
9. F
10. G
11. (about) 25/twenty-five years

12. breathing
13. sleep pattern
14. memories
15. later

### Task 2 – Multi-text reading

16. B
17. D
18. C
19. A
20. B

21-25 can appear in any order

21. B
22. C
23. D
24. F
25. G

26. degree
27. brainpower
28. tests
29. song
30. live abroad