

KEYNOTE PROFICIENT MID-COURSE TEST | (Units 1–6)

Name of student: _____

Total score: _____

VOCABULARY

1 Read the text and choose the word (A–D) which best fits each gap. The first one is done for you.

Ergonomic furniture design

Ergonomics is the scientific study of humans and their working conditions. What this means is that products, systems and processes are designed to take account of the interaction between them and the people who use them, the **(0)** A being that it improves workers' effectiveness **(1)** ____ . Shoddily **(2)** ____ together office furniture can lead to health problems in workers, whereas ergonomically designed chairs and desks have been scientifically **(3)** ____ to provide the comfort and support required by those who sit for lengthy periods at a computer. This has provided a **(4)** ____ argument for employers to look after the comfort of their employees, and the practice is now widely **(5)** ____ across industries, where it has been **(6)** ____ admired for its efficacy. Both functional and comforting, ergonomic design allows companies and individuals to **(7)** ____ bespoke ideas suited to their particular needs and circumstances. An ergonomic chair forces its sitter to adopt the right **(8)** ____ , thereby reducing the risk of injury, pain or discomfort and allowing them to **(9)** ____ themselves to their work rather than worrying about strain. These items needn't be **(10)** ____ expensive, either, making them an affordable way to keep workers both comfortable and productive.

- | | | | | |
|----|-----------------|----------------|---------------|-----------------|
| 0 | A consensus | B whole | C unity | D accommodation |
| 1 | A outstandingly | B extremely | C intensely | D significantly |
| 2 | A made | B put | C got | D set |
| 3 | A justified | B resolved | C proven | D convinced |
| 4 | A compelling | B tempting | C fascinating | D dramatic |
| 5 | A serviced | B operated | C handled | D used |
| 6 | A incredibly | B vastly | C greatly | D remarkably |
| 7 | A come up with | B come through | C come about | D come in for |
| 8 | A attitude | B posture | C mode | D aspect |
| 9 | A present | B assign | C devote | D reserve |
| 10 | A prohibitively | B severely | C intensely | D utterly |

Marks (out of 10): _____

2 Read the text. Use the correct form of the word in CAPITAL LETTERS at the end of some of the lines to fill the gap in the same line. The first one is done for you.

Innate talent: myth or fact?

Recent research has indicated that talent as an innate characteristic is purely a myth, and that there is nothing (0) miraculous about someone excelling in their chosen area of expertise. What really matters is (11) _____ and what's become known as 'purposeful practice'; in other words, (12) _____ trying to improve. Only by applying yourself and striving to be better each time you practise can you be any good at anything, be it playing chess or running a marathon. The increments in ability may be almost (13) _____ but are most certainly there.

MIRACLE
DILIGENT
EXPLICIT

Such studies have also suggested that circumstance is as much a requirement to success as physical attributes (like fast muscle twitch in sprinters). The (14) _____ of long-distance runners, they claim, come from African countries because they do their training at high altitudes, which is beneficial when competing at lower ones, where increased oxygen levels are hugely (15) _____.

PERCEIVE

MAJOR

While practice and the right conditions may appear to be (16) _____ to success, is there actually any truth in the idea that innate talent is a myth as studies like these have (17) _____ proven? What may have been overlooked is who participated in the studies. It's (18) _____ for researchers when they prove that musicians are able to sing a perfect 'A' note without hearing it first – but does the research bear (19) _____? Would it be possible to train someone professing to have no 'ear' for music to do the same?

ENERGY
DISPENSE

SUPPOSE
REASSURE

SCRUTINIZE

Some later studies have claimed that professional sportspeople have no more physical advantage than anyone else. If that were true, how would one explain why (20) _____ all basketball players are exceptionally tall? The results of nature versus nurture, it seems, are far from conclusive.

VIRTUAL

Marks (out of 10): _____

GRAMMAR

- 3 Complete the text with a suitable word in each gap. Use only one word in each gap. In some cases, more than one word is possible. The first one is done for you.

The DIY downturn

The British have long (0) been advocates of DIY. After all, why get someone else (21) _____ do a chore when you can complete the task yourself?! (22) _____ only are we able to get on with things like basic car maintenance and gardening, but home decoration and minor repairs are also relatively straightforward jobs that most of us attend to without repercussions. While it's tempting to have a go yourself when you can't (23) _____ a light to work or the top branches of a tree need cutting down, once we get onto electrical work and structural repairs or things like tree surgery, evidence suggests we'd (24) _____ better off leaving it to the experts than taking it into our own hands.

However, surveys have demonstrated a recent turndown in DIY in the UK, with fewer and fewer people even owning tools (one survey reports a figure of 71% (25) _____ British men not owning tools), let alone knowing how to put them to good use, as they (26) _____ have in the past. There is even some evidence to suggest that less DIY is now (27) _____ done by men, while women are doing more, and a wealth of DIY clubs professing to help those of us who can't even change a light bulb (28) _____ springing up everywhere. Reasons for the downturn could be attributed to the fact that younger people may (29) _____ been put off attempting jobs at home due to knowledge of strict health and safety regulations outside it. In addition, many people struggle even to buy a house, never mind have one to fix, and it doesn't look like things (30) _____ change in the near future, either.

Marks (out of 10): _____

- 4 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. The first one is done for you.

0 Being an artist, do you think you have achieved the standards you're capable of?

POTENTIAL

Would you say that you have realised your potential as an artist?

31 Over the years I've attempted to do different creative activities but I'm no good at anything!

OUT

I have _____ different creative activities for years but I'm no good at anything!

32 I think you will have learned enough Spanish to make you fluent in five years.

SPEAKING

In five years I think you _____ Spanish fluently.

33 To stop you worrying, check out the consulate's advice before you travel.

PEACE

Check out the consulate's advice before travelling _____ mind.

34 I really don't recommend not taking out insurance for your holiday.

ADVISE

I _____ against not taking out insurance for your holiday.

35 I think that's rather a disrespectful way to act towards your teacher.

QUITE

I think you _____ disrespectful towards your teacher.

36 Despite what most people believe, music can actually help you to concentrate.

POPULAR

Contrary _____, music can actually help you to concentrate.

37 When mobile technology was introduced, communication got faster.

INTRODUCTION

Faster communication came _____ mobile technology.

38 Social media has such a lot of influence on us that we often fail to question the truth of what we read.

WE

So influenced _____ what we read on social media that we often fail to question its truth.

39 The rate of consumption of the world's resources is rapid.

RAPIDLY

The world's resources _____ .

40 A professional decorator was eventually able to paint Simon's sitting room for him.

HIS

Simon eventually managed to _____ by a professional decorator.

Marks (out of 10): _____

READING

5 Read the article about social media and communication. Five paragraphs have been removed from the article. Choose from the paragraphs (A–F) the one which fits each gap (41–45). There is one extra paragraph which you do not need to use.

How social media is changing the way we communicate

As technological progress speeds up, so too, does interconnectedness. Many of us rarely take time out from our devices, even leaving them pinging and buzzing whilst we're asleep. Has this constant hyperconnectivity affected the way we communicate? One thing at least is certain: the dawn of the internet revolutionized the lives of billions and changed our behaviour beyond recognition.

(41) _____

This isn't the only thing dying out. Many young people alive today don't know what it was like when it took days to get photos developed from film and libraries were the main source of reference materials. And if you wanted a new album, you'd have to go and buy a CD. In addition, pre-millennials (millennials being those born during the late 1900s and early 2000s) probably remember receiving letters from far-flung friends, and would have had a considerably smaller social circle, comprising only those they actually met in face-to-face interaction.

(42) _____

In 2014, for example, the 'ice bucket challenge' raised awareness online for a serious medical condition called motor neurone disease. People either agreed to give an amount to the charity supporting the cause, or they had to throw a bucket of ice-filled water over themselves (many people did both). It went viral and attracted attention to a life-threatening condition many people knew little about. Since then, people have been using the internet to inform people of many other causes, and signing online petitions has become commonplace.

(43) _____

Though most of us have taken to new forms of communication with ease, there are some who go so far as to suggest that we've lost important social and verbal skills along the way. They argue that some people are so dependent on social media that they struggle to stay in the here-and-now for long enough to carry out a normal face-to-face conversation.

(44) _____

There are also fears that social media use has led to a deterioration in our written language. Since platforms like Twitter allow only a very limited number of characters per Tweet, we've become accustomed to having to get our message across succinctly. This can have an effect on the grammar that's used, resulting in complex sentences being abandoned in favour of simpler ones.

(45) _____

Proponents of language change say that in adopting new forms, we demonstrate not a decline in our language skills but an ability to learn new ones. Some even claim that 'text speak' is a whole new dialect in itself. Ultimately, there are no rights or wrongs about how we communicate or who we communicate with. But perhaps from time to time we might step back in time and pause for a moment: switch off our gadgets, get to know those around us better, relax and stare into space ...

- A** Reaching a wide-ranging audience in this way is something that could only have been dreamed about in the pre-internet age. This is because social media means we interact with many of the people in our lives in an entirely different way compared to just a few decades ago.
- B** While many of us may not recall it, there was a time when if you wanted to speak to a friend, rather than reaching for your tablet and logging onto social media, you'd probably have to speak to their parents first, as the only way of reaching them was via the landline, or home phone. Gradually falling out of use, countless people don't even have one at all, and many of those who still do aren't sure what their number is any more.
- C** This may be because of a phenomenon known as FOMO, or the fear of missing out. So concerned are they about what else might be going on that they sit (or walk around!) glued to their screens rather than engaging in real-life interaction. Relationships can suffer as a result and attempts at meaningful conversation by those around them fails.
- D** Of course, it is the older generations who fail to do so, preferring instead what they see as more reliable forms of communication. They argue that technology often fails, whereas pen and paper do not. Younger people have never known anything different, and those in between have generally embraced the changes, while observing that things do not necessarily happen more quickly.
- E** We also use far more acronyms (for example, BTW for 'by the way') than we would in more formal styles of writing and different websites even have their own 'shorthand'. One of the earliest examples of acronyms is LOL (laugh out loud). Now becoming less prevalent, it serves to prove how quickly the language we use comes and goes at a speed almost as fast as our internet connection.
- F** Since the internet took off in a big way in the mid-90s, however, we have been able to create huge communication networks the world over. Everyone knows someone who's got thousands of friends on social media sites. The vast majority of these they have never even met. It isn't only that we can now speak to so many people, but that we can communicate messages to them that may otherwise have remained unheard.

Marks (Two marks per question). Total marks out of 10: _____

LISTENING

Track1_Keynote_Prof_Midcourse_test

- 6 Listen to a woman called Toni talking about visiting a restaurant where you eat in the dark. Complete the sentences with a word or short phrase. The first one is done for you.

Dark dining

- 0 Toni was initially full of dread before entering the restaurant.
- 46 The restaurant customers sat on _____ facing each other.
- 47 Toni found that _____ patterns between her and her friend changed when dining with strangers.
- 48 Toni was unsettled about the idea of eating _____.
- 49 Toni felt _____ about her dining experience being similar to that of a blind person.
- 50 Toni describes not being able to identify food through taste as '(5) _____'.
- 51 Toni explains that without _____ cues, a sighted person's enjoyment of a meal can be affected.
- 52 As Toni was eating, she concentrated on the _____ of the food rather than its taste.
- 53 When Toni checked the truth about blind people's senses, she learned that they were better able to _____ smells than sighted people.
- 54 Toni found out that keeping eyes closed when eating in the dark leads to a greater _____ of the food.
- 55 Toni says eating in the dark distracted her but was also _____.

Marks (out of 10): _____

SPEAKING

7 Work in pairs.

Step 1

Here are some photos of people being creative. Discuss with your partner what the people might be getting out of doing these activities.

A



B



C



D



Step 2

Now look at all the photos. Imagine that a TV company wants to interview someone with a creative job for a documentary. Decide together which of these activities might make the most interesting documentary.

Marks (out of 10): _____

WRITING

8 An English-language magazine has asked readers to send in articles about their hopes for the future. You decide to send in an article describing your own hopes for the future and explaining why it is important for people to have such hopes.

Write your article in 280–320 words.

Marks (out of 10): _____