



**Entrance exam 2012-2013**

**English**

**Duration: 1 hour**

**Part One: Reading**

*You are going to read a text about stress. When you are through, answer the questions that follow.*

Stress is a collective term for the insults a body must endure when thrust into a less-than congenial environment; e.g. overwork, unemployment or a vacation with one's in-laws.

A certain degree of stress is unavoidable in life. But the pressure of modern, urbanized societies can push stress to dangerously high levels. While we can't completely eliminate stress, we can learn to modify our behavior in ways that lessen its harmful effects on our minds and bodies. Experts have identified a number of indicators that affect our vulnerability to stress. Some of them have to do with physical factors, some are related to mental and emotional behaviors, and some have to do with nutrition.

Work is a major source of stress. Again, while normal work pressures can stimulate performance, a stress overload at work can lead to serious health problems. A job can rate low stress on autonomy, high on physical danger, financial insecurity, time constraints or legal accountability. Fighting stress in the workplace requires the co-operation of employee and employer. Far-sighted companies are providing sports and exercise facilities for employees, day-care or nurseries for working mothers, drug and alcoholism counseling. Job design is changing, too, in this age of dual career families. More and more firms allow "job sharing", or work at home.

In brief, there is sound evidence that taking a break or a ten-minute nap or more will do much to renew energy and relieve daily stress.

**A-Answer the following questions in complete sentences. (Score 3)**

- 1- What general advice does the writer give to help fight stress?
- 2- What mainly causes stress at work?

**B-Pick out from the text words that have the same meanings as the following :( score 3)**

- 1-tolerate      2-good-natured; cheerful      3-weakness; exposure      4-limitation
- 5-responsibility      6-twin



**C- Fill in each gap with the correct word. (score 2.5)**

One \_\_\_\_\_ of stress is to lower the body's resistance to infection and minor ailments. Stomach ulcers can be \_\_\_\_\_ by stress. Long periods of stress can \_\_\_\_\_ to an increase in blood pressure, and \_\_\_\_\_ in hardening of the arteries, which is a major \_\_\_\_\_ of heart disease.

**D-Correct the one mistake in each sentence. (Score 2)**

- 1- I would have been happier if your previous deal was better.
- 2- We have various products which are been developed at the moment.

**E-Complete these sentences (Score 1.5)**

- 1- I wasn't given any promotion last year. I wish I \_\_\_\_\_ harder.
- 2- We \_\_\_\_\_ many people since we moved into this town.
- 3- She had a terrible headache yesterday, \_\_\_\_\_ she?

**Part Two: Writing. Develop one of the following topics in around 150 words. (Score 8)**

- 1- Since a certain degree of stress is unavoidable in life, what do you do to overcome it at home or in public?
- 2- Recount an incident that made you experience stress. What did you do to overcome it?



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**Answer Key**  
**of English**

**Duration: 1 hour**

**A- Answer the following questions in complete sentences. (Score 3)**

- 1- What general advice does the writer give to help fight stress?  
He advises us to modify our behavior in ways that lessen its harmful effects on our minds and bodies.
- 2- What mainly causes stress at work?  
An overload at work does.

**B- Pick out from the text words that have the same meanings as the following :( score 3)**

- |                                    |  |                                    |
|------------------------------------|--|------------------------------------|
| 1- tolerate = <u>endure</u>        | 2- good-natured; cheerful = <u>congenial</u> | 3- weakness = <u>vulnerability</u> |
| 4- limitation = <u>constraints</u> | 5- responsibility = <u>accountability</u>    | 6- twin = <u>dual</u>              |

**C- Fill in each gap with the correct word. (score 2.5)**

One effect of stress is to lower the body's resistance to infection and minor ailments. Stomach ulcers can be caused by stress. Long periods of stress can lead to an increase in blood pressure, and result in hardening of the arteries, which is a major cause of heart disease.

**D- Correct the one mistake in each sentence (Score 2)**

- 1- I would have been happier if your previous deal ~~was~~ had been better.
- 2- We have various products which are ~~been~~ being developed at the moment.

**E- Complete these sentences (Score 1 ½)**

- 1- I wasn't given any promotion last year. I wish I had.
- 2- We have met/seen many people since we moved into this town.
- 3- She had a terrible headache yesterday, didn't she?