

Listening Section ~Part 1~

Answer the questions 1-8.

1. What is this report generally about?

- A. Suffering in the south-western parts of the US
- B. A heatwave which is happening in countries around the world
- C. Summers in parts of Europe which suffer from waves
- D. Scientists who are researching the weather patterns of the world

2. According to the report, what is Arizona suffering from?

- A. People suffering from hunger in Arizona
- B. An 18-day recording of popular weather sounds
- C. The south-western parts of Europe
- D. Dangerously hot weather patterns in the world

3. According to the report, where is Arizona?

- A. the south-west area of the US
- B. the south-east area of Europe
- C. the eastern area of Greece
- D. the north-east area of Phoenix

4. According to the report, "The US is not alone." Why did they say this?

- A. The National Weather Service says there are 15 million people.
- B. Some countries in Europe also have temperatures above 40C.
- C. El Nemo is a weather pattern which comes every year.
- D. Spain, France and Greece are in Europe.

5. Where did the high temperatures come from?

- A. Scientists and tourists
- B. Global warming and El Niño
- C. Italy and the US
- D. 40C and 1C

6. What is El Niño?

- A. A tourist from Italy
- B. A weather pattern
- C. Average temperatures of the world
- D. The highest temperatures recorded

7. How have the temperatures of the world changed over the last 100 years?

- A. It has become 10C hotter.
- B. It has become 1C hotter.
- C. It has not changed.
- D. It has become 1C colder.

8. Which Sustainable Development Goal has the closest link to this passage?

- A. Climate Action
- B. Life on Land
- C. Life Below Water
- D. Zero Hunger

Listening Section ~Part 2~

Answer the questions 9-14 in one sentence.

9. What is "Generative AI"?

10. According to the report, why is the US government watching these AI companies?

11. What is one thing that generative AI can do?

12. How is generative AI different from normal search applications like Google or Yahoo?

13. Why does this report believe generative AI can be a problem?

14. What connection does this topic have to the Sustainable Development Goal Industry, Innovation and Infrastructure?

Reading Section

Read the following news story and answer the questions that follow.

Taking daytime naps, or short sessions of sleep, may help our mental health, according to a new study. However, research which was done before this has also shown that too much napping can also have a negative effect on our health.

The brain is the part of our body which we use to think, remember and make new ideas. Napping every day increases the size of your brain. This means a lower risk of illnesses like dementia. Dementia makes it difficult to make new memories, and it affects many people who are over 65 years old. So taking a nap every day while you are young will help you when you are much older, say researchers from universities in London. "On average, the difference in brain size between people who take daily naps and the people who don't was clearly different. The brains of the people who don't take naps looked 2.5 to 6.5 years older than the people who take naps," researchers said. "Our research shows that, for some people, short daytime naps may be the answer that could help to keep the health of the brain as we get older," said a senior research professor.

Meanwhile, research that was made before this year has shown that taking naps too often or for too many hours during the day may be a sign of early dementia in older adults. Adults who were older than 65 years and napped at least once a day or more than an hour a day had a 40% greater chance to develop dementia than those who did not nap daily or napped less than an hour a day. Also, in July 2022, a study found that these people also have a greater chance of developing high blood pressure.

"Although taking a nap is not **harmful** and it will not cause problems for your health, many older people who take naps probably do it because they don't get (8) sleep at night. Not sleeping enough at night usually means bad health, so naps are not enough to help," said a doctor from a university medical center in Tucson, Arizona. "We must remember that the nap is not the real problem. It is only a sign (9) a problem. As long as you get enough sleep each night, taking short naps in the day can help keep us healthy."

Choose the most accurate answer to complete the question.

1. What is the main topic of this article?

- A. How naps are good for our health
- B. How naps are not always good for our health
- C. The positive and negative effects of naps.
- D. None of these.

2. According to the text, the part of our body which has thoughts and ideas is...

- A. heart
- B. eyes
- C. shoulders
- D. None of these.

3. According to the text, an illness that stops people from remembering new information is called...
- A. Dementia
 - B. Brain
 - C. High blood pressure
 - D. None of these.
4. According to the text, why do some scientists say that sleeping for short sessions every day can be good for our health?
- A. It lowers your risk of a larger brain.
 - B. It lowers your risk of dementia.
 - C. It lowers your risk of developing high blood pressure.
 - D. None of these.
5. According to the text, what happens to a young person's brain if they take short naps every day?
- A. It becomes smaller than someone who doesn't take naps.
 - B. It becomes equal to the brain size of others
 - C. It stops growing.
 - D. None of these.
6. According to the text, what is one negative point about naps from research before this article?
- A. They are a source of high blood pressure.
 - B. They may be a sign of another health problem.
 - C. They make it difficult to sleep at night.
 - D. None of these.
7. The word, "harmful" in paragraph 4 is closest in meaning to...
- A. healthy
 - B. bad
 - C. helpful
 - D. easy
8. The word which best completes (8) is...
- A. enough
 - B. sometimes
 - C. a
 - D. often

9. The word which best completes (9) is...

- A. of
- B. for
- C. to
- D. because

10. How could knowledge of the contents of this article benefit our health and well-being?

- A. After reading this, toddlers will wish to increase their napping sessions to prevent dementia in the near future.
- B. After reading this, adolescents will avoid taking naps to prevent future episodes of dementia.
- C. After reading this, adults with elderly parents may be able to recognize early signs of dementia from their napping habits.
- D. None of these.

Answer the following questions 11-15 in one sentence.

11. What is the author's message in this article?

12. Why does the author write about both the positive and negative points about napping?

13. Why is napping considered positive when you are young, but a sign of a problem when you are older?

14. Are there any possible demerits to our health and well-being by taking daily naps?

15. How could this research help others in the future?

Writing Section

Write two paragraphs about the following topic (approximately 200 words). Your first paragraph should summarize the problem, while your second paragraph should give a realistic solution. Your explanation should have proper reasons for why the problem occurred, and your solution should be written in detail. You can only write in the space given.

Why are some schools worried about AI? What can we do about it?