

- B** Line 9
- C** Line 15
- D** Line 24

3 In which stanza did the knight start to lose hope searching for Eldorado?

- A** Stanza 1
- B** Stanza 2
- C** Stanza 3
- D** Stanza 4

4 In which stanza did the knight reach nearing the end of his journey ?

- A** Stanza 1
- B** Stanza 2
- C** Stanza 3
- D** Stanza 4

5 How can one reach Eldorado according to the shadow?

- A** through travelling very far away
- B** through a journey to the moon
- C** through hiking in the mountains
- D** through one's death

Answer the following questions by choosing the correct letter that matches the description. Take note that the letters can be repeated accordingly.

Topic: Fitness Trackers

<p>A.</p>	<p>Researchers looked at almost 400 studies, which included data for about 164,000 people who use wearable activity trackers (WATs). The results, published in <i>The Lancet Digital Health</i>, showed that WATs encourage people to walk up to 40 minutes more per day, or about 1,800 extra steps. The researchers also noted that by encouraging people to exercise more, WATs could help improve depression and anxiety symptoms, since physical activity has been shown to have antidepressant and anti-anxiety effects. WATs have become increasingly popular in recent years. According to Statista, the number of WATs shipped per year increased by over 1400% between 2014 and 2020.</p>	<p>C.</p>	<p>One such avenue that's being explored is taking the fitness tracker off the wrist and moving it to the finger in the form of 'smart jewellery'. One notable front runner seems to be Motiv. Their smart ring boasts an optical heart rate sensor and an accelerometer able to track activity type, active minutes etc, similar to current fitness trackers. Another wearable aiming to solve a fitness health-related problem is the recently crowdfunded Upright Go. This device claims to assist in correcting the wearer's posture and develop sustainable back health. Whether or not these particular products ever achieve mass appeal remains to be seen.</p>
<p>B.</p>	<p>Horologist and inventor Abraham-Louis Perrelet is credited with creating the first, albeit rudimentary, pedometer, while it's also been suggested that American Founding Father Thomas Jefferson later produced his own mechanical pedometer, improving on Perrelet's original design. Fitness trackers, as we know them today, first surfaced in 1965 with the Manpo-kei, which translates to '10,000 steps metre' and was invented by Dr Yoshiro Hatano. He posited that 10,000 steps provided the proper balance of caloric intake and activity-based calorie expenditure to maintain a healthy body. Modern fitness trackers to this day still use 10,000 steps as a benchmark goal; however, a recent study published in the</p>	<p>D.</p>	<p>Before we allow these devices to flood the market, it's essential we standardise the minimum security requirements that manufacturers must comply with. Key among these standards should be the removal of factory-default passwords on devices – which, like "admin" or "1234", are easily guessed or discovered by even the most novice hacker. Manufacturers should also publish a vulnerability disclosure to help users understand risks, and make regular software updates in response to vulnerabilities unearthed by security researchers. Likewise, every parent wants their child to be safe, and smart devices, like mobile phones before them, could be a reliable tool for checking in with</p>

	International Journal of Obesity suggests that 15,000 steps may actually be a more beneficial target to aim for.		them. But without safety standards, these devices have the potential to cause more harm than they offset.
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Answer the following questions by choosing the correct letter that matches the description. Take note that the letters can be repeated accordingly.

Which description mentions about:

6	making trackers safer?
7	the history of fitness trackers?
8	fitness trackers worn like a ring?
9	fitness trackers encouraging people to move more?
10	physical activity reducing depression and anxiety symptoms?
11	another wearable device improving back pain and posture?
12	similar devices causing more harm without security requirements?
13	taking thousands of steps to counter obesity?

Read the extracts below then answer the questions that follow.

EXTRACT A: from Five Little Stars in The Canadian Forest by Lillian Elizabeth Roy

The journey took two days; on the first day, at five o'clock, Mr. Latimer called a halt for camp. This part of the trip was a great sport for the children for they roamed about the woods while the men cut fir branches for beds, and watched the cook prepare a fine dinner out in the wilderness.

On the second day, at about noon, the travellers reached the place selected for a permanent camp. Of course, everyone was deeply interested in the novel appearance of their winter home and, as soon as the twelve o'clock dinner was served, started to investigate the quarters.

The children trailed after the grownups, making their own observations of affairs.

The bosses' cabins were among some magnificent trees, about one hundred yards from the main camp. They were rough little log huts large enough to hold four bunks, two on either side—a lower and an upper bunk—and a chest of drawers at the side opposite the door. An opening in the roof gave ventilation, and a small square window at each side of the chest of

drawers gave light in the daytime. The only light to be had at night was from a candle, and heat, if the city folks needed any, must be had from oil heaters, several of which had been included in the outfit.

The bunks of the crew were directly opposite the "bosses'" huts. A large cleared space lay between the two sections, and at one end stood the cook's quarters, with a long shed-like cabin in front of it to screen the kitchen from the company. This shed was a dining room, parlour, and general social centre. On the fourth side, opposite the dining room and kitchen, was a commodious office with three rooms. Here the clerical force worked, and the bosses planned and ordered the work of the company.

This sort of life suited Don and Dot perfectly, and they peeped into every bunk, and hovered about the kitchen, with the satisfaction of having reached a great goal in life.

"This bunk is for the children—Don and Dot, Venie and Babs," explained Mr. Starr, showing the bunks adjoining the hut which would be occupied by himself and his wife.

"Can't Dot and I have a hut all to ourselves?" asked Don, who hoped to have great fun in these little huts.

"Not much!" laughed Mr. Starr. "I doubt if Venie can keep you two in order, but we will try it."

"Where's Mete going to live?" asked Dot eagerly.

"Meredith and Paul will have bunks in the same hut with the foreman, and Elizabeth has a bunk partitioned off from her father and mother's half of a hut," replied Mrs. Starr.

"Well, guess I'll have a look at my house," ventured Don, stepping into the log cabin which was to be his abode for a time.

EXTRACT B: from Oakdale Boys in Camp by Morgan Scott

"The first thing to be done," said Grant, who seemed to be the natural leader of the party, "is to pitch our tent and prepare for supper. Let's choose a camping spot. I reckon it won't be hard to find a good one here."

"What's the mum-matter with this place right where we are?" asked Springer. "It's all cleared up except a few rocks, and it's pretty near level."

"I judge we can find a better place," was the opinion of the Texan. "This is too far back on the point; we should get out where we can feel more of the breeze, which will help to drive away flies and winged insects. Furthermore, this is in a slight hollow that would get mighty wet if it rained hard. We must look out for drainage in case of rain. I think I can see a good place."

The spot he chose needed to be cleared of some low bushes and a few small loose rocks that were not difficult to remove. By using that location, as Rod explained, not only would they get the benefit of whatever breeze might be stirring and have dry ground beneath them if it rained, but the tent could be so pitched that the early morning sun would shine full upon the front of it, and some near-by trees would provide cool shelter throughout the warm middle hours of the day. Furthermore, two low, flat-topped rocks, at a distance of some fifteen feet from where the tent would stand, formed a sort of triangle, which, partly closed in with some more stones that might be found nearby, could readily be made, with the aid of the sheet-iron top they had brought, into a combined cook-stove and fireplace. Four or five feet from the rocks grew three stout saplings, likewise in a triangle and close enough together so that, by nailing cross-pieces to them and spanning those cross-pieces with boards from one of the boxes, a handy cook's table might be constructed in a few minutes.

The boys listened to Rodney with increasing respect for his judgement and sound horse sense.

"Gall dinged if you don't seem to know just how to do these things, Texas," drawled Crane. "I guess we'll follow your lead."

"All right," nodded Grant briskly. "Do you know how to rustle firewood?"

"I was brought up on a farm, and I know as much about the different kinds of wood as anybody here."

"Then get the axe out of that bundle Piper cut open and go foraging for wood. Stone, can you cook any at all?"

"Not much," confessed Ben; "but I suppose I can fry bacon, and that's about all the cooking there'll be to do tonight."

"That's right. We've bread and some canned stuff. You can get out the stovetop and cooking utensils and build the fireplace, with the help of Piper, who will bring such extra stones as you may need. Springer, I reckon you and I had better clear away here, unpack the tent and get it ready for pitching. When we need the others we can call them to give us a helping hand."

In this manner he set them all at work, and, to their credit, every fellow took hold with a will.

14 Which outdoor activity is present in both extracts?

- A** hiking
- B** fishing
- C** camping
- D** glamping

- 15 In which extract did the characters divide tasks to do?**
- A** Extract A
 - B** Extract B
 - C** Both
 - D** None
- 16 In extract B, these are Grant's ideal camp spot, except:**
- A** could drain water properly
 - B** location should not be too behind
 - C** hollow area for heavy rain
 - D** has enough wind supply
- 17 In extract A, these are facts about the bosses' cabins, except:**
- A** a large three-room office, just across from the kitchen
 - B** has a roof ventilation
 - C** square windows gave light in the daytime
 - D** has little log huts large enough to hold four bunks
- 18 In extract B, who was the character from Texas?**
- A** Grant
 - B** Rodney
 - C** Springer
 - D** Crane
- 19 In extract B, whom did the boys admire for his expertise and sound reasoning?**
- A** Grant
 - B** Piper
 - C** Rodney
 - D** Springer

Read the article below then answer the questions that follow.

A For decades, psychologists have equated daydreaming with a failure of cognitive control, focusing on how it stunts abilities like task processing, reading comprehension and memory. Yet, Jerome Singer, a former professor at Pennsylvania State University and the father of daydreaming research, hypothesised that daydreaming can have a positive effect. If not, why would our minds be so prone to wander?

B In a recent study published in the journal *Emotion*, researchers tested how much pleasure people derived from thinking. Participants left to their own devices were more likely to gravitate toward worrying or neutral topics like work or school, and they were left with negative or neutral feelings after the session.

C When given a framework that guided them to imagine something positive, like a fantasy of having superpowers or the memory of their first kiss, they were 50 percent more likely to feel positive after the session.

D As a trauma therapist, Abigail Nathanson guides her patients in visualisation and a storytelling technique called imagery rescripting that can help them understand and cope with traumatic memories.

E Dr. Nathanson starts by telling patients that imagining themselves in more tranquil settings, especially ones of nature, can be an effective anxiety intervention.

F Athletes like rugby players, golfers and martial artists who deliberately daydream about their techniques, using imagery and narrative, have found it can improve their performance. Studies of surgeons and musicians have found similar results.

G Yet, some have trouble engaging with their imaginative creative sides. Pick one idea to focus on as you daydream. You should also record a goal for the session. Your goal might be to enjoy your thoughts for a few minutes. You could use the time to process something that's making you anxious, or to envision the steps you'll take toward achieving a goal. The more details you can use, the better.

Answer the following questions by choosing the correct letter that matches the description. Take note that the letters can be repeated accordingly.

Which paragraph...

_____ **20** discloses that sportspeople and professionals perform way better when they daydream?

_____ **21** enumerates the ways on how to daydream?

_____ **22** reveals that daydreaming, together with a narrative approach can aid in coping with painful memories?

_____ **23** expresses that picturing relaxing environments might alleviate stress?

_____ **24** states that participants are likely to feel happy when prompted to envision something optimistic?

_____ **25** speculates that daydreaming can be beneficial?