

Read the articles below then answer the questions.

There are sentences that have been removed from the article. Choose the correct letter below that contains the sentence that best fits in the paragraph. Take note that there is an extra sentence which you do not need to use.

The Health Benefits of Pets

Having a pet is good for your health in many ways. Here's how taking care of a dog, cat, or other animal can help relieve depression and anxiety, lower stress, and improve your heart health. Most people who have pets are aware of the immediate joys that come with having them around. But many of us still don't know that cuddling up with a furry friend can also be good for our physical and mental health. 1.....

Pets have evolved to be very sensitive to how people act and how they feel. Dogs, for example, can understand a lot of the words we use, but they're even better at figuring out what we mean by the way we speak, move, and show emotion. 2..... Pets, especially dogs and cats, can help you feel less stressed, anxious, or depressed, they make you feel less alone, get you moving and playing, and even improve your heart health. Taking care of an animal can help kids feel more safe and active as they grow up. Pets are also great for keeping older people company. The best thing about having a pet, though, is that it can bring you real joy and love no matter what.

Your health can be helped by any pet. Even though it's true that people with pets tend to be healthier than those without, a pet doesn't have to be a dog or cat. If you're allergic to other pets or don't have much room, but still want a furry friend to cuddle with, a rabbit might be a good choice. 3..... Reptiles like snakes, lizards, and other scaly animals can be interesting pets. Even just looking at fish in an aquarium can help you relax and slow your heart rate.

Studies have shown that people who have pets are less likely to be depressed than people who don't have pets. When they are stressed, people with pets have lower blood pressure than those who don't have pets. One study even found that people with high blood pressure who got a dog from a shelter saw a big drop in their blood pressure within five months. When you play with a dog, cat, or other pet, your body makes more serotonin and dopamine, which makes you feel calm and happy. Triglyceride and cholesterol levels, which are signs of heart disease, are lower in people who have pets than in people who don't. 4..... People over 65 who have pets go to the doctor 30% less often than those who don't have pets. How do pets help you make changes that are good for your health? Getting more exercise. 5..... Studies have shown that dog owners are much more likely to get the amount of exercise they need every day. Getting exercise every day is also good for the dog. It will make your relationship with your dog stronger, get rid of most behaviour problems, and keep your pet fit and healthy. Pets are good for the company. 6..... Taking care of an animal, especially if you live alone, can make you feel needed and wanted and take your mind off of your problems. Most people who have dogs or cats talk to them, and some even use them to help them deal with problems. And coming home to a wagging tail or purring cat is the best way to feel better about being alone.

Pets can also help you feel less anxious. When people are afraid to go out into the world, having an animal as a friend can help them feel better, calm their nerves, and boost their self-confidence. Because pets tend to live in the moment and don't worry about what happened yesterday or what might happen tomorrow, they can help you become more aware and enjoy the joys of the present. Having a pet gives your day more structure and routine. Many pets, especially dogs, need to eat and play at the same time every day. 7..... No matter how sad, worried, or stressed you are, all it takes is one sad look from your pet to get you out of bed to feed, exercise, and care for them.

Choose the letter of the correct sentence that best fits the missing lines in each paragraph.

- A. And just like a good human friend, a loyal dog will look into your eyes to try to figure out how you're feeling and what you're thinking.
- B. Taking your dog for a walk, a hike, or a run is a fun and rewarding way to get daily exercise.
- C. Scientists have only just started to look into the benefits of the bond between people and animals.
- D. Registering pets to pet shows is one great example for this.
- E. Animals stay calm and balanced when they have a regular routine, and you can do the same.
- F. People who have a heart attack and have pets at the same time live longer than those who don't.
- G. Companionship can keep you from getting sick and even add years to your life, while being alone can make you feel depressed.
- H. Birds can help older people get out and meet new people and keep their minds sharp.

Lions

A lion, or *Panthera leo*, is a big, strong cat from the Felidae family. However, the tiger is bigger. Since the beginning of time, the lion has been one of the most well-known wild animals. It is often called the "king of beasts." Lions are most active at night. They can live in many different places, but they prefer grassland, savanna, thick brush, and open woodland. 8..... In India's Gir National Park and Wildlife Sanctuary, there is a small group of about 650 Asiatic lions that live in an isolated area. They are a slightly smaller race that is strictly protected.

The lion is a big cat with strong muscles. It has a long body, a big head, and short legs. 9..... The male's mane is what makes him stand out, and it is different for each individual and group. It may not be there at all, have a fringe around the face, or be full and shaggy, covering the back of the head, neck, shoulders, throat, chest, and belly with a fringe. Some lions' manes and fringes are very dark, almost black, which makes them look very powerful. Manes make men look bigger and can be used to scare off competitors or impress potential mates. The female, called a "lioness," is smaller than the male. The lion's short coat can be buff yellow, orange-brown, silvery grey, or dark brown. 10.....

11..... Most of the time, the members of a pride spend the day in small groups that move around. They may come together to hunt or share a meal. A pride is made up of lionesses from different generations, some of whom are related, a smaller number of breeding males, and their cubs. A lion's unique roar is usually heard in the evening before they go hunting for the night and again in the morning before they get up. Males also let others know they are there by urinating on bushes, trees, or just on the ground, which leaves a strong smell. Different smells are left on bushes by pooping and rubbing against them.

Lions eat a wide range of animals, from rodents and baboons to Cape (or African) buffalo and hippopotamuses. **12**..... Prey preferences vary by location and even between prides that live close to each other. Elephants and giraffes have been known to be eaten by lions, but only if they are very young or very sick. They will eat any kind of meat they can get their hands on, including dead animals and fresh kills that they find or steal from hyenas, cheetahs, or wild dogs. **12**..... Males usually eat what the females catch. But male lions are good hunters as well, and in some places they hunt often. Pride males who live in areas with scrub or trees spend less time with the females and hunt most of their own food. Males who live as nomads must always find their own food.

Cubs are blind and helpless when they are born, and they have a thick coat with dark spots that usually go away as they grow up. **14**..... They start taking part in kills when they are 11 months old, but they probably can't live on their own until they are 2 years old. Even though lionesses will feed cubs that aren't their own, they aren't very good mothers and will often leave their cubs alone for up to 24 hours.

Choose the letter of the correct sentence that best fits the missing lines in each paragraph.

- A.** Lions are different from other cats because they live in a group called "pride."
- B.** Cubs can follow their mothers when they are about three months old, and they stop eating when they are about six or seven months old.
- C.** In the past, they lived in many parts of Europe, Asia, and Africa, but now they are mostly found in Africa south of the Sahara.
- D.** However, they mostly eat animals with hooves, like wildebeests, zebras, and antelopes.
- E.** Size and appearance are very different between men and women.
- F.** There is usually a darker tuft at the end of the tail than the rest of the coat.
- G.** When they live in an open savanna, lionesses do most of the hunting.
- H.** Lions only eat vegetables because they love keeping themselves healthy.

A Brief History of Mickey Mouse

Mickey Mouse is 94 years old now, and he doesn't have a single grey hair. Even though he has been wearing the same clothes for decades and is a bit rounder and shorter than he used to be, he still looks

pretty good. Even though Mickey hasn't been in a movie in years, his happy face is still one of the most well-known in the world, even more so than Santa Claus.

15..... Walt Disney made Oswald the Lucky Rabbit in 1927. At the time, Disney Brothers Studio was just one part of Universal Pictures' animation machine. The smiling Oswald, with his round, white face, big button nose, and floppy black ears, was an instant hit, and Universal ordered a series of shorts with him in them. When Disney met with executives in 1928 to talk about a new contract, the rabbit was still doing well, and the animator thought he had the upper hand. Instead, the studio told him that it had hired all of his employees and kept the rights to Oswald. Universal offered to keep Disney on if he would work for less money, but he turned them down. He and Ub Iwerks, the only animator who stayed with Disney Bros., went back to work and had a lot of late-night, hair-pulling meetings to figure out who would replace Oswald. **16**..... There are many stories about how and why the name didn't stick, but the most common is that Disney's wife didn't like it and suggested a new one. Soon, he was ready to make his debut as Mickey.

The first two Mickey shorts didn't get much attention, but then Steamboat Willie came out. **17**..... It opened in New York on November 18, 1928, and was a big hit right away. Within a few months, a number of Mickey Mouse shorts came out, including Plane Crazy, in which Mickey plays Charles Lindbergh as a mouse. This short came out before Steamboat Willie. By the end of the year, the mouse was a national trend, and it didn't take Walt Disney long to show his true genius: marketing. **18**.....

In 1935, Mickey got his first new look thanks to a young animator named Fred Moore. In the past, animators drew the mouse as a bunch of circles, which made it hard for him to move. Moore, who later animated the Sorcerer's Apprentice segment in Fantasia, made him cuter by giving him a pear-shaped body, pupils, white gloves, and a shorter nose. **19**..... The Band Concert was the first movie to use Technicolor, which was so new that critics still think of it as a masterpiece.

By 1937, Disney Studios made about 12 Mickey shorts a year, and Walt Disney himself did the high-pitched voice of the mouse. By the 1950s, Mickey had a theme park, a comic strip in the newspaper, and The Mickey Mouse Club. But as soon as Disney movies like Bambi and Sleeping Beauty started getting praise and money at the box office, the mouse became less important. **20**..... Between his last cartoon short, "The Simple Things," which came out in 1953, and the Christmas special "Mickey's Christmas Carol," which came out in 1983, the mouse who helped build the Disney empire was out of work for 30 years. **21**..... He's had his picture taken with every U.S. President except for one since Harry Truman. Disney says that 98% of kids between the ages of 3 and 11 around the world knew who Mickey was. In 2006, he was shown for the first time in 3-D. Now you can watch him on Mickey Mouse Clubhouse, a Disney Channel show for kids ages 2 to 6 that airs early in the morning. Or, you can book a flight to Disney World and shake his big glove yourself.

Choose the letter of the correct sentence that best fits the missing lines in each paragraph.

- A. It was the first animation with music and sounds that went together.
- B. Mickey also made his first appearance in colour that year.
- C. The story of Mickey, starts with a rabbit.
- D. Even though Mickey has been out of work for a while, his ears are still one of the most well-known symbols of the 20th and 21st centuries.
- E. The attention Mickey was given was diverted to the new characters Disney has made.
- F. They cut the ears shorter and added more padding around the middle to make the rabbit look like a mouse, Mortimer was his name.
- G. Mickey mouse's comic books were a hit in the old times.
- H. Walt made Mickey merchandise right away, and within two years, the Mickey Mouse Club, a fan club for kids, was up and running.

Studying 101: Study Smarter Not Harder

Do you ever feel that your study habits are insufficient? Do you wonder what you could do to improve your academic performance in class and on exams? Many students learn that their study habits from high school are ineffective in college. This is natural, considering college and high school are very different. The professors are less interested on a personal level, the class sizes are larger, the test weights are higher, the reading load is greater, and the classes are much more difficult. **22**..... We'll show you how!

Reading and rereading texts or notes does not constitute active engagement with the material. It consists of reading your notes again. Simply "doing" the texts for class does not constitute study. Consider reading as an essential component of pre-study, but learning involves active engagement with the content. **23**..... Active studying does not involve text highlighting or underlining, rereading, or memorization by rote. Although these activities may help to maintain your interest in a task, they are not active studying approaches and have only a limited correlation to enhanced learning.

One of the most effective learning tactics is "distributed practice" – dividing your studying into multiple short sessions over several days and weeks. **24**..... The total amount of time spent studying will be the same (or less) than one or two marathon library visits, but you will absorb the material more thoroughly and remember it for a longer period of time, which will help you obtain an A on the final. Important is how you utilise your study time, not how much time you spend studying. Long study sessions result in a lack of focus, which hinders learning and retention. You must be in charge of your schedule if you wish to spread out your study sessions over multiple days and weeks. Keeping a daily to-do list can assist you in scheduling consistent active study sessions for each lesson. Try to do something daily for each class. **25**.....

26..... Perhaps a library is not the greatest environment for you. It is crucial to examine your optimal noise environment. You may discover that background noise improves your concentration. Some individuals think that listening to classical music while studying aids their concentration, but others find it to be excessively distracting. The argument is that the library's silence may be just as (or even more) disturbing than the gym's noise. If you prefer to study in the library, but find silence distracting, consider the first or second floors, where there is more ambient noise. **27**.....

To study smarter, rather than harder, you must remove distractions during study periods. If you permit it, social media, web surfing, gaming, texting, etc. will have a significant impact on the intensity of your study periods! Research demonstrates that multitasking increases the time required to acquire material and diminishes its quality. **28**..... If you do not need your computer for homework, you should refrain from using it. Utilise applications to limit the amount of time you can spend on specific websites per day. Turn off your phone. Reward intensive study with a social media break, but of course learn to time it carefully!

Choose the letter of the correct sentence that best fits the missing lines in each paragraph.

- A.** Active engagement is the process of generating meaning from text by making connections to lectures, developing examples, and self-regulating learning
- B.** Studying is important even when you start working.
- C.** Keep in mind that active learning is rarely silent, as it frequently involves speaking out.
- D.** That doesn't mean there's something wrong with you; you simply need to develop more effective study techniques.
- E.** Determine what environment you learn best
- F.** The most successful method is to devote a brief amount of time to each session daily.
- G.** Eliminating distractions will allow you to devote your whole attention to your studies.
- H.** Be detailed and realistic about the amount of time you want to spend on each activity; you should not have more items on your list than you can realistically do in a day.

Punctuality

Punctuality refers to a person's propensity to complete duties on time. We can argue that timeliness is an excellent trait that always leads to success. **29**..... In other words, you will keep discipline and order in your life if you are always on time. In turn, it will help you attain your goals more quickly within a certain time frame. Moreover, it also makes you a man of habit. **30**..... The courtesy of punctuality pushes us to do our work in a timely manner. It also emphasises the significance of time. A timely individual will always know how to respect their own and others' time.

A punctual individual receives the utmost respect and appreciation from society and ascends to greater heights than a tardy one. We can now claim with certainty that punctuality is the key to success. When we are time conscious, everything else falls into place, and so will success. In addition to punctuality, hard work is also vital. If you ask all the successful individuals of the world, you will realise that it is their

key to success as well. Why so? **31**..... Likewise, everyone must embrace this practice in order to attain tremendous heights in life. Time and tide wait for no one, as the saying goes, therefore we must remember this.

Evidently, punctuality is one of the most important factors in achieving success in life. **32**..... It facilitates an appreciation for the worth of time. As we all know, time is the most valuable commodity in our lives. Once lost, time can never be recovered. We cannot recover the time that has been lost. It is the practice of timeliness that teaches us to recognise and respect the worth of time. Being successful in life necessitates reaching one's objectives on time by careful planning and commitment, which can only be accomplished by being punctual. Knowing the value of time enables a person to make the most of their time.

Timeliness is the stepping stone to discipline and sincerity for a learner. **33**..... It is the foundation upon which the student's life during and after school is shaped. Students that are punctual are considered to possess one of the highest virtues. It assists students in developing the habit of completing work on schedule. This is the characteristic that makes students more disciplined and responsible and a virtue that cultivates a sense of responsibility. A student who is punctual is always on time, whether at school, in the lab, in class, at home, in the examination room, on the playground, etc. This is why teachers and parents of other pupils greatly appreciate punctual students.

Punctuality is not only performed by humans, but also by the surrounding environment. **34**..... Following the day comes darkness. Each season follows its own calendar. All of these natural events motivate us to be on time in order to achieve our goals and maintain mental serenity. Punctuality is therefore the essence of life. It is crucial that we develop these qualities at an early age and lead ourselves and our nation to greater heights. The Human Development Index increases at a faster rate in a society where everyone is punctual and recognises the importance of time. **35**..... Punctuality is therefore a key to success not only for the individual, but also for the entire community, nation, and world.

Choose the letter of the correct sentence that best fits the missing lines in each paragraph.

- A. For a student to achieve success during his or her academic career, punctuality is of the utmost importance.
- B. Punctuality is a habitual characteristic shared by all leaders.
- C. Because a successful person is adept at managing their time and acting accordingly.
- D. It ultimately contributes to the progress of the nation.
- E. A person who knows and values time can easily become successful.
- F. Through this habit one can make a really excellent impression in front of others.
- G. The sun rises in the morning and sets in the evening every day.
- H. Punctuality is taught only at home.

The Destructive Power of Hate

Poison is not simply a substance you consume; it may also be an emotion. And one of them is hatred, which consumes you from within and causes ruin. Does hatred exist in your life? Hatred is an extremely powerful emotion. This mental venom can contaminate your spirit, corrupt your soul, and permeate into all of your surrounding relationships. Anyone who has experienced being engulfed by hatred knows how destructive and mind-consuming it can be. Generally speaking, there are two types of hatred: one that is directed outward (explosion), and the other that is directed inward (implosion). **36**..... Hatred directed outward is both perilous and repulsive. It can inspire violent crime and destructive behaviour.

At the core of all hatred is blame, and this is especially true for outwardly directed hatred. When a person thinks that they have been gravely wronged or victimised, their unhappiness and fury may contain the seeds of hatred. Siddhartha Buddha said it best: Holding onto anger is like grasping a hot coal with the intention of tossing it at someone else; you are the one who gets burned. This sentence resonates with me because the cure to hatred is certainly within reach. **37**..... It depends entirely on how you want to use that hand.

If you've ever been the subject of hatred, you understand how unpleasant, terrifying, and emotionally draining it can be. Considering that the total effects of hatred are so physically destructive and emotionally debilitating, perhaps we could consider hatred to be another form of "H-bomb." **38**..... Nuclear fission, in addition to creating energy, ignites the first explosion of a nuclear weapon. In the same manner, hatred generates destructive energy. And the fission, which is what actually fires the explosion, is fueled by an individual's strong hatred, fear, or sense of hurt. When presented with this level of intense hatred, you essentially have two response options: **39**.....

Too frequently, we direct our dislike onto ourselves, which is equally destructive. Internalised hatred can suffocate the spirit and harm the health. Many claim that excessive eating is a symptom of self-hatred. By compulsively overeating, you are making yourself ill, gaining unhealthy weight, and contributing to a sense of unattractiveness — all sorts of self-punishment. **40**..... Under the impact of hatred, some individuals are compelled to do harmful things to themselves, engage in dangerous activity, and isolate themselves from their loved ones. Self-haters are motivated to punish oneself for a variety of reasons, including feelings of insecurity, remorse, loneliness, unattractiveness, inefficiency, or self-criticism. **41**..... Self-hatred is ultimately characterised by disdain for oneself and frequently low self-esteem. Particularly challenging about self-hatred is the inability to avoid the hater.

Hatred, whether directed internally or outward, produces a harmful state of mind that wrecks your physical and mental health. And, similar to a hot coal, the sooner you rid yourself of this toxic emotion, the less damage it will cause and the healthier and happier you will be. If you nourish hatred, it will grow. **42**.....

Choose the letter of the correct sentence that best fits the missing lines in each paragraph.

- A.** Hatred is a normal every day feeling which we can all experience.
- B.** The hand that strikes also has the capacity to comfort.
- C.** Confront it, comprehend it, and deconstruct it, and you will develop.
- D.** Both of these will eat you up from the inside out, so if you are living with hatred, perhaps today is a good day to do some wellness housekeeping.
- E.** However, overeating is not the only way that self-hatred manifests itself.
- F.** You may either descend to the hater's level and hurl a few H-bombs of your own, or you can see this conduct as a character weakness and refrain from responding in like.
- G.** These unpleasant, internal emotions develop and give life to self-destructive hatred's impulses.

Scholarly