

Read the extracts below then answer the questions that follow.

Extract A: How Overthinking Can Affect Mental And Physical Health

Overthinking is not a medical term in and of itself, but evidence indicates that the habit can have actual effects on our health. Overthinking typically involves focusing on the negative, such as replaying the past, obsessing on negative events, or worrying about the future.

According to Ashley Carroll, a psychologist at Parkland Memorial Hospital, ruminating on certain thoughts can snowball into larger, more intense negative thoughts. Carroll argues that overthinking is problematic because it interferes with daily existence.

"When it becomes harmful to our lives or really hinders our everyday functioning," Carroll said, "for instance, if you have difficulties sleeping at night because you can't turn these ideas off, that is affecting your daily functioning." "If it's affecting your appetite or isolating you from others because you're so immersed in your thoughts..."

Carroll argues that dwelling on the worst-case scenarios and results can be a flawed method of self-defence.

"For some people, it might be a form of defence," she explained. "For instance, I'll automatically presume that everyone is untrustworthy, so I won't get close to anyone, thereby safeguarding myself."

Carroll adds that much thinking can also impair physical health. She stated that some of her patients who struggle with negative thoughts and anxiety have also had headaches, physical aches, and stomach issues. Overthinking is also frequently linked to mental health conditions.

To overcome the tendency of overthinking, Carroll suggests that a good first step is to identify the triggers. It may be the result of a past traumatic event or a current source of stress in your life. Carroll adds that once you have identified these triggers, you may begin to find solutions to overcome them.

She explains, "Whenever patients fall into a ruminating loop, I always recommend controlled breathing exercises." "It assists them in refocusing their attention on their breathing and soothing their central nervous system. Then, activities such as journaling assist individuals in expressing and processing their inner ideas. Therefore, any form of mindfulness activity that requires intense focus on the now might keep you from dwelling on the past or the future."

Extract B: How Overthinking Can Be Used To Your Advantage

If you have ever experienced the annoyance of overthinking, you understand how aggravating the situation can be. It is easy to become paralysed by overwhelming anxiety and terror when caught in the midst of unrestrained thought processes.

However, not all overthinking is negative. In actuality, the process of overthinking is not at fault. Rather, the difficulty is in the types of thoughts that pass through your mind. If you could regulate your thoughts, overthinking would no longer be a cause for concern. With this awareness comes immense power, and you will no longer be trapped in the vicious cycle of overthinking.

We should replace the term "overthinking" with something like "inappropriate negative thinking" or "poorly directed thinking." Those, however, do not slide off the tongue as readily, which is why the word "overthinking" has stayed. However, as we have shown, it is not necessarily your thought processes that are negatively affecting your life and performance. What's genuinely at fault is focusing on the wrong things!

Fear is the reason it's crucial to realise that overthinking is not the issue, but focusing on the incorrect areas is. Believing that ideas are the problem makes us scared of our own cognitive processes. However, you cannot escape your ideas, so there is no point in being afraid of them. By recognising that poor concentration and negative thoughts are the actual problem, you can minimise your dread. You should not fear your own thoughts, but instead recognise how amazing it will be if you obtain the ability to choose your thoughts. Overthinking can and will be used to your advantage in just this way.

Awareness is only as valuable as the actions that follow. Understanding the thoughts occupying your mind serves little value if you do not use this knowledge to effect good change. Overthinking is only a problem when you are overthinking the wrong things. So, what if you could learn to control your own thoughts? That would indicate that excessive thought would no longer be a concern.

Even if you were to overthink again, the control you've developed will ensure that your ideas are the ones you select. But this requires effort. Though mastering your thoughts is not difficult, it requires consistency.

Overthinking is not generally a negative trait. The source of trouble is too focusing on the wrong things. There, insecurity, worry, perfectionism, and indecision flourish. To transform the process of overthinking from a detriment to an asset, you must learn mental control. The initial step is to master your own mind. Such mastery cannot be achieved, though, if you continue to run and hide from your thoughts. Face them head-on to increase your self-awareness and comprehension.

What information can you find on extract A that cannot be found on extract B

Answer the following questions by choosing the letter of the best answer.

- 1 How are the two articles different from each other?**
- A.** Extract A presents overthinking as a negative trait that can cause negative feelings and hamper decision making abilities. Extract B says that overthinking is not inherently negative.
 - B.** Extract A states that one can control overthinking tendencies and their thoughts by focusing on the right things, whereas Extract B argues that there is no way to control overthinking.
 - C.** Extract A focuses on how to turn the process of overthinking into an asset, while Extract B emphasises the negative aspects of overthinking.
 - D.** Extract A asserts that overthinking is caused by focusing on the wrong things, while Extract B claims that overthinking is caused by one's surroundings and life events.

2 What similarities do the two extracts share?

- A. They focus on why overthinking is bad. Both extracts discourage the act of putting too much thought and effort on things that bothers a person.
- B. They emphasise the positive side of overthinking. Both extracts promote the idea that overthinking is a positive trait that should be encouraged.
- C. They address the topic of overthinking. Both extracts highlight the importance of regulating our thoughts and the role of self-awareness and mental control in achieving this.
- D. They focus on the ways to stop overthinking. Both extracts encourage its readers to seek professional help whenever they feel like they are thinking too much.

3 What information is in extract A that is not found in extract B?

- A. Information based on previously conducted research.
- B. Information from life experiences of multiple people.
- C. Information based on old surveys and outdated data.
- D. Information from an expert in the field of medicine.

4 What do the two articles tell us about our thoughts?

- A. The two articles tell us that our thoughts can have a significant impact on our emotions, decisions, and well-being.
- B. The two articles suggest that we have no control over our thoughts and that they are entirely determined by external factors.
- C. The two articles imply that overthinking is completely natural and should be embraced in all circumstances.
- D. The two articles suggest that our thoughts have no influence on our emotions, decision-making abilities or life outcomes.

5 What is the relationship between the two articles?

- A. Complementary
- B. Contradictory
- C. Problem and solution
- D. Cause and effect

6 How are the two extracts different in terms of how they were written?

- A. Extract A is written in the first person while Extract B is written in the second.
- B. Extract A is written informally while Extract B is written in a formal manner.
- C. Extract A is written in a sequential form while Extract B is written in a cause and effect structure.
- D. Extract A is written in an objective tone while Extract B is written in a conversational and motivational tone.

Read the poem below then answer the questions that follow.

Service by Edgar A. Guest

To the cause one man gave gold,
Then withdrew into his den
From the battle line, and told
How he served his fellowmen.

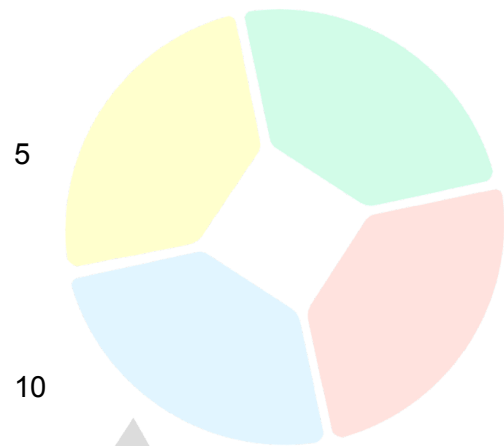
When they came and begged for aid,
Gladly from his purse he gave,
And he hoped that those he paid
Would continue being brave.

"To the cause," another said,
"I've no gold that I can give,
But I'll fight for it instead.
Just so long as I shall live."

Day by day and night by night,
He that hath no gold to spare,
In the thickest of the fight
Fought and cheered his fellows there.

There are hundreds here to share.
For the principle, their pelf.
But he better serves who'll dare
To a cause to give himself.

This world does not need your coin
Half so much as it needs you,
What it wants is men to join
In the work it has to do.



Answer the following questions by choosing the letter of the best answer

7 What is the significance of the poem's title to the message it conveys?

- A. It suggests that the poem is about how important it is to make monetary contributions to assist charitable causes as a form of service.
- B. It implies that the poem is about the personal satisfaction and fulfilment that can be gained from offering service to a cause.
- C. It indicates that the poem is about the difficulties of offering one's service for a cause as well as the reasons to avoid doing so.
- D. It shows the poem's main idea, which is that it is important to fully commit to a cause and take action on it as a form of service.

8 What is the message that the speaker is trying to convey through the poem?

- A. Giving material resources or financial aid is not as important as actively participating in the cause, to fight for it, and to make a personal sacrifice for it.
- B. It is preferable to give money to a cause while sitting comfortably in your home rather than getting involved in the cause itself.
- C. When it relates to supporting a cause, intangible items are not required; the only contribution that is accepted are the money and necessary goods.
- D. It is considerably more difficult to provide financial support to a cause than it is to take part in the cause itself because you are giving up your own money.

9 Which words can you use to describe the second man?

- A. Selfless, kind, and, proactive
- B. Giving, hardworking, and famous
- C. Rich, powerful, and passionate
- D. Intelligent, cunning, and uptight

10 What does lines 7-8 tell us about the first man?

- A. He is simply concerned with offering financial assistance to the cause; he does not care whether or not the recipients of the monetary assistance are courageous or not.
- B. He does not have faith in the capabilities of the people he gave money to and is hesitant to give funds but he is hoping that his gift will help them continue to support the cause.
- C. He is completely unconcerned with the outcome of the situation and offered the money so that he could simply demonstrate how affluent he is.
- D. He hoped that the people he gave money to would remain courageous throughout the ordeal; he believes that the cause is important and requires a continued effort from these people.

11 What is the difference can we observe between the two men just by reading the poem?

- A. The two men in the poem have different approaches to serving the cause.
- B. The two men in the poem have different educational backgrounds.
- C. The two men in the poem have different hobbies and aspirations in life.
- D. They are not different, the two men serve the same cause in the same way.

12 What is the main difference between the first man mentioned in the poem and the second man?

- A. The first man has more money to give
- B. The first man is more generous than the second man
- C. The second man is willing to fight for the cause
- D. The second man has more experience with serving others

Read the article 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.

War and its repercussions

War is a catastrophic event that has devastating repercussions on both a societal and personal level. It is a conflict between nations, states or groups that involves the use of weapons and violence. **13**..... In this essay, we will discuss the repercussions of war, including physical and psychological trauma, economic devastation, and loss of life.

One of the most significant repercussions of war is the physical and psychological trauma it inflicts on individuals. War results in injuries, disabilities, and deaths, and those who survive often carry physical and emotional scars for the rest of their lives. **14**..... These injuries can affect the ability of the individual to work, support their family, and lead a normal life.

War also causes economic devastation, with countries spending billions of dollars on weapons, troops, and war-related expenses. **15**..... The economic repercussions of war can be felt for generations, with countries struggling to rebuild their economies long after the conflict has ended.

Another devastating repercussion of war is the loss of life. War leads to the deaths of soldiers, civilians, and innocent people caught in the crossfire. The loss of life is tragic and has a significant impact on families and communities. The families of those killed in war are left with the burden of grief, with many struggling to cope with the loss of a loved one. War also results in the displacement of people, with refugees fleeing their homes and seeking shelter in other countries. The displacement of people has a profound impact on communities, with families torn apart and individuals forced to live in challenging conditions. **16**.....

In addition to the physical and emotional toll of war, it also has long-lasting political and social repercussions. War often leads to political instability, with governments collapsing, and new ones taking their place. **17**..... These divisions can be challenging to heal, and they can lead to ongoing conflicts and tensions.

In conclusion, war has profound and devastating repercussions on individuals, families, and societies. It causes physical and psychological trauma, economic devastation, loss of life, displacement, and long-lasting political and social repercussions. **18**..... We must work together as a global community to find ways to resolve our differences peacefully, and to ensure that the horrors of war are never experienced by future generations.

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

- A.** The impact of war on children is especially devastating, with many children orphaned, separated from their families, or forced to grow up in refugee camps.
- B.** Physical injuries include loss of limbs, burns, and shrapnel wounds, while psychological injuries include PTSD, anxiety, depression, and other mental health conditions.

- C. World War II began in the 1930's and is one of the most notable wars that left devastating repercussions all over the world.
- D. The cost of war is immense, with resources diverted from essential services such as healthcare, education, and infrastructure.
- E. War has a profound impact on individuals, families, and societies, and its repercussions can be felt for generations to come.
- F. The social fabric of societies is also impacted, with divisions created between different ethnic, religious, and social groups.
- G. It is essential to work towards preventing war and promoting peaceful solutions to conflicts, as the cost of war is too high to bear.

Read the extracts below then answer the questions that follow.

<p>A.</p>	<p>The most common kind of volcano in the world is a cone made of ash. They may look like an idealised picture of a volcano because they are steep, cone-shaped hills with a big crater on top.</p> <p>Cinder cones are called scoria cones when they are made of scoria. Scoria are pieces of lava that are thrown into the air and are usually solid when they land. They have irregular shapes and a lot of bubble-shaped cavities.</p> <p>Some cinder cones, like Sunset Crater Volcano, are almost perfect cones, but most of the time they aren't. Cinder cones that form over a linear fissure vent are long, and ones that form in areas with strong prevailing winds may be much taller on the side that is not facing the wind. When the vent moves during an eruption, it can also cause long cinder cones to form. They can also be broken when lava flows coming from the base of the cone carry away a part of the flank.</p>	<p>C.</p>	<p>Shield volcanoes are the biggest on Earth, but unlike composite volcanoes, they don't form tall mountains with conical peaks. They are instead wide volcanoes with gentle slopes that look like a warrior's shield laying flat on the Earth. Shield volcanoes have a convex shape because they get flatter as you get closer to the top.</p> <p>Shield volcanoes are so big that they dwarf other types of volcanoes, even big ones that are made up of several smaller ones.</p> <p>Shield volcanoes have slopes that are only a few percent steep and get even less steep as you get closer to the top. The low viscosity of the lava that comes out of these volcanoes causes thin, wide-spread lava flows, eruptions from both the summit and fissure vents on the sides of the volcano, and widening and sinking along the summit and rift zones. Lava flows can move through channels or lava tubes for a long way from where they came out of the ground.</p>
<p>B.</p>	<p>Composite volcanoes can be the most beautiful ones of all. A typical composite volcano has a cone shape with a concave bottom and a steeper top. Most of the time, the highest points of these mountains are</p>	<p>D.</p>	<p>In some parts of the ocean floor, you can often find underwater volcanoes and volcanic vents. Some of them are still active and make their presence known by shooting steam and rocks high above the</p>

	<p>covered in snow and stand high above the other mountains nearby.</p> <p>Composite volcanoes are probably the most complicated type of volcanic structure because they have many different types of eruptions and erupt lava with a wide range of chemical compositions. Most composite cones have one main vent at the top, even if they have more than one vent.</p> <p>Like other mountains, composite volcanoes will eventually be worn away by the forces of erosion. Landslides, rock avalanches, lahars, and debris flows are more likely to happen in places where rocks have been changed by heat and water and where pyroclastic deposits are not well formed.</p>	<p>surface of the water when they are in shallow water. Many others are at such great depths that the huge weight of the water above them creates a high, squeezing pressure that stops steam and gases from forming and exploding. Even very large eruptions in deep water may not shake the surface of the ocean.</p> <p>Because there is always water around submarine volcanoes, they can act differently than volcanoes on land. When sea water flows into active shallow submarine vents, it causes violent steam-blast eruptions. If lava flows into the sea from land or erupts onto a shallow sea floor, it may cool so quickly that it breaks up into sand and rocks. As a result, a lot of small pieces of broken volcanic rock are made.</p>
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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 extract mentions about...

19	a type of volcano that has many various types of explosions and is presumably the most complex form of volcanic formation?
20	a type of volcano that could be formed of fragments of lava which are tossed into the air and typically become hard when they reach the ground?
21	a type of volcano, that a few of them are active, and that when located in shoal waters, they make their presence felt by striking stones and vapours up into the air?
22	a type of volcano that is so big that it makes other forms of volcanoes appear small, even those which are composed of many smaller ones?
23	a type of volcano which just like some other landforms, these kinds of volcanoes will be eroded away over time?
24	a type of volcano that sometimes breaks down whenever it erupts and lava flows down from its sides?

Read the article below then answer the questions that follow.

Florence Nightingale

Florence Nightingale was a British nurse, social reformer, and statistician who lived from 1820 to 1910 and was known as "The Lady With the Lamp." She is best known as the person who started modern nursing. When she was a nurse during the Crimean War, she learned a lot about how to keep things clean. In 1860, she opened St. Thomas's Hospital and the Nightingale School for Training Nurses. Her work to improve healthcare in the 19th and 20th centuries had a big impact on the quality of care at that time.

Florence Nightingale was born in Florence, Italy, on May 12, 1820. Her parents were Frances and William Shore Nightingale. She was the youngest of her parents' two kids. The wealthy British family of Florence Nightingale moved in high-class social circles. Her mother, Frances, came from a family of merchants and was proud of the fact that she knew a lot of important people. Even though her mother liked to move up the social ladder, Florence was said to be awkward in social situations. She tried not to be the centre of attention as much as she could. Florence was a strong-willed girl who often got into fights with her mother, who she thought was too controlling. Still, she was eager to make her mother happy, like most daughters. In defence of the mother-daughter relationship, Florence wrote, "I think I've got something more good-natured and agreeable."

William Shore Nightingale was Florence's father. He was a wealthy landowner who had inherited two estates when Florence was five years old. One was in Lea Hurst, Derbyshire, and the other was in Embley Park, Hampshire. Florence grew up on the family estate at Lea Hurst. Her father gave her a classical education, which included learning French, German, and Italian.

Florence Nightingale started helping sick and poor people in the village near her family's estate when she was still very young. By the time she was 16, it was clear that she was meant to be a nurse. She thought it was her divine calling. When Nightingale told her parents that she wanted to be a nurse, they were not happy about it. In fact, her parents told her she couldn't become a nurse. During the Victorian era, a young woman with Nightingale's social standing was expected to marry a wealthy man, not take a job that the upper social classes saw as lowly menial labour.

Richard Monckton Milnes, a "suitable" man, asked Nightingale to marry him when she was 17. She said no. Nightingale told him why she didn't want to be with him. She said that even though he was intellectually and romantically interesting to her, her "morally active nature" needed to be satisfied, and that wouldn't happen in this life. Even though her parents didn't want her to, Nightingale went to school to become a nurse at the Lutheran Hospital of Pastor Fliedner in Kaiserwerth, Germany, in 1844.

Early in the 1850s, Nightingale went back to London and got a job as a nurse in a Middlesex hospital for sick governesses. Nightingale's performance there was so good that her boss promoted her to superintendent after only a year on the job. Nightingale's job was hard because there was an outbreak of cholera and the conditions were dirty, which helped the disease spread quickly. Nightingale made it her goal to improve hygiene practices, which led to a big drop in the number of deaths at the hospital. Her health got worse because she had to work so hard. She had just started to feel better when the hardest thing she had to do in her nursing career came up.

In 1860, she paid for St. Thomas' Hospital and the Nightingale Training School for Nurses to be built there. Nightingale became someone that people looked up to. Poems, songs, and plays were written

about the hero and dedicated to her. Girls wanted to be like her. Women from the upper classes, eager to follow her lead, began to sign up for the training school. The upper classes no longer looked down on nurses because of Nightingale. In fact, they came to see it as a respectable job.

Nightingale got "Crimean fever" while she was at Scutari, and she would never fully get better. By the time she was 38, she was stuck at home and couldn't get out of bed. This would be the case for the rest of her life. Nightingale kept working from her bed, as determined and committed as ever to improving health care and making patients feel better.

Answer the following questions by choosing the letter of the best answer.

25 What was Florence Nightingale known for?

- A. Florence Nightingale was known for her adventurous travels, as she was one of the first people to explore many remote parts of the world.
- B. Florence Nightingale is best known as the founder of modern nursing and she was also commended for her tireless work during a notable war.
- C. Florence Nightingale was known for her advancements in the field of medical statistics and data analysis, pioneering the use of graphs and charts to illustrate healthcare trends.
- D. Florence Nightingale was known for her work as a midwife, delivering babies and providing prenatal care to expectant mothers in her community.

26 What pushed Nightingale to become an advocate for better healthcare and hygiene practices?

- A. her personal desire for fame and recognition in society
- B. influence of her friends who were also in the medical field
- C. her experiences as a nurse during the Crimean War
- D. realisation that the healthcare system in her country needed reform

27 What was the impact of Nightingale's work on nursing and healthcare?

- A. She is credited with starting the modern nursing profession; her contributions in the war helped to reduce the death rate and gain recognition for the importance of nursing.
- B. Nightingale's work had no impact on nursing and healthcare, as the advancements in medicine were solely due to the work of male physicians.
- C. Her work in the Crimean War led to the widespread belief that women were unfit for any kind of professional work, and her legacy was forgotten for many years.
- D. Nightingale's work in improving education and teaching, as well as her advocacy for physical education, helped to revolutionise the educational system.

28 What was the reason for Nightingale's decision to reject Milnes' proposal?

- A. Because she was afraid that getting married would distract her from her professional pursuits and cause her to fall behind her colleagues.
- B. Because she did not want to uproot herself from her comfortable existence in England. She felt that marrying him would drastically change her life for the worse.

- C. Because she felt that her moral nature needed to be satisfied and that would not happen in a marriage with him. She believed that her calling was to be a nurse.
- D. Because for her, marrying would stop her from doing all the things she wants to do when she finally decides to leave the medical field.

29 What did Nightingale do after she got bedridden?

- A. She kept working from her bed, she was driven to enhance health care and help people.
- B. She ultimately reached the age of retirement and started living a carefree life after that.
- C. She abandoned her goal of bringing about positive change in the medical system.
- D. She decided to start her own family and settle down somewhere peaceful and quiet.

30 What impact did Florence Nightingale have on the perception of nursing as a profession?

- A. It remained a lowly, menial labour job.
- B. It became a respectable job for women of the upper classes.
- C. It became a job only for men.
- D. It was abolished as a profession.

Scholarly