

Read the extracts below then answer the questions that follow.

Extract A: Letting Emotions Get the Better of Us

Emotions are an important part of being human, and it is normal to experience a range of emotions, such as happiness, excitement, sadness, and frustration. However, if we don't manage our emotions effectively, they can take control and lead to negative outcomes in our lives.

One way in which letting emotions get the better of us can be harmful is by causing us to make impulsive or rash decisions. When we are feeling overwhelmed by strong emotions, it can be challenging to think logically and make rational choices. We may act on our emotions without considering the potential consequences of our actions, leading to poor decision-making and regrets later on.

Another way in which letting emotions get the better of us can be harmful is by affecting our relationships with others. When we are feeling negative emotions, such as anger or jealousy, we may act in ways that are harmful or damaging to our relationships. We may say or do things that we later regret, and these actions can strain or even ruin our relationships with others.

In addition, letting emotions get the better of us can also have an impact on our physical and mental health. Chronic stress and negative emotions can take a toll on our bodies, leading to physical symptoms such as headaches, insomnia, and a weakened immune system. They can also contribute to the development of mental health conditions such as anxiety.

So how can we better manage our emotions and prevent them from getting the better of us? One way is by feeling your emotions but practising mindfulness and staying present in the moment. This can help us to recognize and acknowledge our emotions without getting carried away by them. It can also be helpful to engage in activities that help to reduce stress and promote relaxation, such as exercise, meditation, or spending time in nature.

Another way to manage our emotions is by seeking support from friends, family, or a mental health professional. Talking about our emotions with someone we trust can help us to process and understand them better. It can also provide us with a sense of perspective and help us to feel less alone in our struggles.

Allowing our emotions to take control of us may have bad consequences for our lives and result in negative outcomes. By meditation and mindfulness, doing things that relieve stress, and asking for help from those around, we can better prevent them from taking over.

Extract B: Learning to Control Our Feelings

It is natural to experience a range of emotions in life. From happiness and excitement to sadness and frustration, our emotions can be powerful forces that shape our thoughts, behaviours, and actions. However, while we cannot control the emotions that we feel, we can control how we respond to them.

One way to control our feelings is by practising mindfulness and staying present in the moment. This involves acknowledging and accepting our emotions without getting carried away by them. It can also

be helpful to try to understand the root cause of our emotions and to recognize that they are temporary and will pass.

Another way to control our feelings is by engaging in activities that promote relaxation and reduce stress. Exercise, meditation, and spending time in nature are all examples of activities that can help us to manage our emotions and feelings.

It can also be helpful to seek support from friends, family, or a mental health professional. Talking about our emotions with someone we trust can help us to process and understand them better. It can also provide us with a sense of perspective and help us to feel less alone in our struggles.

In addition, it is important to recognize that it is okay to experience negative emotions and that it is a normal part of life. Rather than trying to suppress or ignore these emotions, it is healthier to allow ourselves to feel them and to find healthy ways to cope with them.

One healthy way to cope with negative emotions is to express them in a healthy and appropriate way. This might involve journaling, talking to a trusted friend or family member, or engaging in a creative outlet such as art or music. It is important to find healthy outlets for our emotions rather than turning to unhealthy behaviours.

Another way to cope with negative emotions is to focus on the things that we are grateful for and to practise gratitude. When we shift our focus to the positive things in our lives, it can help to balance out the negative emotions and give us a sense of perspective.

It is also important to set healthy boundaries and to prioritise our well-being. This may involve saying no to commitments or activities that are not in our best interests or that drain our emotional energy. It is okay to prioritise our own needs and to take care of ourselves when we are feeling overwhelmed.

In conclusion, while we cannot control the emotions that we feel, we can control how we respond to them. By practising mindfulness, engaging in stress-reducing activities, seeking support from others, and finding healthy ways to cope with negative emotions, we can learn to better control our feelings and manage our emotions.

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

1 How are the two extracts similar to each other?

- A. Both articles talk about how a person handles their emotions.
- B. Both articles talk about the negative effect of our emotions.
- C. Both articles talk about how to make someone feel better.
- D. Both articles talk about why we get carried away by our emotions.

2 What are the main points made by the authors in each extract?

- A. Extract A, how a person can be able to control and manage their emotions; Extract B, why managing one's emotion is important.
- B. Extract A, getting carried away by our emotions is detrimental; Extract B, strategies for managing our emotions.
- C. Extract A, how expressing your emotions can help you feel better; Extract B, how suppressing your feelings is unhealthy.
- D. Extract A, how the feeling of anger becomes unhealthy; Extract B, how happiness contributes to a person's health.

3 Do the authors come to similar conclusions in each extract, or do they disagree?

- A. Yes, both articles conclude that anger is bad for a person's health and well-being, this feeling is toxic and should be avoided.
- B. No, extract A concludes that anger is good when used properly, extract B concludes that anger should not be felt.
- C. Yes, both articles conclude that by utilising certain practises, we can help better take control over our emotions
- D. No, extract A concludes that managing one's emotions is unimportant, extract B concludes that managing emotions is important.

4 Based on the two extracts, what are some healthy ways to cope with negative emotions?

- A. putting these bad feelings down or ignoring them and hope they go away
- B. letting ourselves feel them and dealing with them in healthy ways
- C. engaging in relaxation activities and seeking sympathy from others
- D. deciding to doing anything hastily or on the spur of the moment

5 What is the theme of both extracts??

- A. Self
- B. Love
- C. Revenge
- D. Identity

6 How are the articles written?

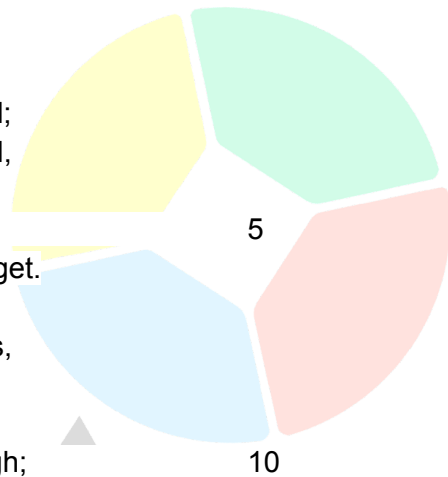
- A. Extract A is written in the first person while Extract B is in the third person.
- B. Extract A is written in the second person while Extract B is in the first person.
- C. Both extracts are written in the first person.
- D. Both extracts are written in the second person.

Read the poem below then answer the questions that follow.

The Deeds Of Anger by Edgar A. Guest

I used to lose my temper an' git mad an' tear around
An' raise my voice so wimmin folks would tremble at the sound;
I'd do things I was ashamed of when the fit of rage had passed,
An' wish I hadn't done 'em, an' regret 'em to the last;
But I've learned from sad experience how useless is regret,
For the mean things done in anger are the things you can't forget.

Now I think I've learned my lesson an' I'm treadin' gentler ways,
An' I try to build my mornings into happy yesterdays;
I don't let my temper spoil 'em in the way I used to do
An' let some splash of anger smear the record when it's through;
I want my memories pleasant, free from shame or vain regret,
Without any deeds of anger which I never can forget.



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

7 What has the speaker learned from their experiences?

- A. The pointlessness of feeling regret.
- B. The importance of building happy yesterdays.
- C. How to keep one's composure under stress and anger.
- D. The importance of having fond experiences.

8 How does the speaker's current approach to managing their temper differ from their past approach?

- A. The speaker is no longer trying to control their temper at all.
- B. The speaker tries to express their anger and assert themselves more.
- C. The speaker tries to keep their anger and emotions hidden.
- D. The speaker is more mindful of the consequences of their actions.

9 How can we apply the lesson learned from the poem to our own lives?

- A. by recognizing the triggers that cause us to lose our temper and finding ways to manage them
- B. by allowing ourselves to feel angry and by expressing it in a direct and combative manner
- C. by refusing to acknowledge or accepting our feelings and repressing them instead
- D. by releasing our rage through vengeful deeds or by seeking payback for wrongs done to us

10 How is the theme of anger management depicted in the poem?

- A. by describing the positive consequences of not managing anger
- B. by highlighting the positive outcomes of managing anger
- C. by presenting anger management as an unattainable goal
- D. by portraying anger management as a fleeting and temporary state

11 How is the poem structured?

- A. Quatrain
- B. Couplet
- C. Tercet
- D. Septet

12 Based on the narrator's transition in the poem, what does this say about his character?

- A. He is a morally grey character.
- B. He is a round character.
- C. He is a dynamic character.
- D. He is a static character.

Read the texts/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.

Koalas

People know koalas by their big, round heads, big, furry ears, and big, black noses. Most of their fur is grey-brown, but the chest, inner arms, ears, and bottom are white. 13..... Koalas have very hard bottoms, just like the wombat, which is their closest relative. This makes it easy for koalas to stay in tree forks for long periods of time, while wombats use their hard bottoms as a way to protect themselves.

Koalas can't see very well, so they use their other senses a lot. They can hear very well, which helps them find danger and find other koalas. 14..... By rubbing his chest up and down the tree trunk, the male leaves a scent mark and attracts females. A clear, oily, strong-smelling liquid comes out of the gland.

Koalas have strong arms and legs, and their claws are sharp enough to help them climb trees. Koalas are arboreal, which means they live in trees. However, to get from one tree to another, they do climb down to the ground. 15..... However, if they are scared, they can break into a gallop and move up to 30 km per hour.

Koalas are one of the most well-known Australian animals, but they often go unnoticed when they rest in a gum tree high up in a tree fork. From the ground, a koala might look like nothing more than a small bump on a tree.

The fur on the bottom of a koala looks "speckled," which makes it hard to see them from the ground. If a koala is resting in a tree, the best way to find it is to look down, not up. **16.....** These are small, greenish-brown, fibrous pellets about 20 mm long and as thick as a pencil. The more pellets there are and the fresher they are, the more likely it is that koalas are somewhere above.

The distinctive call that male koalas make during the summer months, when they are trying to mate, is another sign that they are nearby. **17.....** When it's quiet at night, you can hear the call from almost a kilometre away. When a female is ready to mate, she might also make a low-pitched bellow like a male does. During mating, they also "squawk" and "wail."

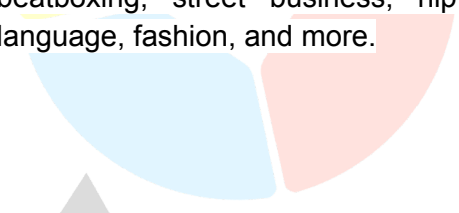
Koalas are folivore specialists, feeding mainly on Eucalyptus leaves, and occasional leaves of other plant species. The koala's digestive system is particularly good at tolerating its toxic eucalyptus diet, which, even in small amounts, can often be poisonous and fatal to most animals when ingested. **18.....** They can eat up to a kilogram a day without even breaking a sweat!

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

- A.** They have a strong sense of smell that helps them find other koalas and the trees that grow their favourite food.
- B.** The male makes the call by "snoring" as he breathes in and then roaring loudly and deeply as he breathes out.
- C.** It can be hard to see a koala sitting on the top of a tree, but its droppings are easy to spot.
- D.** They don't have fur on their noses or paw pads.
- E.** When koalas are on the ground, they walk slowly because they aren't very good at it.
- F.** While koalas are highly territorial mammals, they will generally tolerate other members of the same species during the breeding season.
- G.** Special liver enzymes and symbiotic gut bacteria help to break down poisonous compounds, thus allowing koalas to survive on a diet of eucalyptus leaves.

Read the extracts below then answer the questions that follow.

A	<p>Ballet is a dance that is done on stage and has very formal steps and movements. It shows feelings, a story, an atmosphere, or a theme through the way the body moves, the music, and the stage setting.</p> <p>Classical ballet began in Renaissance Italy, when it was still a form of</p>	C	<p>In the late 1970s, the hip hop dance style started in the Bronx in New York City. When compared to Canada's rock music scene, the styles of dance, fashion, and music took longer to develop. Even though the genre became more popular for a short time between 1989 and 1991, in Canada it stayed underground until the early 2000s.</p>
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	<p>entertainment for the royal court. It was taught to Italian noblemen and women at a time when dancing and music were important parts of the royal parties.</p> <p>In the 1600s, a French king named Henry II married an Italian noblewoman named Catherine de Medici. King Henry II was a big fan of the arts and brought this dance style to France. The royal couple paid for ballet at the French court, which was a turning point in the history of ballet.</p>		<p>Even though "hip hop" is usually used to describe a style of music, there are a few important things that make it what it is. Rapping, DJing, breakdancing, and graffiti art are the main parts of hip hop culture. It can also include things like beatboxing, street business, hip hop language, fashion, and more.</p> 
B	<p>Modern ballroom dance got its start with the waltz, which changed the dance from a group sequence of moves to the independent moves of a single couple. The Waltz dance began in southern Germany in the 1600s. It became more popular with the music of Johann Strauss, and in the 1900s, it became very popular. It's the "backbone dance" of the ballroom, and many other dances are based on it. The Waltz is a very romantic dance with smooth, round, flowing moves.</p> <p>The Waltz is a dance that moves around the dance floor in a smooth way. The Waltz is made up of a step, a slide, and a step in 3/4 time. It is known for its "rise and fall" movement. Instead of moving up and down, dancers should move their shoulders in a smooth, straight line along the floor. Dancers should try to make each step longer.</p>	D	<p>Tap dance is an example of a dance that is usually choreographed and doesn't require a partner. It can be done by one or more dancers. The small metal plates on the dancer's shoes make them make a rhythmic tapping sound. The dancer is also a percussive musician in his own way. Syncopation and improvisation are often important parts of tap dance. Tap can also be done without music. This type of dancing is called "Capella." Tap dance also comes in a "soft-shoe" style, which is done with soft-soled shoes without metal taps. The tapping in this style of Tap is more relaxed and smooth, and the dance routines often have a funny element to them.</p> <p>In the 1800s, minstrel shows brought tap dance to the public's attention. It comes from a number of places, like the traditional clog dance of northern England, which doesn't need music, traditional Irish and Scottish step dances, and even African dances, which involve a lot of rhythmic foot stamping to drumming.</p>

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 dance genre that has been learned at a period when dancers and songs were big parts of imperial gatherings?
20	a type of dance that doesn't usually need a companion and can be executed by groups?
21	a type of dance became part of a culture that was first associated with music?
22	a genre of dance that is very intimate and has moves that are soft?
23	a type of dance that can be done accompanied or unaccompanied by songs?
24	a type of dance that became popular once it was endorsed by a monarch?

Read the article below then answer the questions that follow.

The Power of Bravery: How to Conquer Your Fears and Achieve Success

Bravery is a quality that is often admired and sought after, as it involves the willingness to take risks and face challenges, even in the face of fear or uncertainty. It is a trait that is essential for personal growth and success, and it can be developed over time with practice and determination.

There are many ways to display bravery in life. It could be standing up for what you believe in, even if it means going against the grain or facing backlash. It could be stepping outside of your comfort zone and trying something new, whether it be a new hobby or career path. It could also be speaking up for someone who is being mistreated or standing up for a cause that you are passionate about.

It is important to note that bravery does not mean being reckless or taking unnecessary risks. It is crucial to consider the potential consequences of your actions and to make smart, informed decisions. However, bravery does involve facing your fears and overcoming them, rather than allowing them to hold you back. Admitting when you are scared and confronting your fears head-on can be difficult, but it is a crucial step in learning to control them and using them as a source of motivation.

There are numerous benefits to being brave. It can help to boost your confidence and build self-esteem, as well as earn the respect and admiration of others. Overcoming challenges and achieving your goals can also lead to a sense of accomplishment and personal growth.

One way to practise bravery is to set small goals for yourself and work towards achieving them. This could be something as simple as trying a new food or asking for a raise at work. As you start to see progress and become more comfortable with taking risks, you can gradually increase the difficulty of your goals.

Another way to build bravery is to surround yourself with supportive and encouraging people. Having a strong support system can provide you with the motivation and encouragement you need to take on new challenges and face your fears.

It is also helpful to remember that everyone experiences fear and uncertainty at some point in their lives. Recognizing that you are not alone in your struggles can help to give you the strength and courage to keep moving forward.

In conclusion, bravery is a valuable quality that is essential for personal growth and success. It involves the willingness to take risks and face challenges, even in the face of fear or uncertainty. By confronting your fears, setting small goals, and surrounding yourself with supportive people, you can develop bravery and achieve your goals.

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

25 Which of the following is NOT a way to display bravery?

- A. Taking a stand for the things that are important to you.
- B. Maintaining an established order that is familiar to you.
- C. Defending a person who is being treated unfairly.
- D. Taking professional risks that will help one develop.

26 A main idea of the article is that bravery involves:

- A. A state in which there is neither fear nor uncertainty.
- B. The readiness to incur risks that aren't essential.
- C. The ability to overcome fear and take action despite it.
- D. The wish to remain inside one's regular routine and habits.

27 What type of text is the article?

- A. Narrative
- B. Persuasive
- C. Expository
- D. Argumentative

28 Which of the following is NOT a benefit of being brave?

- A. Enhanced senses of self-assurance .
- B. Improvement and success in one's own life.
- C. The chance to try something new.
- D. Critiques and disdain from other people.

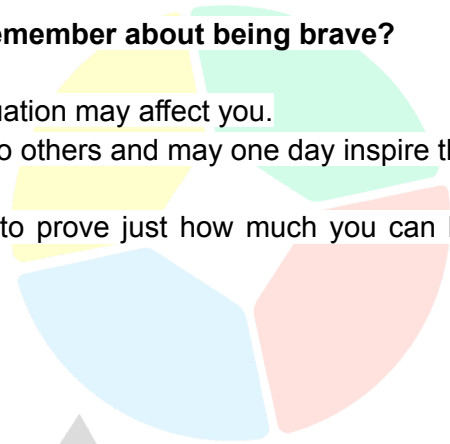
29 If you are being mistreated or witness someone else being mistreated, which of the following could be an act of bravery?

- A. Speak up and advocate for yourself or the other person.
- B. Do nothing and stay silent to avoid chaos and quarrels.

- C. Fight it out with someone in a violent altercation.
- D. Stand up for yourself but turn a blind eye when it's someone else.

30 According to the article, what should you always remember about being brave?

- A. You should always be brave no matter how much a situation may affect you.
- B. You should always be brave to become a role model to others and may one day inspire them to follow your steps.
- C. It is imperative to be brave, even at times reckless, to prove just how much you can handle things in life.
- D. It is okay to be afraid and to have fears.



Scholarly