

**Task 1 (6 x 1 = 6 marks)**

Read the following text and choose the most suitable heading (A - J) for each part of the article (1 - 6). There are **3 extra headings** which you do not need and each heading can only be used **ONCE**. The first one has been done for you as an example.

**MARK****SPOILT FOR CHOICE****0**

For the naturally indecisive, Hell is choosing what to put in your supermarket trolley. Successfully negotiate the 38 choices of milk that I counted in my local Tesco (organic, skimmed, soya, omega-3 enriched or filtered for purity) and you're then confronted with jam overload: 154 flavours. Selecting from the banks home-made jams, strawberry conserve, Scandinavian blackcurrant with "bits" or without, could take you all day. Then there is the aisle with 107 varieties of pasta and 98 types of fruit drinks.

**1**

Choice aplenty indeed. Most big supermarkets provide us with about 30,000 products and each year they add more. Indeed, for a taste of what the future might look like in every store, visit the latest place of devastating choice – the giant new American Whole Foods Market in Kensington High Street. Here choice rules supreme. You can choose from 1000 wine labels, 100 types of cereals and more than 40 varieties of sausage. As one customer put it, 'It's just so overpowering. It makes you feel awful. If you carefully considered every aspect of ethical shopping; food miles, price, flavour and ingredients – you'd never get round to buying anything ever.'

**2**

Of course, it doesn't stop at groceries. Everywhere you turn there is an astonishing choice of clothes, gadgets, financial products, holidays and entertainment. Seduced by all these buying options, we pile up our shopping baskets, homes and lives with more and more consumer goods that we probably don't need or even appreciate and this isn't good for us.

**3**

'The huge number of choices that assault us every day makes us feel inadequate and in some cases even clinically depressed,' says Professor Barry Schwartz, a psychologist from Swarthmore College in Pennsylvania and the author of *The Paradox of Choice*. 'There is vastly too much choice in the modern world and we are paying an enormous price for it. It makes us feel helpless, mentally paralysed and profoundly dissatisfied.' Prof. Schwartz believes that the dogma of all Western societies – maximising freedom and choice increases welfare – is profoundly mistaken.

**4**

So why does having so much choice make us feel miserable? Shouldn't we be delighted that we can travel to any corner of the planet for our holidays or select from thousands of financial plans? Sadly not because making a decision is now a nightmare. We can easily end up with what psychologists call 'consumer vertigo', that is inundated with so many options that we can't make any decision or make the wrong decision. When we are faced with a large number of options we feel bad that every time we *do* make a choice, it seems we are missing out on other opportunities. This makes us feel inadequate and dissatisfied with what we have chosen. Often we feel confused and just throw another familiar brand into our shopping basket.



5

This excess also kills the pleasure which generations before us felt when they bought something new in an era when budgets were smaller and consumer goods were in shorter supply. All we can think about now is what we still want to buy rather than appreciating what we have. Children are not immune to this either. How can choosing another throwaway plastic toy ever equal the intensity felt by the 1940s child unwrapping a couple of presents a year.

6

To preserve mental well-being the experts' advice is to save our decision-making effort for serious things that merit a large expenditure of time and effort. 'Choose when to choose,' says Prof. Schwartz. 'It challenges a lot of our beliefs, but it could just be that choice within constraints will make us feel a lot better. We need to live for the moment, appreciate what we have and not think about all the other things that we could choose instead.'

Adapted © Liz Hollis, The Observer

### Paragraph headings

A	PREVIOUS TIMES WERE BETTER
B	EVERYTHING IS GETTING SO EXPENSIVE
C	WORRY ONLY ABOUT CHOOSING THE THINGS THAT MATTER
D	TOO MUCH CHOICE IS UNETHICAL
E	<del>SUPERMARKET SHELVES ARE A DILEMMA FOR SHOPPERS</del>
F	FEAR OF MAKING THE WRONG DECISION
G	PEOPLE BUY UNNECESSARY ITEMS
H	STORES WILL PROVIDE MORE AND MORE CHOICE
I	SHOPPERS COMPLAIN THEY NEED HELP TO CHOOSE
J	EXCESS OF CHOICE AFFECTS OUR MENTAL HEALTH

Write your answer in the box provided

0	1	2	3	4	5	6
E						
✓						





**Task 2 (6 x 1 = 6 marks)**

Read the following text. For questions 1 - 6, choose the alternative a, b or c which fits best according to the text. Write your answers in the corresponding box. The first one has been done for you as an example.

**MARK****ST OSWALD'S**

"No trespassers. No unauthorized entry beyond this point by order." Another child might have been frightened by the command. But in my case curiosity overcame the fear. By whose order? Why this point and not another? And most importantly, what would happen if I crossed that line? Of course, I already knew the school grounds were forbidden to me. By then I'd been living in its shadow for six months, and already that rule was one of the most important of my young life, as dictated by my father, John Snyder, "*Stay clear of St Oswald's*", with a warning punch to the upper arm. The punches were supposed to be friendly, I knew. All the same, they hurt. Parenting was not one of John Snyder's special skills.

Nevertheless, for the first few months I obeyed without question. Dad was so proud of his new job as Porter; such a fine old school, such a great reputation, and we were going to live in the Old Gatehouse, where generations of Porters before us had lived. There would be tea in the gardens on summer evenings, and it would be the beginning of something wonderful. Perhaps, when she saw how well we were doing now, mum might even come home.

But weeks passed and none of that happened. The Gatehouse was a historical building with small windows that let in hardly any light. We weren't allowed to put up a satellite dish on the outside wall for fear of ruining the stonework. Most of the furniture belonged to St Oswald's - and next to them our own things looked cheap and out of place. My dad's time was entirely occupied with his new job and I quickly learned to look after myself and not to trouble my father at all.

Mum never wrote and after a while I started to forget what she had looked like. My dad had a bottle of her perfume hidden under his bed, and when he was out, or at the pub with his friends, I would sometimes go into his bedroom, spray a little of that perfume on my bed and imagine mum was watching TV in the next room, or making a cup of milk. A bit stupid, really: she'd never done those things when she was home.

Christmas approached, bringing bad weather and even more work for the Porter to deal with, so we never had tea on the lawn. On the other hand, I was happy enough. A solitary child even then; awkward in company; invisible at school. During the first term I didn't mix much; stayed out of the house; played in the snowy woods behind St Oswald's and explored every inch of the school's perimeter - making sure never to cross the forbidden line.

My own school was called Abbey Road Juniors. I'd never liked it; but I feared even more my arrival at Sunnybank Park, the giant secondary school which I was destined to attend. Since my first day at Abbey Road I'd watched the Sunnybankers- cheap green sweatshirts with the school logo on the breast, nylon rucksacks, trainers and black uniform trousers. They would hate me, I knew it. They would take one look at me and they would hate me. I sensed it immediately. I was skinny; undersized, a natural doer of homework. I just would not fit in. I kept asking my father, 'Why? Why the Park? Why there?' 'Don't be a baby. There's nothing wrong with the Park, kid. It's just a school. All schools are the same.' Well, *that* was a lie. Even I knew that. It made me resentful.

Adapted © *Gentlemen and Players*, Joanne Harris



**0. John Snyder...**

- a) was a good father.
- b) had a good relationship with his son.
- c) was not an ideal father.

**1. The author....**

- a) once entered the school.
- b) was curious about the school grounds.
- c) was once hit because he entered the school without permission.

**2.**

- a) The author hoped his mother would join him at the Old Gatehouse.
- b) The author's mother was impressed by the Old Gatehouse.
- c) The author's mother never liked the Old Gatehouse.

**3.**

- a) It was dark in the Old Gatehouse.
- b) Television sets were not allowed at the Old Gatehouse.
- c) The old Gatehouse had old furniture, very similar to their own.

**4.**

- a) The author missed his mother reading stories to him.
- b) The author's father gave him a bottle of perfume that belonged to his mother.
- c) The author couldn't remember what his mother looked like anymore.

**5. From the text we learn that as a boy the author was...**

- a) happy and extrovert.
- b) solitary but sociable.
- c) lonely and shy.

**6. From the text we understand that the author...**

- a) was excited about attending Sunnybank School.
- b) imagined how his school life would be at Sunnybank.
- c) had bad memories of his life at Sunnybank School.

**Write your answer in the box provided**

0	1	2	3	4	5	6
C						
✓						



**Task 3 (16 X 0.5) = 8 marks**

Read the text and complete each blank with **ONE** suitable word from the list supplied. Write your answer in the box provided. Each word can be used only **ONCE**. There are **five words you will not need**. The first one has been done for you as an example.

**MARK****MUSIC IN MY LIFE**

Just how important is music \_\_\_0\_\_\_ the lives of our youngsters? 'I couldn't survive \_\_\_1\_\_\_ music,' says fifteen-year-old Steve. In the morning Steve wakes up to his favourite radio station. He listens to rock on the radio \_\_\_2\_\_\_ he eats breakfast. He puts on his personal stereo before he leaves the house and listens to cassettes on the bus to school. '\_\_\_3\_\_\_ week I put my headphones on in the maths class,' admits Steve. 'The teacher was really angry. She took my headphones away and I couldn't use them \_\_\_4\_\_\_ a week. It was unbearable.'

At home Steve does his homework to music. Loud music. 'My mother always shouts at me to turn it down,' says Steve. 'She can't understand \_\_\_5\_\_\_ I can work with music on, but music helps me to concentrate.' Steve dreams of making music \_\_\_6\_\_\_ one day and becoming famous. 'I'm learning to play the guitar. Actually, it doesn't sound \_\_\_7\_\_\_ good at the moment but I'm very determined and I'll keep at it.'

For teenagers \_\_\_8\_\_\_ Steve, music is a very important part of life. Music is social; it brings people together at discos, parties and concerts. Fast, loud music is full of energy; it helps people to forget \_\_\_9\_\_\_ problems and have fun. Music talks about love, freedom and imagination. There are always new songs and new styles. \_\_\_10\_\_\_, there can be a negative side to rock music. Dr A. Handforth has some serious concerns. 'Music on personal stereos is often too loud,' she says. It can damage \_\_\_11\_\_\_ hearing. Also, it stops you noticing the world \_\_\_12\_\_\_ you and using headphones all the time makes you selfish and impedes social interaction. And of course, the biggest problem is rock music's relationship with drugs. There is a strong connection between \_\_\_13\_\_\_ kinds of music and young people getting involved with drugs.'

Steve's mother agrees that music may be the cause of certain problems. 'Steve is a sensible boy,' she says. 'I don't think he would \_\_\_14\_\_\_ take drugs but I do worry about his well-being \_\_\_15\_\_\_ all that loud music that he plays all the time. And, \_\_\_16\_\_\_, it drives me crazy listening to it at home all day.'

Adapted from music magazine survey



ANY	FOR	<del>IN</del>	THEIR	YOUR
AROUND	FURTHERMORE	LAST	TOO	YOURSELF
AT	HIMSELF	LIKE	WHILE	
DURING	HOW	OTHER	WITH	
EVER	HOWEVER	SOME	WITHOUT	

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