

Mock Test LANGL 1841 2021 AAR TEAMS

1. Dictation: Vocabulary from the course notes

- 1) Do you agree that our _____ are what make us human?
- 2) As medical professionals, you _____ give your patients the feel of a healthy environment every time they enter your clinics.
- 3) Our friendship has steadily _____ over the years.
- 4) I was only a little bit _____ than the average person
- 5) Anorexia nervosa is an eating disorder characterized by _____.
- 6) A _____ was found on my neighbor's doorstep.
- 7) The doctor's _____ reassured the patient.

2. Grammar (Week 3-7) on Moodle

- 1) The psychiatrist (to give) _____ him extensive treatment to clear his brain last month.
- 2) I (to know) _____ my therapist for a few months now, and I have no doubt that she is a good person inside out.
- 3) The COVID-19 variants _____ (to spread) are spreading rapidly.
- 4) I (meet) _____ him in the street last week.
- 5) I know that there isn't _____ treatment for my condition but I am afraid of being in pain.
 - a. some
 - b. any
 - c. many
 - d. hardly
- 6) – I'd prefer some tea. _____ would you prefer, tea or coffee?
- 7) Those are his keys but I cannot find _____.
 - a. your
 - b. hers
 - c. me
 - d. my
- 8) She _____ (meet) her gynecologist in 10 minutes.
- 9) Bread (to consist) _____ of flour, water and yeast.
- 10) This is Peter's pencil. _____ pencil is this?

3. Reading 1: Choisissez le sous-titre qui convient le mieux à chaque paragraphe.

Plusieurs propositions resteront inutilisées.

(Unseen text, Dec 2019 exam)

10 ways to ease anxiety

- a) Channel your spirituality
- b) Think about your childhood
- c) Embrace it
- d) Accept things as they are
- e) Face your fears
- f) Determine whether it's real
- g) Focus on the *here and now*
- h) Remember that laughter is the best medicine
- i) Remember you are not alone
- j) Anticipate what can be achieved

It's easy to get caught up in a spiral of self-doubt and just want the feelings to disappear. The trouble is if we fight anxiety, we will trigger the fight or flight response again, and the anxiety will continue. If we understand that our bodies react to fear to protect us, it is easier to see anxiety as a friend not foe. Here are some pieces of advice to help you deal with your anxiety.

36. _____.

Do not cancel. We cannot avoid what goes on around us, however much we want to. In the past, I'd have taken to my bed and pulled the duvet over my head, but I've learned that this not the best solution. Avoidance can create a vicious circle and it's all too easy to stop facing what we fear entirely. Instead I find a combination of understanding why I've been triggered, together with some gentle practices designed to put me in touch with my body most helpful.

Move.

Physical exercise burns off stress hormones such as adrenaline, reduces excess energy and tension, forces healthier breathing and releases brain chemicals which are natural antidepressants.

Eat well. Anxiety is exacerbated by irregular meals and too much caffeine and/or alcohol.

Do what you enjoy. No one person is going to sort out the country overnight. I'm not suggesting you don't engage politically, but make time for pleasurable experiences.

37. _____.

Cartoonists can hardly draw fast enough. Being able to see humor in a situation can be a great release.

Breathe.

By slowing down the heart rate and inhaling more deeply and slowly, we can reduce the amount of adrenaline the body produces. Your breath can function as an anchor and help you still your mind.

38. _____.

Imagining the future and worrying about all the things that could go wrong doesn't make them any more predictable. It just stops us enjoying the present moment. Focusing on the present moment also forces you to stop overthinking.

39. _____.

Acknowledge your feelings, and trust that they will pass. Radical acceptance pulls you to concede these

awful truths and learn to tolerate them. No delusions or seeing the silver lining. You see yourself and the world as they are.

40 _____

People have been anxious for millennia. Talking to others can help.

Keys Dictation

- 1) Do you agree that our **flaws** are what make us human?
- 2) As medical professionals, you **are bound to** give your patients the feel of a healthy environment every time they enter your clinics.
- 3) Our friendship has steadily **strengthened** over the years.
- 4) I was only a little bit **chubbier** than the average person
- 5) Anorexia nervosa is an eating disorder characterized by **a fierce quest for thinness**.
- 6) A **corpse** was found on my neighbor's doorstep.
- 7) The doctor's **diagnosis** reassured the patient.

2. Grammar (Week 3-7) on Moodle KEYS

- 1) The psychiatrist (to give) ____ GAVE ____ him extensive treatment to clear his brain last month.
- 2) I (to know) ____ HAVE KNOWN ____ my therapist for a few months now, and I have no doubt that she is a good person inside out.
- 3) The COVID-19 variants ____ are spreading ____ (to spread) are spreading rapidly.
- 4) I (meet) ____ MET ____ him in the street last week.
- 5) I know that there isn't ____ ANY ____ treatment for my condition but I am afraid of being in pain.
 - a. some
 - b. any
 - c. many
 - d. hardly
- 6) – I'd prefer some tea. ____ WHICH ____ would you prefer, tea or coffee?
- 7) Those are his keys but I cannot find ____ HERS ____
 - a. your
 - b. hers
 - c. me
 - d. my
- 8) She ____ IS MEETING ____ (meet) her gynecologist in 10 minutes.
- 9) Bread (to consist) ____ CONSISTS ____ of flour, water and yeast.
- 10) This is Peter's pencil. ____ WHOSE ____ pencil is this?

KEYS TEXT (skimming and scanning)

- 36E Face your fears
37H Remember that laughter is the best medicine
38G focus on the here and now
39D Accept things as they are
40I Remember you are not alone