

WRITTEN EXAM –TEST

I) READING

Read this text about smartphone addiction. For the questions below, choose the answer (A, B or C) which you think fits best according to the text.

Smartphone Use May Lead to Addiction

Nearly 2.4 billion people around the world used a smartphone in 2017. By the end of 2018, more than a third of the global population will be using a smartphone. These numbers – from Mobile Marketing Magazine – sound great, don't they? More people will have more information at their fingertips. However, smartphone technology can be a double-edged sword.

On the one hand, it sends us unlimited amounts of information. We don't have to wait. Our devices ring, ping, vibrate and light up with the latest news from family, friends and around the world. On the other hand, this immediate access to information may become an addiction. And it may make some people feel lonely, anxious and depressed.

The findings are from a 2018 study from San Francisco State University and have been published in *NeuroRegulation*. Erik Peper and Richard Harvey are both health education professors at the university. They led the study. In a statement to the press, the two professors claim that “the overuse of smart phones is just like any other type of substance abuse.” Peper explains that smartphone addiction forms connections in the brain that are similar to drug addiction. And these connections form slowly over time. Also, addiction to social media may affect our emotional state.

The two professors asked 135 university students about their smartphone use and their feelings. They found that “students who used their phones the most reported higher levels of feeling lonely, depressed and anxious.” Peper and Harvey do not blame users for their technology addiction. They blame the “tech industry's desire to increase corporate profits.” As Peper writes, “More eyeballs, more clicks, more money.” The researchers warn that workers in the technology industry know how to manipulate our brains and turn us into addicts.

But the researchers also suggest ways to fight back. They say that we can train our brains to be less addicted to our phones and computers. Erik Peper suggests turning off push notifications and other such alerts on our phones. These instant announcements excite the same pathways in our brains that once warned us of dangers in our environment.

The researchers also suggest taking control of when and where you answer a text or email. You do not need to answer them all and you certainly don't need to answer them as soon as you get them. They also suggest setting limits on the time you spend on social media. If you want to catch up with friends on Facebook, set aside a small amount of time to do it. Schedule periods of the day to focus on important tasks and do not allow technology to interfere.

Two of Erik Peper's students share ways they have changed their use of technology. One student, Khari McKendell, closed his social media accounts. He says he still calls and texts people but he adds that he wants to spend most of his time with his friends in person, not online. Another student, Sierra Hinkle, says she has stopped wearing headphones while she is out. She says this makes her more aware of her surroundings. And when she is with friends at a bar or restaurant, they all put their phones in the center of the table. The first one to touch a phone buys everyone a drink.

1. Over ... of the world's population was projected to have a smartphone by 2018.
 - A half
 - B a third
 - C a quarter

2. The main advantage of smartphones is that we can ...
 - A ...ring our friends around the world.
 - B ...read the news while we are waiting.
 - C ... get abundant information fast.

3. The survey about smartphone addiction was conducted by ...
 - A ...university students.
 - B ...university professors.
 - C ...health professionals.

4. The survey found that smartphone addiction ...
 - A ...is similar to drug abuse.
 - B ...may cause drug addiction over time.
 - C ...destroys connections in our brain.

5. ...people participated in the survey.
 - A Hundreds of ...
 - B More than one hundred...
 - C About one hundred ...

6. Researchers blame ... for the addiction.
 - A smartphone users
 - B industrial workers
 - C the technology sector

7. We may decrease addiction if we ... instant notifications.
 - A switch off
 - B ignore
 - C delete

8. One way of regaining control is to ...
 - A ...answer messages immediately.
 - B ...cut back on social media use.
 - C...limit the number of Facebook friends.

9. The first student decided to ...
 - A ...stop sending text messages.
 - B ...chat with friends online.
 - C ... quit social networking sites.

10. Sierra and her friends put their phones ... in restaurants.
 - A on the table
 - B ... in their bags
 - C... on silent mode

II) USE OF ENGLISH

A) Read the text below and think of the word which best fits each space. Use only one word in each space. Write your answers in the boxes provided on the answer sheet.

The Isle of Wight is a small island just (0) the south coast of England, near the towns of Portsmouth and Southampton. Queen Victoria loved the island (1) much that she had Osborne House built, which has not changed at (2) since the days when she used to visit with her huge family. (3) tourist attractions include Butterfly World, where, (4) the name suggests, visitors can see a large range (5) butterflies, and two zoos. In summer it is usually warm and sunny (6) for holidaymakers to enjoy the miles of clean beaches. Alternatively, for those (7) want to be out of doors but don't like sunbathing, cyclists for example, the Isle of Wight is an excellent place. There are numerous little paths which lead (8) picturesque villages all (9) the island. Newport, the island's capital, is also (10) a visit. It is a busy little town with (11) of small specialist shops. (12) the beginning of August, there is the most famous yachting week (13) the world, which takes (14) at Cowes. During that week Cowes is full (15) carnival atmosphere and every bar and restaurant is packed.

B) Complete the second sentence so that it has a similar meaning to the first sentence. Use also the word given but do not change it.

1. He usually sleeps until noon.

USED

He _____ until noon

Key: He is used to sleeping

2. Lucy couldn't eat her soup because it was very hot.

TOO

The soup _____ Lucy to eat.

3. The office was too small for a meeting of the whole staff.

NOT

The office _____ for a meeting of the whole staff.

4. Getting in shape will take longer than you think.

GET

You won't be able to _____ as you think.

5. If I were you, I wouldn't buy an expensive camera.

WORTH

In my opinion, _____ an expensive camera

6. I have only been to America once before.

TIME

This is only the _____ to America.

7. I can't wait to go on holiday.

FORWARD

I'm really _____ on holiday.

8. I'm sorry I haven't called you for such a long time.

TAKEN

I'm sorry it _____ long to call you.

III) VOCABULARY

Read the text below. Use the word given in capitals at the end of each line to form a word that fits in the space in the same line. Write your word in the answer boxes provided on the answer sheet.

1. You will _____ need warm clothes when you travel in March.
(**definite**)
2. I saw the _____ in the magazine and thought I would apply at once.
(**advertise**)
3. Doctors say a glass of warm milk before bedtime can result in a more _____ night's sleep.
(**rest**)
4. When shopping online, many people make use of price _____ websites.
(**compare**)
5. You don't respond well to positive _____, which is only made to help you.
(**critic**)

IV) TRANSLATION

A) Translate the following short text from English into Hungarian.

The plastic problem

The issue of single-use plastics has been thrust into the public consciousness in recent years, largely thanks to the tremendous work by Sir David Attenborough and his Blue Planet II series. According to experts, 79% of the world's plastic ends up in a landfill site. As a non-biodegradable substance, this plastic just stays on the ground, creating toxic waste for hundreds of years. Interest in sustainable packaging has duly rocketed, with a number of companies attempting to provide alternatives to damaging, non-biodegradable plastics. One piece of technology that could help address the problem is the so-called *Breakdown Plastic*. Breakdown Plastic includes an organic ingredient with the help of which biodegradation happens within five years. It's a cheap alternative and one that can make a real impact in a world struggling to completely stop using plastics.

B) Translate the following short text from Hungarian into English.

Az egyetemet hátrahagyva, a záróvizsga után a diákok hajlamosak azt gondolni, hogy a nehezen már túl vannak – innen már csak könnyebb lesz. Ez azonban koránt sincs így: az iskola után már önállóan kell boldogulni, munkát kell találni. Azok sincsenek könnyű helyzetben, akik már tanulmányaik mellett gyakornokok voltak. Akiknek viszont nulláról kell kezdeni az álláskeresést, még nehezebb helyzetben vannak. Csak a legritkább esetben van az, hogy a jelentkező az álmai állására adja be az önéletrajzát és fel is veszik. A valóságban nem érdemes mindent egy lapra feltenni, több helyre kell leadni a jelentkezést – tanácsolja a frissen végzetteknek Horváth Béláné, a Pest megyei Kormányhivatal Munkaügyi Központjának munkatársa.