

Question **B**ANK

READING

Part 1

Question 1-8

Read the text carefully in each question. Choose the best answer **A, B, or C**. For each question, the correct answer **A, B, or C** on your answer sheet.

"Apologising does not always mean that you're wrong and the other person is right. It just means that you value your relationship more than your ego."

Mark Matthews

1. From the sign above, we know that
 - A** an apology can repair a relationship.
 - B** saying sorry is not always admitting fault.
 - C** saying sorry can let people know that you care.

WE ARE HIRING

Junior Graphic Designer

We are a small creative firm based in Shah Alam working with both local and international clients, looking forward to expanding with you. Do you have what we're looking for?

- Fresh graduate/1-year experience
- Eager to learn, self-driven and passionate
- Have excellent creativity
- Proficient in Adobe creative apps (Photoshop, Illustrator, and InDesign)

If you possess the above requirements please send your CV & portfolio to SPDES@gmail.com

2. Which statement is true about the poster above?
 - A** The firm only accepts applicants with experience.
 - B** Newly hired designer will work at a branch of the firm.
 - C** Applicants need to know how to use several Adobe apps.



The cheetah is the fastest land animal on the planet and Africa's most endangered cat. Cheetahs purr like house cats- which is one reason they are endangered. The cubs are either captured or raised in captivity to be sold as pets to wealthy buyers, but only one in every six survives the journey to their new prison.

3. Which of the following statement is true?
- A Cheetahs behave like domestic cats.
 - B Cheetah cubs are smuggled and sold to the rich.
 - C Cheetah is driven to extinction by wealthy men.

Flight Reschedule Notice

Dear Guest,

All airlines experience disruptions from time to time, and we are sorry to confirm that your AirSuria flight AS4323 scheduled to depart from Kuala Lumpur (KUL) to Langkawi (LGK) on 9-May-2023 has been rescheduled due to operational reasons and is now to depart as shown in the email below.

If you have already checked-in on your flight, please be advised that your boarding pass is still valid.

4. From the email above, we know that
- A the flight time has been changed.
 - B the flight has been postponed indefinitely.
 - C customers have to print a new boarding pass.

Good news for all marathon lovers! The Penang Fun Run is finally back after 3 years!
Want to join but missed the chance to grab your @PenMarathon pass?
Don't worry, we've got a total of 50x PenM passes up for grabs!

Just share with us your marathon or fitness journey in your most creative way by posting a picture of yourself to your Instagram feed post, story, or reels. Be sure to mention us @PenMPluss in your submission by including hashtag #FunRunwithPenM.
50 participants with the most creative entries will win a pair of PenM passes! Contest ends on 18th July!

5. From the advertisement above, we know that
- A people can register for the marathon through Instagram.
 - B people who share more photos of themselves will win the pass.
 - C people who share a photo of themselves have the chance to win the contest.



JOHOR BHARU: A severe downpour and strong winds knocked away the roofs of several houses and flats in the Masai neighbourhood. The rain started at 1 p.m. Friday (Aug 12), and strong winds uprooted trees and damaged several vehicles. The roofs of around ten flats blocks were blown away, leaving approximately 50 families stuck and unable to return home owing to damaged infrastructure.

6. Which of these is not the impact of the strong winds?
- A Roofs were ripped off several buildings.
 - B Several houses were knocked down.
 - C Cars were damaged.

Mindfulness is more than a trendy catchphrase. Mindfulness is a sort of meditation in which you focus on being acutely aware of what you're sensing and feeling in the present moment, without interpretation or judgement. We live in a hectic and stressful world. A few minutes of mindfulness practices every day can help us improve our emotional health and reduce stress, anxiety, and depression. So why not start now?

7. Mindfulness is
- A a skill you can develop through meditation.
 - B will help you get through a busy life.
 - C a popular trend among youth.

All images on the packaging are for illustrative only, the actual product may differ from the images on the packaging (including but not limited to colours, shape, and screen display). Please note pictures of products were taken in different light conditions and using various photographic equipment.

8. From the extract above, we know that
- A the actual product is different from the picture on the box.
 - B the actual product may come in a slightly different colour.
 - C the actual product will have a different function.

Part 2

Question 9 to 18

Read the text below and choose the **best** word for each space. For each question, mark the correct letter **A, B, C, or D** on your answer sheet.

Is WordDive the best way to learn a new language?

WordDive is a language learning application that **(0) claims** to teach a user a new language in three months **(9)** _____ studying for 45 minutes at a time. Because Worddive is a mobile application, you can learn **(10)** _____ anywhere. The promise of quick learning is brazening and appealing. Hence, we decided to thoroughly examine this application.

Despite the fact that WordDive is a paid application, the first course is free to try and there is no need to **(11)** _____ payment details. The WordDive app is compatible with any Android or iPhone smartphone. It is available for free from app stores. The application does not **(12)** _____ without an internet connection. Currently, WordDive **(13)** _____ American or British English, German, Spanish, Finnish, French, Swedish, Japanese, Estonian, Russian, and Italian for study, and the language of instructions may be chosen from over 20 options.

The curriculum has been organised into short courses **(14)** _____ on themes. One course may be **(15)** _____ quite fast, which makes learning more motivating. One only needs to fill in the blanks with missing words or sentences. The application's attractive visual appeal makes studying even more enjoyable. Students' vocabulary expands when they practise the same tasks over and over again. **(16)** _____, the programme does not teach comprehensive grammar rules. The Android version performed without any technical difficulties throughout our testing. The user interface is simple, and the colour scheme is appealing. We appreciate the application's functionality. WordDive, in our opinion, is a nice-looking and functional tool for **(17)** _____ language abilities or learning a new language.

Installing the programme is quite simple, and a student can test it for free for the first course without having to give payment details. We recommend trying the application **(18)** _____ to see if you like it.

Adapted from: <https://finnoytravel.com/en/reviews/worddive-experiences/>

- | | | | |
|--------------------------------|----------------------|--|----------------------|
| 0 A states | B insists | C <input checked="" type="radio"/> claims | D alleges |
| 9 A by | B to | C in | D for |
| 10 A normally | B essentially | C regularly | D practically |
| 11 A submit | B enter | C present | D announce |
| 12 A progress | B perform | C operate | D engage |
| 13 A gives | B offers | C supplies | D caters |
| 14 A based | B arranged | C founded | D established |
| 15 A ended | B achieved | C fulfilled | D completed |
| 16 A Alas | B Except | C Unfortunately | D Furthermore |
| 17 A cultivating | B increasing | C repairing | D improving |
| 18 A you | B your | C yourself | D yourselves |

Part 3

You are going to read an extract from an article. For **questions 19 to 26**, choose the correct answer (**A**, **B**, **C**, or **D**) and mark the correct letter **A**, **B**, **C**, or **D** on your answer sheet.

I was waiting in line at my local bakery in Paris, apologising to a puzzled shopkeeper. He merely asked how many pastries I wanted, and I unintentionally answered in Mandarin rather than French. I was equally bewildered: I'm a native English speaker who hasn't used Mandarin in years. And yet, in that most Parisian of surroundings, it chose to make a comeback.

Multilinguals frequently juggle the languages they know. However, mistakes can happen from time to time. The study of how multilingual persons manage many languages in their heads is complex and occasionally unexpected. Mathieu Declerck, a senior research fellow at the Vrije Universiteit in Brussels, stated that when multilingual individuals wish to communicate, the languages they know can all be active at the same time, though only one is used. These languages can interfere with one another, for example, by seeping into the conversation when you least expect it. Interference can present itself in vocabulary errors, grammar, and accent. As a result, the speaker must engage in some form of linguistic control. Bilingual and multilingual people have an amazing capacity to separate the languages they have learnt. This is typically described by the idea of inhibition - the suppression of non-relevant languages. When a bilingual participant is asked to name a colour displayed on a screen in one language and then the following colour in their other language, electrical activity spikes in areas of the brain associated with language and attentional awareness may be measured. However, when this control mechanism fails, intrusions and slips may occur.

Declerck is used to accidentally mixing up languages. The excellent linguistic range of the Belgian native includes Dutch, English, German, and French. When he worked in Germany, a routine train ride home to Belgium may include many distinct language zones - and a good exercise for his language-switching abilities. The language changed from German to French to Dutch. So, for about three hours, every time the conductor came around, he had to switch languages. Somehow, he always responded in the wrong language and it was just difficult to keep up.

Tamar Gollan, a psychiatry professor at the University of California, San Diego, has been researching language control in bilinguals for many years. She believes bilinguals seem to suppress the dominant language so much that they actually speak slower in certain settings when they mix languages. For example, in the colour naming test, it can take longer for a participant to recall a word in their first language while switching from their second language compared to the other way around. In one of her studies, it is found that participants would make "intrusion mistakes" when reading aloud despite having the materials directly in front of them. These mistakes nearly often occurred while students were reading aloud the mixed-language passages, which required switching between languages. Even though the majority of participants were dominant English speakers, they made more intrusion mistakes for English words than for their weaker Spanish ones. Ms. Gollan explains bilinguals try to make both languages equally accessible by inhibiting the dominant language in order to enable mixing back and forth. However, individuals sometimes miscalculate that inhibition and end up speaking slower than the non-dominant language.

In any case, using languages is perhaps one of the most difficult skills humans develop. And, depending on the work and age, having to master multiple languages has been related to cognitive benefits in numerous studies. Some researchers have found that bilinguals do better on executive control tasks, such as activities that require participants to focus on contradictory

information. The ability to communicate in various languages has also been associated with a delay at the beginning of dementia symptoms. Of course, multilingualism has many apparent benefits outside the brain, not least the social benefit of being able to communicate with a wide range of individuals.

But, while my multilingualism has given me certain benefits, it has not freed me from embarrassment. I haven't returned to that specific bakery since my unintentional linguistic blunder. So, perhaps more pastry outings are in order – all in the interest of language control practice, of course.

Adapted from: <https://www.bbc.com/future/article/20220719-how-speaking-other-languages-changes-your-brain?>

19. In paragraph 1, what language did the writer intend to use when responding to the shopkeeper?
- A** French **C** Parisian
B English **D** Mandarin
20. In paragraph 2, how does a multilingual person make a communication error?
- A** Not having linguistic control.
B Failure in controlling their inhibition.
C Thinking is all languages at the same time.
D Having too high of electrical activity spikes in the brain.
21. From paragraph 2, what does it mean by "seeping into the conversation when you least expect it"?
- A** A speaker will be speaking a language they have never spoken before.
B A speaker will be shocked when they speak in a different language.
C A speaker will have many interferences during a conversation.
D A speaker will not know when they will make an error.
22. In paragraph 3, why does the train ride has become a good language-switching exercise for Declerk?
- A** He can speak many languages well.
B He always made mistakes when speaking.
C He can interact with the passengers in different languages.
D He could speak with the conductors in different languages.
23. Why does Ms. Gollan believe that bilinguals speak slower in their dominant language?
- A** They are unable to mix the languages.
B They suppress their dominant language.
C They cannot access both languages equally.
D They have to recall words in English and Spanish.
24. In paragraph 4, which language or languages did the participants make fewer mistakes in?
- A** None
B Both
C English
D Spanish
25. From paragraph 5, which of these is NOT the benefit of being multilingual?
- A** Master the most difficult skills.
B Slow down the onset of dementia symptoms.
C Able to converse with a diverse range of people.
D Improve performance on executive control tasks.
26. What will the writer do after his blunder at the bakery?
- A** Visit other bakeries.
B Learn language control.
C Improve language knowledge.
D Try to forget his embarrassment.

Part 4**Questions 27 to 32**

You are going to read an article about the UK's deadliest garden.

Six sentences have been removed from the article. Choose from the sentences **A to H** the one which fits each gap (**27 to 32**). There are two extra sentences which you do not need to use.

Mark your answers on the **separate answer sheet**.

The United Kingdom's Deadliest Garden

The black iron fence is adorned with the words "These plants can kill," as well as skull and crossbones for good measure. The warning isn't a joke: the area behind these black iron bars is the world's deadliest garden. **(27)** The Poison Garden in the Alnwick Garden in Northumberland, England, opened in 2005 and housed more than 100 toxic, intoxicating, and narcotic plants. **(28)** They are warned not to touch, taste, or smell anything; nonetheless, as the website states, people have occasionally fainted from breathing toxic fumes as they walk through.

Monkshood, often known as wolf's bane, is one of the deadly plants grown here because it contains aconitine, a neurotoxic and cardiac toxin. However, that is hardly the worst of them. The castor bean or castor oil plant is perhaps the most dangerous plant here. **(29)** Surprisingly, many of the plants that thrive in the garden are rather common. Plenty of the plants in there grow wild in the UK, and the majority of the species are frighteningly easy to grow.

(30) For example, if enough rhododendrons grow close together, they will poison the soil, allowing only other rhododendrons to grow there. The leaves contain grayanotoxin and if they are eaten, it will attack the neurological system. Some plants can kill you without being eaten, touched, scented, or transformed into psychedelics. **(31)** The leaves of cherry laurel or English laurel are harmless on their own. However, if an animal chews on the leaves, or if a person uses a hedge cutter on them, cyanide gas is produced.

The gardeners here take a number of safety precautions. Attending some of the garden beds requires no precautions at all, and others, like the gigantic hogweed bed, require a full hazmat suit, facemask, and gloves. However, gardeners are not worried because not all plants in the garden are harmful. **(32)** Periwinkle is likewise a double-edged sword: its components can be deadly, but if processed properly, it can produce useful medications. The garden, somewhat unsurprisingly, is part of a drug education programme. The drug education programme derives from the Poison Garden tours, which include narcotic plants, and the overall goal is to avoid drug-related harm.

Adapted from: <https://www.bbc.com/travel/article/20220804-the-uks-deadliest-garden>

A	Poison plants do not simply target people and animals with their poison.
B	It's also free and accessible to the public.
C	It won't be dangerous unless you put cuttings of the tree in the boot of your car and cyanide gas will fill the limited space.
D	According to the Guinness Book of World Records, that is the world's most toxic plant.
E	Visitors must have a safety briefing before they are allowed to enter the Poison Garden.
F	Some of the most lethal plants here are also the source of remarkable cures, such as the yew, which is used to treat breast cancer.
G	Many people keep laburnum trees in their homes because of their attractive yellow blossoms, however, they contain cytisine, a toxin.
H	One plant in the garden can kill you just by trimming it.

Part 5

Question 35 to 40.

We interviewed six teenagers on how they relieve stress. Read the texts below and answer the questions that follow.

Ways to Relieve Stress

A – Adam, 17 years old

Stress levels and a healthy diet are strongly connected. When we are stressed, we frequently forget to eat wisely and turn to sugary, fatty snack foods for a pick-me-up which may harm our overall health and mood. So, I try to avoid sugary foods and eat more fruits and vegetables. While eating a healthy, balanced diet, might help reduce stress.

B – Najihah, 17 years old

Calling a friend is not always an option. Talking quietly to oneself may be the next best thing in this situation. I know I may look crazy but simply asking myself why I'm stressed and telling myself that everything will be OK will help. When I'm feeling overwhelmed, I remind myself of my strengths.

C – Lucy, 17 years old

Exercise has been proved to be a powerful stress reliever in addition to having physical health advantages. I love doing aerobic exercise which has been found to release endorphins, which are natural compounds that help you feel better and stay cheerful. Exercise does not always imply powerlifting at the gym. A brief stroll at the park in the evening will help too.

D – Bob, 16 years old

Everyone knows that stress may cause insomnia. Unfortunately, a lack of sleep is a major source of stress. So, I always make sure I get seven to eight hours of sleep. I will turn off the television early, dim the lights, and allow myself time to unwind before going to bed. I also go to bed early and get up at the same time to have a good body clock.

E – Jaganathan, 16 years old

As a student, I have too much work and have to study hard. But I also need leisure time to myself so that I can do my hobbies to relieve stress. I usually free up my time by practising time-management skills such as asking for help when necessary, setting priorities, pacing yourself, and scheduling time for self-care.

F – Elly, 17 years old

Friends and relatives may provide social support to help you get through tough situations and manage stress. I always spend my free time with family. A social support network is essential for our overall mental health. If you're feeling lonely and don't have a family to turn to, talking to friends might be beneficial.

Question 33 to 36

Which paragraph (A – F) describes the following statements about relieving stress?

Mark your answers on **the separate answer sheet**.

Statements	Paragraph
33 Taking a walk brings the benefits of exercise and is effective in refreshing your mind and body.	_____
34 Make time for leisure activities in your schedule.	_____
35 Positive self-talk can help you develop a more positive mindset.	_____
36 Proper eating will make your body and mind feel better.	_____

Question 37 to 40

Complete the notes below using information from the text. Choose **no more than one word** from the passage for each answer.

Mark your answers on **the separate answer sheet**.

Ways to Relieve Stress

- Almost any type of physical activity may be used to reduce stress. Exercise can increase the production of feel-good **(37)** _____ and other natural brain chemicals that improve your mood.
- A balanced diet can help you lessen the negative effects of stress on your body and regulates your health and **(38)** _____.
- When you're stressed and angry, it's natural to want to isolate yourself. Instead, build social **(39)** _____ with family and friends as it may help you handle the ups and downs of life.
- When you notice that stress is influencing how you feel or behave, it may be good to take a step back and make time for **(40)** _____ for a while. Do something enjoyable, such as reading a book or listening to music.