


## 7. Klasse – Test 1 (mit Key und Tapescripts)

Name: \_\_\_\_\_ Klasse: \_\_\_\_\_ Datum: \_\_\_\_\_

### 1. Listening: Teenagers and stress

 You are going to listen to a discussion about teenagers and stress. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, match the beginnings of the sentences (1–5) with the sentence endings (A–H). There are two extra sentence endings you should not use. The first one (0) has been done for you. After the second listening you will have 45 seconds to check your answers.

#### Teenagers and stress

<b>0</b>	The reason for the discussion at the grammar school was ...	E
<b>Q1</b>	Many teenagers at this school experience ...	
<b>Q2</b>	Being stressed occasionally makes us ...	
<b>Q3</b>	The behaviour of people affected by extreme stress often ...	
<b>Q4</b>	The anxiety stressed teenagers' bodies experience sometimes even ...	
<b>Q5</b>	If you have problems discussing your situation, you ...	

<b>A</b>	... feel more focused and attentive.
<b>B</b>	... extreme stress.
<b>C</b>	... leads to depression.
<b>D</b>	... may find writing everything down helpful.
<b>E</b>	... a nervous breakdown.
<b>F</b>	... can help them by talking to them.
<b>G</b>	... feel anxious due to various reasons.
<b>H</b>	... changes dramatically.



**Ms Mayer:** Of course, ... em ... first of all, you need to understand that experiencing stress and anxiety is as common in young people as it is in adults. And there are various reasons for feeling stressed: busy parents who are unavailable emotionally, high expectations at school or in sports as well as tension or conflicts at home – these are just some examples. What you have to be clear about is that being young doesn't necessarily mean that you have no worries, no responsibilities and that you feel as if you could just live for the moment ...

*(some mumbling; one student raising her hand)*

Yes, please!

**Female student:** Isn't stress normal? I mean, don't we all experience stressful times once in a while ... but they go away again ...

**Ms Mayer:** Yes, stress is normal to some extent. When I speak about normal stress I mean occasional stress. This type of stress makes us more alert and focused and because of that often also presents us with great opportunities for learning new things. Constant stress, however, can make us sick.

**Male student:** How do I know that I'm stressed? Are there any symptoms that can be noticed?

**Ms Mayer:** Em, well, to begin with, it's very important to observe your own behaviour when dealing with your family or friends. People who all of a sudden isolate themselves from others may be experiencing extreme stress. Stressed children or teenagers may also switch between being agitated and lazy, or may even behave aggressively, because they can't cope anymore. It's basically about suddenly changing behaviour. You know the people around you and you know what they are normally like. If their behaviour is drastically altered – and if the changes happening last over longer periods of time – parents, teachers and friends should be alarmed.

**Female student:** What can happen if you are stressed for too long?

**Ms Mayer:** Those who don't receive any help can react in different ways. Some withdraw completely from any social contact. They may develop digestive problems or sometimes even stop eating. Their sleeping habits might change, which can mean that some children feel like sleeping all the time, and others don't get the sleep they need at all. Either way – if the stress is just too overwhelming, the body will experience anxiety, which – in the worst case – can lead to physical, social and emotional damage. Teenage depression is one very real and dangerous consequence.

**Male student:** And what can we actually do to deal with stress as soon as it occurs?

**Ms Mayer:** That's a good question! Em ... now ... em ... I would say the most important thing is to talk to the people around you. Those who observe stress in others should talk to them to help them overcome their problems and those who are experiencing the stress need to learn to open up and tell other people about it. If you are not big on


talking, writing your problems down may also help. As far as parents and teachers are concerned, they shouldn't be burdening young people with their problems. Young people need to know what's going on in general but they don't need all the details about their parents' emotional condition for example.

... *(pause)* ... what's also important is that young people are not overloaded with too many extracurricular activities and other responsibilities. I'd say it's much more important to spend time with some friends talking about your day than to run from one activity to the next. What I now have to say goes out to the adults: The grown-ups in a young person's life need to set a good example. If they can't demonstrate self-control and if they don't have any coping skills, children and teenagers are unlikely to learn how to deal with stress.

**Headmaster:**

Ms Mayer, thank you so much for your time and the information. A big thank you also goes to our students, who, I think, have raised important and valuable questions. I hope that as of today we will all be more alert and react to what's happening with the people around us. *(mumbling)* Thank you all for coming!

## 2. Listening: Germany

 You are going to listen to four people talking about what strikes them most about Germany. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, answer the questions (1–5) using a maximum of four words. Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening you will have 45 seconds to check your answers.

### Germany

<b>0</b>	Between which two points is Germany located?	<i>Alps and North Sea</i>
<b>Q1</b>	What is the first speaker's favourite quality in most German cities?	
<b>Q2</b>	Which positive effect does visiting a museum have on speaker 2?	
<b>Q3</b>	According to speaker 2, why do German museums never get boring?	
<b>Q4</b>	Name the most important factor speaker 3 mentions for experiencing "gemütlichkeit".	
<b>Q5</b>	According to speaker 4, what makes travelling in Germany so simple?	

#### KEY

- 0** Alps and North Sea
- Q1** their charm/they are welcoming you
- Q2** revitalises him/gives him strength
- Q3** they reinvent themselves/develop new concepts/develop exciting concepts
- Q4** have lots of time/time on your hands/sit back and relax/ability to relax/take things less seriously
- Q5** excellent infrastructure/infrastructure helps get around

## TAPESCRIPT

### Announcer:

You are going to listen to four people talking about what strikes them most about Germany. First you will have 45 seconds to study the task below, then you will hear the recording twice. While listening, answer the questions (1–5) using a maximum of four words. Write your answers in the spaces provided. The first one (0) has been done for you. After the second listening you will have 45 seconds to check your answers.

### Speaker 1:

It's the variety that I appreciate about Germany. There are over 10,000 cities and towns in Germany, spread between the Alps and the North Sea. No matter what preferences you have, Germany's cities and towns have got something for everybody: great architecture, historic buildings, vibrant shopping streets and an exciting nightlife. I especially love the charm most cities have. It's like they are inviting you to discover every inch of them, from high-class museums to plenty of monuments and both social and cultural events.

### Speaker 2:

I often spend my free time in museums. I have got an extremely stressful job in which I have to communicate constantly with people all over the world, switching from one topic to the next. Walking through a museum, not talking but soaking up all this historical and cultural energy revitalises me and gives me strength. I think Germany is a place where history and culture are actually brought to life. For those who think museums are boring, don't be fooled! Germany's 4,000 museums keep re-inventing themselves. They never get tired of developing new and exciting concepts to discover the world. Technology, architecture, literature, the natural sciences, art or history – German museums explore everything!

### Speaker 3:

What fascinated me the most when visiting Germany for the first time was what they call "gemütlichkeit". At first, I didn't really know what it was but after experiencing it a couple of times, I began to really, really like it. If I had to explain it to somebody, I'd say that it's got something to do with tasty food, good company, something good to drink and – what's most important – with having lots of time on your hands. It's about the ability to sit back and relax and the confidence to take things a little bit less seriously.

### Speaker 4:

I'm in my mid-20s and I love travelling. Germany is the perfect spot for me and my friends. There are so many cool cities to discover, beautiful, breath-taking landscapes which make it worth going again, again and again. What's even better than that is that travelling around Germany is both affordable and simple. Special offers go easy on your wallet and the excellent infrastructure helps you get around in no time. On top of that, there is a great choice of accommodation. You do not only get to stay in nice clean rooms, young people are also offered entertainment and a variety of activities. And if you are less of an adventurer, contact the German Federal Forum for Children and Youth Travel. They will gladly give you tips for organised youth trips.

### 3. Reading: Distance education

Read the text below, then choose the correct heading (A–H) for each paragraph (1–5). There are two extra headings you should not use. Write your answers in the boxes provided at the end of the task. The first one (0) has been done for you.

#### Distance education

... (0)

Distance education is a kind of formal learning in which both teachers and students are not in the same place. It may be synchronous or asynchronous. If distance education is synchronous, teaching happens at a particular time and location. In the case of asynchronous distance education, students may choose when and where they want to receive the instruction, provided they have Internet access. In general, distance education can be accomplished through e-mail, the Internet, CD-ROMs, audio or video transmission or mail and post offices.

... (Q1)

The number of institutions offering distance education programmes is constantly increasing. Both traditional and virtual universities as well as two-year junior colleges and even private organisations make such programmes available. Virtual universities, which are on the rise, only offer no-campus programmes. Although most of them hold the same kind of accreditation as traditional universities, people interested in distance education should still make sure the programme they have chosen is accredited.

... (Q2)

The application procedures for enrollment into distance education programmes are very similar to those common for on-site programmes. To be accepted in a distance education programme, people generally have to fulfill the basic requirements of good scores on various admission tests such as the SAT (Scholastic Aptitude Test), the GRE (Graduate Record Examination) or the TOEFL (Test of English as a Foreign Language). Records of their educational performance as well as letters of recommendation, statements of purpose and application essays very often also have to be submitted.

**... (Q3)**

There are various reasons why people decide to enroll in distance education programmes. The most common reasons are of professional, logistical and familial nature. In terms of professional reasons, people cannot get away from their jobs to embark on their studies. Those who cannot afford to attend a college that is away from their home choose distance education programmes due to logistical reasons, and those who have child-care or other family-related obligations have got familial reasons.

**... (Q4)**

Most people who have successfully chosen and attended a distance education programme have done a lot of research in order to find a programme that suits them. Before enrolling, plenty of questions have to be clarified:

- Will I have enough time and room to study?
- Will my family members be able to support me?
- Why do I want to study – do I need a degree to enhance my future possibilities, or do I just want to learn a new skill?
- How much will the programme cost?
- Do I have the equipment I need to fulfill all the requirements (e.g. in the case of web-based learning)?

**... (Q5)**

The impact distance education can have on a student's financial situation might vary considerably. While room, board and travel usually do not have to be paid for in distance education, the actual academic fees very often are the same as in traditional learning programmes. Costs related to residency on campus in the course of face-to-face meetings have to be included in the budget. The same applies to all the learning materials students will need and have to purchase throughout their studies.

<b>A</b>	What about accreditation?
<b>B</b>	What is distance education?
<b>C</b>	Why choose distance education?
<b>D</b>	Who is granted admission?
<b>E</b>	What about the costs?
<b>F</b>	Who offers distance education?
<b>G</b>	What are the advantages of virtual universities?
<b>H</b>	What are the basic requirements?

<b>0</b>	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Q5</b>
B					

**KEY**

<b>0</b>	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>Q5</b>
B	F	D	C	H	E

#### 4. Reading: Blog entry on social networking sites

Read the text below, then answer the questions (1–6) using a maximum of four words. Write your answers in the spaces provided. The first one (0) has been done for you.

##### Blog entry on social networking sites

“62% of all Facebook users update their status every single day” – that’s what an online article I read the other day said. You are not impressed? Then let me fill you in on the magnitude of this for a second.

Facebook has currently got 850 million users. About 20 months ago it “only” had 400 million fans. But that’s not what I mean. What’s really mind-blowing is that if every active Facebook user updated their status once a day for about a year, all these single updates would amount to a total of approximately 290 billion updates altogether. Can you believe that? I know, we are only talking about status updates – but we are talking about 290 BILLION of updates!

What I’m personally really amazed by is the popularity of Facebook and other social networking sites. Most of the people using Facebook, MySpace, Twitter, LinkedIn or other sites like that will tell you that they are usually with multiple social networking sites. Instead of focusing on their preference, they feverishly try to keep up with answering their mails, chatting, posting news on their walls, accepting invitations to all sorts of quizzes, playing games and checking their alleged friends’ status updates on various websites. There are more and more people spending hour after hour every day doing almost nothing but that. Their fascination with the seemingly endless possibilities of these networks seems to be on the increase rather than the decrease lately.

But when did that happen? Seriously, can you tell me when we started using Facebook or similar sites as a way of socialising instead of meeting our friends for real? After all, chatting online lacks many of the aspects that make actual personal contact so much fun. Just think about watching your best friend crack up about a joke you just told them or giving them a hug after they got some bad news. There is nothing better than singing along with your favourite song or watching a really bad film and making fun of it.

It's not as if I lived in a world without the Internet. I have got a Facebook account too, but I hardly ever use it. To be honest, I find it quite tedious to follow every single post on my wall and react to it. Plus, I don't really get the hype. Most things people write are downright stupid and provide only plain information. I could not care less about Maggie having just eaten her second yoghurt or Stan having caught the flu and sneezing every five seconds. More often than not I would like to tell them to get a life instead of spending it posting messages no one wants to read anyway.

What I do know, however, is that with the advent of the Internet a lot of aspects of our lives have undeniably changed, with communication probably adapting to the new conditions the most. Are all these changes to our advantage? I'm not so sure.

<b>0</b>	What does the writer of this blog try to impress the reader with?	<i>the magnitude of Facebook</i>
<b>Q1</b>	Which number does the author refer to as mind-blowing?	
<b>Q2</b>	What is typical of users of social networks like Facebook or Twitter?	
<b>Q3</b>	Which development of the users' fascination with those networks can be observed recently?	
<b>Q4</b>	What are social networking sites commonly used for?	
<b>Q5</b>	According to the blog, what is <u>one</u> example illustrating the benefits of face-to-face contact?	
<b>Q6</b>	What is the problem with Facebook posts?	

**KEY**

- 0** the magnitude of Facebook
- Q1** 290 billion status updates
- Q2** member of several networks/with different social networks/follow various websites
- Q3** is on the increase/fascination is increasing
- Q4** socialising
- Q5** watching friends laugh/giving friends a hug/singing along favourite song/having fun together/making fun of films
- Q6** downright stupid/give plain information/tedious to follow



## Prime Time 7

**0** *indication*  
**Q1** \_\_\_\_\_  
**Q2** \_\_\_\_\_  
**Q3** \_\_\_\_\_  
**Q4** \_\_\_\_\_

**Q5** \_\_\_\_\_  
**Q6** \_\_\_\_\_  
**Q7** \_\_\_\_\_  
**Q8** \_\_\_\_\_  
**Q9** \_\_\_\_\_

### KEY

**0** *indication*  
**Q1** *variety*  
**Q2** *tragically*  
**Q3** *seekers*  
**Q4** *daily*

**Q5** *getting*  
**Q6** *activities*  
**Q7** *thrilling*  
**Q8** *competitors*  
**Q9** *restrictions*





## 7. Writing: Celebrities

You like to follow the gossip on your favourite celebrities, but lately many of them seem to get in trouble with the law on a frequent basis. However, their punishment tends to be rather light, be it for drunk driving or drug abuse. You decide to talk about this topic in your blog. In your **blog entry**, you should:

- discuss the reasons why many celebrities have problems with substance abuse
- outline your opinion on the light kind of punishment they often receive
- suggest what should be done to change this situation

Write a **blog entry** of about **250 words**. Give your blog entry a **title**.