Reading

1) Read the text and do the tasks below:

Hi everyone

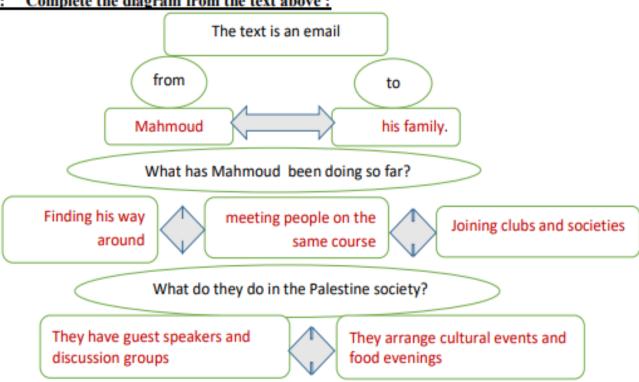
Well, the first week has nearly passed, with no real problems to tell you about so far. It hasn't been easy though. So many things are different from what I'm used to. There's the language, for one thing. As you know, I've been studying English for many years, but this is like being a beginner all over again. It seems as if everyone is speaking a different language from the one I studied at school! Still I'm beginning to get used to hearing English all around me. Lectures don't start till next week, so this week has been a time of settling in: finding my way around, meeting people on the same course, joining clubs and societies and so on. There's actually a Palestine Society (which I joined of course). They have guest speakers and discussion groups, organize cultural events and even food evenings, so at least I'll have some connection with home. I've joined two other clubs as well.

I hope you're all well . I'll write again soon

Love

Mahmoud

1: Complete the diagram from the text above :



2: Answer the following questions:

1- Where is Mahmoud now ?

Mahmoud is in an English - speaking country

2- Why was Mahmoud surprised about the language at first?

It was different from the one he studies at school

3- When do lectures begin at university, as Mahmoud mentions?

In the second week

3: Circle the symbol of the correct answer:

1- The email above is

A: formal B: personal

2- The writer of the text is a ...

A: fresher B: university professor

3- 'settling in' means:

A: finding somewhere to live <u>B:</u> becoming familiar with the new situation

4- 'guest speakers' are ...

A: people invited to talk about a subject B: people who speak to their guests

4: Write what the following pronouns refer to:

1. <u>It</u> (line 1) the first week
2. the <u>one</u> (line 4) English language
3. They (line 7) The Palestine society

Text 2: Stepping outside your comfort zone

2) Read the text and do the tasks below:

A: Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know or not: it's the set of routines and known abilities that make us feel safe because we are confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously staying inside your comfort zone has many benefits, especially at times when you are feeling under stress.

B: On the other hand, we are often told in "self-help books" that it's a good idea to do things that are outside our comfort zone. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that they are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

C: Unfortunately, people often get stuck in their comfort zones and don't feel able to try different things. There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many people think, "This is the way I am and I'll never change", using this as an excuse for not trying something new. Whatever the reason may be, it's sometimes necessary to force yourself to do something you'd rather not do. Once you've made the effort, though, the door to new experiences will be open and you'll probably wonder why you thought it was a problem.

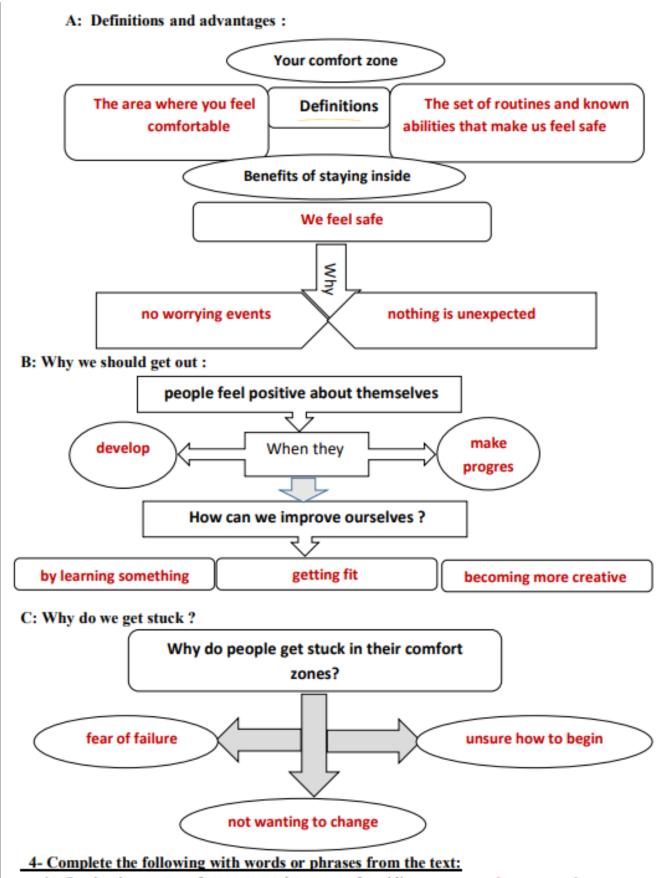
1- Answer the following questions below:

- When do people particularly prefer to stay inside their comfort zone?
 When they are under stress
- What do self help books advise us to do? To do things outside our comfort zones
- What is the benefit of getting out of your comfort zone?
 You 'll learn new experiences, you'll feel positive about yourself, you'll develop and make progress

2- Decide whether each of the following statements is TRUE (T)or FALSE (F):

- People often feel safe when they do the same routines.
- 2. People usually prefer to get out of the comfort zone when they are under stress. (F)
- Self-help books recommend staying in our comfort zone.

3 Complete the diagram from the text:



- Staying in your comfort zone can be a way of avoiding unexpected or worrying events.
- 2. People prefer to stay in their comfort zone especially when they are under stress
- The word "one line 1" in the text refers to comfort zone

5- Complete the sentences with phrases from the text:

- Self help books often recommend leaving your comfort zone.
- When people develop, and make progress in life, they feel positive about themselves.
- People don't want to try different things because they are afraid of failing or don't know how to begin.
- 4. Sometimes you need to force yourself to do something you'd rather not do.

6- Choose the correct answer:

- "Self-help books" are
 - A: books that help readers solve their personal problems
 - B: books asking people to help each other.
- "Your full potential" means:

A: your favorite hobbies

B: the most you can do

3. The phrase " get stuck" means

A: get out of something

B: unable to move

4. The word " excuse" means

A: untrue reason

B: part of reason

"force yourself" means

A: ask others to help you

B: make something you don't want to do

7-Write what the following pronouns refer to:

- 1. their (line 12) people
- 2. this (line 13) getting stuck
- 3. I (line 14) people who get stuck and don't want to change
- 4. it (line 17) doing new things
- 5-one (line 2) comfort zone

3) Read the text and find answer to the questions below: (External)

The comfort zone: It's a place over 99% of us like to spend our time. Actually, there's nothing wrong with staying in your comfort zone from time to time. It's an area where we can engage in routine a behavioral state that have predictable results and within which you feel comfortable. It provides us with a sense of security that we all crave, and make us confident of our own strengths. However, this doesn't mean we get stagnant in there.

- C Literally, nobody who excelled in life has spent their entire life in their comfort zone. Sometimes we need moderate levels of anxiety to maximize performance! If you spend all your time in the comfort zone, you'll restrict your ability to grow. If you're afraid to take some risks and do something that scares you, you can never really understand who you truly are, neither you will develop new skills. A comfort zone is, after all, just a zone. There's a wonderful world waiting to be explored outside of it, and it's one worth taking the risk.
- B There are tons of benefits that you'll experience as a result of getting out of your comfort zone. You'll get better at facing problems and new situations by coming up with creative solutions. You'll be better able to communicate with people, even in uncomfortable and difficult situations. The only thing that never changes about life, is that things continually change. By forcing yourself out of your comfort zone and shaking your life up a little bit here and there, you

will become better equipped to deal with them! Remember that challenges you face never get easier, in fact, thew may get harder.

A You might be surprised by this, considering what you just read above. But getting too far outside the comfort zone can actually be bad for you. Enough anxiety is needed to keep you on your toes, but not so much that you lose focus and your performance suffers. Besides, it's nice to have that safe place to return to . So don't be afraid to venture out of your comfort zone, but also be sure that you can safely return to it if you ever need to.

1-Match the headings with the paragraphs below: 3 points

- A. Don't go too far out of your comfort zone
- B. Benefits of getting out
- C. The downside of the comfort zone

2- Decide whether each of the following is True or False: 3 points

- 1-Successful people usually tend to stay in their comfort zones. (
- 2-Taking risks and doing new things help us discover ourselves more. (T)
- 3-Sometimes we need to experience high levels of stress and anxiety to help us focus . (F)

3-Complete the diagram from the text: 6 points:



4-Answer the questions: 5 points

1-What benefits could you get from stepping out of your comfort zone?

A You'll get better at facing problems and new situations by coming up with creative solutions B You'll be better able to communicate with people, even in uncomfortable and difficult situations

C you will become better equipped to deal with changes .

2-According to the text, why is it not a good idea to stay too far from our comfort zones?

A you will lose focus and your performance suffers

B it's nice to have that safe place to return to

5-Write what the following pronouns might refer to: 3 points

- there comfort zone
- them changes
- they challenges

4) Read the text and do the tasks below: (external)

Colleges and universities around the world have been rapidly expanding their study abroad programs. Although studying abroad is a dream for many students, they hesitate to take this step, despite the various facilities provided in this field. However, considering the following points may help them to take the decision. Studying abroad is a good opportunity to meet other like-minded students in your program, local people from host families as well as new friends you meet in the streets. If you're worried about missing friends or overcoming homesickness, just think of all the incredible stories you'll be able to tell them when you get home. Whether you've been studying a foreign language for years or are starting from scratch, studying abroad provides a convenient environment for language learning. As awesome as your class may be, it's nothing like negotiating in markets and communicating with real people. One more advantage of studying abroad is pushing your comfort zone and challenging yourself. It's ultimately a good idea to experience the downs with ups. This will give you invaluable life skills; will make you stronger, and more confident. Moreover, you will change and grow as a person in ways you couldn't if you stayed at home.

1- The main idea of the text is

- a. Tips for making new friends
- b. Advantages of learning a new language
- c. Various benefits of studying abroad

2- Decide whether each of the following is TRUE or FALSE:

- Study abroad program are becoming more available nowadays.
- It's not easy to meet like-minded students and make new friends abroad. (F)
- 3. The writer suggests that students will grow better if they stay at home. (F

3- What are the three main advantages of studying abroad, as mentioned in the text?

- 1. It's a good opportunity to meet other like-minded people.
- It provides a convenient environment for language learning
- It makes you push your comfort zone and challenge yourself

4- Complete the following:

- Studying abroad gives you the chance to meet like-minded people in the university., among host families and in the streets.
- You can learn language better by negotiating in markets and communicating with real people
- Studying abroad helps you to become stronger by throwing your comfort zone and challenging yourself.

5- Write what the following words and pronouns might refer to:

- this step: (line 2) studying abroad
- them: (line 7) friends
- 3. This: (line 13) throwing your comfort zone / experiencing the downs with ups
 Vocabulary

1- Match the words and phrases in the box with their meanings below:

participate - field - optional - on show

1. able to be seen on show
2. take part participate
3. not compulsory optional
4. area of interest field

2. Match the words in the box with their meanings:

confident - set - routines - factor -

- a part of the reason factor
 a complete group set
- Everyday things we do regularly routines
 Sure confident

3. Replace the underlined parts of the sentences with words or phrases from the box:

participated - like-minded - excuse - creative - stuck -potential

- People are often unable to move outside their comfort zone, especially if they are afraid of failing. stuck
- 2.I need to think of a good untrue reason for being late . excuse
- 3. I have taken part in three events so far . participated
- 4. Joining a club is a good way to meet people with similar attitudes . like minded
- He has great <u>possibilities for the future</u>, so everyone think that he will be successful. potential
- 6. He's very good at making artistic things. He paints wonderful pictures. creative
- 4. Complete the following sentences with the words in the box:

- 1-Sarah is creative . She may be a great painter one day.
- 2-I'm sure he isn't really ill. I think it's just an excuse for not working hard.
- 3-It isn't the only reason for his success, but it's certainly one factor.
- 4-You don't have to do this course . It's optional .
- 5-With its wheels in the soft ground , the car was completely stuck .
- 6-There are lots of good paintings on show at the museum this week.
- 5. Complete the following sentences with the words in the box:

like-minded - routine- participate- set - confident - field -potential

- 1-Doing the same routine is not always an advantage .It can make you get bored.
- 2-I have done well in the exam . I'm confident I will get high marks.
- 3-She could answer the first **set** of questions in a very short time.
- 4-Luckily, I live in a shared house with *like-minded* people.
- 5-Unfortunately ,his English isn't good enough to participate in academic discussions.
- 6-She isn't a great singer yet , but she has great potential .
- 7-She doesn't know much about this subject as it isn't really her field.

6-Match the words in the boxes to make fixed phrase:

Societies zone like Course comfort fair foundation minded

Use the fixed phrases above to complete the sentences below:

- Self- help books recommend people step outside their comfort zones.
- It's a good idea to join clubs and societies to meet like- minded people
- Societies fair is often held in the first week in the university.
- Students did a foundation course before going to university.

7-Complete the sentences with words from the box :

factor - participated -on show -potential - excuse- creative

- 1-Najy AL Ali was creative . He drew many symbolic sketches .
- 2-As a child he was very much an outsider , he never participated in the games other children played .
- 3-I'm not sure why she feels tired ,but I think stress may be a factor .
- 4-There is going to be a wide variety of painting and handcrafts items on show to suit every project.
- 5-I have never known him to miss a meeting . I'm sure he'll have an excuse .
- 6-The law required a detailed analysis of the *potential* impact on the environment of a proposed project.

8- Complete the sentences with words from the box:

- 1-We were stuck at the airport for twelve hours because of the bad weather.
- 2-All people who are creative are considered outstanding such as poets and musicians.
- Safety is an important factor in car design .
- 4- She rarely participates in any of the classroom discussions.
- 5-The price includes hotel and meals , but entertainment is optional .
- 6-We need to establish a new <u>set</u> of priorities.

9- Complete the sentences with words from the box:

on show – creative – optional – participate
$$\,$$
 - set $\,$ – comfort zone

- Ali wanted to find a creative way to design his project.
- 2. Students are encouraged to participate in sporting activities.
- Attendance is optional for those who aren't working in the project.
- If you're stuck in a routine , you need to leave your comfort zone .
- The collection is on show at the British museum.
- 6. Jane bought him a set of tools for metal and wood working.

10 -Complete the following sentences with words from the box :

$$potential - excuse - factor - creative - stuck - field \\$$

- Seven of us were stuck in the lift for an hour.
- His unhappiness at home was a major factor in his decision to go abroad.
- 3. I don't know much about technology. It's not really my field
- He always finds a good excuse for not helping with the homework.
- She has great potential to be a successful teacher in the future.
- Her book is full of creative ways to decorate your home.

11-Complete the sentences with words from the box:

- 1-She has one of the most creative minds in business.
- 2- Suha convinced a group of *like-minded* friends to join her trekking in the Himalayas.
- 3-Psychology isn't really my field . You'd better ask Samir .
- 4-My grandfather gets upset if we change his routine .

5-For the first time she realized the *potential* danger of her situation .
6-Luckily,my students were able to *participate* in all the activities done in the class.

12-Complete the following sentences with words from the box:

participate- factors -field- like-minded - stuck

- 1. This drawer is stuck, I can't open it.
- 2. The rise in crimes is mainly due to social and economic factors .
- 3. Ahmed has a degree in engineering, but he couldn't find a job in his field.
- 4. Everyone in the class is expected to participate actively in these discussions.
- People tend to talk mostly to like-minded people who communicate in the same way .

13- Complete the sentences with words from the box:

stuck - force - excuse

- The bad conditions in the country force the youth to emigrate and live abroad.
- The manager didn't accept my excuse for being late.
- 1. The driver was stuck in his car after the accident and couldn't get out.

14 -Choose the correct option :

- Most students usually have to complete a one –year
 - first . (comfort zone <u>foundation course</u>)
- 2. Thosepeople usually behave similarly . (like-eyed --- like -minded)
- There are a lot of productsshow and I didn't know which one to buy . (on in)
- There are several reasons for the problem but one is the economic situation. (<u>factor-</u> excuse)
- I can't answer this question because it's outside my (<u>field</u> routines)
- Do you want to participate this competition? (in on)
- 7.people can do things ordinary people can't do in life . (Like-minded Creative)
- Suzan feelsthat she can pass the exam . (creative confident)
- Joining a club is a good way to meetpeople who have the same interests . (open minded/ <u>like -minded</u>)

Language

Present simple and present continuous tenses:

1- Circle the correct option to complete the sentences:

Sameera usually at school late.	(arrives / is arriving)
2.Listen! Someone outside.	(cries / is crying)
3.Rania happy. She must have got good news.	(looks / is looking)
4.Why at us like that?	(do you look / are you looking)
5.I you are not well today. What's wrong with you's	(think / am thinking)
6.I about my sister Huda. She's very ill.	(think / am thinking)
7.My uncle nine daughters.	(has / is having)
Every morning , Soha a cup of coffee.	(has / is having)
9. You can't call him now. He a shower.	(has / is having)
I usually a shower before I go to work.	(have / am having)
11.I have to dress up because I an important app	ointment. (have / am having)
12. The train always at 7:30 pm.	(leaves / is leaving)
13.Look out! The plane	(takes off / is taking off)

14.Our teacher is happy because we better quickly in English. (get / are getting)

 There are many people crowding over there. What? (is happening /happens) Present perfect and present perfect continuous: 2- Circle the correct option to complete the sentences: 1.It is dark because the sun (hasn't risen / hasn't been rising) yet. I can't find my wallet. Someone................. (has stolen /has been stealing) it. The weather is terrible outside. It.....(has rained /has been raining) for more than five hours. 4.I....... (have known /have been knowing) Mona for five years and we are close friends now. 5. You are out of breath!......(Have you run / Have you been running)? 6. She has.....(<u>never travelled</u>/been travelling) by ship. She enjoys flying. 7.My uncle......(has bought / has been buying) a new car recently. 3- Complete the sentences with the correct form of the verbs in brackets (Previous Exams) Shadia has been waiting (wait) for us for a long time. 2.Manal doesn't accept (not accept) such invitations quite often. In fact I don't like parties, but I am enjoying (enjoy) this one. 4.I have been sleeping badly (sleep) badly for a long time. Mona is chatting with her cousin online at the moment. (chat) The design of our new house looks very beautiful. (look) Sorry, you can't talk to him now. He is driving downtown. (drive) 8.He can't play with us because he has been running for two hours. (run) 9.My sister, who has been teaching English for thirty years, hasn't retired yet. (retire) 11. How many text or SMS messages have you sent today? (send) 12.I am reading a really interesting book at the moment. (read) 13.A lot of people think the new building *looks* ugly. (look) 14.I am having my breakfast, so I'll call you back in ten minutes. (have) 15. His eyes are tired because he has been playing computer games for three hours. (play) 4-Complete the sentences with the correct form of the verb in brackets: 1.I have drunk five cups of coffee so far this morning. (drink) Many people don't realize how good he is at painting. (not realize) Where have you been all this time? We have been looking for you. (be) 4-They all *don't agree* (not agree) with what he *is saying* (say) now. 5-I have been cleaning (clean) the windows for 2 hours. So far I have cleaned (clean) five of them and there are two more to do . 6-Please be quiet . I am thinking . (think) 7-He is having (have) a shower that's why you can't speak to him now. 8-Suha sometimes has (have) more than one exam a day . 9- Rami has been working (work) in this company for a long time and he is still here. 10-Salma and Ruba don't prepare (not prepare) for exams quite often . 11-I don't agree (not agree) with what he usually says (say) 12-Tamer has been reading a book (read) for two hours and he has read (read) 53pages so far . 13-Reading stories for children *promotes* (promote) their brain development and imagination 15-I have been reading (read) this book on psychology for hours and I'm still in page 16- Nowadays , people are thinking (think) more and more about their health . 17-Everthing is going well . We haven't had (not have) any problems so far. 18-He has been staying (stay) with his friends for too long time. He needs to find a house of his own.

5-Complete the following with the correct form of the verb:

- 1-Listen !What language are Ali's guests speaking? (speak)
- 2-The passengers have been waiting (wait) for three hours ,and the train hasn't arrived yet. (not arrive)
- 3-The teacher doesn't think (not think) the exam is complicated.
- 4-We can't get a table right now because we haven't booked a table yet. (book)
- 5-My grandmother is not wearing (not wear) her glasses now, so she can't read this note.
- 6-My uncle hasn't visited (not visit) Jerusalem yet.
- 7-Where have you been ? I have been looking (look) for you for the last half an hour.
- 8-I have been calling (call) you for half an hour . Where have you been ? (be)
- 9-Suha and Ruba are studying (study) in the next room. Don't disturb them.
- 10-Don't interrupt me !I am thinking (think) about my exam now .
- 11-I don't understand (not understand) the word "ant" What does it mean? (mean)
- 12- All of them seem surprised . I don't know what they are looking at. (look)
- 13- Nabil has been talking (talk) about changing his job for years but he isn't doing anything about it.
- 14-January is (be) the first month of the year.
- 15.My brother has been teaching (teach) in this school for a long time and he is still there.
- 16-Her friend doesn't go (not go) to parties normally.
- 17. Why are you looking (look) at me like that ? Have I said something wrong ?
- 18.Lack of job opportunities often causes (cause) lots of stress among young people.
- 19.My grandfather has felt (feel) very well so far .
- Her grandfather still remembers (remember) the day when the dam broke.
- 21. He still hasn't finished (not / finish) his graduation project.
- 22. The boys are still doing (do) their project.

6- Correct the mistakes in the following sentences:

1-He is having three luxury cars.	has
2-There is something about this photo that is looking strange.	looks
3-I'm sorry he's not here. He has lunch with some customers.	is having
4-We are hoping that this problem will be solved very soon.	hope
5-You are looking very smart. Where are you going?	look
6- Listen ! Can you hear those people next door ? They shout at each other again	1. are shouting
7-My father is thinking that I should stop playing computer games.	thinks
8-I <u>am not understanding</u> English when native speakers talk fast.	don't understand
9-Dad works in the afternoons ,but today he takes my brother to the dentist .	is taking
10-Ahmed <u>gets</u> better quickly. I think he will recover soon.	is getting
11-I <u>am thinking</u> this is the right answer, but I'm not really sure.	think
12-Have you ever been riding a bike?	ridden
13-How often are you visiting your grandma?	do you visit
14-How many times has he been writing to his family this month?	has written

7-Correct the mistakes in the following sentences:

1-What are you usually doing on Fridays?

2-Have we met before? I am recognizing your face.

3-Freshers gather in the hall right now.

4- She is sick . She eats so much recently.

5- I'm supposing this is the right answer ,but I'm not really sure .

6-What <u>are</u> you thinking the reason for her success is?

7-I can't understand what the writer is meaning.

8-How many messages did you already sent?

do you usually do recognize are gathering has been eating suppose do you think means have you already sent

9-There is something strange about Sami , he is looking very pale .	looks
10-How long have you been having this laptop? For more than eight years .	have you had
11- How often are you visiting the library?	do you visit
12-He's having this car for a year.	has had
13-We are having three bedrooms in our house.	have
14-I have been reading four stories so far this week.	have read
15-He's not here . He has lunch with some customers .	is having
16-Generally, I don't like coffee, but today I drink a lot of it.	am drinking

8- Put the verb in the correct form:	
1.Dina has sent you an email recently.	(send)
2 Have you repaired your mobile yet?	(you repair)
Mary can't join us in this trip because she is doing an important project.	(do)
4.Be careful! That car is coming towards you.	(come)
5.Look! That man has been following us since we got out from our house.	(follow)
We hope this problem will be solved very soon.	(hope)
My brother has been away on business for over two weeks.	(be)
8. My father hasn't got his salary yet.	(get)
9. What <i>do</i> you <i>think</i> the main cause of the problem is ?	(think)
10.You can take my dictionary . I don't want to use it now .	(not want)
11. What have you been doing all this time? We are tired of waiting.	(do)
12.She goes to the sea on Fridays, but today she is visiting her aunt.	(go – visit)
13. The adults' body has 206 bones.	(have)
 I don't think he deserves to be chosen for the competition . 	(not think)
15. Close your eyes . Now listen carefully . What do you hear?	(hear)
16. The baby's eyes are red , I think he has been crying for hours .	(cry)
17. I am thinking of buying a new phone, I have had this old one for four years.	(think- have)
18.Salma and her sister have been cleaning the house all day long.	(clean)
19-Asia and Africa are still showing rapid rises in population.	(show)
20-He has been learning German for two years, but he still can't speak it very well	ll. (learn)
21-What does he usually do after school?	(do)
22-I have lost my keys .Can you help look for them?	(lose)

9-Choose the correct answer: 1...... do you make a revision on your plans? (How many / How often) 2.I..... every moment on earth is a gift. (believe / am believing) makes you relax in the evening? Coffee. (who / what) 4..... of music do you prefer? Pop music. (what kind of / how long) 5. What on Sundays? (do you do / are you doing) 6.I only started this book yesterday and I've already (read / been reading) 150 pages. 7. You should stop for a rest. You've (driven / been driving) for four hours. I can't understand what the writer (means / is meaning). 9.Many people they can't change their lives . (think / are thinking) 10. She can't meet you now because she to a customer. (talks / is talking) 11-In fact, I don't like parties in general, but Ithis one . (enjoy- am enjoying) 12. They have just (been leaving - left), maybe you can catch up with them if you run . 13- She goes on foot normally, but today shethe bus. (takes - is taking) 14- Normally I (finish -am finishing) work at 5, but this week I (work - am working) until 6 to earn more money. 15-They (have -are having) a good dinner there. They (don't have - haven't had) any problems at all.

10-Write full questions:

1.How often / she / call?

How often does she call?

2.How long / you / study English?

How long have you been studying English?

3.You / ever / be / to Jerusalem?

Have you ever been to Jerusalem?

4.How hard / she / work / a day?

How hard does she work a day?

5.Listen! What language / they / speak ?

What language are they speaking?

6.What / you / do / on Fridays?

What do you do on Fridays?

7.You / enjoy / this lesson?

Have you enjoyed this lesson?

8. you /ever/ hear / of the Blue Sky Restaurant ?

Have you ever heard of the Blue Sky Restaurant?