

Reading Comprehension (20 marks)**Question Number One:****Total mark****/ 80**

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. 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. 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.

Answer the following questions below: (8 points)

1. When do people particularly prefer to stay inside their comfort zone?

.....

2. What do self-help books advise us to do?

.....

3. What is the benefit of getting out of your comfort zone?

.....

4. Why don't people often like to try new things?

.....

Decide whether each of the following statements is TRUE (T) or FALSE (F) (3 points)

1. 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. ()

3. Self-help books recommend staying in our comfort zone. ()

Complete the sentences with phrases from the text:(3 points)

1. often recommend leaving your comfort zone.

2. When people develop, and make progress in life, they feel themselves.

3. Sometimes you need to to do something you'd rather not do.

What do these pronouns refer to: (2 points)

1. one (line 2)

2. Their (line 11)

Find the meaning of the underlined words from the text: (4 points)

1. I have a set of priorities before deciding anything.
2. People often get stuck in their comfort zone.

Vocabulary (25 marks)

Question Number two:

Write the correct meaning of each word of phrase below: (8 points)

like minded – able to be seen – take part – optional

1. not compulsory
2. with similar attitudes
3. on show
4. Participate

Complete the following sentences: (12 points)

potential – excuse – factor – creative – stuck – field

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

Choose the correct option: (5 points)

1. Most students usually have to complete a one – year first. (comfort zone – foundation course)
2. Those (like-eyed - like -minded) people usually behave similarly.
3. There are a lot of products (on – in) show and I didn't know which one to buy.
4. There are several reasons for the problem but one (factor- excuse) is the economic situation.
5. I can't answer this question because it's outside my (field – routines)



**Question Number three:****Circle the correct option to complete the sentences: (6 points)**

1. It is dark because the sun (hasn't risen / hasn't been rising) yet.
2. I can't find my wallet. Someone (has stolen / has been stealing) it.
3. The weather is terrible outside. It (has rained / has been raining) for more than five hours.

Complete the sentences with the correct form of the verbs in brackets: (8 points)

1. Shadia for us for a long time. (wait)
2. Manal such invitations quite often. (not accept)
3. In fact I don't like parties, but I this one. (enjoy)
4. Cotton in Palestine. (not grow)
5. She back from her holiday recently. (get)
6. you a business meeting right now? (attend)
7. The teacher the exam is complicated. (not/think)
8. Nowadays, people more and more about their health. (think)

Form questions: (6 points)

1. What / you / do / on Fridays?
.....?
2. You / enjoy / this lesson?
.....?
3. you / ever / hear / of the Blue-Sky Restaurant?
.....?

Correct the following sentences: (5 points)

1. I am not supposing this is the right answer, but I'm not really sure.
2. We are hoping that this problem will be solved very soon.
3. Those people are seeming to be arguing, but I can't hear very clearly.
4. Not many people realising how good he is at painting.
5. Have we met before? I am recognizing your face.



Question Number Four: جميع الفروع

Write an **application form** to apply for a **foundation course** in Information Technology.

Do the following:

Explain the reasons for choosing this course.

Write about your experience in this field.

Write about how you expect your interest in the subject to develop.

Blank lined paper with a diagonal watermark reading "Alimod".



لتحميل المزيد من موقع المكتبة الفلسطينية الشاملة

<http://www.sh-pal.com>

تابعنا على صفحة الفيس بوك: www.facebook.com/shamela.pal

تابعنا على قنوات التلجرام: www.sh-pal.com/p/blog-page_42.html

أقسام موقع المكتبة الفلسطينية الشاملة:

الصف الأول: www.sh-pal.com/p/blog-page_24.html

الصف الثاني: www.sh-pal.com/p/blog-page_46.html

الصف الثالث: www.sh-pal.com/p/blog-page_98.html

الصف الرابع: www.sh-pal.com/p/blog-page_72.html

الصف الخامس: www.sh-pal.com/p/blog-page_80.html

الصف السادس: www.sh-pal.com/p/blog-page_13.html

الصف السابع: www.sh-pal.com/p/blog-page_66.html

الصف الثامن: www.sh-pal.com/p/blog-page_35.html

الصف التاسع: www.sh-pal.com/p/blog-page_78.html

الصف العاشر: www.sh-pal.com/p/blog-page_11.html

الصف الحادي عشر: www.sh-pal.com/p/blog-page_37.html

الصف الثاني عشر: www.sh-pal.com/p/blog-page_33.html

ملازم للمتقدمين للوظائف: www.sh-pal.com/p/blog-page_89.html

شارك معنا: www.sh-pal.com/p/blog-page_40.html

اتصل بنا: www.sh-pal.com/p/blog-page_9.html