

## Unit 1 – 12<sup>th</sup> grade / September Exam

### Reading:

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know it or not: it's the set of routines and known abilities that make us feel safe because we're 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're feeling under stress.

On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. 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.

### 1. Answer the following questions: (2 M)

1. When would people feel positive about themselves?

2. How can we improve ourselves?

- a. \_\_\_\_\_ b. \_\_\_\_\_  
c. \_\_\_\_\_

### 2. Complete the following table from the text: (2 M)

Statements	Reasons
1. We feel safe inside our comfort zones	a. _____ b. _____
2. People don't often like trying new things	a. _____ b. _____

### 3. Decide whether each of the following is True or False: (4 M)

1. Staying inside our comfort zone has many benefits, especially when we're worried. ( )
2. Stepping outside your comfort zone means more challenges and worries. ( )
3. It is possible to reach your potential if you only do things within your ability. ( )
4. It is advisable to practice something you haven't done yet. ( )

### Vocabulary : Use the words to complete the sentences below: (6 M)

( **stuck**   **optional**   **participates**   **excuse**   **factor**   **potential** )

1. The price includes hotel and meals, but entertainment is.....
2. If you study hard, there is a greater \_\_\_\_\_ for success.
3. I have never known him to miss a meeting. I'm sure he'll have an \_\_\_\_\_
4. She rarely \_\_\_\_\_ in any of the classroom discussion.
5. Safety is an important \_\_\_\_\_ in car design.
6. We were \_\_\_\_\_ at the airport for twelve hours because of the bad weather

## Language

### **1) Complete the sentences with the correct tense of the verb in brackets: (5 M)**

1. Shadia \_\_\_\_\_ (wait) for us for a long time.
2. Manal \_\_\_\_\_ (not accept) such invitations quite often.
3. Mona \_\_\_\_\_ with her cousin online at the moment. (chat)
4. The design of our new house \_\_\_\_\_ very beautiful. (look) .
5. Suha sometimes \_\_\_\_\_ more than one exam a day. (have)

### **2) Choose the correct answer: (3 M)**

1. Rami \_\_\_\_\_ in this company for a long time and he is still there.  
( Has worked    had been working    has been working )
2. Salma and Ruba \_\_\_\_\_ for exams quite often  
( doesn't prepare    don't prepare    haven't prepared )
3. Normally I (finish – am finishing) work at 5, but this week I (work – am working) until 6 to earn a bit more money.
4. They have just (been left / left ), may be you can catch them if you run.

### **3) Correct the mistakes (there is one in each sentence): (2 M)**

1. How many messages did you already sent? \_\_\_\_\_
2. He is having three luxuries cars. \_\_\_\_\_

## Writing (5 M)

### **Write an application form using your information to the following questions:**

1. If you apply to a foundation course, what subject would you choose, and why?
2. How do your previous experience and your present studies show your interest in this field?