

NAME: _____

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Assessments**Unit 10 Review Test 1****Section 1: Listening Part A**

||| Listen to the conversation about personality types. Then choose the correct answer to each question, according to the information.

1. Why does Marta think she has a “Big T” personality?
 - a. She’s a thrill-seeker who loves mountain climbing.
 - b. She’s terrified of heights and doesn’t like scary movies.
 - c. She always tries to be as safe as possible.
2. How was Marta a risk-taker from an early age?
 - a. She enjoyed going to amusement parks and riding roller coasters.
 - b. She enjoyed stunts like climbing trees and jumping across creeks.
 - c. She enjoyed going to the movie theater to watch scary horror movies.

Section 1: Listening Part B

||| Listen to the conversation about personality types again. Listen for the underlined words. Then choose the correct phrase to complete each definition.

3. If something is on a spectrum, it is _____.
 - a. identified as an exciting but dangerous activity
 - b. classified within a continuous range of qualities
 - c. one choice between two very different options
4. An outdoorsy person is someone who _____.
 - a. likes to take risks
 - b. has an outdoor job
 - c. likes to do activities outside
5. If you have a low tolerance for something, you are _____.
 - a. less willing to accept it
 - b. unable to understand it
 - c. afraid of doing it

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Section 2: Vocabulary Part A**Choose the correct personal quality to complete each sentence.**

6. Alex is a bit of **(a loner / an individualist / an idealist)**. He prefers to spend time by himself.
7. Maddy is very **(sedentary / sociable / high-strung)**. She loves talking to people and going to parties.
8. Christine wanted to be more **(high-strung / laid back / adventurous)**, so she made plans to climb the tallest mountain in the region.
9. Matt has a lot of stress in his life. But he never gets upset or anxious about anything. He's so **(high-strung / laid back / active)**.

Section 2: Vocabulary Part B**Choose the correct way to cope with stress from the box to complete each statement. There are two extra choices.**

a breather slow down laugh things off aside some down time limits up a hobby

10. Tara decided to take _____. She needs something to do in her free time, so she signed up for a knitting class.
11. David set _____ between his working hours and personal time. He turns off his email on weekends so his coworkers can't contact him.
12. Instead of rushing through the project, _____ and make sure you're doing the job right.
13. Humor can help you through a difficult time. When you're under stress, it's helpful to be able to _____ and not take everything so seriously.

Section 3: Grammar Part A**Complete each sentence. Describe past repeated or habitual actions with would or the past continuous. Use the words in parentheses.**

14. I got interested in antiques because my father was _____ old furniture when I was growing up. (always / buy)
15. Paul started playing tennis in high school because his friends _____ him to play with them. (invite)
16. I was _____ my text messages when I first started this job, but I am more laid back now. (always / check)
17. When my brother and I were teenagers, we _____ each other to perform risky stunts in the backyard. (dare)

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Section 3: Grammar Part B

Rewrite each instruction as a statement with **be supposed to**. Make any necessary changes for logic. Use contractions and the words in parentheses.

Example: "Please meet your tour guide at 8 o'clock tomorrow morning." (we / meet)

We're supposed to meet our tour guide at 8 o'clock tomorrow morning.

18. "Don't send emails or chat messages after 6:00 P.M." (employees / not / send)

19. "Please look busy when the Director is in the office tomorrow." (we / look)

20. "Please finish your annual performance review by Friday." (I / finish)

21. "It will snow heavily tomorrow, according to the weather forecast." (it / snow)

Section 4: Speaking Part A

Choose the correct phrase from the box to complete the conversation. There are two extra choices.

I hate to tell you this

I really messed up

Ooh. I'm sorry

set limits

slow down

some friendly advice

To tell you the truth

A: Uh-oh. **22.** _____. My boss texted me an hour ago and I didn't notice. I was supposed to send him a report tomorrow, but I guess he needed it sooner.

B: **23.** _____. But isn't it after 8:00? Why is he texting you so late?

A: He often does that. He's a workaholic.

B: Would you like **24.** _____?

A: Sure.

B: It's time for you to **25.** _____. You need to make it clear to your boss that you can only respond to work messages during regular hours.

A: Well, I don't know . . .

B: **26.** _____, but it will only get worse if you don't put a stop to it.

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Section 4: Speaking Part B**Choose the correct word or phrase from the box to complete each conversation.****There are two extra choices.**

Frankly to tell you this painful fact is tell you the truth no two ways about it

27. A: You were supposed to return these library books two months ago!**B:** Uh-oh. I really messed up. Do you think I'll have to pay a late fee?**A:** Definitely. The _____, you're going to have to pay some hefty fines.**28. A:** I'm so out of breath. I wish we didn't live on the third floor!**B:** There are _____, you need to get more exercise.**A:** Tell me about it. I need to take up a sport. I've become way too sedentary!**29. A:** I worked late every night last week.**B:** I hate _____, but I think you should take a breather.**A:** You're right. I definitely need to take vacation soon!

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Section 5: Reading Part A

Read the article. Then read the statements. Choose all the details from the article that support each statement.

Today's Kids Less Fit than Previous Generations

Studies show that children today are not as fit as their parents were at the same age. According to data from 28 countries, the aerobic fitness of children aged 9–17 has declined 5% since 1975. For example, it takes children an average of 90 seconds longer to run 1.6 km than it took kids 30 years ago.

What's causing this decline in physical fitness? Some experts point to weight gain in children as one factor. Worldwide, the number of children and adolescents aged 5–19 who are overweight or obese has risen from 4% in 1975 to over 18% in 2016. On average, children have a higher body mass index today than they did thirty years ago, and that's likely making them run more slowly.

Another contributor is our sedentary lifestyle. Pediatricians recommend 60 minutes of active physical activity per day, but most children only get a third of that. Young people participate in organized sports less often than children of previous generations did. In the 1970s, more children walked or biked to school, but children today are more likely to take a bus or be driven. Children today are spending much of their time sitting in front of screens. In the 1970s, entertainment options were limited to TV, but today they also have video games, smartphones, computers, and other devices. It's estimated that children ages 8–12 spend an average of 4–6 hours a day in front of a screen, and teens spend up to 9 hours. Although parents should be encouraging their kids to be more active, they're engaging in nearly as much screen time themselves. According to the World Health Organization, over 23% of adults and 80% of adolescents are not sufficiently physically active.

So, what can parents do to reverse these concerning trends? Pediatricians recommend making physical activity a regular part of family life. Place a daily limit on time spent on electronic devices. Use free time for activities such as bicycling, skating, dancing, and playing sports. The best kinds of activities promote cardiovascular fitness—they should make you breathe heavily, feel warm, and sweat. Encouraging kids to start these good habits now can help them stay healthy as adults. Physical activity helps build strong bones, muscles, and joints. It can also help maintain a healthy weight and reduce the risk of diabetes, high blood pressure, and heart disease later in life. Making physical activity a family priority will build the foundation for a lifetime of good health.

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30. Children today are not as physically fit as previous generations.
- a. It takes children longer to run 1.6 km than it did 30 years ago.
 - b. The aerobic fitness of children aged 9–17 has declined 5% since 1975.
 - c. Today children have video games, smartphones, computers, and other devices.
31. Today's children have a sedentary lifestyle.
- a. Pediatricians recommend 60 minutes of active physical activity per day.
 - b. Young people participate in sports less often than in previous generations.
 - c. Children ages 8–12 spend an average of 4–6 hours a day in front of a screen.

Section 5: Reading Part B

Read the article in Part A again. Then choose the correct answer to each question, according to the information.

32. What is causing a decline in aerobic fitness in children?
- a. weight gain and obesity
 - b. fewer organized sports programs
 - c. funding cuts to physical education in school
33. What lifestyle changes are causing children to be more sedentary?
- a. They spend too much time studying.
 - b. They walk or bike to and from school.
 - c. They participate in sports less often.