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Assessments
Unit 10 Review Test 2

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. What personal qualities do people with a “Big T” personality have?
 - a. They are high-strung and often anxious.
 - b. They like taking risks and trying new things.
 - c. They prefer to be outdoors in the woods.
2. Why does Marta think she has a “Little T” personality type?
 - a. She enjoys camping and hiking deep in the woods.
 - b. She enjoys stunts like climbing trees and jumping across creeks.
 - c. She’s terrified of roller coasters, heights, and scary 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 you are risk-averse, you _____.
 - a. have an appreciation for the outdoors
 - b. enjoy doing things that are dangerous
 - c. aren’t willing to do things that are dangerous
4. A stunt is a _____.
 - a. type of roller coaster
 - b. dangerous and difficult action
 - c. special skill or talent
5. Something that is closely regulated is _____.
 - a. controlled with rules
 - b. decreased in speed
 - c. changed often

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

6. Marie is (**high-strung** / **laid-back** / **sociable**). She gets afraid and anxious about the smallest things.
7. Glen believes that the actions of even one person can make a difference and change the world. He's (**a loner** / **an individualist** / **an idealist**).
8. Fred prefers to spend time at home with his family, watching TV or reading. He's a bit (**adventurous** / **sedentary** / **of an individualist**).
9. Sheila is too much of (**an individualist** / **a loner** / **an idealist**) to follow other people's trends. She does her own thing and has her own unique style.

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 downtime limits up a hobby

10. Sarah wants to take _____ after she finishes this project. She needs to rest for a few weeks and recover her energy.
11. We've been working too quickly and making a lot of errors. I know there's a deadline, but let's _____ a little bit.
12. Maya needs to set _____ between work and family time. She'll burn out if she doesn't find a better work-life balance.
13. Larry is trying to set _____ after he finishes his current project. He's going to take a few days off and go fishing.

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. When you first started at the company, you were _____ time off to care for your parents. (always / take)
15. When I was a kid, the woman who lived next door _____ me how to knit and crochet. (teach)
16. My parents were really into history, so we were _____ to museums and historical sites when I was growing up. (always / travel)
17. During the winter, we _____ downhill skiing at resorts in the Adirondacks. (go)

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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. "Please remove your shoes before stepping on the exercise mat." (we / remove)

19. "Don't mail this package until next week." (I / not / mail)

20. "Please wear a suit and tie to the client meeting tomorrow." (I / wear)

21. "It will be very windy tomorrow, according to the weather forecast." (it / be)

Section 4: Speaking Part A

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

I really messed up	laugh things off	no two ways about it	Ooh. I'm sorry
some friendly advice	take a breather	The painful fact is	

A: Uh-oh. **22.** _____. I'm supposed to finish this sales report by next week, and I can't get these charts to look right.

B: **23.** _____. You've still got over a week to finish.

A: You're right. I guess the stress is just getting to me.

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

A: Sure.

B: It's time for you to **25.** _____. You need to set aside more time each day to relax and forget about work.

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

B: There's **26.** _____.: if you don't find ways to reduce stress, you're going to have a nervous breakdown!

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Section 4: Speaking Part B

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

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

27. A: I've been studying nonstop for three days!

B: I _____ this, but cramming is the worst way to study for exams. You need to take a breather to give your mind a chance to rest.

28. A: I missed the game last night. How did we do?

B: We lost by 4 goals. To _____, I think this is going to be a long, painful season!

29. A: One thing I admire about Julia is her ability to laugh things off. She's so fun-loving!

B: I doubt her manager at the restaurant feels the same way.
_____, I think he wishes she took her job a little more seriously.

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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 foundations for a lifetime of good health.

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30. Children today are heavier than those of previous generations.
- a. The number of children aged 5–19 who are overweight rose from 4% in 1975 to over 18% in 2016.
 - b. Children have a higher body mass index today than in the past.
 - c. Pediatricians recommend making physical activity a regular part of family life.
31. Physical activity is not a regular part of life for many young people today.
- a. Pediatricians recommend 60 minutes of active physical activity per day, but most children only get a third of that.
 - b. Studies show that over 23% of adults are not sufficiently physically active.
 - c. In the 1970s, children walked or biked to school, but children today take a bus or are driven.

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 children to be less physically fit?
- a. less time for physical education in school
 - b. funding cuts to organized sports programs
 - c. a higher body mass index
33. What lifestyle changes are causing children to be less physically active?
- a. There are fewer organized sports programs.
 - b. They spend too much time looking at screens.
 - c. They have limited entertainment options.