

## SECTION I – READING COMPREHENSION

Read the following passage. A number of five questions or unfinished statements about the passage follow with four suggested answers or ways of finishing it. Choose the one you consider to be the best.

### Things Your Hair Says About Your Health

When it comes to our hair, most of us worry most about what to do with it: how short to cut it, how to style it, whether to color it once it begins to go gray. But experts say that our hair says a lot more about us than how closely we follow the latest styles. In fact, the health of our hair and scalp can be a major tip-off to a wide variety of health conditions.

"We used to think hair was just dead protein, but now we understand that a whole host of internal conditions affect the health of our hair," says dermatologist Victoria Barbosa, MD, who runs Millennium Park Dermatology in Chicago. "Our hair responds to stress, both the physical stressors of disease and underlying health issues, and psychological stress." [...]

The schedule and pattern by which you go gray will most likely follow your parents' experience. However, if you suspect stress is graying you prematurely, keep careful track of stressful events. People who experienced a traumatic event that they believe caused them to go gray have reported that their hair eventually returned to its former color.

If you believe that stress or trauma is causing your hair to go gray, boost your coping strategies by working on your reactions to stressful situations. Yoga and meditation, for example, are effective stress-management tools.

(Source: <http://health.yahoo.net/caring/8-things-your-hair-says-about-your-health>)

- 1. What is the most appropriate synonym of the word *tip-off*?**
  - A. relevant information
  - B. further information
  - C. secret information
  - D. useful information
- 2. What is the author's main point?**
  - A. People should avoid stressful situations and events.
  - B. Hair can be a telltale factor of overall physical condition.
  - C. The quality of hair is influenced by both external and internal factors.
  - D. Going gray prematurely is caused by traumatic events.
- 3. Meditation can help you...**
  - A. not to follow your parents' experience.
  - B. avoid traumatic situations.
  - C. not to go gray.
  - D. cope with anxiety and worries.
- 4. Boosting your coping strategies means:**
  - A. becoming more resistant to diseases.
  - B. becoming more successful in dealing with something difficult.
  - C. managing to understand stressful situations.
  - D. becoming indifferent to your surroundings.
- 5. The expression *a whole host of* means:**
  - A. a group of

- B. a crowd of
- C. a series of
- D. a stack of

## SECTION II - USE OF ENGLISH

Choose the word or phrase which best completes each sentence. Circle the correct solution.

1. When travelling you have a/an ....., which gives you definite departure and arrival times and a list of your destinations.
  - A. timetable
  - B. notice
  - C. trip
  - D. itinerary
2. How many plays .....?
  - A. did Shakespeare write
  - B. did Shakespeare wrote
  - C. has Shakespeare written
  - D. wrote Shakespeare
3. As they are very busy they will have to ..... a holiday this year.
  - A. look forward
  - B. do without
  - C. put up with
  - D. get on with
4. If you ..... me about Jane's hair, I wouldn't have noticed.
  - A. didn't tell
  - B. didn't told
  - C. hadn't told
  - D. hadn't tell
5. What time ..... in Britain?
  - A. the banks close
  - B. does the banks close
  - C. close the banks
  - D. do the banks close

## SECTION III - WRITING

Write a short essay (150-200 words) on one of the following topics:

1. *Friendship*
2. *Family*