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# COMPREHENSION

prohibited.

# DIRECTIONS

In Part VII you will read passages in the form of letters, ads

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related texts. On the real test you will not have time to read every word. You need to practice scanning and reading quickly for details.

Do you feel stressed? Chances are, you do. Levels of stress in our society are increasing more and more these days, and this is true for both workers and students. There are a number of ways you

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about commercials. The aim of advertising is to make people feel that their lives are inadequate and unfulfilled. They often bring out negative emotions in viewers.



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And while we are on the subject of television, have you noticed how much of the news we watch is bad news? Research states that over 90% of the news we watch, read or hear on the radio is bad news. In order to sell stories, the media bombard us with negative story after negative story. What is more, the stories

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The last thing to avoid is caffeine. Anything which contains caffeine, and that includes coffee, tea, chocolate and even a nice soothing cup of cocoa, is a stimulant, and is more likely to keep you tense than relax you. Sugary drinks are also going to keep you buzzing. Have a cup of herbal tea and eat foods which are natural rather than processed.

# 1. What is the text about?

## a. Ways to relieve stress

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## d. The consequences of a stressful lifestyle

## 2. Why does the writer consider commercials stressful?

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d. They contain flashing and fat-moving images



### 3. Why, according to the writer, do news stories often depress us?

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powerless

d. The stories force readers to take action

## 4. What does the writer suggest you do if you feel angry with someone?

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## d. Brew a cup of tea



## 5. Which drink does the writer recommend when you feel stressed?

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d. coffee

Dear Barbara,  
Regarding the marquee that you would like to hire from our community group, I spoke with our committee last night and this is no problem. We could hire you one of our marquees at a cost of \$100 from now until the week after the arts

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\$100 hire fee on the marquee cost.

Let me know if you've any questions – you can call me if you would like to discuss this further.

Thanks  
David

Dear David,  
Many thanks for your email regarding the marquee. We'd like to go ahead and borrow it please. I will send one of my colleagues over on Monday evening to collect it, if that's all right with you. He has a

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we only hold events like this on a very occasional basis.

Thanks for your help,

Barbara



## 6. Why does Barbara need a marquee?

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## d. for overnight accommodation

# 7. Barbara can use the marquee free of charge if...

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a. she promises to keep it in good condition

## 8. In her message, Barbara expresses concern about

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## d. the size of the marquee



## 9. What is Barbara likely to do next?

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d. negotiate the price

INTERNATIONAL AIRLINES  
CAPTAINS CLUB  
RO. Box 325  
Dallas, Texas

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Enclosed is my check for \$ \_\_\_\_\_ made payable to Captains Club

Please issue a courtesy card for my spouse:

\_\_\_\_\_

(Print full name of spouse)

## RENEWAL NOTICE

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Please indicate address changes on reverse side



# 10. What is this form?

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## d. An invoice

# 11. What should be written on the back of the form?

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## d. New address