

The Mock Bac

There are many reports that demonstrate the strong influence of our feelings and emotions on health and disease. One example is a study of the survival rate of women with breast cancer. After ten years 70% of those who reacted to the diagnosis with a fighting spirit were still alive, while those who reacted with denial had a 50% survival rate, stoic acceptance gave 25% and of those who felt hopeless and helpless only 20% survived.

Other feelings show that cancer is frequently diagnosed about a year after a traumatic event, such as losing a spouse. Also the negative effect of mental depression on our immune system is well known, while we feel and to some degree are invincible when we are in love. Our digestive juices are inhibited when we are upset or stressed, and asthma attacks may be triggered by fear or apprehension.

Generally, we can distinguish between acute or immediate influence of strong emotions and the long term or chronic effects of unexpressed emotions. The immediate reaction is due to the direct influence of our feelings on the hormone producing endocrine glands and on the nervous system. More insidious, however, are the long term effects of muscle armouring caused by suppressed emotions.

I-Reading- Interpreting:

1-Choose the right answer 1pt

A-The text is.....

a-Descriptive b-Expository c-narrative

B-The text is about.....

a-Health and diseases b-The effects of our feelings on health c-Our lost feelings

1-Say whether the following statements are true or false? 1.5pt

A-Pain and disease can be caused by negative emotions

b-Negative feelings and emotions can cause chronic diseases

c-Stress can cause asthma attacks

3-Answer the following questions according to the text 3pts

a-Do all women with breast cancer have a fighting spirit? Justify

b-How do our negative feelings affect our immune system ?

c-What are the different influences of our emotions on our health?

4-who or what do the underlined words in the text refer to? 1.5pt

That (§1) those (§1) we (§2)

II-Text Exploration

1-Find in the text words or phrases closest in meaning to 1.5pt

Show (§1) Impact (§2) response (§3)

2-Complete the following chart 1.5pt

verb	noun	adjective
.....	strong
.....	weakness
To demonstrate

3-Rewrite sentence "b" so that it means the same as sentence "a" 2pts

1-a-Our emotions are conditioned by our beliefs

b-Our.....

2-a-"How do you feel about it?", He wondered.

b-He wondered.....

4-Classify these words according to the pronunciation of the final "s" 2pts

Methods, attacks, distinguishes, stories

/s/	/z/	/iz/
.....

III-Written Expression

How can we deal with stress?

Topic Two:

Some people may feel upset that shops during this holiday season failed to meet their expectations. Not Bill Talent, a New York priest, who has been going on the streets of the city exhorting people to resist the temptation to shop and the demon of consumerism.

Shoppers, he believes, have little regard for how or where or by whom the products are made. They have almost no resistance to the media messages that encourage them, around the clock, to want things and buy them. He sees a population lost in consumption, and the meaning of individual life vanished in a fog of wanting, buying and owning too many things.

'Consumerism is a dull way of life,' he says. 'That's why I am trying to stop this frenzy and the buy-nothing-day is meant to reduce its intensity.'

It is not that Bill Talent thinks that no one should ever buy anything. On a recent afternoon, he was seen purchasing a ream of printer paper and other goods. It is the futility of shopping he is trying to address – the futility of leaning too heavily on the material at the expense of the spiritual and emotional. He wants to help awaken desensitized shoppers because they are underestimating the complexity and the beauty of life beyond the frustration of the feeling that they are poor or have little or not enough possessions.

Constance L. Hays
The New York Times :

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1—Part One

1. Say whether the following statements are true (T) or false (F).

- a. During holiday seasons, shops do not provide everything people need.
- b. Shoppers pay particular attention to where and how products are made.
- c. Consumers cannot resist advertisements.
- d. Bill Talent is not totally against consuming.

2. Answer the following questions according to the text.

- a. How does Bill Talent try to stop excessive consumption?
- b. What is Bill Talent's campaign called?
- c. Why are people frustrated according to Bill Talent?

3. Choose the best answer. The text is:

- a. a radio report
- b. a speech made by a priest
- c. a newspaper article

4. Find in the text words, phrases or expressions that are closest in meaning to the following:

- a. annoyed (§1) b. all day and all night (§2) c. buying (§4)

5. Find in the text words, phrases or expressions that are opposite in meaning to the following:

- a. discouraging (§1) b. interesting (§3) c. giving the right value (§4)

6. Fill in the table with the appropriate words.

Verbs	Nouns	Adjectives
- encourage	-	-
-	- consumption	-
-	-	- intensive

7. Combine the following statements using the connectors in brackets making the necessary changes.

a. People do not care about the spiritual aspect of life. They do not find life enjoyable.

(if)

b. People feel upset during holiday seasons. They do not find what they need. (as)

c. A variety of goods is available on the market. People still ask for more. (although)

8. Underline the stressed syllables in each of the following words.

- a. consumption b. vanished c. Expense

PART TWO: WRITTEN EXPRESSION (05pts)

Choose one of the following topics:

- Imagine you are organizing a campaign against fraud and cheating in the local commercial centre, and now you are meeting the participants in this campaign. Make a short speech in which you
 - welcome and thank the participants,
 - explain the reasons for the campaign,
 - tell them how you are going to proceed,
 - close up the speech.

2-To your minds, how can commercials affect our habits?