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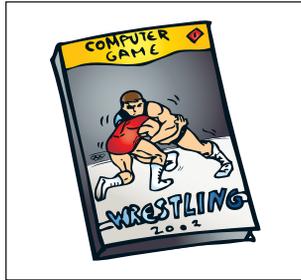
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Listening 30 minutes

Part 1

You will hear short conversations. After you hear each conversation, you will be asked a question about what you heard. The answer choices are shown as pictures (A, B, and C). Circle the letter of the correct answer. You will hear each conversation only once.

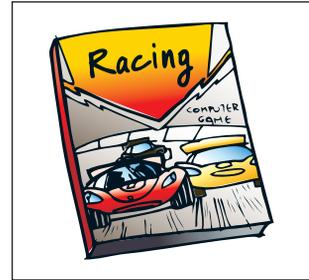
1



A

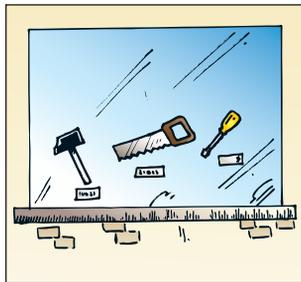


B



C

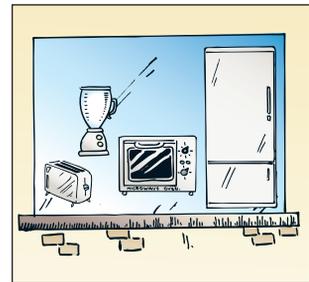
2



A

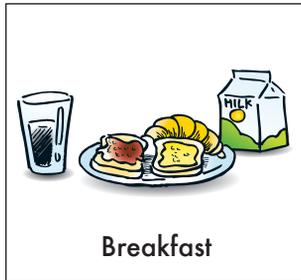


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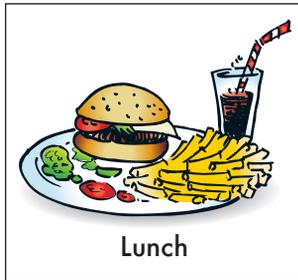
C

3



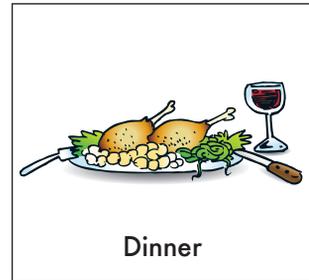
Breakfast

A



Lunch

B



Dinner

C

4



A



B



C

5



A



B



C

Before you listen to each conversation ...

Think about the relationship between the three pictures. This may give you a clue as to what aspect the narrator's question may focus on: e.g., one of several events, where or when something happened, how much time something took, what someone or something looks like, how much something costs, and so on.



6



A



B



C

7



A



B

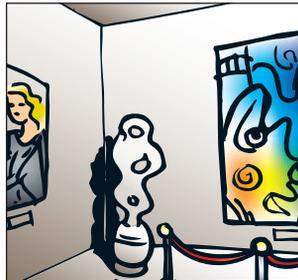


C

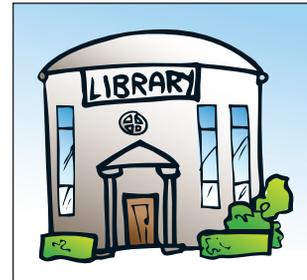
8



A



B



C

9



A

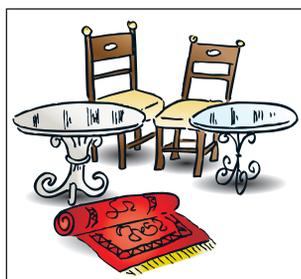


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C

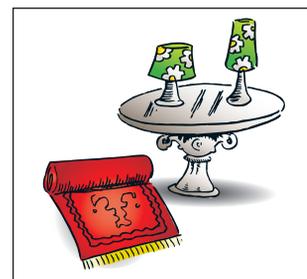
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A



B

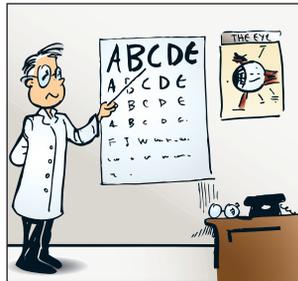


C

11



A

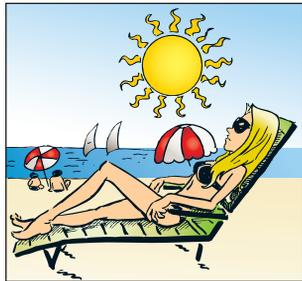


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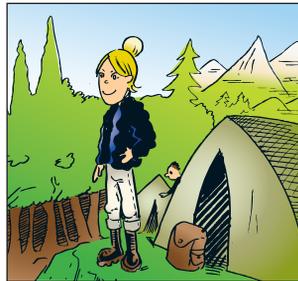


C

12



A

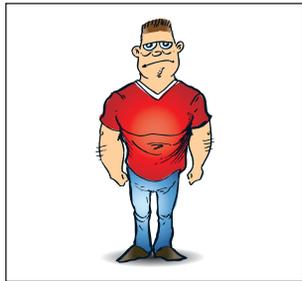


B



C

13



A



B



C

14



A



B



C

15



A



B

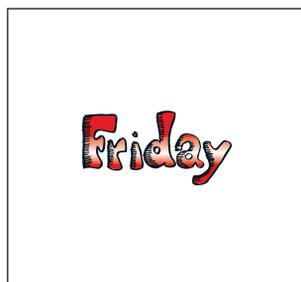


C

16



A



B



C

17



A

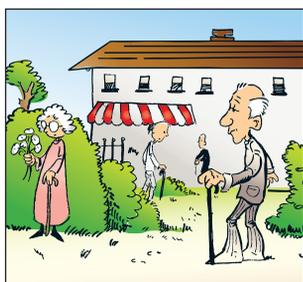


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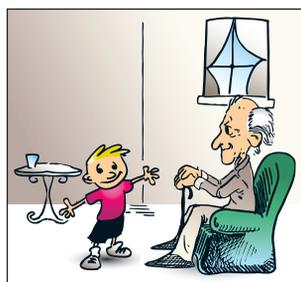


C

18



A

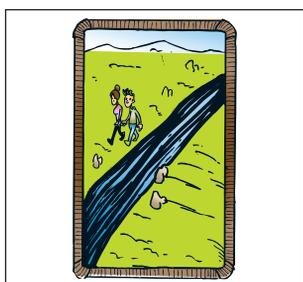


B



C

19



A



B



C

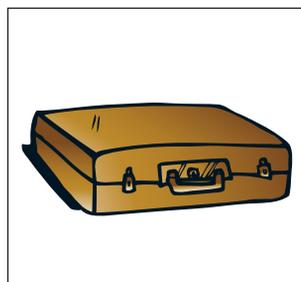
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A

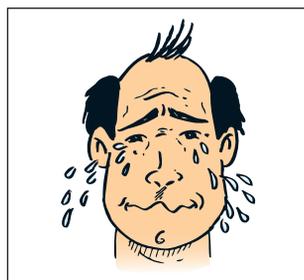


B



C

21



A

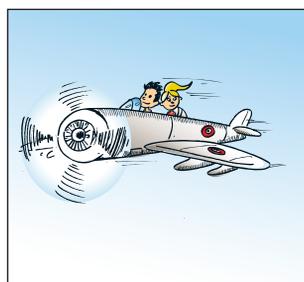


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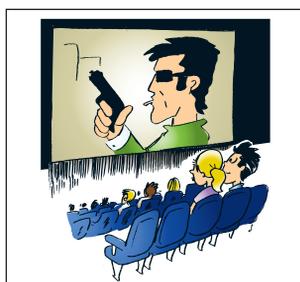


C

22



A

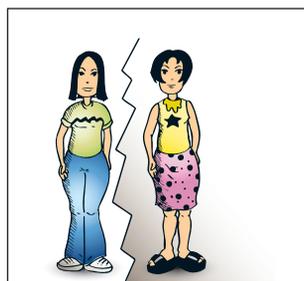


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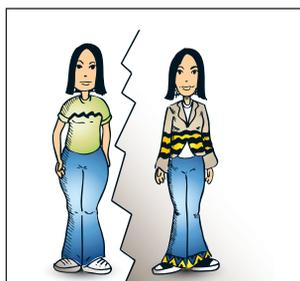


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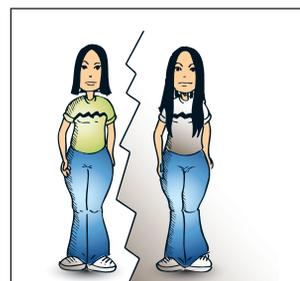
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A

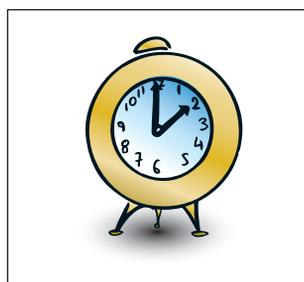


B

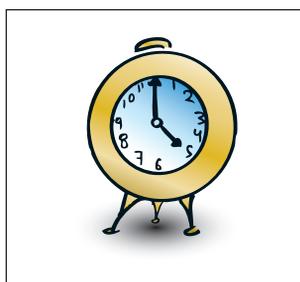


C

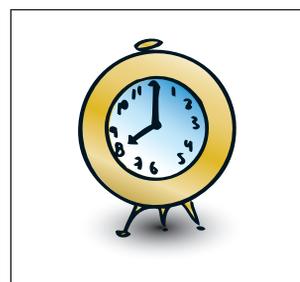
24



A

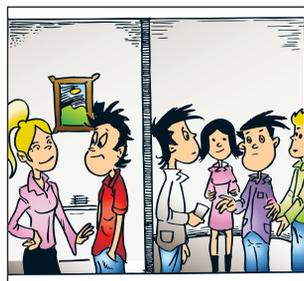


B



C

25



A

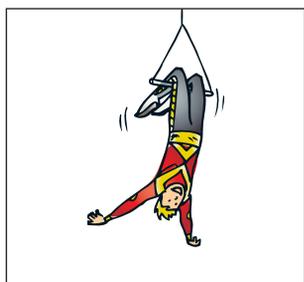


B



C

26



A



B

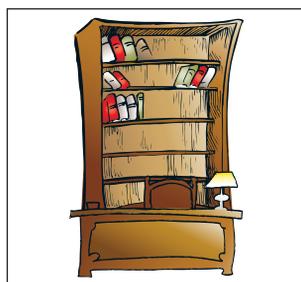


C

27



A



B



C

28



A



B



C

29



A

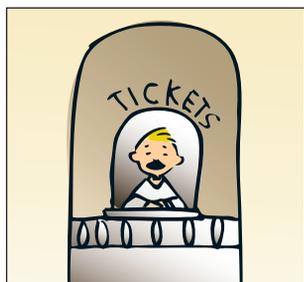


B



C

30



A



B



C

Part 2

In this part of the test, you will hear four short talks. Before you hear each talk, you have time to look at the questions about it. After you have heard a talk, you will hear some questions about it. The questions along with four answer choices are printed in the test booklet. Select the best answer to each question and mark it on the separate answer sheet. You should mark a, b, c, or d. You will have 12 seconds to mark your answer to each question. There are a total of 20 questions in Part 2. If you want to, you may take notes in your test booklet as you listen.

Questions 31-34

Look at the questions. Then listen to a radio reporter at a fitness event.

31. On what day does the broadcast take place?
- a. Wednesday
 - b. Thursday
 - c. Friday
 - d. Saturday
32. What is the main purpose of this part of the broadcast?
- a. to give an overview of the celebration
 - b. to describe the main event
 - c. to promote women's fitness
 - d. to explain why the event is so popular
33. What do we learn about the Women's Show?
- a. It takes place after the 5-kilometer Run, Walk, and Stroll.
 - b. About 150 visitors are expected to attend this year.
 - c. Organizers are predicting record attendance.
 - d. Most of the vendors will be selling fitness equipment.
34. What will listeners hear next?
- a. more about Day Three of the festival
 - b. a commercial advertisement
 - c. an interview with a local historian
 - d. an announcement from the organizers

Notes 

Questions 35-40

Look at the questions. Then listen to a radio show hosted by a doctor of sports medicine.

35. Who is Chelsea?
- a sports writer
 - the trainer of a marathon runner
 - the parent of a marathon runner
 - a former marathon runner
36. Why is Chelsea worried about Anna?
- She is still in the hospital.
 - She is now too sick to train.
 - She often gets sick after she races.
 - She is becoming sick of training.
37. Which word or phrase does the radio host explain to his listeners?
- bronchitis
 - immune system
 - disease
 - moderate
38. According to recent research, what effect might overtraining have on the immune system?
- It might make it weaker.
 - It might make it stronger.
 - It could help it fight off disease.
 - It might not have any effect at all.
39. Why does the radio host mention the Los Angeles Marathon?
- Anna wants to start training for it.
 - So many people take part in it.
 - Researchers studied its runners.
 - Anna became ill after finishing it.
40. What thought does the radio host leave his listeners with?
- Not exercising is even worse than overexercising.
 - Overtraining has short-term and long-term effects.
 - High school athletes should limit their training.
 - Long runs are more harmful than short runs.

Notes 

Expect paraphrasing! Be prepared for the wording of the correct answer to differ a little from what you hear. This helps the examiners assess how good you are at recognizing different ways of expressing an idea.





Questions 41-45

Look at the questions. Then listen to a school principal at a parents' meeting.

- 41. Who had the idea to focus on healthy eating?
 - a. the mayor
 - b. the city's principals
 - c. the students
 - d. the parents

- 42. What will happen next month?
 - a. A new cafeteria staff will be hired.
 - b. Cooking classes will be offered.
 - c. The cafeteria will serve healthier food.
 - d. Cafeteria lunches will include free fruit juices.

- 43. What is needed before the second part of the program can happen?
 - a. money for special equipment
 - b. the mayor's approval
 - c. a less expensive plan
 - d. a bigger school

- 44. How does the principal hope to achieve this?
 - a. by offering cooking classes
 - b. by having a cooking contest
 - c. by talking to the City Council
 - d. by organizing fund-raising events

- 45. What does the principal want the parents to do?
 - a. donate some money
 - b. take part in a contest
 - c. sign up for a committee
 - d. take time off from work

Notes 

Questions 46-50

Look at the questions. Then listen to a speech made by a Little League baseball coach.

46. Why is the coach talking to the audience?
- to thank the audience for coming
 - to announce the winner of an award
 - to accept an award
 - to congratulate his team
47. What does the coach tell the audience?
- He wasn't expecting to make a speech.
 - He was surprised his team won.
 - He hasn't been a coach for very long.
 - He feels honored to be a coach.
48. What does he say is a coach's most important responsibility?
- showing kids how to win
 - making kids better players
 - not giving up on his team
 - teaching kids "life lessons"
49. What was one of the things that made the coach feel proud this year?
- the behavior of the grown-ups
 - the way the players behaved
 - his team's final victory
 - the high-scoring games
50. Apart from himself, who else is the coach referring to when he says, "Together we made this a great season"?
- his players
 - his players' parents
 - the other coaches
 - the other teams

Notes 

Grammar – Vocabulary – Reading

90 minutes

GRAMMAR

Choose the word or phrase that best completes the sentence or the conversation.

51. ____ a member of the Art Museum, you need to fill out an application.
- You can become
 - Becoming
 - To become
 - So that you become
52. Anna's been feeling down lately, so ____ to invite her to the party.
- good
 - good for you
 - was good you
 - it was good of you
53. The two friends spend hours talking to ____ on the phone.
- themselves
 - another one
 - each other
 - the other one
54. We decided to stay home ____ of going to the movies.
- because
 - instead
 - on account
 - in spite
55. "Who's the better player, Joe or Tim?"
"____ are fantastic."
- Both
 - All
 - Two
 - Each of them
56. You can go to John's house tonight ____ you've finished all your homework.
- unless
 - supposing
 - provided
 - in case
57. If you haven't bought tickets for the game on Saturday, ____ you did.
- the time is now that
 - it's time
 - there's time
 - it was a time
58. "Do you think he'll get the job?"
"____."
- I doubt it
 - I doubt so
 - I doubt not
 - So I doubt it
59. When the coach comes in, can you see ____ me, please?
- him calling
 - that he calls
 - him to call
 - him call
60. She said she thought that ____ students had already arrived.
- the most of
 - more of
 - most of the
 - the more
61. How dare you ____ my favorite sweater without asking me first!
- are borrowing
 - borrow
 - have borrowed
 - to borrow
62. The coach called ____ congratulated him on making the team.
- to
 - and
 - for
 - about

63. The teacher is upset with him because he _____ comes prepared.

- a. almost always
- b. usually
- c. seldom
- d. occasionally

64. She's lonely sometimes because she has _____ close friends.

- a. few
- b. little
- c. a few
- d. any

65. "Did you enjoy the party?"
"Yes, everyone was _____ nice to me."

- a. such
- b. too
- c. so
- d. enough

66. I wonder how long _____ before he writes me again.

- a. will it be
- b. will be
- c. to be
- d. it will be

67. They say he resembles his father, but I'm not really sure _____.

- a. if he looks like
- b. who he looks like
- c. what he's looking like
- d. how he looks like

68. Doing your best is _____ important than winning the game.

- a. just as
- b. even more
- c. not as
- d. the same

69. This is the neighborhood _____ your parents grew up in.

- a. where
- b. that
- c. in which
- d. who

70. She _____ for getting such bad grades.

- a. forced him to punish
- b. forced to punishing him
- c. was forced to punish him
- d. forced to punish him

The answer you choose must be logical as well as grammatical. Sometimes several choices may fit the sentence grammatically, but only one will make sense in context! Items 63 and 64 are good examples. Remember to underline key content words in the stem to help keep you on track!



71. She said she would have the report finished by tomorrow morning _____.

- a. of late
- b. at the latest
- c. lately
- d. late

72. That outfit needs _____ if you're going to wear it to the wedding.

- a. to clean
- b. you to clean
- c. being cleaned
- d. cleaning

73. She couldn't find fresh peas, so she bought some _____ ones.

- a. freezer
- b. freezing
- c. frozen
- d. froze

74. I'd rather not tell him myself because I'm afraid _____ with me.

- a. to get angry
- b. he'll get angry
- c. of getting angry
- d. that he's getting angry

75. "Nothing interests me anymore."
"_____ is a nice, long vacation."

- a. That you need
- b. You're in need of
- c. Your need
- d. What you need

76. They promised _____ as soon as the bank opened in the morning.

- a. money to send him
- b. to send him money
- c. him sending money
- d. money would send to him

77. The suspect confessed to _____ his wife.

- a. murdering
- b. murdered
- c. the murder
- d. being murdered by

78. His parents won't let ____ until all his homework is finished.
- him to go out
 - him go out
 - that he goes out
 - him going out
79. "Why don't you go on without me?"
"It's OK. I'll wait ____ finish."
- till you are
 - you have
 - for you to
 - you to
80. Everyone says he's very good ____ whatever he does.
- for
 - to
 - on
 - at
81. ____ get going or we'll miss the last bus back to town.
- We'd better
 - It would better
 - We'd rather that
 - It would rather
82. He has ____ money left by the end of the month.
- very few
 - almost none
 - not many
 - hardly any
83. The boy was saved, ____ the lifeguard's quick thinking.
- according to
 - thanks to
 - as a result
 - on account
84. By this time next week, we ____ to be sunning ourselves on a beach.
- will have hoped
 - will be hoping
 - hope
 - will hope
85. The woman described the bank robber ____ in his early thirties.
- being
 - as being
 - as though was
 - which was

VOCABULARY

Choose the word or phrase that most appropriately completes the sentence.

86. Everyone was surprised that a(n) _____ had taken the beautiful photographs.
- professional
 - instructor
 - amateur
 - expert
87. She was a good student but did not have enough _____ in herself.
- reassurance
 - confidence
 - insurance
 - courage
88. The news _____ has won several awards for excellence in journalism.
- commentator
 - observer
 - author
 - spectator
89. The soldiers managed to _____ the village against the enemy attack.
- defeat
 - support
 - defend
 - oppose
90. She liked the new job because it was much more _____ than her last one.
- challenging
 - tiring
 - strenuous
 - stressful
91. To get to the cottage, they had to walk through the forest along a dirt _____.
- track
 - field
 - court
 - course
92. The parents took _____ in the success of their son's first novel.
- aim
 - place
 - part
 - pride
93. The department store was old and badly in need of _____.
- regulation
 - renovation
 - recreation
 - relaxation
94. Lou has been the team's goalie for years. It's the only _____ he'll play.
- position
 - office
 - location
 - job
95. The boss threatened to _____ the employee if his work didn't improve.
- damage
 - terminate
 - ruin
 - injure
96. The team came from behind in the second half to _____ their opponents 2-2.
- reach
 - tie
 - beat
 - succeed
97. After being _____ by a doctor for several months, she feels much better.
- treated
 - cured
 - healed
 - repaired

The clock is ticking! Your goal is to get through the Vocabulary section as quickly as possible so you maximize the time you have for the four Reading tasks! If you're not sure of an answer, don't waste valuable time staring into space. Admit you don't know, guess, and move on!



98. Learning a language ____ hard work and constant practice.
- displays
 - demonstrates
 - depends
 - demands
99. For a 75-year-old man, he is amazingly active and ____ fit.
- naturally
 - physically
 - actually
 - healthily
100. The couple is having serious ____ problems which may end in divorce.
- marital
 - minor
 - marital
 - married
101. People with ____ lives find it difficult to lose weight.
- boring
 - sedentary
 - uninteresting
 - moderate
102. I hear John is going to ____ for the team. Do you think he'll make it?
- hold out
 - run out
 - try out
 - stand out
103. No one expected such a weak team to ____ last year's champions.
- lose
 - win
 - defeat
 - conquer
104. He keeps fit by ____ out at a gym several times a week.
- practicing
 - exercising
 - working
 - competing
105. The shy little girl felt extremely ____ on her first day of school.
- reduced
 - intimidated
 - frightening
 - wounded
106. The audience applauded the ballerina's ____ performance.
- vigorous
 - graceful
 - competitive
 - rough
107. The average ____ of a dog is about fifteen years.
- livelihood
 - living
 - lifestyle
 - lifespan
108. The team has a strong ____ in their ability to win the championship.
- attitude
 - belief
 - view
 - feeling
109. The hotel always gives a generous ____ to its regular customers.
- reservation
 - deposit
 - discount
 - bargain
110. Good teachers know how to ____ their students and keep them interested.
- inform
 - discourage
 - motivate
 - learn
111. The teacher was pleased that the class had made such good ____ .
- increase
 - attempt
 - recovery
 - progress
112. The skaters glided across the ____ surface of the frozen lake.
- consistent
 - smooth
 - bumpy
 - gentle

113. The best-selling biography was the result of ten years of ____ research.
- a. vivid
 - b. tiresome
 - c. weary
 - d. exhaustive
114. His hands were red and ____ after rowing the boat.
- a. blistered
 - b. broken
 - c. sprained
 - d. scraped
115. She sewed patches on the knees of her son's jeans to prevent them from ____ .
- a. dropping out
 - b. wearing out
 - c. throwing out
 - d. going out
116. Only a ____ or a complete fool would want to go over Niagara Falls in a barrel.
- a. novice
 - b. participant
 - c. daredevil
 - d. competitor
117. If you are not here ____ at 8 a.m., the bus will leave without you.
- a. concisely
 - b. sharply
 - c. punctually
 - d. accurately
118. He couldn't ____ on his work because of all the noise outside.
- a. maintain
 - b. concentrate
 - c. attend
 - d. strive
119. It took him more than six months to ____ fully from the heart attack.
- a. renew
 - b. recover
 - c. attend
 - d. develop
120. It was clear to everyone that the injured athlete was in ____ pain.
- a. vital
 - b. mandatory
 - c. exciting
 - d. intense

READING

This passage is about a mountain hiker's experience. Read the text, and then use the information to answer the questions.

I do a lot of mountain hiking. I say hiking, not climbing, so you know I'm talking about using feet, rather than ropes and pitons, to get me where I want to go. My first law of recreation is never to do a sport where a mistake can mean death.

I recently discovered the hike of a lifetime: Cliff Trail on Vermont's highest peak, Mount Mansfield in Stowe. There are many ways to climb the 4,393-foot (1,338-meter) Mansfield, including hiking up the ski trails that spider its northeast side like tiny, blue veins. But Cliff Trail starts near the top, not the bottom, so I took a van up the Toll Road instead. I was on an expedition led by two rugged guides from Stowe, Vermont.

When we reached our destination, we hiked down Amherst, a short path that soon turns into Cliff Trail. For the rest of the morning, instead of ascending ever upwards, we went down, up, and straight across. We climbed down wooden ladders, slid carefully up rock faces, and crossed the side of the mountain. And while we mostly used feet, unlike on most hikes I've been on, we also used hands to hold onto roots, arms to pull us over steep boulders, and shoulders to squeeze through narrow passages. Occasionally we even used our guides to push and pull us through the tough spots. I was alternately terrified and exhilarated. Maybe we could have done it without the guides, but if we had, we'd have been more scared and had less fun.

We started at 10 a.m., reached the summit around 3 p.m., and paused there for a long slow look at Vermont, New York, New Hampshire, and Canada, all spread out beneath our feet.

121. Judging from paragraph 1, what are "pitons"?
 - a. equipment used for mountain hiking
 - b. equipment used by mountain climbers
 - c. a kind of mountain trail
 - d. something that shows direction
122. How did the writer get to the start of the hike?
 - a. by bicycle
 - b. on skis
 - c. in a motor vehicle
 - d. on foot
123. What was true about the hike?
 - a. It was all downhill.
 - b. There was little or no danger involved.
 - c. It was more challenging than most hikes.
 - d. He would have enjoyed it just as much without the guides.
124. Which feeling did the writer NOT experience?
 - a. regret
 - b. fear
 - c. excitement
 - d. awe
125. The effect the guides had on the writer and his fellow hikers can best be described as ...
 - a. reassuring.
 - b. humorous.
 - c. terrifying.
 - d. insignificant

Having trouble with one or more questions?

If you can't decide between two or more options, put a pencil mark next to the question and move on. After you work on the last question, go back to any you left unanswered. Work through each unanswered item again. If you are still unsure, guess and move on.

Remember not to spend too much time on any one question.



This passage is about a popular drink. Read the text, and then use the information to answer the questions.

According to an East African legend, coffee was discovered when a 9th-century goatherd named Kaldi saw his goats become strangely energetic after eating the berries of a certain bush. News spread, and soon monks at a nearby monastery began boiling the berries to produce a drink that helped them stay alert during long nights of prayer. Eventually, it was found that roasting and crushing the berries before boiling them produced a more flavorful drink. After that, coffee's popularity quickly spread. By the mid 1600s, coffeehouses had sprung up across Europe and become an important part of people's social lives. In England, they were known as "penny universities" because, for a penny, people could go to a coffeehouse and read newspapers or listen to lectures on many subjects.

Today, the beverage's popularity has prompted researchers to study its effect. One study shows that coffee reduces the risk of developing diabetes by up to 60%, and the risk remains low even for people who give up the drink. Other research suggests that the chance of getting Parkinson's disease and certain cancers is also much lower in coffee drinkers. But the news is not all positive. Some experts warn that too much coffee can cause headaches, nervousness, increased heart rate, and poor sleep. And many warn that the advantages do not apply to drinkers of instant or unfiltered coffee. Adding sugar and milk also appears to reduce the benefits.

126. According to the writer, what was the main reason for coffee's spread around the world?
- the popularity of coffeehouses
 - the discovery of the roasting process
 - the drink's energizing quality
 - the power of monasteries
127. Why does the writer mention "penny universities"?
- to emphasize how cheap English coffee was
 - to illustrate that the English did not drink coffee at home
 - to show that the English did not approve of coffeehouses
 - to show that the English saw coffeehouses as places of learning
128. What do some researchers say about coffee and diabetes?
- People who drink coffee are less likely to get diabetes.
 - Diabetes is just one of several illnesses that coffee causes.
 - Giving up coffee increases the risk of diabetes.
 - Diabetes is more common among those who drink a lot of coffee.
129. What does the word **prompted** mean in the first sentence of paragraph 2?
- forced
 - caused
 - convinced
 - prevented
130. What do many researchers believe about instant coffee?
- It is safer to drink it with sugar and milk.
 - It is not as harmful as unfiltered coffee.
 - It may cause Parkinson's disease or cancer.
 - It does not have the benefits of filtered coffee.

A

RUN FOR IT!

Annual Fun Run

Saturday, September 12th, 9:00 a.m.

100% of proceeds go to the Kids' Cancer Ward at Trumbull Children's Hospital.

25-mile course starts at Trumbull Stadium Parking Lot. Run or walk as far as you can!

Get your friends and employers to pledge money for each mile you finish! Pick up a Pledge Book at Trumbull Library OR download a printable Pledge Book from our website (see web address below).

Top fund-raiser in each category receives trophy + two free airline tickets, courtesy of Amber Airline.

DEADLINE: All entry forms/fees and Pledge Books must be submitted by September 5th, 5 p.m.

Pledges due by September 25th.

For ENTRY FEES and other details, go to:
www.run_for_it.org

B

To: UNIBANK Supervisors
From: irene.smith@hr.unibank.com
Subject: Run For It! Fun Run

This year's Run For It! Fun Run takes place on September 12th, and registration for our corporate team begins next week.

Please encourage staff to sign up. As added motivation, the company will again pay for staff entry fees. Entry forms and Pledge Books must be submitted to me by September 1st. That's only one month from today!

We're hoping to make this year's effort even better than last year's. To that end, we are pleased to announce that, for the first time ever, the company will match 100% of all funds raised by individual team members.

Go UNIBANK!

C

[Home](#) > [Fun Run](#) > [About Us](#) > [Past Winners](#)



The **Run For It! Foundation** was started by Albert and Grace Donner in memory of their son Felix, who died of brain cancer in 1985 at the age of 11. Begun in 1987, the foundation's Fun Run has gradually increased in size from roughly 50 runners to just over 800 as of last year. The first event brought in approximately \$50,000 for cancer research. This year organizers expect participants to raise more than a million dollars!

As the event is organized by volunteers and supported by community and corporate donations, every penny raised by participants goes directly to Trumbull Children's Hospital in support of cancer research and efforts to improve the lives of children with cancer.

D



EXECUTIVE PROFILE: Vicky Lee

Vicky Lee, manager of Unibank's Computer Services Department, likes keeping fit as much as she likes working with computers. She believes that success on the job is tied to several factors. One is that individuals should be active and have a healthy lifestyle when they're not working. "A healthy lifestyle allows me to feel good and perform my best on and off the job," she says. Another, even more important factor in her opinion is the ability to reach out and help others. That's why she was thrilled when she heard her company was going all out this year to encourage employees to take part in the Run For It! Fun Run.

Ms. Lee not only convinced all 20 employees in her department to participate in the fund-raising event, but she also helped them train for the event during their lunch hour. The result? Her department raised over \$10,000, which inspired Unibank team members from other departments to try to outdo them. "The event was life-changing for us!" she says. "Our success motivated a lot of us to volunteer at the Kids' Hospital. And we even got the company to donate its old computers so we can set up computer stations around the hospital. The kids love them, and morale in my department has never been better!"

Questions 131 refers to section A on page 52.

131. What is the main purpose of section A?
- to advertise a special hospital
 - to get people to donate money
 - to promote a charity event
 - to tell people how to sign up

Questions 132-133 refer to section B on page 52.

132. What will Unibank do for the first time?
- send a team to the event
 - pay the entry fee for its participants
 - fill out employees' Pledge Books
 - make a donation equal to all money raised by the team
133. Why does Irene Smith end her e-mail with "Go UNIBANK!"?
- to encourage a strong team effort
 - to order everyone to take part
 - to show how serious the matter is
 - to thank everyone for their hard work

Questions 134-135 refer to section C on page 52.

134. What is true about the Run For It! Foundation?
- It was started by Felix Donner.
 - It raises about \$50,000 a year.
 - It encourages penny donations.
 - Its yearly fitness event is a big success.
135. Who or what directly benefits from the money raised by participants?
- the foundation
 - the community of Trumbull
 - a local children's hospital
 - young cancer patients across the USA

Questions 136-137 refer to section D on page 52.

136. What is the main purpose of section D?
- to praise Vicky's department
 - to describe Vicky's job responsibilities
 - to show how a leader's beliefs can inspire others
 - to motivate others to become volunteers
137. What does **them** refer to in the last sentence of paragraph 2?
- Unibank's executives
 - the hospital's new computer stations
 - the company's recycled computers
 - Vicky's co-workers

Questions 138-140 refer to two or more sections on page 52.

138. When must Unibank employees submit their entry forms and Pledge Books to Irene Smith?
- several days before the event deadline
 - on the morning of the event
 - the day before the event
 - a month before the event
139. Which sections mention how proceeds from the event will be used?
- A only
 - B only
 - A and C
 - B and D
140. What is true about the Unibank team?
- It had 20 participants.
 - It was the best-trained team in the event.
 - It won a prize for "best corporate team."
 - It raised more than \$20,000.

COMMON QUESTION TYPE: Detail Questions

Detail questions test your ability to understand specific information. In some ways, these are the easiest kind of question to answer. This is because they are based on information that is stated in the text in black and white. You do not need to "read between the lines," as with main idea, opinion, and other question types. If you can find the information, you should be able to answer correctly.

STEP 1: Read the question carefully, and underline key words. If desired, skim the choices for gist, but do NOT attempt to answer yet.

STEP 2: Scan the text to find the information you need. (If desired, underline the information and write the number of the question in the margin.)

STEP 3: Go back to the question and work through the choices one by one.

IMPORTANT: The answer you are looking for will almost always be a **paraphrase** of the information you found in the text: that is, the meaning will be the same but it will be expressed in different words.



A

All it takes is one great summer to show your overweight child the joys of eating right and living a healthy, active life!

INDIAN LAKE CAMP



An amazing sleep-away camp for kids 7-17 who want to have fun and get fit in a camp setting. We offer the most diverse 2-, 4-, or 6-week weight-loss and fitness programs for children in the USA!

Featuring:

- Beautiful lakeside location
- Full range of activities, from athletics and water sports to arts & crafts, special events
- Caring, committed staff, including nutritionist, nurse, and high-school track coach
- Hundreds of success stories, thousands of pounds lost!

E-mail Coach Ryan at ryan@lakecamp.usa for more information.

B From: wendyjones123
To: lizziejones02
Subject: Panic!

Hey, cousin! I know you've been there. That's why I'm writing you. This has been a really stressful year. I'm worried about applying to college next year, so all I do is study, study, study ... and eat, eat, eat! It's the only thing that makes me feel good. Problem is I'm gaining weight 'cause I'm too busy to exercise. It's almost time to start studying for final exams, and that will just make things worse! By June, none of my clothes will fit!!! What'd you do to get back in shape last year? Help!

Hope college is treating you well.

Love,
W

C

Pedaling Toward a New Type of Fundraiser



Like many schools, Greenville High depends on fund-raising events to support special programs. Bake sales and barbecues with burgers, fries, soda, and other unhealthy foods used to be popular, but nowadays the PTA* looks for healthier ways to raise money - and to teach a lesson or two about keeping fit! That's why everyone's eyes lit up when a parent

told them about a "Blender Bike" event she attended in another community. After quick research, the PTA purchased the latest model from a company called Rock the Bike. All they needed next was smoothie ingredients like yogurt, juice, and fruit, and they were ready to go!

At school events, everyone loves paying for the chance to exercise and create a healthy drink at the same time. The Blender Bike is also ideal for sugar-free student birthday celebrations. Parents provide fruit, juice, and yogurt, and the students hop on and make their own healthy birthday drinks.

So what's next for Greenville's Blender Bike? Watch for it at the school's Fall Fitness Fair on October 15th. The event will feature healthy treats like smoothies and juices, salads, fresh fruit, and veggie burgers, not to mention a climbing wall and Jog-a-Thon. PTA officials expect to raise \$20,000.

* PTA - Parent-Teacher Association

D

GREENVILLE HIGH

Home

Student Life

Sports

PTA

Coach Ryan Praises Top Student Fund-Raiser

For those of you who missed the November meeting, here's what Coach Ryan had to say.



Hi, everyone. As you know, we were hoping to raise \$20,000 at the Fall Fitness Fair. Unfortunately, our predictions were even more inaccurate than usual! The event brought in just over \$30,000, making it our most successful fund-raiser ever! Special mention goes to Wendy Jones, top student fund-raiser in the Jog-a-Thon. Wendy raised over \$1,500 and placed first in the senior girls' category. Wendy was one of the campers in my fitness group at Indian Lake Camp last summer, so I'm especially proud of her! When we started training, she had no idea she had any talent for running ... and now look at what she's achieved! Wendy joined the track team this fall, so at her request we'll be using the money she raised to buy new uniforms for the team!

Question 141 refers to section A on page 54.

141. Where would this ad most likely appear?
- in a professional medical journal
 - in a high-school newspaper
 - in a family magazine for parents
 - on a website for teenagers

Questions 142-143 refer to section B on page 54.

142. Why does Wendy e-mail her cousin?
- to find out where she is
 - to find out how to solve a problem
 - to ask her about her college
 - to tell her about her life
143. What does **that** refer to in line 9? (see underlined word in section B)
- studying for finals
 - getting into college
 - eating too much
 - buying new clothes

Questions 144-146 refer to section C on page 54.

144. What point does the writer make about bake sales and barbecues?
- The PTA sponsors them to raise money.
 - They are more popular than they used to be.
 - People seem to be bored with them.
 - There are healthier ways to raise money.
145. Which would you NOT expect to find at Greenville High's Fall Fitness Fair?
- cookies and fries
 - organic apples and grapes
 - the Blender Bike
 - fresh orange juice
146. What does the phrase **everyone's eyes lit up** mean in the third sentence of paragraph 1?
- everyone agreed
 - everyone looked excited
 - everyone had a bright idea
 - everyone seemed confused

Questions 147-148 refer to section D on page 54.

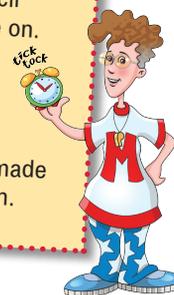
147. Why does the coach use the word **unfortunately** in the third sentence of his speech.
- He was disappointed.
 - He was making a joke.
 - He was proud.
 - He was excited.
148. What does the coach seem to admire most about Wendy?
- She's now the fastest runner in the school.
 - She's an excellent fund-raiser.
 - She did something nice for her teammates.
 - She's discovered a whole new side of herself.

Questions 149-150 refer to two or more sections on page 54.

149. Which sections suggest the importance of teaching children about the benefits of exercise and healthy eating?
- A and C
 - B and D
 - A, B, and D
 - A, B, C, and D
150. What conclusion can we draw about Wendy Jones?
- She spent the summer raising money.
 - She is no longer worried about college.
 - She used the summer to get in shape.
 - Her cousin told her about Indian Lake Camp.

If you're like most students, you'll probably be pressed for time on the last reading task.

- Time is almost up, so don't spend too much time on any one question.
- If you are unsure of an answer, put a pencil mark next to it, and then guess and move on.
- If you finish the section before time is up, then go back to the questions that gave you trouble and try again.
- Remember to erase any extra marks you made before you are told to put your pencil down.



Writing 30 minutes

- You will first read a short article. After you read the article, you can choose Task 1 or Task 2. For Task 1 you will write a letter. For Task 2 you will write an essay. Do only ONE of these tasks.
- You will have 30 minutes to write your letter or essay. You should write about one page.
- You will not be graded on the appearance of your paper, but your handwriting must be readable. You may change or correct your writing, but you should not recopy your work.
- Try not to copy from the article below. Use your own words as much as possible.
- Your letter or essay will be judged on how clearly you express your ideas. Use the appropriate format for a letter or essay.

Before you begin writing, remember the four criteria that will be used to assess your work:

- Content and development (i.e., ideas supported by reasons and examples)
- Organization and connection of ideas (i.e., paragraphing, topic sentences, linking words)
- Range of grammar and vocabulary
- Effect on reader



THE CITY TIMES

Community to decide about new sports facilities

The Mayor of Westford has just announced that the local community is to get a new sports center. \$10 million is to be spent on new facilities for the center. The Mayor said yesterday, "This is a new development for the community, so we believe you the people should be involved in the decision-making process. We'll be listening to you, the local residents, to see what facilities you think the new center should have."

ELT News Service



Task 1: Letter

Write a letter to the Mayor describing two facilities you think the sports center should have. Explain why you have chosen the facilities and consider how appropriate the facilities are for citizens of all ages. Start your letter: "Dear Mayor."

Task 2: Essay

A reporter recently commented that members of the community nowadays do not seem to be very involved in deciding what happens in their local area. Do you think residents should be more directly involved in making decisions? If so, what kind of decisions should they be asked to make? If not, explain why you think they shouldn't be involved. Write an essay presenting your opinion and using examples to support your ideas.

For help with Tasks 1 and 2, see *Writing Tutorial*, page 230.