



The English tasks you are going to do are aimed at verifying your reading comprehension skills. The directions before each question will introduce the task to you and will explain how to answer. So pay attention and read them carefully. The first question is always an example.

◆ Task - 13 questions: 1-7 Short answers/8-13 True, False

The effects of stress, the modern disease

There is a famous expression in English: “Stop the world, I want to get off!” This expression refers to a feeling of panic, or stress, that makes someone want to stop whatever they are doing, try to relax, and become calm again. “Stress” means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are several physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast and it can also affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious and nervous. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, low self-esteem, can be the results of continued and increasing stress. Alcoholism and other addictions often develop as a consequence of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by it. If stress is allowed to continue, then one's mental health is put at risk. It is obvious that stress is a serious problem. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

Exercises in preparation for INVALSI tests

1 After reading the text, give a short answer to questions 1-7. The first one (0) is an example.

0. What is the idiomatic English expression to describe stress?

Stop the world, I want to get off.

1. How can you define stress?

It means pressure or tension.

2. What are the cardiovascular problems linked to stress?

It increases the pulse rate, makes the heart miss beats, and can cause high blood pressure.

3. Which parts of the body have problems caused by stress?

Heart, respiratory organs, stomach and mind.

4. What are the effects of stress on the emotional behaviour of people suffering from it?

They often feel anxious and nervous.

5. What are the consequences of long-term stress?

Depression, an extreme feeling of sadness and hopelessness, low self-esteem.

6. Why is alcoholism linked to stress?

Because it tries to relieve stress.

7. What is the suggestion given by the article to get less stressed?

To stop the world and rest for a while.

2 Referring to the text, decide if the statements from 8 to 13 are True (T) or False (F). Put a cross (X) on the proper space. The first one (0) is an example.

0. The expression "Stop the world, I want to get off!" is common to stressed people.

T F

8. Stress is one of the main sources of illnesses in the modern society.

9. Stress involves all the human fields.

10. Bronchitis can be caused by stress.

11. Stressed people often suffer from digestive problems.

12. Eating disorders may get worse because of stress.

13. Stress must be treated to avoid serious health problems.

**Listening**

Lev. B1

The English tasks you are going to do are aimed at verifying your listening comprehension skills.

At the beginning of each task a speaker will read the text concerning the questions you are asked to answer.

We remind you that:

- you won't be able to go back in listening to the passage;
- the passage cannot be paused;
- if you decide not to answer a question, you will have to wait for the set time for that task to pass anyway; only at that moment the next task will be displayed.

The directions before each question will introduce the task to you and will explain how to answer. So pay attention and read them carefully.

The first question is always an example.

First you will have 1 minute to study the task below, then you will hear the recording twice.

While listening, choose the correct answer (a, b or c) for questions 1-6.

Only one answer is correct.

The first one (0) has been done for you.

After the second listening, you will have 1 minute to check your answers.

◆ TITLE: **Describing people**

◆ Task - **13** questions: **1-6** Multiple choice/**7-13** Matching sentences

1 Listen to the dialogue then choose the correct answer among a, b or c (only one is correct) for questions 1-6. Put a cross (X) on the right letter. The first one (0) is an example.

0. James is
- a. A freshman
- b. About to graduate
- c. A teacher
1. Marion doesn't like
- a. Her Physics teacher
- b. Her English teacher
- c. Her college
2. James' Chemistry teacher is
- a. Mr. Donovan
- b. Mrs. Bloomsbury
- c. He hasn't met his Chemistry teacher yet
3. Miss Lewis teaches
- a. Maths
- b. Literature
- c. Economics
4. Mr. Simpson loves
- a. Economics but he teaches Literature
- b. The subject he teaches
- c. Literature but he's unable to involve his students
5. The stricter teacher is
- a. Mrs. Bloomsbury
- b. Mr. Douglas
- c. Mrs. Flanders
6. Mr. Douglas is
- a. A retired teacher
- b. Close to his retirement
- c. The youngest teacher of the college

Exercises in preparation for INVALSI tests

2 Listen to two students talking about the teachers at their college. Match the teacher's names to the photos. The first one has been made for you.

A



B



C



D



E



F



G



H



I



J



Mr. Smith	B
Mrs. Bloomsbury	I
Mr. Donovan	D
Miss Lewis	H
Mr. Simpson	G
Mr. Gray	E
Mr. Douglas	C
Mrs. Jackson	A
Mrs. Flanders	F
Miss Hathaway	J

Transcription

Marion: How was your first day back at college, James?

James: Not so bad. The teachers are OK and some of them are really nice.

Marion: Which teachers do you have? Maybe I know some of them and I can give you some advice about.

James: Well, for Physics I have Mr... er... Oh, I can't remember his name now, but he is an old guy with grey hair and beard.

Marion: Oh well, I have never seen anyone with grey hair and beard. Maybe he is a new teacher....

James: No, I don't think so. He told us he has a long experience as a teacher here.

Marion: Does he wear glasses?

James: Yeah, he does. What's his name - oh yes I know. Mr Smith. That's it.

Marion: Oh right. He's an excellent teacher. I'd like to attend his lessons, but unfortunately I have Mr Donovan for Physics. He's terrible!

James: Who's he?

Marion: Well, he's a youngish guy, with brown hair down to his shoulders. He has a bit of a beard too, but he's too young and doesn't have enough experience. I don't understand anything during his lessons!

James: Oh, I understand who you are speaking about; I remember seeing him around. I thought he was a student.

Marion: Don't be silly. He's far too old to be a student, however he knows less than any students! Who else do you have?

James: Uhm, let me think about it..... well, I have Mrs Bloomsbury for Chemistry.

Marion: Mrs. Bloomsbury..... well. Is that the tall black lady? Short-haired?

James: No, that's Mrs Jackson. She's my Biology teacher. No, Mrs Bloomsbury is... well, she's got sort of auburn hair, straight and quite long, and she's really nice..... I'm very interested in her lessons, you know what I mean.

Marion: Oh yes. I've understood.....perfectly understood. Quite a smiley woman. And who do you have for Maths?

James: Er... I've seen her just a few minutes because I didn't have Maths lessons this morning. Anyway, she is a young woman, blonde hair. Wavy.

Marion: Miss Lewis? She doesn't do Maths. She teaches Economics.

James: Not Miss Lewis. Miss Lewis' hair isn't so long. My Maths teacher's hair goes right down her back. And she doesn't wear glasses either.

Marion: Oh - I know who you mean. Miss Hathaway! She's cool!

James: That's right. Miss Hathaway. And I have Mr Simpson for Literature.

Marion: Is that the bald black guy?

James: Yes, that's right. He's good. He's funny and he really loves literature; he's able to transfer his passion to all of us! I enjoy his lessons! Who else do you have?

Exercises in preparation for INVALSI tests

Marion: Er... I have Mr Gray for History - do you know him? He has short brown hair, he's quite young. He's really enthusiastic.....and he's really handsome!

James: Well.... I've never seen him.

Marion: Ah, last but not least....I have Mrs Flanders for English. Do you know her? She's a middle-aged lady, with short fair hair and glasses. She's quite serious and strict, but her lessons are really interesting.

James: Oh yes, I've seen her around, but luckily I don't have her.....I have Mr. Douglas, he's an old man with grey hair and a moustache. He's funny and really patient; this is his last year here because next year he's going to retire.

Marion: Oh yeah! I know him.....he was my English teacher last year, don't worry about him! I'm sure you will get excellent marks...



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◆ Task - 10 questions: 4 Matching / 1-6 Multiple choice

The history of graffiti

Par. 1

Writing of random words and phrases on the class benches, walls of schools, back of toilet doors, or elaborate artistic features on the sides of buildings, is a habit now. However, the first drawings on walls appeared in caves thousands of years ago. Later the Ancient Romans and Greeks wrote their names and protest poems on buildings. The notion of graffiti most people have is that it represents the rebel nature of a person. To some extent, graffiti is everything written anywhere in the public notice. Mostly graffiti is merged with politics. It is an art but with a different perception, some does it to express his/her thoughts, some others do for the sake of boredom. Modern graffiti seems to have appeared in Philadelphia in the early 1960s, and by the late sixties it had reached New York. The new art form really took off in the 1970s, when people began writing their names, or 'tags', on buildings all over the city. In the mid seventies it was sometimes hard to see out of a subway car window, because the trains were completely covered in spray paintings known as 'masterpieces'.

Par. 2

There is a difference between the tagging and graffiti, tagging is just writing the name of any person or organisation and when it is a mural piece of writing it is a part of hip-hop culture and street art. In the early days, the 'taggers' were part of street gangs who were concerned with marking their territory. They worked in groups called 'crews', and called what they did 'writing' – the term 'graffiti' was first used by *The New York Times* and the novelist Norman Mailer. Art galleries in New York began buying graffiti in the early seventies. But at the same time that it began to be regarded as an art form, John Lindsay, the then mayor of New York, declared the first war on graffiti. By the 1980s it became much harder to write on subway trains without being caught, and instead many of the more established graffiti artists began using roofs of buildings or canvases.

Exercises in preparation for INVALSI tests

Par. 3

The debate over whether graffiti is art or vandalism is still going on. Peter Vallone, a New York city councillor, thinks that graffiti done with permission can be art, but if it is on someone else's property it becomes a crime. 'I have a message for the graffiti vandals out there,' he said recently. 'Your freedom of expression ends where my property begins.' On the other hand, Felix, a member of the Berlin-based group Reclaim Your City, says that artists are reclaiming cities for the public from advertisers, and that graffiti represents freedom and makes cities more vibrant.

Par. 4

For decades graffiti has been a springboard to international fame for a few. Jean-Michel Basquiat began spraying on the street in the 1970s before becoming a respected artist in the '80s. The Frenchman Blek le Rat and the British artist Banksy have achieved international fame by producing complex works with stencils, often making political or humorous points. Works by Banksy have been sold for over £100,000. Meanwhile, graffiti has turned into a big business. It has been a subject to photojournalists and the debate whether graffiti is an art or act of vandalism seems to generation digression. Where mature men consider it mere vandalism of environment and for Millennial Generation (Generation Y) it is a way of expression.

Adapted from <https://risingkashmir.in>

- 1** After reading the article, match the paragraphs with their best headings. One heading is not needed. The first one has been done for you.

Famous graffiti artists	Paragraph 4
Not just a modern phenomenon	Paragraph 1
The future of graffiti	Not Needed
Art or vandalism	Paragraph 3
Increasing exposure and attention	Paragraph 2

2 Read the text and choose the correct answer among a, b or c (only one is correct) for questions 1-6. Put a cross (X) on the right letter. The first one (0) is an example.

0. Why were the seventies an important decade in the history of graffiti?
- a. That was when modern graffiti first appeared.
 - b. That was when modern graffiti first became really popular.
 - c. That was when graffiti first reached New York.
1. What is a 'masterpiece' in graffiti?
- a. A really high-quality piece of graffiti.
 - b. A work of graffiti showing the artist's name.
 - c. A full piece of graffiti, like those seen on subway trains.
2. What was the main motivation for the first taggers?
- a. Showing which streets belonged to which gangs.
 - b. Creating a strong visual identity for their 'crew'.
 - c. Sending coded messages to other gangs.
3. Who coined the expression 'graffiti'?
- a. New York gangs who had a lot of Italian immigrant members.
 - b. A newspaper and an author.
 - c. John Lindsay who was the mayor of New York in the late seventies.
4. How did things change after the first war on graffiti?
- a. It was considered a more serious crime.
 - b. Graffiti artists had to find different places to paint.
 - c. New York looked a lot cleaner.
5. What does New York City councillor Peter Vallone say about graffiti?
- a. Graffiti can be good for cities as long as it is tasteful and conveys positive messages.
 - b. Graffiti can be beautiful if it is done by a skilled artist.
 - c. Graffiti is a crime if the artist does not have permission.
6. What is the author's final point?
- a. Graffiti has now become mainstream and can make artists a lot of money.
 - b. Graffiti is not a good way to become a good and talented artist.
 - c. Some of the most popular graffiti artists end up being exploited by the art world.