

Read the following text the do the tasks that follow :

Text :

Examinations have an important role to play in any system of education. Indeed, it is impossible to imagine a school which does not set exams for students to measure their progress and to evaluate their qualifications. As a result of being necessary, they sometimes put students under pressure and can cause stress-related conditions and panic attacks.

Test anxiety can develop for a number of reasons. One major factor of stress among students is worrying about how anxiety will affect **them** which can be as debilitating as the anxiety itself. This kind of anxiety can interfere with the student's ability to prepare adequately.

Lack of preparation is another factor that can contribute to test anxiety. Poor time management, poor study habits, and lack of organization can lead to a student feeling overwhelmed. Student's who are forced to cram at the last minute will feel less confident than those who have been able to follow a structured plan for studying. Being able to anticipate what the exam will cover, and knowing all the information has been covered during the study sessions, can help students to enter the testing situation with a more positive attitude.

Lack of confidence, fear of failure, and other negative thought processes may also contribute to test anxiety. The pressure to perform well on exams is a great motivator unless **it** is so extreme that it becomes irrational. Perfectionism and feelings of unworthiness provide unreasonable goals to achieve through testing situations. When a student's self-esteem is too closely tied to the outcome of any one academic task, the results can be devastating. As a result students may spend more time focusing on the negative consequences of failure, than preparing to succeed.

Exam stress varies from person to person, there are some students who are better at handling exam stress. A lot of people find that the stress before exams is often worse than the actual exam and it can be made even worse if they have older brothers or sisters who have already done well and feel they have to match up to their standards...

Adapted from the Internet

Part one :A- Reading Comprehension

1-What type is the text ? choose the right answer :

a- Prescriptive b- Expository c- Descriptive

2- Say whether the following statements were true or false :

- Students feel stressed , because of the importance of exams.
- Fear from exam stress is a reason of stress itself.
- Negative thinking has no relation with exam anxiety.
- Exam stress is the with all students.

3-Identify the paragraphs in which the following ideas are mentioned :

- Personal thoughts and exam stress.
- The differences between students in handling with stress
- The relation between exams and stress.

4-Answer the following questions according to the text :

- Why are exams so important ?
- Mention three reasons of stress from the text ?
- When is the the pressure to perform well in exams considered negative ?

5-Find who or what the underlined words refer to in the text :

a) them § 2

b) it § 4

B-Text Exploration :

1-Find in the text words or phrases that are closest in meaning to the following :

a- properly § 2 =..... b- irritability § 3 =.....

2- Complete the chart as shown in the example :

	Verb	Noun	Adjective
Example	To contribute	contribution	Contributive
	Variety
	To measure	
	Structured

3-Combine each pairs of sentences with the connectors give between brackets . Make changes where necessary.

- a- As a result of being necessary in any educational system, exams sometimes put students under pressure.(Because)
- b-The pressure to perform well on exams will be a great motivator unless it is so extreme . (if not).

4- Classify the following words according to the stressed syllable :

perform-reason- anticipate- academic -organization-irritability

The 1st syllable	2 nd syllable	3rd syllable	4th syllable

5-Fill in blanks by the right words from the following : educational -pressure- allowed- neither-do -Exams

..... are the element of anysystem. They enable students evaluate their knowledge acquiziton and their progress within a schooling year, and to beto pass to the next level or grade or stage. Exams will never be appreciatedby students nor parents. They put students under..... and stress , yet they still have tothe exams , aren't they ?

Part two : In only one paragraph write about other reasons of stress and their effects on students during exams. Make the best use of link words to express cause –effect relationship.