المدة: ساعة ونصف

المستوى: 3 أداب وفلسفة

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 <u>it</u> 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:

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

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

- a) Personal thoughts and exam stress.
- **b)** The differences between students in handling with stress
- c) The relation between exams and stress.

4-Answer the following questions according to the text:

- **a)** Why are exams so important?
- **b)** Mention three reasons of stress from the text?
- c) 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

| 2- Complete the chart as | shown in the example: | | |
|--|--|--|---|
| | Verb | Noun | Adjective |
| Example | To contribute | contribution | Contributive |
| | | Variety | |
| | To measure | | |
| | | | Structured |
| pressure.(Because) b -The pressure to perf | | l be a great motivator | unless it is so extreme (if |
| b-The pressure to perfinot). 4- Classify the following perform-reason- anticip | form well on exams will be a constant of the c | e stressed syllable : | unless it is so extreme . (if |
| b-The pressure to perfinot). 4- Classify the following | form well on exams wil | e stressed syllable : | unless it is so extreme . (if 4th syllable |
| b-The pressure to perfinot). 4- Classify the following perform-reason-anticip The 1st syllable | form well on exams will be a words according to the eater academic -organizate and syllable | e stressed syllable : ion-irritability 3rd syllable | 4th syllable |
| b-The pressure to perfinot). 4- Classify the following perform-reason-anticip The 1st syllable | form well on exams will be a words according to the eater academic -organizate and syllable | e stressed syllable : ion-irritability 3rd syllable | |

<u>Part two:</u> 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.