

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

SCORE: \_\_\_\_\_ /50

**A**  Listen to a podcast. Then read the questions and choose the correct answer.

- 1 What is special about these restaurants?
  - A You don't know what you are going to eat.
  - B You eat in the dark.
  - C You don't know who you are eating with.
- 2 How did the idea for these restaurants start?
  - A with the first restaurant in Germany
  - B with the first restaurant in Melbourne
  - c with a restaurant opened by a blind man
- 3 What are you not allowed to do in the restaurants?
  - A look at a menu
  - B talk loudly or make cell phone calls
  - C use your cell phone or smartwatch
- 4 Which restaurants are slightly different from the others?
  - A the ones in New York and Melbourne
  - B the ones in Germany and Melbourne
  - C the ones in New York and Beijing
- 5 What is the benefit for customers?
  - A Their sense of smell and taste improves.
  - B They eat less because they can't see the food.
  - C It's easier not to have to choose food from the menu.

\_\_\_\_\_ / 10 (2 points each)

**B** Circle the correct answer.

- 1 I like music with a good harmony. It sounds so *melodic* / *high-pitched*.
- 2 You need to dry these clothes again. They're still *damp* / *smooth*.
- 3 During the winter my skin feels very dry and *smooth* / *rough*. I have to moisturize it.
- 4 You need to wash those socks! They smell very *stinky* / *fresh*.
- 5 The actor's voice was very *deep* / *musty*, perfect for the stage.
- 6 I love the *bright* / *tasty* colors of this fabric. It will look great against a white wall.
- 7 This pasta dish is great. The tomatoes and basil make it so *smooth* / *flavorful*.
- 8 This material is so *rough* / *smooth* to the touch. It's soft like silk.
- 9 The *fresh* / *musty* scent of clothes after you wash them is one of my favorite smells.
- 10 The elevator where I work makes a *melodic* / *high-pitched* sound. It hurts my ears.

\_\_\_\_\_ / 10 (1 point each)

**C** Complete the sentences with the words in the box.

distant childhood clear early remind vague recent ~~long-term~~

EXAMPLE: I may forget things I did this morning, but my long-term is fine.

- 1 My 5th birthday is one \_\_\_\_\_ memory I can recall.
- 2 A memory is \_\_\_\_\_ when you can picture it in perfect detail.
- 3 You \_\_\_\_\_ me of your aunt when she was your age.
- 4 Your \_\_\_\_\_ is the time of life when you are young.
- 5 High school was over 25 years ago. By now it's a \_\_\_\_\_ memory.
- 6 I have a \_\_\_\_\_ memory of going to that concert, but I hardly remember anything about it.
- 7 If you have a good short-term memory you can remember \_\_\_\_\_ events.

\_\_\_\_\_ / 7 (1 point each)

**D** Write the words in the correct order to make sentences.

EXAMPLE is / What / me / plastic / worries / of / use / amount / we / the / .

What worries me is the amount of plastic we use

- 1 good / sleep / night's / need / What / is / I / a / .  
\_\_\_\_\_
- 2 What / travel / really / do / to / like / is / I / .  
\_\_\_\_\_
- 3 is / The / hate / I / most / thing / rudeness / .  
\_\_\_\_\_
- 4 in / bed / I / thing / is / most / breakfast / like / having / The / .  
\_\_\_\_\_
- 5 bothers / on / is / we / amount / the / food / me / What / spend / a / lot / .  
\_\_\_\_\_
- 6 is / do / free / What / play / I / my / sports / in / time / .  
\_\_\_\_\_
- 7 I / unhappy / is / want / What / workers. / don't / .  
\_\_\_\_\_

\_\_\_\_\_ / 7 (1 point each)

**E** Choose the correct answer.

EXAMPLE: Hmm, which cake do I want? I'll have the \_\_\_\_\_ on the right, please.

- ☒ A one
- B ones
- C them

1 We've got blue sneakers and red sneakers. Which \_\_\_\_\_ do you like best?

- A one
- B these
- C ones

2 I don't know if you want a dessert, but I certainly \_\_\_\_\_.

- A so
- B one
- C do

3 I didn't enjoy the movie much, but Alicia \_\_\_\_\_.

- A do
- B did
- C so

4 Do you want to come to the party? If \_\_\_\_\_, I'll give you the address.

- A so
- B do
- C not

5 Don't you want these boots? If \_\_\_\_\_, I'll put them back.

- A do
- B not
- C this

6 I don't like rice. \_\_\_\_\_ is why I avoid Chinese restaurants.

- A These
- B This
- B They

\_\_\_\_\_ / 6 (1 point each)

**F** Read the article. Circle *True* or *False* for each statement.

### Memory hacks

It's easy to take our memory for granted. We all know that we should take care of our bodies, but what about our minds? Our brains can benefit from some extra attention. Consider these suggestions for keeping your memory in shape.

#### Put your brain to the test

Just as your body needs to exercise, so does your brain. Give it some exercise with some kind of test. It doesn't have to be like doing work for college; it can be something more fun. Try sudoku, the number game that's on a nine-by-nine grid. There are lots of brain teasers you can find online for you to test yourself with.

#### Use the power of melodies

Studies show that music can help concentration. It has the power to relax your mind and your body and put your memory in better shape. You can find many raps and songs online that people have created using content that you need to memorize. Historical dates, the plots of a story... it can all be put to music.

#### Relax

Exams are a stressful time and not relaxing for anyone. If you can find the way to relax your mind, you'll find that memorizing and understanding your work is easier. Try meditation or swimming as great ways to relax. Do you have moments of feeling that your brain is full to capacity? Take a break, take a walk, call a friend. It's amazing what can happen when you switch off for a few minutes.

#### Use memorization techniques

There are many, so find one that works for you. Mnemonics is an example. Take the first letter of every word you want to memorize and use the letters to make a sentence. For people who have a visual memory, mind maps work great. Writing down all the main ideas on one page is helpful to those who need to "see" their concepts.

The important thing is to keep your brain active and repeat, repeat, repeat. Practice, as they say, makes perfect.

- |   |              |
|---|--------------|
| 1 Your brain gets its best exercise doing college work.                     | True / False |
| 2 Contemporary pop songs can be used to study things like historical dates. | True / False |
| 3 Taking time to relax is important when preparing for exams.               | True / False |
| 4 Taking breaks interrupts your thought process and should be avoided.      | True / False |
| 5 Mnemonics is making sentences from the first letters of key words.        | True / False |

\_\_\_\_\_ / 10 (2 points each)