

# USE OF ENGLISH

## LISTENING TEST

1990

## PART I

### I. INFORMATION ON SEMINAR AND SPEAKERS

1. Topic of seminar: \_\_\_\_\_

2. Organizer: \_\_\_\_\_

3. Venue: \_\_\_\_\_

4.

Guest Speakers	Miss S. Smart	Dr M. Martin
Position/Job	a)	e)
Institution	b)	f)
Place	c)	g)
Topic of lecture	d)	h)

### II. A SOCIAL SCIENTISTS VIEW OF STRESS (Miss Smart)

5. The two most stressful cities in the world: (a) \_\_\_\_\_

(b) \_\_\_\_\_

6. Definition of stress: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. An example of a stressful situation:

(a) At home: \_\_\_\_\_

(b) At work: \_\_\_\_\_

8. Three factors which affect the way react to stress:

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_

### III. STUDY OF STRESS IN SHA TIN

9. Department that conducted the study:

\_\_\_\_\_

10. Reason for Sha Tin being chosen for the study:

\_\_\_\_\_

11. Four aspects of the residents' lives that the investigators took into consideration:

- (a) \_\_\_\_\_
- (b) \_\_\_\_\_
- (c) \_\_\_\_\_
- (d) \_\_\_\_\_

12. Details of the two groups investigated in the study:

	Group 1	Group 2
Type of high-rise Accommodation	a)	e)
	b)	f)
Size of flat (sq. ft)	c)	g)
Average number of Inhabitants	d)	h)

13. The effect of the height (storey) of flat upon the resident's stress level:

- a) Expected effect: \_\_\_\_\_
- b) Observed effect: \_\_\_\_\_

14. Father results of the Sha Tin study: (*complete the table of results*)

	Men VS Women	Hong Kong VS USA	Group 1 VS Group 2
Work/leisure patterns	<i>Similar</i>	_____	<i>Similar</i>
Length of working day	<i>Men work more</i>	d)	_____
Exercise	a)	e)	_____
Weight problems	b)	f)	_____
Smoking	c)	g)	i)
High blood pressure	_____	h)	j)

#### IV. STRESS: A MEDICAL ACCOUNT

15. Stages in the development of stress: (Dr Martin)

No	Stage	Physical change	Outcome
1	a)	d)	g)
2	b)	e)	h)
3	c)	f)	i)

16. Coping with stress:

	Type of stress	Example of cause	Remedial measure
1	a)	c)	g)
		d)	h)
2	b)	e)	i)
		f)	j)

17. When stress is helpful:

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**END OF PART I**

**PART II**

**The Question-and-Answer Session**

**V. THE FIRST QUESTION FROM THE AUDIENCE:**

18.

Name of questioner a)	Job b)	Company/Organization c)
What is the question? d)		

19. What happens, according to Dr Martin, when people do not experience enough stress:

a) \_\_\_\_\_

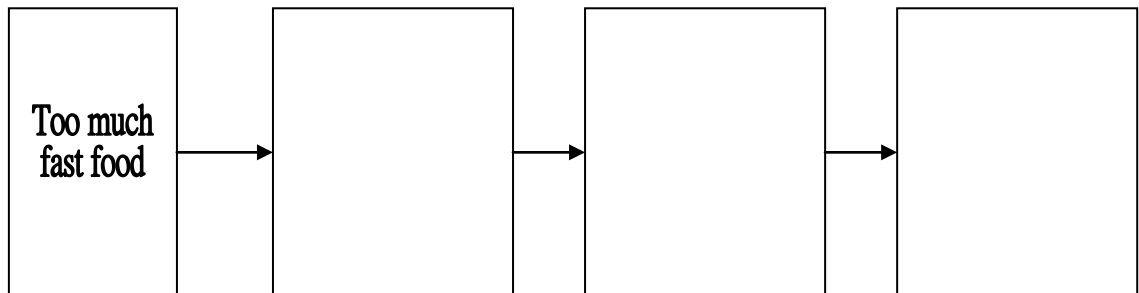
b) \_\_\_\_\_

**VI. THE SECOND QUESTION FROM THE AUDIENCE:**

20.

Name of questioner a)	Job b)	Company/Organization c)
What is the question? d)		

21. The process which takes place when people rely too heavily on fast food:



22. The views of two speakers about employers' responsibilities for staff food:

(a) Dr. Martin's view: \_\_\_\_\_  
\_\_\_\_\_

(b) Miss Smart's view: \_\_\_\_\_  
\_\_\_\_\_

**VII. THE THIRD QUESTION FROM THE AUDIENCE:**

23.

Name of questioner	Job	Company/Organization
a)	b)	c)
What is the question? d)		

24. Miss Smart's objection to people taking exercise:

\_\_\_\_\_  
\_\_\_\_\_

25. What Dr Martin says about organizing a fitness programme:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**VIII. CIRCLE THE BEST ANSWER.** *(Do not circle more than one answer for each question)*

26. How would you describe Miss Smart's reaction to Dr Martin's ideas?
- (a) supportive
  - (b) critical
  - (c) enthusiastic
  - (d) tactful
  - (e) total disagreement
27. What is the expert's advice to the audience?
- (a) to avoid stress wherever possible
  - (b) to experience more exciting and stressful situations
  - (c) to develop a positive attitude towards stress
  - (d) to get involved in sports and exercise
  - (e) to improve their living conditions
28. Why is it difficult to give advice on coping with stress?
- (a) because stress is good for us
  - (b) because it is impossible to avoid stress
  - (c) because experts disagree on the symptoms of stress
  - (d) because people react to stress in different ways
  - (e) because too many people suffer from stress

**END OF TEST**