

## 21st Century Communication Level 3: Unit 4 Assessment

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

### VOCABULARY

Choose the correct answer to complete the sentence.

1. Let's show our \_\_\_\_\_ for Hui Ning on her last day at work by giving her a big round of applause.  
(a) appreciation (b) empathy
2. I'm not surprised—it was \_\_\_\_\_ that he would get promoted after he increased sales by 50%.  
(a) revealed (b) inevitable
3. He showed great \_\_\_\_\_ when he jumped into the river to save the child.  
(a) courage (b) resilience
4. Meditation can \_\_\_\_\_ feelings of well-being.  
(a) enhance (b) recharge
5. One way I find useful to \_\_\_\_\_ stress is to exercise.  
(a) release (b) enhance

6. Complete the sentences with the words.

moderate	hormones	rethink	revealed	participants
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1. Our current strategy really isn't working, so we need to \_\_\_\_\_.
2. Our research \_\_\_\_\_ that there are several weaknesses in our strategy.
3. Despite the recession, there has only been a \_\_\_\_\_ drop in sales.
4. When we are stressed, our body releases certain \_\_\_\_\_.
5. For the study, \_\_\_\_\_ were asked a series of questions.

Complete the sentence with the correct form of the word in parentheses.

7. I need to make a \_\_\_\_\_ (*confess*) — I made a major mistake at work last week.
8. After an operation you need to give your body time to \_\_\_\_\_ (*health*).
9. I understand this is difficult for you and I really \_\_\_\_\_ (*empathy*) with your situation.
10. There have been several \_\_\_\_\_ (*crisis*), which the government has had to deal with over the last year, including earthquakes and flooding.
11. The Prime Minister's \_\_\_\_\_ (*respond*) was swift and decisive.

## LISTENING COMPREHENSION

12. Listen to a talk about athlete Patrick Nillson. Choose three sentences that are true for him.

- ☐ He used to lose focus on his training because of his father.
- ☐ Before a race, he tells himself that he is excited, not stressed.
- ☐ He doesn't have anyone to talk to about his problems.
- ☐ He used to feel angry for a week after a bad training session.
- ☐ He takes his mind off training by going out with his friends.
- ☐ Training helps him take his mind off stress at home.

## COMMUNICATION SKILL

13. Complete the sentences with the words.

cause	cause of	affect	effect	caused by
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1. Stress is \_\_\_\_\_ a variety of factors.
2. Chronic stress can \_\_\_\_\_ our bodies in a lot of different ways.
3. When our stress response lasts too long, it can be the \_\_\_\_\_ chronic stress.
4. Too much stress may \_\_\_\_\_ headaches.
5. Headaches are only one possible \_\_\_\_\_ of stress.

## PRONUNCIATION SKILL

Listen to the sentence. Choose the correct number of thought groups.

14. There's no doubt that long-term stress is harmful to your health.  
(a) two (b) three
15. More and more people report that they are being affected by stress.  
(a) two (b) three
16. One way to increase our resilience to stress is to rethink the way we view stressful situations.  
(a) two (b) three
17. Regular meditation can help relieve stress but people find it surprisingly hard to do.  
(a) two (b) three
18. It's been shown that even a short massage can help to reduce stress.  
(a) two (b) three

## SPEAKING

19. Read and answer the question below.

What do you think are some causes of stress? Give two ways of relieving stress you have tried or would like to try based on your own ideas or experience.