

21st Century Communication Level 4: Unit 2 Assessment

Name: _____ Class: _____ Date: _____

VOCABULARY

Choose the correct word to complete the sentence.

1. Their _____ is much better now that they don't have to work on the weekends.
(a) lifestyle (b) well-being
2. He always _____ in photos – I wish he'd smile more.
(a) adopts (b) frowns
3. You should _____ the cheese for something low-fat like yoghurt.
(a) swap (b) suppress
4. The benefits of exercising regularly will be _____.
(a) fulfilling (b) long-lasting
5. If you always _____ your negative emotions, they can affect your physical well-being.
(a) suppress (b) incorporate

6. Complete the sentences using the words.

well-being	adopt	discipline	perseverance	expression
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1. It takes a lot of _____ to get up at 5 a.m. to exercise.
2. My company wants to _____ a policy of not having meetings at lunchtime.
3. It's hard to learn another language, but with practice and _____ you can do it.
4. It was easy to see what he thought, just from his facial _____.
5. The school introduced activities to improve students' emotional _____.

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

7. With a few _____ (*modify*) I think we can accept your plan.
8. Getting more exercise is having a positive effect on his _____ (*emotion*) well-being.
9. People who work at night have to make a big _____ (*adjust*) to their lifestyles.
10. Since I started exercising, I'm not feeling so _____ (*fatigue*) during the day.
11. With a bit of _____ (*persevere*), you'll soon be able to reach your goals.

LISTENING COMPREHENSION

12. Listen to a talk about the benefits of exercise. Complete the summary using one word in each gap.

The talk is about the effects of physical activity on the _____. These include improvements to mood, focus, and mental _____. Even a single workout at the gym will increase mood-enhancing _____ in the brain and improve ability to focus for two hours afterwards. However, to get the full effects you need to get _____ exercise. This will help long-term memory and can also have a protective _____ on the brain as you get older.

COMMUNICATION SKILL

13. Match the beginnings with the endings.

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|--|---|---|--|
| 1. Her hair is always smooth and shiny. | ● | ● | a. What's her secret? |
| 2. Do you have a sudden craving for chocolate or ice-cream? | ● | ● | b. Well now you can, with our incredible New Year Sale! |
| 3. What if there was an easy way to exercise? | ● | ● | c. How would you like them delivered to your door in 15 minutes or less? |
| 4. Wouldn't it be great if you could afford a new car? | ● | ● | d. It doesn't have to be just a daydream. |
| 5. Picture yourself on white sandy beach, by a crystal blue sea... | ● | ● | e. You just need to give up elevators and escalators. |

PRONUNCIATION SKILL

Listen to the sentence. Choose which word drops the *t* or *d* sound.

14. Did you know my mother's 50th birthday was last Tuesday?
(a) Did (b) last
15. Finding a nice present was just so hard.
(a) present (b) just
16. We couldn't decide on what she wanted.
(a) couldn't (b) decide
17. In the end, I suggested a diamond necklace.
(a) end (b) diamond
18. She said it was the best birthday she'd ever had.
(a) said (b) best

SPEAKING

19. Read and answer the question below.

What are some ways you can improve your own physical well-being? Give two or more examples based on your own ideas or experience.