

Name: _____ **Date:** _____

**Part 1
Vocabulary**

Circle the best answer to complete each sentence.

1. Each ____ manages stress differently. Some people remain calm under pressure.
A) physical
B) author
C) individual
2. It is important for good health to do some ____ exercise every day.
A) accurate
B) physical
C) final
3. If you need further ____, please press 0 to speak to a customer service agent.
A) assistance
B) data
C) issues
4. That clock isn't ____. It is ten minutes fast.
A) traditional
B) error
C) accurate
5. The ____ stage of the project was difficult. Then, it got easier.
A) initial
B) objective
C) task
6. The nurse wrote the results of Emily's tests on her medical ____.
A) resource
B) device
C) chart

Circle the word that has the same meaning as the underlined word in each sentence.

7. The team did well on the project because each member had a lot of expertise.
A) textbooks
B) knowledge
C) understanding
8. The Department of Fine Arts has a partnership with the National Gallery so students can display their work at the end of each semester.
A) publication
B) collaboration
C) project
9. Frederick is researching bees and the reasons they are dying.
A) studying
B) watching
C) collecting
10. This Web site has lots of data about our city's population since it was founded.
A) information
B) activity
C) files
11. The teacher's objective is for all her students to pass her course this semester.
A) practice
B) position
C) goal
12. The company's business is expanding, so it needs to hire 100 new employees.
A) falling
B) growing
C) working

Circle the correct word form to complete each sentence.

13. If we want to travel to Italy next summer, we should ____ our plans this week.
A) final
B) finally
C) finalize
14. The diagram ____ the main points of today's lecture.
A) illustrates
B) illustrate
C) illustrations
15. Patrice ____ her suitcases so she wouldn't lose them.
A) label
B) labeled
C) labeling
16. Our professor has ____ an article in this month's issue of *Body & Mind* magazine.
A) publish
B) publisher
C) published
17. My family visited Kyoto to see a ____ Japanese garden.
A) tradition
B) traditional
C) traditionally
18. You need a special code to ____ the files on the server.
A) access
B) accessible
C) accessibility

Inside Listening and Speaking Intro Midterm Assessment

INSIDE LISTENING AND SPEAKING INTRO

Use six of the words in the box to complete the sentences.

achievement	aid	chapter	code	couple
device	document	feature	fee	grade
income	linked	resource	site	task

19. The membership _____ at my gym is \$500 per year.
20. The _____ was harder than Lisa expected, so she asked her boss for more time.
21. The author's major _____ was winning the Nobel Prize for Literature.
22. Doctors have _____ tobacco use with many health issues.
23. A GPS _____ in your car is helpful when you are driving in another country.
24. The Internet is an excellent _____ for finding information on every topic.

Match the word on the left with the definition on the right. Write the letter on the line.

___ 25. site	A. a small number or a few
___ 26. couple	B. something important, interesting or typical of a place or thing
___ 27. status	C. a place where a building, town, etc. is located
___ 28. feature	D. a mark given for a piece of work or the quality of a product
___ 29. income	E. the social or professional position
___ 30. grade	F. the money that a person earns from work

**Part 2
Listening**

Listen to the lecture. Then circle the best answer to complete each sentence.

31. The lecture is mainly about ____.
- A) the “fight” or “flight” response
 - B) why stress is important
 - C) the affects of stress on the body
32. Adrenaline is ____.
- A) a physiological response
 - B) a hormone
 - C) a stressor
33. Emotional stress can damage the ____.
- A) heart
 - B) brain
 - C) hands

Listen to the lecture again. As you listen, complete the notes. Write your answer on the line.

Topic → How stress affects the human (34.) _____

Adrenaline plays an important (35.) _____ → “fight or flight” response

Stress → (36.) _____ beats faster, hands sweaty, blood pressure up, breathing faster

Takotsubo cardiomyopathy → first described in Japan in (37.) _____

Condition is (38.) _____ → people recover; no permanent damage to heart

Homework = 2 pages about positive + negative stress → email by (39.) _____

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INSIDE LISTENING AND SPEAKING INTRO

Circle the best answer to complete each sentence.

40. The most likely audience for this lecture is ____.
A) medical students
B) doctors
41. The lecture is ____.
A) Formal
B) Informal
42. The audience already knows about ____.
A) adrenaline
B) cardiomyopathy
43. The lecturer ____ before saying technical terms.
A) repeats
B) pauses
44. The lecturer ____ the Japanese term.
A) spells and explains
B) illustrates and displays
45. The lecturer gives ____ of things that cause stress.
A) activities
B) examples

Listen to the interview. Then circle the best answer to complete each sentence.

46. Gina Costello is ____.
A) an author
B) a publisher
C) a professor
47. In the early 1900s, ____.
A) Hudson University was founded
B) the university expanded
C) the population of Parkdale grew
48. The group Save Parkdale wants ____.
A) more space to expand
B) the government to protect the historical sites
C) financial aid from the government

Listen to the interview again. As you listen, identify the numbers. Circle the correct answer to each question.

49. What is Parkdale's population today?
A) Between 5,000 and 6,000
B) About 65,000
50. What percentage of Parkdale's population are low-income families?
A) 75 percent
B) 65 percent
51. How many years have some families lived in Parkdale?
A) 50 years
B) 15 years

Complete the notes about Hudson University. Write your answer on the line.

Hudson University → founded in (52.) _____

Old + (53.) _____

2 X students compared to (54.) _____ years ago.

Circle the best answer to each question.

55. Which of the following is an example of a greeting?
A) Hello again, viewers.
B) It's good to be here, Tom.
56. What kind of greeting is it?
A) Formal
B) Informal
57. Which of the following is an example of leave-taking?
A) People will have to move away.
B) We'll be right back.
58. How long is the leave-taking?
A) Short
B) Long

59. Which of the following is an example of back channeling?
A) Hmm.
B) Right?
60. Which of the following expresses agreement?
A) Really?
B) That's right.

Part 3 Speaking

Write notes for a 30-second speech about stress. Then present your speech to the class.

- When did you feel stress?
- What is positive or negative stress?
- What is temporary? How long did it last?

Write notes for a 30-second speech about an historic site. Then present your speech to the class.

- What is the historic site?
- Where is it?
- Is the site protected by the government?