

Panhellenic Examinations for
Entry to Higher Education in
Foreign Languages



ENGLISH SUPER
COURSE

ΑΣΚΗΣΕΙΣ **ELT PUBLISHING**
ΠΡΟΕΤΟΙΜΑΣΙΑΣ

5. Κείμενο

Read the text below and respond to tasks A1 and A2.

Few people realise how indebted the North American countryside and much of its cultivated landscape are to the Old World. In fact, wherever man resides on the globe, he is surrounded by transported vegetation, although these alien plants are so abundant that most people regard them as endemic. In the absence of man, and even despite his intrusion, all living things are united in delicate interdependence with other living things.

Various mechanisms isolate one species from another; these are the criteria of what makes a species. They prevent interbreeding and thus preserve the species as a unique plant or animal. On the other hand, every living thing has a capacity to spread, and this tendency is counterbalanced by the ecological barriers of mountains and seas, as well as by internal barriers, such as the physiology of the organism itself.

A1. Answer question 1 with about 15 words.

1. What would be a suitable title for this text?

Why living things are where they are.

A2. Choose the correct answer (A, B or C) for items 1-3.

1. Most North Americans are unaware they are surrounded by plants...

- A. that originated there but spread all over.
- B. that did not originate in their continent.
- C. that are in danger of disappearing.

2. All living organisms exist in a balanced interplay with each other...

- A. as a result of natural barriers.
- B. in self-defense against man.
- C. whether man has interfered or not.

3. Physical and functional differences exist between species in order that each can...

- A. survive as a species.
- B. breed with other species.
- C. spread rapidly.

6. Κείμενο

Read the text below and respond to tasks A1 and A2.

Women may live longer than men because they have stronger hearts. A team of scientists found men's hearts lose up to a quarter of their pumping power from 18 to 70, but there is little change in women's hearts from 20 to 70. This difference may explain why women live on average up to five years longer than men.

What is important to keep in mind is that even if this is true, the fact is that women get cardiovascular disease, too. The study found large arteries become stiffer and less expandable with age, causing blood pressure to increase both at rest and during exercise. Blood flow to the muscles and skin of limbs also progressively decreases. This occurs earlier in men, but women soon catch up after menopause. Notwithstanding, it is the difference in heart strength that is most notable.

A1. Answer question 1 with about 15 words.

1. What is the purpose of this text?

To discuss why women may live longer than men.

A2. Choose the correct answer (A, B or C) for items 1-3.

1. At which stage in a man's life does the heart start losing its pumping power?

- A. late adolescence
- B. middle age
- C. old age

2. According to researchers, what does the difference in heart performance result in?

- A. considerable gender differences
- B. decreased blood pressure in males
- C. increased longevity in females

3. The passage states that inelastic arteries result in...

- A. lethargy and inactivity.
- B. a rise in blood pressure.
- C. early menopause in women.

Γ1. Essay

Useful tips

A discursive essay is a formal piece of writing. This means that there are certain things you should or shouldn't do.

Do

- use formal connectors / linking words to make your writing coherent (e.g. Consequently, In other words, Furthermore,)
- use passive voice and impersonal expressions (e.g. it is believed that..., it is an undisputed fact that...)
- use inversion (e.g. Little do we realise..., Not until..., In very few cases ...)
- use advanced vocabulary (e.g. a highly debatable issue, to exert influence, to make informed decisions, deeply ingrained beliefs)

Don't

- use contractions or short forms (e.g. I don't believe, there aren't many...)
- use colloquial or idiomatic expressions (e.g. I don't get it, it doesn't make sense)
- use simple vocabulary repeatedly (e.g. say, tell, think, good, bad, very; 'claim' can be used instead of 'say')
- use 'think' instead of 'consider', 'good' instead of 'positive', etc.)
- use simple connectors / linking words too often (e.g. and, but, too, also, so, because)

Useful phrases & expressions

To list points:

First of all, To begin/start with, Secondly, Thirdly, Finally,

To introduce examples:

for example, for instance, like, such as, in particular, This is clearly illustrated by, A typical/striking example of (this)

To explain sth:

this/which means that, in other words, meaning that, that is to say

Agreeing partially:

this is partly true, to a certain/some extent, in some cases, up to a point, while it cannot be denied that..., while it is true that...

Introducing arguments/viewpoints:

One argument in favor of / against ... is
It is widely believed/claimed that...
It can/could be argued that...
It is generally believed/maintained that...
Experts/Scientists believe that...
Many people support the view / feel / claim / maintain that...
Some people are in favor of / against / opposed to

Giving opinions

- In my opinion/view, ...
- My opinion is that...
- I feel/think/believe that...
- I am inclined to believe that...
- It seems/appears to me that...
- I am (not) convinced that...
- As far as I am concerned...

Linking Words / Phrases

To show addition: in addition (to), moreover, also, furthermore, apart from, besides, as well as, both...and

To express cause: because (of), due to, owing to, since, as, given (that)

To show result: thus, therefore, as a result/consequence, for this reason, consequently

To express reality: in fact, it is a fact that, actually, in practice

To emphasise a point: clearly, obviously, it is obvious, needless to say

To show contrast: although, (even) though, while, whereas, despite, in spite of the fact that, however, on the other hand, nevertheless, yet, still
+ it may be argued/claimed that,
others feel/claim/believe that

Conclusions:

In conclusion,
On balance,
All things considered,
Taking everything into account/consideration,
To sum up,
To conclude,
All in all,
In the light of this evidence,
it seems/appears that...
it may be concluded that...
there is little doubt that...
it is likely/unlikely that...
it is clear/obvious/evident that...
the obvious conclusion to be drawn is...
there is no absolute answer to the question of...

Supplementary Exercises

1. Use the expressions in brackets to form inversions.

Example: The elderly shouldn't be excluded from everyday life. (Under no circumstances)
Under no circumstances should the elderly be excluded from everyday life.

1. Child abuse should not be tolerated in any way. (On no account)
On no account should child abuse be tolerated.
2. We do not realise how important prevention is for our health. (Little)
Little do we realise how important prevention is for our health.
3. We should not hold the state responsible for environmental pollution if we do not recycle ourselves. (Not until)
Not until we recycle ourselves, should we hold the state responsible for environmental pollution.
4. The latest unemployment figures are so high that the government is alarmed. (Such)
Such are the latest unemployment figures that the government is alarmed.
5. Cosmetics companies shouldn't experiment on animals. (Under no circumstances)
Under no circumstances should cosmetics companies experiment on animals.

2. Convert the sentences from active into passive.

Example: We should ban smoking from all public areas.
Smoking should be banned from all public areas.

1. We should give children the opportunity to study subjects they consider interesting.
Children should be given the opportunity to study subjects they consider interesting.
2. We will reduce air pollution if we use means of public transport instead of cars.
Air pollution will be reduced if means of public transport are used instead of cars.
3. We can reduce the harmful effects of cell phones if we don't allow children to use them.
The harmful effects of cell phones can be reduced if children are not allowed to use them.
4. By the end of the century, man will probably have discovered the cure for cancer.
By the end of the century, the cure for cancer will probably have been discovered.
5. Companies must train employees regularly so that they can implement new technologies.
Employees must be trained regularly so that new technologies can be implemented.

3. Match items 1-5 with options A-E to make complete sentences.

1. C. 2. E. 3. A. 4. D. 5. B.

1. As far as teenagers' psychology is concerned, ...
2. From an educational standpoint, ...
3. As regards the social aspect, ...
4. From an economic viewpoint, ...
5. Taking a personal point of view, ...

- A. teenagers have no communication with other people - especially their family and peers - when they watch TV. They become passive viewers, which contributes to their alienation from their family.
- B. I believe that television can be a waste of time for teenagers. It is very easy to become addicted and spend hours watching it without realising it. As a result, teenagers often neglect their homework or other duties because of the hours they spend in front of the TV screen.
- C. watching TV exposes them to a great amount of violence, especially in films. This can be damaging to their mental health, leading to aggressive behavior and violent outbursts.
- D. it can be argued that watching television is an inexpensive form of entertainment. It costs teenagers next to nothing compared to going out to the cinema to watch a film.
- E. watching TV provides teenagers with an opportunity to learn new things. It functions as a window to the world, enabling them to find out information about different cultures, customs and lifestyles.

B. ΓΛΩΣΣΙΚΗ ΕΠΙΓΝΩΣΗ

B1. Use one of the following words (A-H) in the correct form to complete sentences 1-5 below, as in the example. There are two words you do not need.

A. consequent B. work C. price D. declare E. consume F. centre G. comprehend H. art

Example: This piece of evidence is central to our case.

1. Advertising may lead to excessive consumerism.
2. The head manager asked for a(n) comprehensive report on expenses.
3. You can avoid reality, but you cannot avoid the consequences of avoiding reality.
4. The artist is nothing without the gift, but the gift is nothing without work.
5. The declaration of the war brought about a rise in the price of oil.

5 x 2 = 10 points

B2. Fill in the gaps in items 1-5 with ONE appropriate linking word, as in the example.

Example: Luke has a poor CV and he's not really a very hard worker. Nevertheless, he was promoted.

1. Mr Smith is quite tall whereas his son is rather short.
2. She is really pretty, yet she is not at all popular.
3. No matter how carefully he drives, he always ends up getting a fine.
4. Carefully though he was driving, a policeman stopped him.
5. However agreeable you may be, you won't get the job unless you have the right qualifications.

5 x 2 = 10 points

B3. Match items 1-5 (Column 1) with options A-G (Column 2) to make complete sentences about attitudes. In Column 2 there are two options you do not need.

COLUMN 1

1. You can't have a better tomorrow... [D]
2. Success does not consist in... [G]
3. You can't change people, but you... [B]
4. The pessimist complains about the wind, the optimist... [A]
5. Whatever it is you are feeling is a perfect... [F]

COLUMN 2

- A. expects it to change, and the realist adjusts his sails.
- B. can effect a change in them by your behaviour.
- C. can't make the world a better place.
- D. if you are thinking about yesterday all the time.
- E. solution to some people's problems.
- F. reflection of what you are in the process of becoming.
- G. never making mistakes, but in never making them a second time.

5 x 2 = 10 points

Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

- TASK:** The Greek Ministry of Tourism is organising a contest for the best article to be published in foreign magazines with the purpose of attracting young people from abroad to visit Greece for their holidays.
- Write an article (180 - 200 words) about Greece providing arguments that would convince young tourists to visit your country. Provide a title for your article.

Greece - Everyone's Paradise.

As summer approaches, young people obviously look for a chance to combine vacations with relaxation, adventure and fun, in a hospitable and sunny environment. It all boils down to choosing Greece, as it is a unique destination, which offers all the above and more.

To begin with, Greece's sandy beaches and fantastic weather offer the best environment to make your dreams come true. Whether you favour mountain scenery or swimming in the clear blue waters of the Mediterranean Sea, your only problem will be choosing among its numerous destinations.

Moreover, wherever you go in Greece, the living history is there to fascinate the most demanding explorer. Archaeological sites and quaint traditional villages offer unique opportunities to live the myths hidden in every corner of this hospitable land.

Last but not least, let's not forget what all young people are looking for in an ideal holiday.

Entertainment is offered in many forms. Clubbing is popular not only in the fashionable seaside resorts, but almost anywhere. As night falls, the music takes over and no one can resist dancing while savoring excellent wine and other local specialities.

So, accept this open invitation and live the unique experience that is Greece.

PRACTICE TEST 2

A. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

ΚΕΙΜΕΝΟ

Read the text below and respond to tasks A1 and A2.

Media in the Lives of Today's Children

Few would deny that media play a central role in the lives of today's children and adolescents. Their homes, indeed their bedrooms, are saturated with media. Many young people carry miniaturised, portable media with them wherever they go. They



comprise the primary audience for popular music. They make up a significant percentage of viewers for TV and movies, players of video games and readers of print media (each of these industries produces extensive content targeted primarily at kids). They are typically among the earliest users of personal computers (indeed, of most new media) and are a primary target of much of the content of the World Wide Web.

Clearly, attention to the role of media in the lives of children and adolescents is not new. Plato spoke of the role of messengers from outside in *The Republic*, the Brothers Grimm edited their fairy tales with children in mind, and by the mid-20th century, social scientists were studying children and media empirically. Nevertheless, substantial and ongoing changes in the media environment witnessed in recent years have led to increased public perceptions that media are important in young people's lives and that their role is both growing and evolving.

(Extract from: Roberts, D.F. Media in the lives of 8-18 year-olds)

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media = μέσα ενημέρωσης και ψυχαγωγίας

World Wide Web = διαδίκτυο

The Republic = Η Πολιτεία

A1. Answer questions 1-3 with about 15 words each.

1. What is the purpose of this text?

To show that the media play an important role in the lives of today's children.

2. Based on the text, use your own words to explain why media industries address children.

Because it is children who love listening to music, watching films, playing games and surfing the Net.

3. Why do the public perceive that media play an important role in young people's lives today?

Because of the considerable and continuing changes that have taken place in the field of media.

3 x 4 = 12 points

A2. Choose the correct answer (A, B or C) for items 1-6.

1. According to the text, most people believe that...

- A. only teenagers listen to popular music.
- B. young people rely heavily on media.
- C. media are important for childrens' development.

2. We can infer from this text that modern teenagers...

- A. spend most of their time in their rooms.
- B. are all too familiar with media products.
- C. prefer personal computers to TV.

3. Much of the material found on the World Wide Web...

- A. is directed at the younger generation.
- B. has evolved from print media.
- C. is studied by social scientists.

4. What has led technological industries to miniaturise many of their products?

- A. They are easier to carry around.
- B. Teenagers prefer them.
- C. They target a wider audience.

5. The part played by media in children's lives...

- A. has come to light only recently.
- B. has been recognised for hundreds of years.
- C. was ignored by the Brothers Grimm.

6. What is responsible for increasing public awareness of the importance of media in children's lives?

- A. the World Wide Web
- B. 20th century social science
- C. developments in media environment

6 x 3 = 18 points

B. ΓΛΩΣΣΙΚΗ ΕΠΙΓΝΩΣΗ

B1. Use the correct form of the following words (A-H) to complete the gaps (10-14), in the following text, as in the example. There are TWO words you do not need.

A. active B. exhaust C. vary D. curious E. treat F. sleep G. fortunate H. anxious

The example is in *italics*.

We spend over a third of our time sleeping. But (10) *unfortunately* for many of us, sleep isn't a simple ON/OFF switch we can just (11) *activate* at a moment's notice. Do you struggle to sleep even though you feel tired and (12) *exhausted/sleepy*? Do you wake up in the middle of the night (13) *anxiously* watching the clock, calculating how much time you've got left to sleep?

Insomnia in itself is not the problem but is usually a symptom of a (14) *variety* of other potential problems. The trick is identifying the underlying cause of our insomnia and finding the right (ex.) *treatment* for that problem.

5 x 2 = 10 points

B2. Fill in the gaps with two words in the statements of Column B, so that they have a similar meaning with the statements of Column A, as in the example.

Example: I will give you the day off provided you work on Saturday morning. You can have the day off *on* *condition* that you work on Saturday morning.

COLUMN A	COLUMN B
15. Only Stuart didn't understand.	Apart from Stuart, <i>everyone</i> <i>understood</i> .
16. Our trip has been cancelled because of a last minute scheduling conflict.	<i>Due/Owing</i> <i>to</i> a last minute scheduling conflict, our trip has been cancelled.
17. I tried my hardest but I still couldn't understand.	However <i>hard</i> I <i>tried</i> I couldn't understand.
18. It was the most remarkable creature I had ever seen.	<i>Never</i> <i>had</i> I seen such a remarkable creature.
19. I graduated from college a year ago today.	I graduated from college <i>this</i> <i>time</i> last year.

5 x 2 = 10 points

B3. Choose the best options A-H (book titles) for items 20-24 (book extracts). There are TWO options you do not need.

BOOK EXTRACT

20. How can we think we are adequately preparing students for life [D] in the 21st century if we have not learned how the 21st century operates? How can we think we are connecting with our students when the materials and our instruction come from a non-digital time that kids can't relate to?
21. What makes it possible for students to understand and remember [A] is the way they link ideas to form meaningful wholes. Big ideas that structure your courses can't be found in any one part of a lecture or seminar.
22. All traditional architecture clearly distinguishes between the public [G] and/or sacred buildings, on the one hand, and the utilitarian and/or private buildings, on the other.
23. The Dutch Institute for architecture (NAi) [F-10], Museumpark 25, [C] located in a striking-looking building, is one of the largest centres of architecture in the world.
24. A collection of 28 lectures on the history and progress of astronomy: [B] Copernicus and the motion of the Earth; Tycho Brahe and his observatory; Kepler and the laws of planetary motion; Galileo and the invention of the telescope; Isaac Newton; etc.

BOOK TITLE

- A. PREPARING TO TEACH
- B. PIONEERS OF SCIENCE
- C. TOURIST CITY GUIDE
- D. UNDERSTANDING THE DIGITAL GENERATION
- E. ELEMENTS OF ASTROPHYSICS
- F. DEVELOPING DIGITAL MATERIALS
- G. ARCHITECTURE: CHOICE OR FATE?

5 x 2 = 10 points