Reading

Task 1

Match the headlines A-G to paragraphs 1-6. There is one extra headline.

The Comparison Trap on Social Media

Scrolling through social media often involves a subtle, unconscious activity: comparing our own lives to the curated highlights of others. This habit can significantly impact our mental well-being, turning a platform for connection into a source of dissatisfaction.

These platforms are designed to showcase success, beauty, and exciting experiences. Users naturally present polished versions of themselves, creating a distorted reality. We compare our ordinary, messy lives to others' exceptional moments, which sets an unrealistic benchmark for personal happiness and achievement.

This constant comparison can trigger feelings of envy, anxiety, and lowered self-esteem. Studies link heavy social media use to increased symptoms of depression, particularly among younger users. The gap between our reality and the idealized lives we see online fuels a sense of inadequacy.

Recognizing this trap is the first step to mitigating its effects. Being a more critical consumer of content helps. Remembering that posts are selective highlights, not full documentaries, can provide necessary perspective. Actively questioning the narrative behind a perfect image reduces its power.

A more proactive strategy involves curating your own feed. Unfollowing accounts that consistently make you feel bad about yourself is a form of digital self-care. Instead, follow sources that inspire, educate, or genuinely connect you with friends in an authentic way.

Ultimately, the healthiest approach is to consciously redirect your focus inward. Investing time in real-world hobbies, relationships, and personal goals builds a solid sense of self-worth that is independent of online validation. The goal is to use social media as a tool, not a measure of your life's value.

A. The Psychological Consequences
B. Designing for Distraction
C. The First Step: Conscious Awareness

D. A Curated Reality
E. Shifting Focus to the Real World
F. Taking Control of Your Feed
G. The Hidden Habit of Scrolling

Task 2

Fill the gaps (1)-(7) with the correct sentence part A-H. There is one extra part.

How Habits Shape Our Lives

Much of our daily behavior runs on autopilot, guided by ingrained habits rather than conscious decision. Understanding how these automatic routines form and how to change them is key to personal growth and productivity.

A habit forms in the brain through a three-part loop. First, there is a **(1)** _____, like feeling stressed. This triggers the second part: the routine, which is the behavior itself, such as eating a snack. The third part is the reward—the feeling of relief or pleasure—which **(2)** _____ in your brain.

Breaking an unwanted habit requires disrupting this loop. You cannot simply erase a habit; you must replace it. The most effective method is to identify the cue and the reward, but then **(3)** _____. For instance, if the cue is stress and the reward is a distraction, a new routine could be a five-minute walk.

Building a new, positive habit relies on consistency, not intensity. The goal is to make the behavior as easy as start. Attaching the new habit to an existing one, a strategy called "habit stacking," is highly effective. For example, after brushing your teeth (existing habit), **(4)** _____ (new habit).

Willpower is often misunderstood in habit change. It is a finite resource that depletes with use. Therefore, **(5)** _____ that require minimal willpower. Reducing friction for good habits and increasing it for bad ones is a practical approach—like keeping fruit on the counter and cookies in a high cabinet.

Persistence is crucial because **(6)** _____. Missing a day does not ruin your progress; the important thing is to return to the routine as quickly as possible. The process is less about perfection and more about building a sustainable new pattern over time.

Ultimately, harnessing the science of habits allows us to gradually steer our behavior towards our goals, **(7)** _____ on the small, daily actions that compound into significant change.

A. you immediately do two minutes of stretching
B. you must design your environment

C. turning over a new leaf every January
D. a specific cue or trigger
E. neural pathways associated with pleasure and reward
F. making the brain crave repeating the cycle
G. habits form and strengthen through repetition
H. swap in a different routine that delivers the same reward

Task 3

Read the text and answer questions 1-7. Choose A, B, C, or D.

The Power of Urban Green Spaces

Cities are often seen as concrete jungles, but integrating nature into urban planning is now recognized as a critical component of public health and sustainability. Parks, community gardens, and tree-lined streets provide far more than just aesthetic value.

Access to green space has a direct and measurable impact on mental health. Studies show that spending time in parks can lower stress hormones, reduce symptoms of anxiety and depression, and improve mood. For city dwellers, these areas serve as essential mental sanctuaries from the noise and pace of urban life.

The physical health benefits are equally significant. Green spaces encourage physical activity, whether through walking, cycling, or playgrounds for children. Furthermore, trees and plants improve air quality by filtering pollutants and producing oxygen. They also provide crucial cooling shade, mitigating the "urban heat island" effect that makes cities significantly warmer than surrounding areas.

Beyond individual health, these spaces strengthen community bonds. Parks act as shared living rooms where people from diverse backgrounds can interact, fostering social cohesion and a sense of belonging. Community gardens, in particular, create opportunities for collaboration, knowledge sharing, and building neighborhood identity.

Economically, proximity to well-maintained green space increases property values and attracts businesses and tourism. It signals a desirable, livable, and invested-in community. The return on investment for creating and maintaining parks often outweighs the initial costs through these economic and health-related savings.

Despite the clear benefits, access to quality green space is not equal. Wealthier neighborhoods often have more and better parks, a disparity known as the "green gap." Addressing this inequity is a major challenge for urban planners seeking to create healthier and more just cities for all residents.

Looking forward, the integration of nature into city design is non-negotiable for climate resilience and human well-being. From green roofs to pocket parks,

innovative solutions are needed to weave nature back into the urban fabric, ensuring all citizens can reap its vital benefits.

1. What is the main idea of the first paragraph?
   A) Cities are becoming less popular.
   B) Nature in cities is important for health and sustainability.
   C) All parks should be turned into community gardens.
   D) Concrete is bad for the environment.
2. According to paragraph 2, how do green spaces affect mental health?
   A) They have no proven effect.
   B) They can increase stress levels.
   C) They provide a quiet escape that reduces stress.
   D) They are only beneficial for children.
3. What is one physical health benefit of trees mentioned in paragraph 3?
   A) They increase urban temperatures.
   B) They clean the air by removing pollutants.
   C) They reduce opportunities for exercise.
   D) They produce large amounts of carbon dioxide.
4. How do community gardens primarily benefit neighborhoods, according to the text?
   A) By lowering property taxes.
   B) By providing free food for everyone.
   C) By fostering social interaction and a shared identity.
   D) By replacing the need for large public parks.
5. What does the "green gap" refer to in paragraph 6?
   A) The space between trees in a park.
   B) The difference in park quality between rich and poor areas.
   C) A lack of gardening skills in urban populations.
   D) The time it takes for a new park to mature.
6. Which future solution for integrating nature is mentioned in the final paragraph?
   A) Banning all new concrete construction.
   B) Building larger parks on city outskirts.
   C) Creating green roofs and small pocket parks.
   D) Relocating residents to rural areas.
7. What is the author's overall attitude towards urban green spaces?
   A) Skeptical about their cost.
   B) Convinced of their essential value.
   C) Neutral and purely descriptive.
   D) Concerned they attract too many people.

Use of English

Task 1

Read the text. Use the word given in capitals to form a word that fits in the gap.

The concept of universal basic income (UBI), a regular cash payment to all citizens with no strings attached, sparks **(1)** _____ debate. Its **(2)** _____ argue it could end poverty and provide a safety net in an automated future. Critics voice **(3)** _____ about its high cost and potential to discourage work. Several **(4)** _____ have launched small-scale trials to gather data. The results so far are **(5)** _____; some show improved well-being, while others highlight the **(6)** _____ challenges of funding it nationally. Despite the **(7)** _____, the discussion forces us to re-evaluate the link between work, income, and dignity in the 21st century.

1. HEATED
2. SUPPORT
3. CONCERN
4. GOVERN
5. MIX
6. PRACTICE
7. CERTAIN

Task 2

Choose the correct option (A, B, C, or D) to complete the text.

The way we think about plastic has changed dramatically. Once hailed as a miracle material, it is now seen **(1)** _____ a major environmental pollutant. This shift in perception is **(2)** _____ growing awareness of its impact on oceans and wildlife. **(3)** _____ , many countries are introducing strict bans on single-use items like bags and straws. Consumers are also encouraged to play their part **(4)** _____ choosing reusable alternatives. **(5)** _____ these measures, plastic production is still rising globally. Therefore, a more comprehensive solution that **(6)** _____ redesigning products and improving recycling systems is urgently needed.

1. A) for B) as C) by D) like
2. A) due to B) despite C) although D) instead of
3. A) However B) For instance C) Consequently D) Similarly
4. A) with B) by C) for D) from
5. A) In addition to B) Thanks to C) In spite of D) On account of
6. A) contains B) involves C) concerns D) includes

Task 3

Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** Use between **two** and **five** words.

1. "Why don't we book our flights online?" said David.
   SUGGESTED
   David _____ online.
2. I haven't seen such a beautiful sunset for years.
   SINCE
   It's years _____ such a beautiful sunset.
3. The film was disappointing. We had expected it to be much better.
   LIVE
   The film _____ our expectations.
4. It's possible that I left the document on the printer.
   MIGHT
   I _____ on the printer.
5. You are not allowed to take photographs inside the museum.
   MUST
   You _____ inside the museum.
6. The test was so difficult that most students failed.
   SUCH
   It _____ that most students failed.
7. "I'll send you the details by email tomorrow," she told him.
   PROMISED
   She _____ the details by email the next day.

Ключи

Reading

Task 1	Task 2	Task 3
1. G	1. D	1. B
2. D	2. F	2. C
3. A	3. H	3. B
4. C	4. A	4. C
5. F	5. B	5. B
6. E	6. G	6. C
	7. E	7. B

Use of English

Task 1	Task 2	Task 3
1. heated	1. B (as)	1. suggested (that) we book our flights
2. supporters	2. A (due to)	2. since I (last) saw
3. concerns	3. C (Consequently)	3. didn't live up to
4. governments	4. B (by)	4. might have left the document
5. mixed	5. C (In spite of)	5. must not take photographs
6. practical	6. B (involves)	6. was such a difficult test
7. uncertainty		7. promised him she would send