

# SUBIECT PENTRU OLIMPIADA DE LIMBA ENGLEZĂ- ETAPA LOCALĂ

CLASA a IX-a

SECȚIUNEA A

VARIANTA 1

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LICEUL TEHNOLOGIC "ASTRA", PITEȘTI

## SUBIECTUL I- USE OF ENGLISH- 40 POINTS

I. Read the following text and put the verbs in brackets in the correct form (10x1p=10p)

### Learning to swim

Last month, I did something amazing, which I 1)..... (begin) to think was not possible. I actually 2)..... (swim) one length of the swimming pool! I know it 3)..... (not seem) like an achievement, because swimming is something that everyone seems 4)..... (learn) really easily. But there was just no way I could manage it. And it was not as if I 5)..... (not try). Apart from all the lessons I had at school, I also went swimming with Dad every week. But in spite of all the practice I 6)..... (get), I still wasn't able to swim.

Then one day, when I 7)..... ( think) Dad 8)..... (hold) me up in the water as usual, I suddenly realized – he wasn't! I was swimming on my own, without help! After that, I managed to swim several lengths of the pool.

So, if you 9)..... (have) trouble learning something, don't give up!

It 10)..... (happen) one day, for sure!

II. Complete the sentences with the correct form of the word given in capitals:(10x1p=10p)

- |   |           |
|---|-----------|
| 1) You are too..... . You should be more careful. | TRUST     |
| 2) What a ..... idea! To betray your best friend! | SHAME     |
| 3) The doctor's.....will help me to recover soon. | PRESCRIBE |
| 4) His .....complaints began to annoy me.         | CEASE     |
| 5) He smiled .....when she heard his story.       | SYMPATHY  |
| 6) He married a rich..... .                       | HEIR      |
| 7) His invention is .....! It can not be true!    | BELIEVE   |

- |   |           |
|---|-----------|
| 8) I am surprised at the rapid .....of information. | GROW      |
| 9) That ice is.....; don't step on it.              | TREACHERY |
| 10) There are no .....on your choice of subject.    | CONSTRAIN |

**III. Fill each of the numbered blanks in the following passage. Use only one word in each space. (10x1p=10 points)**

Scientists are still curious 1) \_\_\_\_\_ the effects of the oceanographic phenomenon called El Nino, which occurs in the south-west Pacific Ocean. There is no 2) \_\_\_\_\_, however, about the reason 3) \_\_\_\_\_ its occurrence. Every few years, a rise 4) \_\_\_\_\_ surface temperatures due to a temporary decrease in trade winds makes sea levels rise, and waves head north-east up the coast of South America. El Nino is noted 5) \_\_\_\_\_ its effect on local climates, but recent research has shown that it is also 6) \_\_\_\_\_ for wider atmospheric changes. Now scientists involved 7) \_\_\_\_\_ oceanographic research are 8) \_\_\_\_\_ on a new theory, that El Nino can produce changes in ocean patterns that may last for decades.

The 1982 El Nino, the strongest of the 20th century, is 9) \_\_\_\_\_ of causing the flooding of the Mississippi basin in 1993, with the loss of life and serious 10) \_\_\_\_\_ to crops and property that resulted.

**III. Read the following text and decide which answer A, B, C or D best fits in each gap. (5 x 2p = 10p)**

Last March my friends and I(1).....some free time, so we decided to go abroad. We (2).....a week in the wonderful city of Barcelona, seeing the sights, eating wonderful meals and (3).....some great shopping! While we were there, we(4).....the underground train and then a cable car right to the top of Montjuic Hill, where we(5).....the most amazing views across the city.

- |                   |                  |                  |                    |
|-------------------|------------------|------------------|--------------------|
| <b>1 A did</b>    | <b>B had</b>     | <b>C made</b>    | <b>D went</b>      |
| <b>2 A passed</b> | <b>B took</b>    | <b>C paid</b>    | <b>D spent</b>     |
| <b>3 A making</b> | <b>B buying</b>  | <b>C doing</b>   | <b>D having</b>    |
| <b>4 A took</b>   | <b>B arrived</b> | <b>C brought</b> | <b>D travelled</b> |
| <b>5 A saw</b>    | <b>B caught</b>  | <b>C got</b>     | <b>D gave</b>      |

## **SUBIECTUL B – INTEGRATED SKILLS – 60 POINTS**

**Read the text below and do the tasks that follow.**

Anger is” an emotional state that varies in intensity from mild irritation to intense fury and rage”, according to Charles Spielberger, PhD, a psychologist who specializes in the study of anger. Like other emotions, it is accompanied by psychological and biological changes; when you get angry, your heart rate and blood pressure go up, as do the levels of your energy hormones, adrenaline and noradrenaline.

Anger can be caused by both external and internal events. You could be angry at a specific person (such as a co-worker and supervisor) or event ( a traffic jam, a cancelled flight) or your anger could be caused by worrying or brooding about your personal problems. Memories of traumatic or enraging events can also trigger angry feelings.

The instinctive, natural way to express anger is to respond aggressively. Anger is a natural, adaptive response to threats; it inspires powerful, often aggressive, feelings and behaviours, which allow us to fight and to defend ourselves when we are attacked. A certain amount of anger, therefore, is necessary to our survival.

On the other hand, we can't physically lash out at every person or object that irritates or annoys us: laws, social norms and common sense place limits on how far our anger can take us.

People use a variety of both conscious and unconscious processes to deal with their angry feelings. The three main approaches are expressing, suppressing and calming. Expressing your angry feelings in an assertive-not aggressive-manner is the healthiest way to express anger. To do this, you have to learn how to make clear what your needs are, and how to get them met, without hurting others. Being assertive doesn't mean being pushy or demanding; it means being respectful of yourself and others.

Anger can be suppressed and then converted or redirected. This happens when you hold in your anger, stop thinking about it and focus on something positive. The aim is to inhibit or suppress your anger or convert it into more constructive behaviour. The danger in this type of response is that if it isn't allowed outward expression, your anger can turn inward-on yourself. Anger turned inward may cause hypertension, high blood pressure, or depression.

Unexpressed anger can create other problems. It can lead to pathological expressions of anger, such as passive-aggressive behaviour (getting back at people indirectly, without telling them why, rather than confronting them head-on) or a personality that seems perpetually cynical and hostile. People who are constantly putting others down, criticizing everything and making cynical comments haven't learned how to constructively express their anger. Not surprisingly, they aren't likely to have many successful relationships.

Finally, you can calm down inside. This means not just controlling your outward behaviour, but also controlling your internal responses, taking steps to lower your heart rate, calm yourself down and let the feelings subside.

As Dr Spielberg notes, "when none of these three techniques work, that's when someone-or something-is going to get hurt."

(Adapted from

[www.apa.org](http://www.apa.org))

**I. For each question decide which answer (A, B, C or D) fits best according to the text.**

**(10x1p=10 points)**

1) Anger

- A) is a mild emotional state
- B) is a sign of irritation
- C) unleashes our irritation
- D) can take different forms

2) When you get angry

- A) your blood pressure goes down
- B) your body releases more energy hormones
- C) nothing changes in your body
- D) your face turns red

3) Anger

- A) is caused only by external events.
- B) is the result of internal events.
- C) is triggered by both internal and external factors.
- D) is a negative emotion

4) The natural way to express anger

- A) is to strike back when attacked.
- B) is to smile at the other person.

C) is to secure survival.

D) is to defend property.

5) People:

A) express their anger in different ways

B) deal with anger in a conscious way

C) suppress their anger entirely

D) calm down when they are angry.

6) The healthiest way to deal with anger is

A) to respond aggressively

B) to hurt the others' feelings

C) to behave assertively

D) not to show respect to the others

7) People should aim at

A) holding in their anger

B) changing anger into something positive

C) thinking more about anger

D) living in peace with neighbours

8) Unexpressed anger

A) leads to happy relationships

B) causes behavior problems

C) turns people into successful communications

D) creates a carefree environment

9) You can calm down

A) by concentrating on your outward behavior

B) by examining your feelings

C) by controlling your body language

D) by focusing on external and internal reactions

10) Dr Spielberger conclude that

A) angry people are often violent

B) nothing can be done to control anger

C) anger is a constructive feeling

D) anger can be kept under control

**II. Read the text again and write a narrative essay about an experience when you were very angry and you really lost your temper. (180-200 words) ( 50 points)**

## **NOTĂ**

- **Toate subiectele sunt obligatorii.**
- **Nu se acordă puncte din oficiu.**
- **Timp de lucru: 3 ore.**