You are going to read an article.
Match two halves of the sentences below. There is one extra ending you do not need to use.
The beginnings of the sentences follow the same order as the full sentences in the original text.
Write out full sentences.

| 1. Mother Nature created the stress | control of your situation (or not). |
| 2. We are, after all, civilised wild animals, and when | control over the work they do. |
| 3. Almost instantly, thanks to adrenalin boost, our heart rate increases, the blood vessels in the heart and lungs dilate and set | in our own juices. |
| 4. Today’s threats are not to life itself, but are still able to trigger | in public speaking, but others find it the most horrific experience of their life. |
| 5. But we don’t now burn this extra adrenalin boost off by running away, or wrestling the tiger, and we literally stew | new roles or challenges. |
| 6. Some revel, for example, | our primitive response. |
| 7. Stress is about being in | response to help us. |
| 8. There is no doubt that a brain surgeon has a higher pressure job than a shop assistant, but the shop assistant may be much more stressed because of lack of | the body on ‘overdrive’. |
| 9. Either we grow in capability to deal with | the problem or task we are facing, or wilt in the heat. |
| 10. Everyone has their own strengths and weaknesses and this is the most important thing to consider when taking on, or being given, or failing | under the influence, do not drive. |
| | under threat from a predator it is important that all our body functions are tuned to perfection. |
You are going to read an essay. Choose a word from the list to complete each gap (1-10). Change its form where necessary to make a word/a group of words that fits in the gap. Write out the number of the gap and the form of the verb.

acquire impose
consider inform
deny make
expose protect
force put

Censorship is an issue which frequently generates a great deal of heated debate, with supporters maintaining that it is vital in order to protect society, whilst opponents claim that it is an unjustifiable restriction of public access to information.

Firstly, all countries have secrets which must 1. ... for reasons of national security. For instance, if an enemy country were 2. ... such highly sensitive information, the effects could be catastrophic. Consequently, governments have to have the power to restrict access to information concerning areas such as the armed forces or particular aspects of foreign policy.

Secondly, it is often argued that censorship is necessary to prevent the broadcast and publication of obscene material which is considered offensive or harmful to public morals. Many people feel that, without censorship, the public 3. ... constantly ... to material that the majority would find offensive. For this reason, the government has a duty 4. ... certain restrictions on the mass media by censoring films and texts which contain explicit scenes of violence or foul language.

In contrast, opponents of censorship point out that when it is abused by governments, censorship becomes an instrument used to misinform society and maintain power. In order to control the flow of information which reaches the public, repressive regimes try 5. ... constraints on the media, thus 6. ... citizens the right to information owing to the fact that governments believe it may lead them to seek greater freedom.

Furthermore, it is generally felt that mature adults are able to make 7. ... choices about what they watch, read and listen to and should, therefore, be permitted to make their own decisions. For example, some comedians 8. ... use of offensive language and taboo subjects in their performances. Critics of censorship argue that the only people who will watch or listen to such material are adults who have made a conscious decision to do so. Thus, it is claimed, it is unjust to censor material like this since it 9. ... upon people who may subsequently be offended by it.

All things 10. ... , it can be concluded that a certain degree of censorship is always necessary. The best course of action would be to attempt to achieve a balance between the requirements of the country and the public on the one hand, and individuals’ rights on the other.
1. You are going to read an excerpt from an interview. Summarise the text in your own words. Do not quote the text: a copied sequence of 4 words and more is considered a quotation. Write 150-170 words.
2. Give your own opinion on the issue raised in the text. Write 70-80 words.

Interviewer: Today, in our series on addictions, I’ll be speaking to a lady whom I will refer to as Shelley, since she would prefer to remain anonymous. Shelley, you’re a compulsive shopper, aren’t you?
Shelley: That’s right. Though I’m happy to say that, thanks to professional counselling and a support group, I’ve now got my compulsion under control.
Interviewer: What are the typical symptoms of compulsive shopping?
Shelley: The most obvious one is that you shop when you’re feeling down, you know, a bit depressed or anxious, and then when you’ve bought something you feel really good, like you’ve got a sense of euphoria. The problem is that the feeling wears off pretty fast, so then you’ve got to go out and buy something else in order to feel good again.
Interviewer: Is it important what you buy and who you buy it for?
Shelley: Well, typically compulsive shoppers will buy something for themselves when they’re a bit down, like clothes or jewelry or make-up. But it isn’t exclusively things for yourself – I used to really go over the top at Christmas time buying gifts for everyone I knew.
Interviewer: You mentioned jewelry and make-up. Is this a typically female addiction, then?
Shelley: Not necessarily, though it tends to be more common in women. And it’s more widespread than you might imagine. I don’t know any exact figures, but in the support group they’ve told us that somewhere between five and ten percent of the population indulge in out-of-control shopping.
Interviewer: What are the main problems that compulsive shopping causes?
Shelley: Obviously, if you shop till you drop, you get through an awful lot of money. Most compulsive shoppers end up heavily in debt, and this can also have a disastrous effect on their personal relationships. I used to have two credit cards of my own, and one that I shared with my husband that was supposed to pay for household goods, food and so on. At one stage, all three cards were drawn right up to the limit – in other words I was nearly twelve thousand pounds in debt! I used to hide the credit card bills from my husband when they came in and say that I’d deal with paying them. It all came out into the open when I was away for a week visiting my mother and the bill for our joint credit card arrived – my husband hit the roof when he saw what I’d spent.
Interviewer: What happened then?
Shelley: I was very lucky, in that once he’d got over his initial rage, he saw that I had a problem and insisted that I should go for counselling.
Interviewer: What have counselling and the support group done for you?
Shelley: At the beginning, the counselling helped me a lot to examine the underlying causes of my compulsion – issues like low self-esteem and image problems. There’s a big pressure in society to use material goods as an expression of your identity. Thanks to counselling, I no longer associate who I am with what I wear or possess. Then, I also got a lot of practical help in budgeting and slowly paying off all my debts. I now draw a line between things I need and things I want but don’t need.
John Ruskin once said, “Books are divided into two classes, the books of the hour and the books of all time.”

To what extent do you agree or disagree with this opinion? Give at least two reasons for your answer and include at least one relevant example from your own knowledge and experience.

Write at least 250 words.

Remember! Your essay should consist of the introduction, the body of paragraphs and the conclusion.