

**Class**

**Name**

## Final Test for Units 5-8

### A. Fill in the blanks with correct words or phrases.

1. In the case of \_\_\_\_\_, press the red button. a. muscular
2. I do 2 hours of workout every day to become more \_\_\_\_\_. b. ideal
3. You are the \_\_\_\_\_ person for the job. c. burnout
4. Recent \_\_\_\_\_ in science is just incredible. d. emergency
5. Too much stress is causing serious \_\_\_\_\_. e. advance

### B. Match the words or phrases with their definitions

1. attractive : \_\_\_\_\_
2. upcoming : \_\_\_\_\_
3. outdated : \_\_\_\_\_
4. controversial : \_\_\_\_\_
5. technology : \_\_\_\_\_

- a. causing disagreement or discussion
- b. happening soon
- c. the use of science in industry, engineering, etc.
- d. old-fashioned and not fashionable
- e. very pleasing in appearance

### C. Fill in the blanks to outline the essays.

#### Should Students Have Cell Phones?

Introduction		1. _____
Body/ Details	Why cell phones should be allowed (reason 1)	2. _____
	Why cell phones should be allowed (reason 2)	3. _____
	Why cell phones should not be allowed	4. _____

a. Some people think that students should be allowed to have cell phones. One reason is in case of an emergency. If an emergency happens, students with a cell phone are able to contact their parents to let them know they are safe.

b. Other people argue that cell phones shouldn't be allowed in schools at all. They claim that they are a distraction. Not only that, but students could use them to cheat. Not to mention the fact that cell phones can encourage cyberbullying. Students could send mean messages to other students in the class without the teacher knowing.

c. Cell phones have become essential to our everyday lives. But do students really need them at school? People have strong feelings on this topic, and their opinions are divided.

d. What is more, some say cell phones should be allowed in the classroom as well. They could be used as calculators in math class, or students could use coding apps in computer class.

### Changing to Be Healthy

Introduction		5. _____
Body/ Details	The problem	6. _____
	The first solution	7. _____
	The second solution	8. _____

a. What can we do about this? First, we can change the way we think. We need to realize that the photos have been changed. People don't really look like that. We must also realize that we don't have to look like the people on TV or in magazines. We should be happy with who we are.

b. If you go on any website or watch any TV show, you may think, "Wow! That actress is so beautiful!" The models and actors are slim or muscular, but most importantly, they are all attractive. When we see people like that, we start to compare ourselves to them. People say that looking at images of skinny people in magazines makes them feel unattractive.

c. The second thing we can do is to tell companies how we feel. We can use social media to ask them to show more body types on TV. We can tell them it's wrong to promote unhealthy lifestyles.

d. When you look at yourself in the mirror, what do you think? More often than not, most people think negatively of themselves. So how can we build healthy body images for ourselves?

**D. Replace the underlined phrases with the words that have same meaning.**

relax	harmful	excessive
burn out	worry	

**Student Burnout Has Many Causes**

These days, it feels like students **1. become exhausted** more frequently than before. But why is this?

For one, **2. exaggerated** studying can cause burnout. In order to get the best grades in class, students spend all of their time studying. Students are too stressed about their grades to **3. rest**. But the more they study, the less time they give their brains to rest.

Also, too little sleep can cause burnout. Students are already very stressed about their grades and any upcoming tests. When it is time to go to sleep, they lie awake all night and worry. The more they **4. concern**, the harder it is for them to sleep. This is extremely **5. damaging** to their health. Students need at least eight hours of sleep a night, yet many only sleep for three or four hours.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**E. Rewrite the sentences using *too + adjective + to-infinitive* phrases.**

1. I'm excited. I can't concentrate on homework.

\_\_\_\_\_

\_\_\_\_\_

2. Mary is exhausted. She can't handle the project.

\_\_\_\_\_

\_\_\_\_\_

3. I'm worried about grades. I don't have time to relax.

\_\_\_\_\_

\_\_\_\_\_

4. Tony was sleepy. He didn't study for the exam.

\_\_\_\_\_

\_\_\_\_\_

5. I'm stressed about the test. I can't sleep well at night.

\_\_\_\_\_

\_\_\_\_\_

**F. Find the errors and rewrite the sentences.**

1. You should love yourself more than anyone else.

\_\_\_\_\_

\_\_\_\_\_

2. People tend to see ourselves negatively.

\_\_\_\_\_

\_\_\_\_\_

3. Sharon always thinks to myself about how she can be slimmer.

\_\_\_\_\_

\_\_\_\_\_

4. I will tell me every day that I'm the most precious one in the world.

\_\_\_\_\_

\_\_\_\_\_

**G. Rewrite the sentences using the present perfect passive tense.**

1. The classmates have completed the project together.

\_\_\_\_\_

\_\_\_\_\_

2. He has wrote more than 10 novels.

\_\_\_\_\_

\_\_\_\_\_

3. Many tourists have visited the small town in Italy.

\_\_\_\_\_

\_\_\_\_\_

4. Sam has made five cakes this afternoon.

\_\_\_\_\_

\_\_\_\_\_

5. People have used cellphones to send message, take pictures, and search the internet.

\_\_\_\_\_

\_\_\_\_\_

6. Police have used GPS to find where the lost people are.

\_\_\_\_\_

\_\_\_\_\_