

Part One: Reading (15 points)

Read the text carefully and then do the following activities:

According to a recent study by the World Health Organization (WHO), the global rise in mental health issues is becoming a significant concern. The study reveals that one in four people will experience a mental health problem at some point in their lives. Factors such as stress, social media overuse, and lack of physical activity are contributing to this alarming trend.

The report highlights that young adults, particularly those aged 18 to 25, are the most affected group. Social media platforms, while useful for communication, are also blamed for increasing feelings of loneliness, anxiety, and depression. The constant comparison with others' lives and the pressure to present a perfect image online are taking a toll on mental well-being.

Moreover, the study emphasizes that physical inactivity is another major factor. With the rise of sedentary lifestyles, many people are not engaging in regular exercise, which is known to reduce stress and improve mood. The WHO suggests that governments and communities should take immediate action to promote mental health awareness and encourage healthier lifestyles.

Taken from WHO Mental Health Report aw, 2023.

A/ Comprehension (08 points)

1. Circle the right answer: (01 point)

The main topic discussed in the text is:

- a) The benefits of social media
- b) The rise of mental health issues
- c) The importance of physical activity

2. Say whether the following statements are true or false: (02 points)

- a) One in four people will experience a mental health problem in their lifetime.
- b) Social media has no impact on mental health.
- c) Physical inactivity is a contributing factor to mental health issues.
- d) The WHO suggests that governments should ignore mental health issues.

3. Answer the questions below according to the text: (03 points)

- a) What age group is most affected by mental health issues according to the study?
- b) How does social media contribute to mental health problems?
- c) What does the WHO suggest to improve mental health?

4. What do the underlined words refer to in the text? (1.5 points)

- "their" in paragraph 2 refers to:
- "which" in paragraph 2 refers to:
- "this" in paragraph 3 refers to:

5. **The word "moreover" in paragraph 3 is used to express: (0.5 point)**

- a) Addition
- b) Contrast
- c) Cause

B/ Language Exploration (07 points)

1. **Find in the text words that are opposites in meaning to: (1.5 points)**

- Increase ≠
- Active ≠
- Perfect ≠

2. **Complete the following table: (1.5 points)**

Verb	Noun	Adjective
To compare
.....	activity
.....	Sedentary

3. **Combine each of the following pairs of sentences using the connectors in brackets: (1.5 points)**

- a) Social media is useful for communication. Social media can cause anxiety. (**although**)
- b) Physical activity reduces stress. Physical activity improves mood. (**both...and**)
- c) Governments should take action. Mental health issues will worsen. (**otherwise**)

4. **Ask questions on the underlined words: (01.5 points)**

- a) The WHO published a report on mental health.
- b) Young adults are the most affected group.

5. **Reorder the following sentences to get a coherent paragraph: (01 point)**

- a) This can lead to feelings of loneliness and depression.
- b) Social media encourages constant comparison with others.
- c) Many young adults spend hours on social media every day.
- d) The pressure to present a perfect image online is overwhelming.

Part Two: Written Expression (05 points) Choose only one topic:

Topic One:

Your teacher asked you to write an expository article about the benefits of physical activity. Use the following notes to write your article:

- Physical health / improves / strength
- Mental health / reduces / stress
- Social life / enhances / teamwork
- Long-term benefits / prevents / diseases

Topic Two:

"Some people believe that social media is harmful, write about it."

Solutions

Part One: Reading

1. **Circle the right answer:**
 - b) The rise of mental health issues
 2. **True or False:**
 - a) True
 - b) False
 - c) True
 - d) False
 3. **Answer the questions:**
 - a) Young adults aged 18 to 25 are the most affected group.
 - b) Social media contributes to mental health problems by encouraging constant comparison and pressure to present a perfect image.
 - c) The WHO suggests promoting mental health awareness and encouraging healthier lifestyles.
 4. **Underlined words refer to:**
 - o "their" refers to young adults.
 - o "which" refers to social media platforms.
 - o "this" refers to the rise of mental health issues.
 5. **The word "moreover" expresses:**
 - a) Addition
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Part Two: Written Expression

Topic One: Expository Article on Physical Activity

Physical activity is essential for maintaining a healthy lifestyle. It not only improves physical health by increasing strength and endurance but also has significant mental health benefits. Regular exercise reduces stress and anxiety, helping individuals feel more relaxed and focused. Additionally, physical activity enhances social life by promoting teamwork and communication, especially in group sports. In the long term, it prevents chronic diseases such as heart disease and diabetes. Therefore, incorporating physical activity into daily routines is crucial for overall well-being.

Topic Two: Argumentative Article on Social Media

Social media has become an integral part of modern life, but its impact on society is a topic of debate. While some argue that social media is harmful, I believe it has more benefits than drawbacks.

Opponents claim that social media causes anxiety, depression, and loneliness due to constant comparison and cyberbullying. However, I argue that social media is a powerful tool for communication and education. It allows people to connect with

others worldwide, share knowledge, and raise awareness about important issues. For example, social media campaigns have led to significant social changes, such as the #MeToo movement.

In conclusion, while social media has its downsides, its positive impact on communication and education outweighs the negatives. With proper use, social media can be a force for good in society.