



**OXFORD ADVANCED EXAM SKILLS MOCK TEST 10**  
**ENGLISH LANGUAGE PAPER 1**

**PART A**

**Reading Passages**

1 hour 30 minutes  
(for both Parts A and B)

**GENERAL INSTRUCTIONS**

- (1) There are two parts (A and B) in this paper. All candidates should attempt Part A. In Part B, you should attempt either Part B1 (easier section) OR Part B2 (more difficult section). Candidates attempting Parts A and B2 will be able to attain the full range of levels, while Level 4 will be the highest level attainable for candidates attempting Parts A and B1.
- (2) After the announcement of the start of the examination, you should write your Candidate Number on the appropriate pages of the Part A Question-Answer Book and the Part B Question-Answer Book which you are going to attempt.
- (3) Write your answers in the spaces provided in the Question-Answer Books. Answers written in the margins will not be marked.
- (4) For multiple-choice questions, you are advised to blacken the appropriate circle with a pencil so that wrong marks can be completely erased with a clean rubber. Mark only **ONE** answer to each question. Two or more answers will score **NO MARKS**.
- (5) Supplementary answer sheets will be supplied on request. Write your Candidate Number and mark the question number box on each sheet.
- (6) No extra time will be given to candidates for filling in the question number boxes after the 'Time is up' announcement.
- (7) The two Question-Answer Books you have attempted (one for Part A and one for Part B) will be collected together at the end of the examination.
- (8) The unused Question-Answer Book for Part B will be collected separately at the end of the examination. This will not be marked. Do not write any answers in it.

**INSTRUCTIONS FOR PART A**

- (1) The Question-Answer Book for Part A is inserted after this Reading Passages booklet.
- (2) Attempt ALL questions in Part A. Each question carries ONE mark unless otherwise stated.

Not to be taken away before the  
end of the examination session

## PART A

Read Texts 1 and 2 and answer questions 1–29 in the Question-Answer Book for Part A.

### Text 1

#### Classified Ad 1

1 **Boost your English grades with highly experienced tutor**

A very enthusiastic and experienced teacher with an up-to-date knowledge of the current secondary school syllabus. Spent 35 years teaching English at a high performing secondary school and achieved outstanding results. Recently retired, I am now available for private tutoring (Monday to Friday) and group conversation classes on Saturday mornings.

5

If interested, please call 7855 3496 for more information.

#### Classified Ad 2

10 **Are you interested in online business studies classes?**

Do you need a helping hand with your business studies schoolwork or are you thinking of studying business at university? A part-time university lecturer in Economics is offering online classes tailored to individuals or small groups of no more than four students. I draw on my substantial experience in the banking and finance sectors as well as 15 years of teaching experience. Help and advice on university applications could also be offered.

Check out my website [www.businessstudiesguru.hk](http://www.businessstudiesguru.hk) or email [alexwu@businessstudiesguru.hk](mailto:alexwu@businessstudiesguru.hk).

#### Classified Ad 3

15 **Brush up on your computer skills with ICT teacher near Causeway Bay MTR**

I offer Information and Communication Technology classes for all levels. I have a certificate in Education and a first-class degree in Computing. Fluent in Mandarin, Cantonese and English. Available evenings after 6 p.m. and weekends.

One-to-one at my home: \$450 for a one-hour lesson

20 One-to-one at student's home: \$450 plus travel costs

Group sessions also possible.

Call 4657 1324 to book your first lesson.

## Quality of work and workplace affect psychological health

1 A new study shows that a lack of stimulation in the workplace and an unclean working environment can affect employees' long-term cognitive health.

### I. Introduction

5 [1] For many years, researchers have been unable to agree on whether working in an unclean workplace or working in an unstimulating environment takes the biggest toll on psychological health as people grow older. A dirty work environment may involve exposing employees to agents such as dust, rubbish, mould or chemicals. A job that is lacking in stimulation often involves boring and repetitious tasks with very little in terms of challenges or variety.

[2] Unlike previous studies focusing on workplace and wellbeing, researchers from Greenside University have looked specifically at how both these factors affect people's cognitive functions—the brain-based skills that we use to help us  
10 gather and process information.

[3] Their study showed that both a lack of stimulation and a dirty working environment play an important role in long-term cognitive wellbeing.

[4] The leading researcher of the team that carried out the study, Professor Adam Stringer, said, 'We specifically looked at how stimulation and cleanliness in the workplace shape cognitive function in ways that you can see or touch,  
15 and others you cannot. We found that both matter to cognitive health as people get older.'

[5] Stringer and his team examined cognitive function data from working adults in the United States. Researchers analysed the data of 4,897 adults aged 29 to 84 from 49 states. The sample was 47 per cent male and 53 per cent female. The researchers examined each participant's workplace and observed their ability to maintain and later use information they learned. The researchers also observed their executive functioning skills, such as their ability to  
20 complete tasks, manage time and pay attention. Each participant was also asked if they were experiencing any issues with their memory.

### II. Findings

[6] Their study resulted in two major findings. Firstly, the researchers found that a stimulating work environment— involving learning new skills and taking on new challenges—resulted in a stronger cognitive performance. This was  
25 particularly the case for women as they aged. The second significant result was that men and women who worked in a dirty working environment experienced memory issues and cognitive decline.

### III. Conclusion

[7] The findings of this study suggest that higher stimulation in the workplace can improve the cognitive function of employees, and that it is also important to provide a clean working environment in order to prevent a possible decrease  
30 in brain function of employees.

[8] According to Professor Stringer, stimulating our brains can protect them from cognitive decline in the long term. 'It is generally accepted that cognitive decline is associated with ageing. However, it's clear from our findings that a rapid decline can be circumvented if we keep our brains busy. Quite simply we found that the old adage is true: "If you don't use it, you lose it". In order to protect the psychological health of their employees, employers should ensure that  
35 decision-making tasks and a culture of continuous learning are present in the workplace,' Professor Stringer said.

[9] The findings of the report also suggest that cleaning up the workplace can avoid compromising brain health. Most people spend about 35 hours per week at work for more than 30 years. Stringer points out that a dirty working environment can mean that workers come into contact with hazards on a daily basis and that exposure to hazards over a long period of time can be detrimental to cognitive health too.

40 [10] Previous research has shown that workplaces advocating healthy lifestyles can have a beneficial effect on the physical health of their employees. For example, a study from the University of Minnesota showed that workplaces that

encourage healthy practices such as walking to work, lunchtime yoga classes and eating healthy food have fewer obese employees. This latest research from researchers from Greenside University shows that our workplace also affects our psychological health, in terms of its ability to stimulate and challenge us, as well as being clean and safe.

- 45 [11] Employers should take heed of these latest findings and make sure that employees are given new challenges and ample opportunities for continuous learning. In addition, they should not ignore the 'aesthetics' of the workplace, ensuring that people are working in a clean and pleasant environment. Taking such measures can benefit all in the long term and will help workers become the innovators, problem solvers and high-performing thinkers that successful businesses need.

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## 50 Comments

Maddie 13 September 2018 17:09

Oh please! This sounds like common sense to me! However, the reality is that many people are doing mind-numbing jobs in dirty and unpleasant environments. Isn't it time that employers actually thought about the welfare of their employees rather than shutting themselves away in swanky offices to ponder on profits and their own wellbeing?

55 Anthony 13 September 2018 18:17

I employ 40 people in a small factory making zips. I definitely don't shut myself away from my workers and I certainly don't have a swanky office! I started my company two years ago and it has been a real struggle to make ends meet. I'm aware that a lot of the equipment we use is second-hand and perhaps not as clean as it should be, but at the moment all I can do is to pay wages and the bills.

60 Annabel 13 September 2018 22:22

I work in human resource management and the findings of this study ring true for me. In order to maximize someone's potential, you need to consider that person's physical and psychological health. In my experience, people are happier if they are constantly learning in a pleasant environment.

Tommy 14 September 2018 06:19

- 65 In my first job, I worked in a filthy and cluttered office. I had to do an obstacle course to reach my desk. At first, it didn't bother me unduly. However, it wasn't long before I noticed its negative impact—our productivity was so low. We used to sit glumly at our desks waiting for the day to end. I didn't stay there long and I later found out that the company no longer exists. I am not surprised!

## END OF READING PASSAGES

**OXFORD ADVANCED EXAM SKILLS MOCK TEST 10**  
**ENGLISH LANGUAGE PAPER 1**

**PART B1**

**Reading Passages**

1 hour 30 minutes  
(for both Parts A and B)

**GENERAL INSTRUCTIONS**

- (1) Refer to the General Instructions on Page 1 of the Reading Passages booklet for Part A.

**INSTRUCTIONS FOR PART B1**

- (1) The Question-Answer Book for Part B1 is inserted after this Reading Passages booklet.
- (2) Candidates who choose Part B1 should attempt all questions in this part. Each question carries ONE mark unless otherwise stated.
- (3) Hand in only ONE Question-Answer Book for Part B, either B1 or B2.

Not to be taken away before the  
end of the examination session

## Part B1

Read Text 3 and answer questions 30–58 in the Question-Answer Book for Part B1.

### Text 3

Marine Park Secondary School  
341 Sunny Road  
North Point  
Hong Kong

15 April

Silver Moon Event Services Ltd.  
72 Prosperity Business Centre  
100 Electricity Road  
North Point  
Hong Kong

Dear Sir/Madam,

### **Careers Fair and Employer Information Workshop**

- 1 [1] I am writing to enquire whether you would be able to organize our school's upcoming Careers Fair and Employer Information Workshop. We were planning the event and a former colleague of mine spoke very highly of your company and recommended that we contact you. Your company recently assisted in planning the 25th anniversary party of the school where he works, and he has received very positive feedback from his colleagues.
- 5 [2] Marine Park Secondary School is ranked one of the top co-educational secondary schools in Hong Kong. It currently has 900 students. The Careers Fair will be held specifically for Secondary 6 students and we expect 150 graduating students to attend. We have also invited 45 employers to participate, providing students with a unique opportunity to learn more about career paths in technology, journalism, business, health services and engineering. We are still recruiting guest speakers for the event, so that will add five more people to the headcount.
- 10 [3] The Careers Fair is scheduled to be held from 10 a.m. to 4 p.m. on Saturday, 22 May. I apologize for such short notice. We had a hard time trying to find a time and date that suits the students, employers and guest speakers. On that day, all participating employers will arrive at 8 a.m. to register and set up their booths. Students will start arriving at the fair from 10 a.m. There will be a brief lunch break of 45 minutes at noon, when all participants can go out to have lunch at any nearby fast-food restaurants. In the afternoon, each guest speaker will have 30 minutes to deliver their
- 15 speech, with the first speaker starting at 1.30 p.m.
- [4] If you are able to take on this event for us, could you provide costs for renting the venue, exhibition booths, decorations and refreshments? We would like the event to be held at an indoor venue with enough space to accommodate all of the guests and students who will participate in the event. We would like to serve some refreshments to the employers in the morning. Perhaps we could have sandwiches, tea and coffee. As for the food and drinks in the
- 20 afternoon, we would like to keep them simple and only serve non-alcoholic drinks and a few appetizers, but we are open to your suggestions. Vegetarian options and a choice of sparkling or still water should also be included.
- [5] For decorations, each booth will require a banner bearing the name of the participating company. I will give you the list of companies once I have final confirmation of their participation. We will leave it up to you to decide how to decorate the booths, but please make sure that each one is decorated in the style of the profession it represents, and that
- 25 all signage is legible. While the employers will be supplying all the materials and handouts, please make sure that each booth is attractive to the students. Please also ensure that all the booths are the same size, as we do not want to give students the impression that one profession is more important than the other. We will decide on the size of the booths once we know where the event will be held.
- [6] We will also need your help with the promotion of the Careers Fair. We would like to publish a Careers Fair
- 30 guidebook, containing the profiles of all participating companies at the fair. The guidebook will give information about the career opportunities and training programmes available within each company, and a copy will be distributed to

all students attending the event. I would appreciate it if you could suggest some suitable printing houses and the costs involved.

[7] Our budget for the Careers Fair is HK\$55,000, and that is for everything, including venue, booths, decorations, promotion and food and drinks. We are confident that you can plan a successful event with a budget of this size.

[8] As for the Employer Information Workshop, this will be a more intimate gathering. Employers will make presentations on topics related to the organization's career opportunities, culture, and products or services. Students will have the opportunity to speak with the representatives, who are alumni of Marine Park Secondary School, in small groups or individually after the presentations. This will be a great way for students to learn what it is like to work for a specific employer or in a specific position or industry. There will also be a one-hour Q & A session in the evening. We are planning to select 40 Secondary 6 students who are the cream of the crop in their classes to attend the workshop, and 15 employers have confirmed their participation, so altogether there will be 55 people attending this event. We have decided to hold the workshop from 3.30 p.m. to 9 p.m. on Saturday, 29 May, which is only a week after the Careers Fair. I apologize if this event is too close to the other one, but we have been trying to find a date that accommodates everyone's schedule.

[9] Here is a preliminary schedule of the Employer Information Workshop:

- 3.30 p.m. Presentations by organization representatives
- 6.30 p.m. Dinner
- 7.30 p.m. Careers Q & A session
- 8.30 p.m. Mock interview sessions with employers
- 9:00 p.m. Employer Information Workshop concludes

[10] We were thinking of holding the workshop in a seminar room or lecture hall. We would require the use of audio equipment, a platform and display boards for the presentations. As this is quite a formal event, students will have to dress smartly to make a good impression. We were considering having a three-course dinner after the presentations. Again, we are open to suggestions but please include a vegetarian option.

[11] For decorations, let's keep them to a minimum—only flower arrangements for the tables will be required. I do not think it is necessary to have anything else, but we do welcome your suggestions on decorating tips. Our budget for the Employer Information Workshop is HK\$30,000, inclusive of all costs.

[12] Could you please advise us whether you can take care of these events? I would be grateful if you could inform me by the end of this week. Should you require further information, please do not hesitate to contact me.

Yours faithfully,

*Janice Yau*

Janice Yau  
Administration Manager

**END OF READING PASSAGES**

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**OXFORD ADVANCED MOCK TEST 10**  
**ENGLISH LANGUAGE PAPER 1**

**PART B2**

**Reading Passages**

1 hour 30 minutes  
(for both Parts A and B)

**GENERAL INSTRUCTIONS**

- (1) Refer to the General Instructions on Page 1 of the Reading Passages booklet for Part A.

**INSTRUCTIONS FOR PART B2**

- (1) The Question-Answer Book for Part B2 is inserted after this Reading Passages booklet.
- (2) Candidates who choose Part B2 should attempt all questions in this part. Each question carries ONE mark unless otherwise stated.
- (3) Hand in only ONE Question-Answer Book for Part B, either B1 or B2.

Not to be taken away before the  
end of the examination session

## PART B2

Read Texts 4 and 5 and answer questions 59–87 in the Question-Answer Book for Part B2.

### Text 4

#### Proposal for enhancing staff levels of physical fitness

**Title:** Fitness For All

**To:** The managing board

**Date:** 7 September

5 **Prepared by:** Alice Feng

#### Introduction

[1] The aim of the Fitness For All programme is to provide all members of staff with opportunities to do physical activity and to incorporate this into their working day.

#### Programme details

- 10 [2] • A lunchtime running club on Mondays, Wednesdays and Thursdays  
• A fast walking club on Tuesdays and Fridays  
• Dance classes on Mondays and Thursdays

#### Location

15 [3] It is proposed that the walks/runs take place in Longford Park. Dance classes will be held in the rooftop garden. When the weather is inclement, they will be relocated to Meeting Room 7.

#### Benefits

[4] According to the World Health Organization's recommendations, adults should do at least 150 minutes a week of moderate-intensity aerobic physical activity, or at least 75 minutes a week of high-intensity aerobic physical activity.

20 [5] However, many people in Hong Kong adopt a sedentary lifestyle. The Behavioural Risk Factor Survey conducted in April 2016 revealed that just less than half of adults aged 18–64 (44.6%) had done some vigorous physical activity in the week prior to the survey.

[6] Increased physical activity of employees can help an employer cut costs. According to a study by Harvard University, medical costs fall by about US\$3.27 for every dollar spent on wellness programmes, and absentee costs fall by about US\$2.37 for every dollar spent.

#### Goals

[7] We want to help our colleagues increase their fitness levels. Our objective is for each employee to take part in Fitness For All at least twice a week.

#### Organization

30 [8] The running and walking sessions will be led by members of the Fitness For All committee at no cost to the company.

[9] The dance classes will be conducted by a company called 'Dance for Life'. The cost of these classes will be HK\$600 per session, which we hope will be borne by the company for the reasons outlined above.

#### Advertising/promotion

35 [10] The committee for Fitness For All will run social media campaigns to educate staff about the programme. This will be done on a periodic basis to ensure maximum uptake.

#### Conclusion

[11] We plan to implement this programme with a minimal budget. We believe Fitness For All will increase morale and lower costs associated with sick leave and absence.

## How physical exercise makes your brain work better

1 *Research shows that different activities have quite specific mental effects—here's how moving your body could sharpen your ideas.*

### I. Introduction

5 [1] The brain is often described as being 'like a muscle'. It's a comparison that props up the brain training industry and keeps school children hunched over desks. We judge literacy and numeracy exercises as more beneficial for your brain than running, playing and learning on the move.

### II. New wave of studies

10 [2] But the brain-as-muscle analogy doesn't quite work. To build up your biceps you can't avoid flexing them. When it comes to your brain, an oblique approach can be surprisingly effective. In particular, working your body's muscles can actually benefit your grey matter.

[3] Scientists are showing that the runner's high and the yogi's tranquility have profound effects on your brain. Moreover, specific physical activities can markedly alter its structure in precise ways.

15 [4] A wave of studies exploring the unexpected links between mental and bodily fitness is emerging from labs. This research might give you the impetus to get more active. It can also help you choose the best ways to prepare physically for mental challenges such as exams, interviews and creative projects.

### III. \_\_\_\_\_

20 [5] The part of the brain that responds strongly to aerobic exercise is the hippocampus. Well-controlled experiments on children, adults and the elderly show that this brain structure grows as people get fitter. Since the hippocampus is at the core of the brain's learning and memory systems, this finding partly explains the memory-boosting effects of improved cardiovascular fitness.

[6] As well as slowly improving your memory hardware, exercise can have a more immediate impact on memory formation. German researchers showed that walking or cycling during, but not before, learning helped new foreign language vocabulary to stick. So exercise while you revise. Don't push it too hard, though: vigorous workouts can raise your stress levels, which can scupper your memory circuits.

### 25 IV. \_\_\_\_\_

[7] Besides making memories stickier, exercise can help you focus and stay on task. The best scientific evidence comes from testing school children, but the same most likely applies to us all. Interspersing lessons with 20-minute bouts of aerobics-style exercise improved the attention spans of Dutch school pupils. Meanwhile, a large randomized controlled trial in the US looked at the effects of daily after-school sports classes over a school year. The children, of course, got fitter. Less predictably, their executive control improved because of the after-school sports classes. They became more adept at ignoring distractions, multitasking, and holding and manipulating information in their minds.

[8] And if that all sounds like hard work, you may not have to get out of breath to reap the attention-honing effects of exercise. Just 10 minutes of playful coordination skills, like bouncing two balls at the same time, improved the attention of a large group of German teenagers.

### 35 V. \_\_\_\_\_

[9] Love it or hate it, bouts of physical activity can have potent effects on your mood. That feeling of elation that follows intense exercise is real. Even mice get it. It may not be due to an 'endorphin rush', though. Levels of the body's homemade opiate do rise in the bloodstream, but it's not clear how much endorphin actually gets into the brain. Instead, recent evidence points to a pleasurable and pain-killing firing of the endocannabinoid system: the psychoactive receptor of cannabis.

[10] What about yoga? Does it really help with stress? When anxiety levels rise, you tense up, your heart races and your attention narrows to a slit. This shift to 'fight or flight' mode is automatic, but that doesn't mean it's wholly out of your control. Yoga teaches the deliberate command of movement and breathing, with the aim of turning on the

body's 'relaxation response'. Science increasingly backs this claim. For example, a 2010 study put participants through  
45 eight weeks of daily yoga and meditation practice. In parallel with self-reported stress-reduction, brain scans showed  
shrinkage of part of their amygdala, a deep-brain structure strongly implicated in processing stress, fear and anxiety.

VI. \_\_\_\_\_

[11] Thoreau, Nietzsche and many other creative types have claimed that walking gives wings to the imagination. Last  
year, psychologists gave this empirical support. Walking, either on a treadmill or around a school campus, bolstered  
50 divergent thinking: the free-roaming, idea-generating component of creative thought. It didn't help convergent thinking,  
though. So if you're struggling to home in on a single solution, an idle stroll may not be what you need.

VII. \_\_\_\_\_

[12] The evidence that staying physically fit keeps your brain healthy into old age is especially compelling. Most  
55 concrete is the link between aerobic fitness and cognitive preservation. Workouts needn't be extreme either: 30–45  
minutes of brisk walking, three times a week, can help fend off the mental wear and tear and delay the onset of  
dementia. It pays to get used to regular exercise early, though. The protective effects are clearest before the cognitive  
signs of old age kick in.

[13] Nor is it all about your heart and lungs. Exercises to improve balance, coordination and agility made a clear impact  
on the brain structure and cognitive function of a large group of German elderly people. Twice weekly sessions of  
60 weightlifting can have a visible neurological impact. Dancing may also be restorative for ageing brains. Just an hour of  
dance a week, for six months, did little for elderly participants' aerobic capacity, but the physical and social stimulation  
bolstered their cognitive wellbeing.

[14] Researchers are still teasing out the critical factors that make exercise such a potent brain tonic. Prime suspects  
include increased blood flow to the brain, surges of growth hormones and expansion of the brain's network of blood  
65 vessels. It's also possible that exercise stimulates the birth of new neurons. Until recently, few believed this could  
happen in adult human brains.

VIII. \_\_\_\_\_

[15] The cognitive spillover from exercise reminds us that our brains don't operate in isolation. What you do with your  
body impinges on your mental faculties. Sitting still all day, every day, is dangerous. So don't dither about what form  
70 of exercise you do. Find something you enjoy, then get up and do it. Right, I'm off for a jog.

**END OF READING PASSAGES**