

סוג הבחינה: מבחן מתכונת
מועד הבחינה: מתכונת 8
מספר השאלון: 016382
קובץ: שאלון

GuyAI

מבית GOOL בגריות

אנגלית

מודול C - 3-4 יחידות לימוד

הוראות

- א. משך הבחינה: שעה וארבעים וחמש דקות
 - ב. מבנה השאלון ומפתח ההערכה: פרק ראשון - הבנת הנקרא - 70 נקודות; פרק שני - מטלת כתיבה - 30 נקודות; סך הכול - 100 נקודות
 - ג. חומר עזר מותר בשימוש: אחד המילונים או אחת המילוניות מן הרשימה שבאתר הפיקוח על הוראת האנגלית ובאתר של אגף הבחינות במשרד החינוך. נבחנים "עולים חדשים" רשאים להשתמש גם במילון דו-לשוני: אנגלי-שפת אימם / שפת אימם-אנגלי. השימוש במילון אחר טעון אישור של הפיקוח על הוראת האנגלית.
 - ד. הוראות מיוחדות: כל התשובות נכתבות באנגלית ובעט, בגוף השאלון. את הנוסח הסופי של מטלת הכתיבה כותבים בעמוד 9.
- בקובץ זה: השאלון - הטקסטים והשאלות, עם מקום לתשובות. התשובות וההסברים - בקבצים "תשובות" ו"פתרון מלא".

בהצלחה!

PART I: WRITTEN RECEPTION (70 points)

(ACCESS TO INFORMATION FROM WRITTEN TEXTS)

Read the text below and then answer questions 1–8.

WHY WE TALK TO OURSELVES

- I** 1 Have you ever noticed someone talking quietly to themselves in the street or on a bus? Many of us think that this is a strange habit, and some people even feel embarrassed when a friend catches them doing it. But psychologists say that there is nothing wrong with it. In fact, almost everyone talks to themselves from time to time, and new studies show that the habit can
- 5 actually be useful. It may help us think more clearly and work faster.
- II** In one experiment at a university in Canada, researchers gave sixty volunteers a simple task. Each volunteer looked at photos of crowded supermarket shelves and had to find one item, such as a banana or a box of tea, as quickly as possible. Before each search, half of the volunteers said the name of the item aloud*, while the other half stayed silent. The results surprised the
- 10 researchers. The volunteers who did the search after saying the name found the item much faster than the silent group. According to the researchers, hearing the word helped the brain remember what the item looked like.
- III** In another study, researchers interviewed forty young tennis players about their matches. Many of the players said that they often spoke to themselves during a game. When they did this, they
- 15 felt more confident* and made fewer mistakes. Most of them used very short phrases, for example "Focus!" or "Come on!"
- IV** Dr. Laura Benson, a psychologist who studies this habit, explains why it works. "When we speak, we hear our own voice, and the brain pays more attention to words that it hears than to silent thoughts," she says. "That is why a plan that you say aloud becomes clearer." She adds that
- 20 talking to yourself has other benefits, too. People who do it can control their feelings better before an exam. They can also solve difficult problems step by step.
- V** However, Dr. Benson has one piece of advice. She suggests talking to yourself by name, the way a coach talks to a player. For example, say "Dana, you can do this" instead of "I can do this." According to Benson, this small change helps people stay calm when they are under pressure.

¹aloud – בקול רם ²confident – בטוח בעצמו

QUESTIONS

Answer questions 1–8 in English according to the text. In questions 1, 2, 6, and 8, circle the number of the correct answer. In the other questions, follow the instructions.

1. What does the writer explain in paragraph I?

- i) Why people talk to themselves on buses.
- ii) That talking to yourself is common and can be useful.
- iii) How psychologists study people in the street.
- iv) When children usually start talking to themselves.

(8 points)

2. What did the researchers learn from the experiment in paragraph II?

- i) Saying a word aloud can help people find things.
- ii) People find fruit faster than other items.
- iii) Silent volunteers remember more items.
- iv) Supermarket shelves are too crowded.

(7 points)

COMPLETE THE ANSWER.

3. Which volunteers found the item faster? (paragraph II)

The people who did _____ .

(8 points)

4. What happened to the tennis players when they spoke to themselves? (paragraph III)

ANSWER: _____ .

(8 points)

5. What is one example of a phrase that the players used? (paragraph III)

ANSWER: _____ .

(7 points)

6. What does Dr. Benson explain in paragraph IV?

- i) Why some people do not like their own voice.
- ii) How students should prepare for an exam.
- iii) When people stop talking to themselves.
- iv) Why talking to yourself helps you think clearly.

(8 points)

COMPLETE THE SENTENCES.

7. What benefits can people get from talking to themselves?

Give TWO answers based on lines 20–21.

(1) They can _____ .

(2) They can _____ .

(2x8=16 points)

8. What do we learn from Dr. Benson in paragraph V?

- i) Why coaches use their players' names.
- ii) Which words people should never say.
- iii) How to make talking to yourself work better.
- iv) Where people should talk to themselves.

(8 points)

PART II: WRITTEN PRODUCTION (30 points)

(WRITTEN PRESENTATION)

Write 70–90 words in English on the following topic:

In your opinion, is it important for teenagers to spend time outdoors every day?

Give reasons to explain your opinion.

כל הבגרויות באנגלית עם פתרונות מלאים: www.guyai.co.il/bagrut/english