

סוג הבחינה: מבחן מתכונת
מועד הבחינה: מתכונת 7
מספר השאלון: 016471
קובץ: שאלון

GuyAI

מבית GOOL בגריות

אנגלית

מודול E - 4-5 יחידות לימוד

הוראות

- א. משך הבחינה: שעה וחצי
- ב. מבנה השאלון ומפתח ההערכה: פרק ראשון - הבנת הנקרא - 70 נקודות; פרק שני - אוצר מילים - 30 נקודות; סך הכול - 100 נקודות.
- ג. חומר עזר מותר בשימוש: אין. בשאלון זה אין להשתמש במילון או במילוניית.
- ד. הוראות מיוחדות: יש לכתוב את כל התשובות בגוף השאלון (במקומות המיועדים לכך). יש לכתוב את כל התשובות באנגלית ובעט בלבד. בתום הבחינה יש להחזיר את השאלון למשגיח או למשגיחה. 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 article below and then answer questions 1–9.

A glossary of the underlined words (numbers 1–7) is provided on the next page.

SELF-TALK¹: THE CONVERSATIONS WE HAVE WITH OURSELVES

- I 1 Almost everyone has a voice in their head that comments on what they are doing. Sometimes the words stay silent, and sometimes they come out loud, even when nobody is around. On the way home with heavy bags, a person may mutter² a reminder, such as "Don't forget the milk," or a small push, like "Come on, only one more street." Psychologists call these
- 5 private conversations self-talk. They are most frequent when we are alone, when we are under pressure, and when a problem is hard to solve.
- II Many of us see self-talk as a harmless habit that keeps our busy days well organized. Unfortunately, this is not always the case. Talking to yourself in public can make you look silly. Anyone who has gone over the day's plans out loud on a crowded bus knows the
- 10 feeling: you look up and realize, from the smiles around you, that the other passengers have been listening all along. Self-talk can also be harsh³. After a small mistake, an inner voice⁴ may say "You're so stupid," which only makes us feel worse.
- III Yet the same habit can also work in our favor. In one experiment, cyclists⁵ who kept repeating "You're doing well" rode longer than a group that stayed silent. Top athletes
- 15 rely on positive self-talk to stay focused in competitions, and students who speak to themselves gently before an exam feel calmer. Gentle words also help people recover from setbacks⁶. What links these findings is the tone: the benefits appear mainly when the words we say to ourselves are kind and encouraging.
- IV Martin Hale, a psychology professor who has studied the inner voice for more than twenty
- 20 years, says that helpful self-talk can be learned. He suggests starting with some preparation: write down a few short sentences for difficult moments. They should be sentences that you truly believe. "I've done hard things before" works for this reason, while "I'm the best in the world" does little, since part of you knows it is not true. His second tip is to address yourself by name, or as "you" rather than "I." This creates
- 25 distance from the problem, so you give yourself the advice you would give a friend.
- V At first, this new way of speaking to yourself may feel strange. According to Hale, kind self-talk is a habit, and it becomes natural only after weeks of practice. After a mistake, stop before you criticize⁷ yourself, and say what you would say to a friend instead. In time, the kind voice will start to sound like your own.

¹self-talk – דיבור עצמי ²mutter – למלמל ³harsh – קשוח, אכזרי ⁴inner voice – קול פנימי

⁵cyclist – רוכב אופניים ⁶setback – מכשול, כישלון ⁷criticize – לבקר, למתוח ביקורת

QUESTIONS

Answer questions **1–9** in English according to the article. In questions **1, 6, 7,** and **9**, circle the number of the correct answer. In the other questions, follow the instructions.

1. What is presented in paragraph I?

- i) The reasons people feel embarrassed by self-talk.
- ii) The most common things people say to themselves.
- iii) Places where talking to yourself is not allowed.
- iv) Times when people are likely to talk to themselves.

(7 points)

2. According to lines 3–4, what might you say to yourself? Give ONE answer.

ANSWER: _____ .

(8 points)

COMPLETE THE SENTENCE.

3. According to line 8, "this is not always the case." What is not always the case? (paragraph II)

It is not always the case that self-talk _____ .

(8 points)

COMPLETE THE ANSWER.

4. According to lines 8–11, why might you feel silly after talking to yourself on a bus?

Because you did not _____ .

(8 points)

COMPLETE THE SENTENCE.

5. What do the benefits described in paragraph III have in common?

They are all the result of self-talk that _____ .

(8 points)

6. What are we told in paragraph III about self-talk?

- i) Why it helps cyclists train alone.
- ii) How often athletes use it.
- iii) How it can affect the performance of athletes.
- iv) Why it makes students nervous before exams.

(7 points)

7. What does Prof. Hale explain? (paragraph IV)

- i) Why some people avoid self-talk.
- ii) How you can get ready to use self-talk well.
- iii) Why he started studying the inner voice.
- iv) How often you should talk to yourself.

(8 points)

COMPLETE THE ANSWER.

8. Why might you choose to say "I've done hard things before"? Base your answer on lines 21–23.

Because it is a sentence that you _____ .

(8 points)

9. According to paragraph V, you will become better at helpful self-talk if you (–).

- i) make fewer mistakes
- ii) keep practicing it
- iii) discuss it with a friend
- iv) expect it to feel natural

(8 points)

PART II: LEXICAL KNOWLEDGE (30 points)

(VOCABULARY)

Below are five questions, (10) to (14). In each question there are six items (words or chunks) and three definitions.

In each question, match three of the items 1–6 to the definitions on the right.

Write the number of the item next to its definition, as shown in the example.

(2 points for each correct match.)

Example

1	a doctor	4	a person who grows food or keeps animals
2	a garden	6	a thing that shows you what time it is
3	a bottle	1	a person who helps you when you are sick
4	a farmer		
5	a shirt		
6	a clock		

- 10.**
- | | | | |
|---|-----------|--|--|
| 1 | to bury | | to put something in the ground and cover it |
| 2 | to arrest | | |
| 3 | to sew | | to give something to someone for a short time, and get it back later |
| 4 | to lend | | |
| 5 | to float | | to stay on the surface of water and not go down |
| 6 | to bite | | |
- (6 points)
- 11.**
- | | | | |
|---|----------|--|--|
| 1 | a lawyer | | money that you owe to someone |
| 2 | a cage | | a person whose job is to give advice about the law |
| 3 | a coin | | |
| 4 | a debt | | the leader of a town or a city |
| 5 | a puzzle | | |
| 6 | a mayor | | |
- (6 points)
- 12.**
- | | | | |
|---|--------|--|--|
| 1 | polite | | not happening or seen very often |
| 2 | rare | | painful, especially when you touch or move it |
| 3 | cruel | | |
| 4 | modest | | not talking much about your own abilities or successes |
| 5 | silly | | |
| 6 | sore | | |
- (6 points)
- 13.**
- | | | | |
|---|----------|--|--|
| 1 | briefly | | in a way that is connected with the mind |
| 2 | mostly | | for a short time |
| 3 | seldom | | |
| 4 | properly | | correctly, in the right way |
| 5 | heavily | | |
| 6 | mentally | | |
- (6 points)

- 14.** 1 to make sure
2 to catch up with
3 to break down
4 to figure out
5 to carry on
6 to give in

(6 points)

- _____ to continue doing something
_____ to stop working because something is
wrong, for example a car or a machine
_____ to understand or solve something after
thinking about it

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