# Grade 12

## Theme 5  Psychology

Test 1

Name: _____ Class: _____ Date: _____

**Choose the best answer for each question.**

1. After a demanding day, I felt completely ____.
   A) delighted B) exhausted C) curious
2. She was disappointed because ____.
   A) she had just received the prize she wanted
   B) the final result exceeded her expectations
   C) the event she had looked forward to was cancelled
3. Someone who tries to understand another person's feelings is ____.
   A) arrogant B) indifferent C) empathetic
4. Why don't you ____ a short break before continuing?
   A) taking B) to take C) take
5. I suggest ____ the task into smaller steps.
   A) divide B) dividing C) to divide
6. Let's ____ somewhere quiet and talk.
   A) sit B) sitting C) to sit
7. 'I'm frustrated because I can't finish this task.' '____'
   A) You should pretend the task is already finished.
   B) Would it help to identify the part that's causing difficulty?
   C) Your frustration proves you cannot learn anything.
8. Which sentence describes a mood rather than a personality trait?
   A) I'm feeling anxious about tomorrow's presentation.
   B) I usually keep my promises.
   C) I'm generally patient with beginners.
9. First, write down your ideas. ____, choose the two most important ones.
   A) Then B) Previously C) Nevertheless
10. 'Pause the recording before you discuss the question.' You should discuss it ____.
    A) while the recording continues
    B) after pausing the recording
    C) before starting the recording at all

# Grade 12

## Theme 5 Psychology

**Choose the best answer for each question.**

11. Feeling motivated means having ____.
    A) a reason and willingness to act
    B) no interest in any activity
    C) complete certainty of winning
12. 'You seem quieter than usual. Would you like to talk?' is ____.
    A) a demand for a medical diagnosis
    B) an invitation to share feelings
    C) a judgement that silence is always wrong
13. The instructions say 'Repeat the previous step.' You should ____.
    A) skip all remaining steps B) begin a different task C) do that step again
14. She felt relieved when ____.
    A) the uncertainty she had worried about was resolved
    B) another unexpected problem appeared
    C) her only copy of the project disappeared
15. 'I'd rather work with one clear goal at a time.' The speaker prefers ____.
    A) several competing goals at once
    B) having no goal at all
    C) a focused approach

**Read** the text and answer questions 16 to 20.

**One Step at a Time**

Before a class presentation, Oya kept thinking about every possible mistake. She tried to rewrite the whole presentation repeatedly and became frustrated. A classmate suggested rehearsing just the opening minute, then asking for feedback on whether the message was clear. Oya followed this plan. The first attempt was imperfect, but she discovered that her main point was understandable. She then practised the next section. By presentation day, she still felt nervous, yet she was better prepared. She realised that feeling confident was not a requirement for taking the first useful step.

16. What initially made Oya frustrated?
    A) Repeatedly trying to rewrite everything
    B) Receiving too many presentation prizes
    C) Having no topic to present
17. What did her classmate suggest first?
    A) Rehearsing the opening minute
    B) Memorising every possible question
    C) Cancelling the presentation immediately
18. What did the first attempt show?
    A) Every sentence was perfect.
    B) Her main point was understandable.
    C) She no longer needed to practise.
19. How did Oya feel on presentation day?
    A) Entirely confident without preparation
    B) Nervous but better prepared
    C) Frustrated because she had refused all practice
20. Which message best fits the text?
    A) Nervousness always prevents successful preparation.
    B) Only perfect practice is worth doing.
    C) Useful action can begin before confidence arrives.