Grade 9 UPTONE After Prep

Theme 3 Personal Life and Well Being

Test 1

Name: _____ Class: _____ Date: _____

Choose the best answer for each question.

1. Being able to recover after a difficult experience shows _____.
   A) infection B) isolation C) resilience
2. A disagreement that leaves someone upset can affect their emotional _____.
   A) well-being B) timetable C) infrastructure
3. A: I have been feeling overwhelmed by everything I need to do.
   B: _____.
   A) Would it help to talk through the tasks with someone you trust?
   B) You should pretend that nothing is difficult.
   C) Everyone else must be finding it easy.
4. While I _____ home, I met a classmate I had not seen for months.
   A) walk B) was walking C) have walked
5. The conversation _____ my mood, and I felt less alone afterwards.
   A) improves B) has improve C) improved
6. When my grandfather was young, he _____ run long distances.
   A) could B) can C) is able
7. We _____ spend summer evenings playing outdoors when we were children.
   A) will B) would C) are
8. I _____ dislike group activities, but now I often enjoy them.
   A) am used to B) use to C) used to
9. She was speaking to the counsellor when you arrived, _____?
   A) didn't she B) wasn't she C) hasn't she
10. You felt more confident after the practice, _____?
    A) didn't you B) weren't you C) don't you

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11. A: _____ did you stop attending the evening club?
    B: Because it clashed with my course.
    A) Why B) Whose C) Which

12. I keep a spare copy of my notes _____ I lose the original.
    A) until B) in case C) despite

13. We talked _____ the problem instead of ignoring it.
    A) about B) among C) by

14. A: I cannot do everything perfectly.
    B: _____.
    A) Then none of your effort has any value.
    B) Perhaps we can identify what matters most right now.
    C) You must never change your plans.

15. In the sentence "I needed to recharge my batteries", the speaker means they needed to _____.
    A) rest and regain energy
    B) replace an electronic device
    C) take on additional responsibilities

Read the text and answer questions 16 to 20.

A CHANGE IN WHAT SUCCESS MEANT

For several weeks, Rana tried to complete every optional activity offered by her school. She enjoyed learning, but she began rushing between clubs and had little time to speak to friends. One afternoon, while she was preparing three different assignments, she realised that she was no longer enjoying any of them. She discussed the situation with a teacher and chose to continue two activities that mattered most to her. She also left one afternoon free. At first, she worried that doing less meant becoming less ambitious. However, she found that she could prepare more thoughtfully and take part in conversations without watching the clock. She still liked challenges; she had simply begun to distinguish meaningful effort from being busy all the time.

16. What problem did Rana notice?
    A) She had no interests outside her lessons.
    B) Her teachers refused to let her join clubs.
    C) Her many activities left little time and enjoyment.

17. What did she do after recognising the problem?
    A) Stopped attending school entirely
    B) Discussed her commitments and reduced some of them
    C) Accepted three additional assignments

18. What worried her initially?
    A) That her friends would need new clocks
    B) That the two activities had already ended
    C) That doing less might mean having less ambition

19. What benefit did she notice afterwards?
    A) She no longer needed to do any work.
    B) She could prepare more thoughtfully.
    C) Every challenge disappeared from her life.

20. What distinction does the writer make?
    A) Ambition requires accepting every opportunity.
    B) Free time and learning cannot exist together.
    C) Purposeful effort is different from constant busyness.