Prep

Theme 11 Personal Life and Well-being

Test 1

Name: _____ Class: _____ Date: _____

Choose the best answer for each question.

1. If I ____ more free time, I would join the walking group.
   A) have B) will have C) had
2. If she lived closer, she ____ to school.
   A) will walk B) walks tomorrow C) would walk
3. I wish I ____ so many tasks to finish today.
   A) won't have B) haven't had tomorrow C) didn't have
4. The talk was very ____, so I wanted to learn more.
   A) interesting B) interested C) interest
5. I felt ____ after completing the long project.
   A) relieved B) relieving C) relieve
6. This activity is ____ demanding than the previous one.
   A) least B) less C) a less of
7. Of the three plans, this is the ____ practical.
   A) more B) most C) much
8. 'If you could change one part of your routine, what would it be?' '____'
   A) I'd make more time for activities I enjoy.
   B) I changed my routine yesterday.
   C) My routine begins at seven every day.
9. An empathetic person tries to ____.
   A) decide that everyone's feelings are identical
   B) understand how others feel
   C) avoid listening to other views
10. The repeated delays were ____.
    A) frustrated B) frustrating C) frustrate

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Choose the best answer for each question.

11. If only we ____ a quieter place to work right now.
    A) will have B) had C) have had tomorrow

12. If I were in your position, I ____ ask for clearer instructions.
    A) will B) am C) would

13. 'I am bored' describes ____.
    A) the effect the speaker definitely has on everyone
    B) a future instruction
    C) how the speaker feels

14. Which sentence offers support without assuming the cause of a problem?
    A) Would you like to tell me what's making this difficult?
    B) You are quiet, so I know exactly how you feel.
    C) You should never need help with anything.

15. Setting a realistic goal means choosing something ____.
    A) guaranteed to impress everyone
    B) possible to work towards in the circumstances
    C) too vague to check

Read the text and answer questions 16 to 20.

A Routine Worth Revising

During a busy month, İdil tried to fill every free minute with an extra task. She became frustrated when small delays affected the whole schedule. For a class reflection, she listed what was necessary and what she had added only because she felt she should always be busy. She removed two optional tasks and left some time between activities. Her workload did not disappear, but her plan became more manageable. İdil concluded that a useful routine needed room for unexpected events rather than an activity for every minute.

16. What caused difficulties in İdil's original plan?
    A) There was no room for delays.
    B) She had no necessary tasks.
    C) She refused to make any schedule.

17. What distinction did she make?
    A) Necessary tasks versus unnecessary additions
    B) Morning lessons versus evening television
    C) School subjects versus exam numbers

18. What did she change?
    A) She removed every necessary responsibility.
    B) She removed optional tasks and added space between activities.
    C) She doubled the number of activities.

19. What was the result?
    A) All her work disappeared.
    B) Unexpected events stopped happening.
    C) Her plan became more manageable.

20. What does the text suggest about routines?
    A) They benefit from some flexibility.
    B) They should contain no free time.
    C) They work only when every event is predictable.