This is a Class 2 exam

Lebanon Evangelical School for Boys and Girls

Loueizeh - Baabda

Stage Exam 04

20-25JUN2025

Do NOT write in this box. Your MARK will be placed here.

Subject :	English	
Class :	8B	
Teacher :	Mr. Oliver Shartoony	
Duration :	1 hour	
You are to answer the questions to this exam on : Lined paper		
Your name :		*Time taken to complete exam*
Your Class :		
Exam Room :		
How many sheets, including cover sheet :		

- Do not open this paper until the teacher in charge instructs you to do so.
- The most important thing to remember in taking an exam is NEVER PANIC.
- If you are caught cheating in this exam, you will be awarded zero for ALL exams that are taken on this day.

Read the following passage carefully then answer the questions.

The Benefits of Positive Thinking - and How You Can Do More of It

Adapted from an article by Jen Doll from an American website

In this passage, the writer identifies benefits of positive thinking and offers advice to improve your outlook on life.

Looking on the bright side doesn't always come naturally, but you can train your mind to seek it out - and that will do wonders for your health. No doubt you've heard it before, or some version of it: 'Turn that frown upside down!', 'Smile, you'll feel better!', 'Stop focusing on how stressed you are and think about how blessed you are.' These little positive-thinking suggestions might be enough to make you want to punch a wall - look, no one wants to be told to smile, ever - but you might consider repeating the general message to yourself. Positivity has benefits that extend far beyond any Instagram meme. And even if you were born the total opposite of Pollyanna (a character in a novel who is excessively cheerful or optimistic), you can make positivity work for you.

So, what is it, exactly? 'Positive thinking is all about having an open, optimistic viewpoint. It's the idea of seeing the silver lining on a bad day,' says Paraskevi Noulas, a clinical assistant professor of psychiatry at New York University. That doesn't mean you sweep your actual thoughts under the rug to make room for unicorns and rainbows. Instead, it's about viewing situations from a more well-rounded perspective. For example, when you're stressed out over your workload, take a deep breath, consider what you've already accomplished, and tell yourself you'll get the job done in the best way you can.

Shifting your mind-set can make you feel better and also lead to real health benefits. 'Research shows that positive thinking is an incredibly important and effective way to improve your mood, physical health, energy level, concentration, productivity and more,' says Noulas.

People who are positive have been found to be better at problem-solving and dealing with setbacks. They're more resilient. And positive thinking can open up creativity, help you connect better with others, and boost your overall well-being, too. Here, experts share a few simple ways to start seeing things in a sunnier light.

Build the Skill

'You can't just pick up a violin and play,' points out Richard J. Davidson, director of the Center for Healthy Minds at the University of Wisconsin-Madison. Similarly, you can't just wake up and decide you're going to be positive. You need to practice summoning those feelings - and rehearsing works. Even short bursts done regularly - like appreciating a nice view or a lovely piece of art - can help retrain your mind to notice the good stuff all around you. Some other positivity-boosting tactics: list things you're grateful for at the end of each day or engage in simple meditation exercises. For example, you might imagine a crowd of people and acknowledge that we all share the same wish to be happy and free of suffering. Then mentally extend that wish to others.

Spread Some Kindness

One of the most powerful strategies to promote your own positivity, it turns out, is to be generous towards other people: Hold the elevator door for someone, send a handwritten note, pay for the person

in line behind you at the coffee shop. A 2016 study found that performing acts of kindness was even more effective at boosting happiness than simply treating oneself. So instead of booking that spa day, try volunteering or better yet, do both. The more we are helpful to others, the better we feel about ourselves, says Noulas. 'Rather than waiting for good or positivity to come to you, take the initiative and create it for those around you. Then enjoy the ripple effect that unfurls as a result.'

Flash a Grin

For a quick dose of positivity, try cracking a smile. A 2012 study conducted at the University of Kansas found that smiling reduced stress. And other research has shown that smiling is contagious.

Nurture Your Relationships

Here's one more reason to prioritize quality time with your family and friends: Your social ties can colour how you experience life, says Vivian Sayas, an associate psychology professor at Cornell University. Her work includes a study in which people received a supportive text message from their partner right before a stressful event. 'Just getting a text increases positivity in the moment,' she says.

It's OK to Get Mad, Too

Feeling angry on occasion can actually be helpful. 'Sometimes you need to be angry because you see injustice, and it makes you take action,' explains Sonja Lyubomirsky, a professor and vice-chair of psychology at the University of California. The key is knowing the difference between functional emotions - which help you improve your situation - and unproductive reactions, like road rage. 'The world is both a wonderful and terrible place,' Lyubomirsky notes. 'There are good and bad things. It's what you choose to put in front of you.'

A. Multiple choice questions: Circle ONE LETTER ONLY. (20pts. 1 pt. each)

1. What is the main purpose of the passage?

a) To criticize common positive-thinking clichés.

b) To explain the scientific basis of human emotions.

c) To identify benefits of positive thinking and offer advice to improve one's outlook.

d) To encourage people to avoid negative emotions entirely.

2. When Paraskevi Noulas says "That doesn't mean you sweep your actual thoughts under the rug to make room for unicorns and rainbows," she is primarily cautioning against:

a) The idea that positive thinking requires ignoring reality.

b) The belief that one should only focus on imaginary happy things.

c) The act of literally hiding one's emotions.

d) The use of metaphors in discussions about mental health.

3. The author mentions Pollyanna as an example of someone who is:

a) Naturally pessimistic.

b) Excessively cheerful or optimistic.

c) A character who struggles with positive thinking.

d) A clinical assistant professor of psychiatry.

4. Which of the following is NOT listed as a benefit of positive thinking, according to Noulas?

a) Improved mood.

b) Increased physical health.

c) Reduced stress.

d) Enhanced memory recall.

5. The concept of "resilience" is highlighted as a benefit of positive thinking. Based on the context, what does "resilience" most closely mean?

a) The ability to avoid all difficult situations.

b) The capacity to quickly recover from difficulties.

c) The tendency to be stubborn and unyielding.

d) The skill of never making mistakes.

6. How can short bursts of positivity practice help retrain your mind?

a) By forcing yourself to smile all the time.

b) By encouraging you to ignore bad things.

c) By helping you notice the good stuff around you.

d) By making you more productive at work.

7. The analogy of "You can't just pick up a violin and play" implies that developing positive thinking requires:

a) Innate talent.

b) Formal education.

c) Consistent effort and practice.

d) Expensive equipment.

8. According to the text, what is one of the most powerful strategies to promote your own positivity?

a) Treating yourself to a spa day.

b) Being generous towards other people.

c) Focusing solely on your own accomplishments.

d) Avoiding any form of social interaction.

9. Read the statement: "A 2016 study found that performing acts of kindness was even more effective at boosting happiness than simply treating oneself." This finding suggests a potential fault in the common belief that:

a) Self-care is unimportant for well-being.

b) Helping others is a selfish act.

c) Personal gratification is the sole path to happiness.

d) Scientific studies are unreliable for understanding emotions.

10.What does Noulas suggest about creating positivity for those around you?

a) It prevents good things from coming to you.

b) It creates a ripple effect of enjoyment.

c) It is only effective if you expect something in return.

d) It is less important than personal well-being.

11. The advice to "Nurture Your Relationships" implies that social connections primarily impact positivity by:

a) Providing a source of financial assistance.

b) Offering opportunities for competition and personal growth.

c) Influencing one's emotional experience of life through support and interaction.

d) Eliminating the need for individual problem-solving skills.

12. Sonja Lyubomirsky differentiates between "functional emotions" and "unproductive reactions." Which of the following scenarios best illustrates a "functional emotion" according to her explanation?

a) Feeling enraged at a traffic jam and yelling at other drivers.

b) Becoming angry about an unfair school policy and organizing a petition to change it.

c) Constantly worrying about things, you cannot control.

d) Suppressing all feelings of frustration to maintain a calm facade.

13. The article is "Adapted from an article by Jen Doll." This information is important because it suggests the content is likely:

a) Highly academic and theoretical.

b) Based on common American cultural perspectives and research.

c) Specifically tailored for a Lebanese audience.

d) A direct translation of a foreign language text.

14. What did a study by Vivian Sayas show about receiving a supportive text message from a partner before a stressful event?

a) It increased negativity.

b) It had no noticeable effect.

c) It increased positivity in the moment.

d) It made the event more stressful.

15. What is the most significant takeaway from the section "It's OK to Get Mad, too"?

a) All anger is beneficial and should be expressed freely.

b) Anger is always a negative emotion and should be avoided.

c) Anger can be a constructive emotion if it leads to positive action and is managed appropriately.

d) The only way to deal with anger is to ignore it.

16. Sonja Lyubomirsky distinguishes between "functional emotions" and "unproductive reactions." What is an example of an unproductive reaction?

a) Taking action against injustice.

b) Road rage.

c) Improving your situation.

d) Feeling angry on occasion.

17. What is the central idea behind Lyubomirsky's statement, "The world is both a wonderful and terrible place... It's what you choose to put in front of you"?

a) That the world is inherently balanced between good and bad.

b) That your perspective influences your experience of life.

c) That you cannot control external events.

d) That you should ignore the negative aspects of life.

18. Which of the following best summarizes the author's view on "positive thinking suggestions" like "Turn that frown upside down!"?

a) The author fully supports these phrases as universally helpful for everyone.

b) The author suggests these phrases are always annoying and should be ignored.

c) The author acknowledges their potential to irritate but encourages considering their underlying message.

d) The author believes these phrases are effective only for naturally optimistic individuals.

19. The article is adapted from an article by Jen Doll from what type of website?

a) A British website.

b) A Canadian website.

c) An American website.

d) An Australian website.

20. The final quote, "The world is both a wonderful and terrible place... It's what you choose to put in front of you," suggests that ultimately, an individual's outlook is largely determined by their:

a) Economic status.

b) Social environment.

c) Personal perspective and focus.

d) Innate personality traits.

B. Grammar exercises. (30 pts. in total)

1. Supply the simple present and /or the present continuous for the verbs in brackets. (6pts.1each)

a) Look! It (begin) _____ to rain. Unfortunately, I (have not) _____ my umbrella with me.

b) Right now, I (look) _____ around the classroom. Yoko (write) _____ in her book.

c) James (seem) _____ to be daydreaming, but perhaps he (think) _____ about verb tenses.

2. Supply the simple past and /or the past continuous for the verbs in brackets. (6pts.1each)

a) She (call) _____ Roger at nine last night, but he (study) _____ at the library.

b) It (be) _____ beautiful yesterday when we went for a walk in the park. A cool breeze (blow) _____.

c) Stanley (climb) _____ the stairs when he (fall) _____. Luckily, he wasn't hurt.

3. Supply the present perfect simple and /or the present perfect continuous for the verbs in brackets. (6pts.1each)

a) Hi, Jenny. I (see, not) _____ you for weeks. What (do, you) _____ lately?

b) Dr. Jones (be) _____ in this school for a long time. He (teach) _____ here for twenty-five years.

c) I see that you (cry) _____ because your eyes are red and puffy. I just (peel) _____ some onions. I'm fine.

4. Supply the past perfect simple and /or the past perfect continuous for the verbs in brackets. (6pts.1each)

a) He (report) _____ the latest news for the T.V. station for years. He finally (decide) _____ to retire.

b) I (study) _____ for five hours for my biology exam. My friend (not revise) _____ at all and felt confident about it.

c) The teacher (give) _____ many chances for the students to pass the exam for two months. He (stop) _____ being patient about it.

5. Supply the future simple and /or the future continuous for the verbs in brackets. (6pts.1each)

a) She (eat) _____ lunch at 12.30 pm. She (probably, take) _____ a nap after that.

b) John (leave) _____ his job soon. He (travel) _____ to China for a better position early April.

c) I (stay) _____ in London for two more years before I return home. We really (miss) _____ you, can't you stay a while longer?

SE04 Answer Key

20242025

8ABCE

Class 1 Exam

A. Comprehension (20 pts. 1 each)

1. C) To identify benefits of positive thinking and offer advice to improve one's outlook.
2. A) The idea that positive thinking requires ignoring reality.
3. B) Excessively cheerful or optimistic.
4. D) Enhanced memory recall.
5. B) The capacity to quickly recover from difficulties.
6. C) By helping you notice the good stuff around you.
7. C) Consistent effort and practice.
8. B) Being generous towards other people.
9. C) Personal gratification is the sole path to happiness.
10. B) It creates a ripple effect of enjoyment.
11. C) Influencing one's emotional experience of life through support and interaction.
12. B) Becoming angry about an unfair school policy and organizing a petition to change it.
13. B) Based on common American cultural perspectives and research.
14. C) It increased positivity in the moment.
15. C) Anger can be a constructive emotion if it leads to positive action and is managed appropriately.
16. B) Road rage.
17. B) That your perspective influences your experience of life.
18. C) The author acknowledges their potential to irritate but encourages considering their underlying message.
19. C) An American website.
20. C) Personal perspective and focus.

B. Grammar (30 pts. total)

1. (6pts. 1 each)

A) Is beginning, don't have.

B) I am looking, is writing.

C) Seems, is thinking.

2. (6pts. 1 each)

A) Called, was studying.

B) Was, was blowing.

C) Was climbing, fell.

3. (6pts. 1 each)

A) Haven't seen, have you been doing?

B) Has been, has been teaching.

C) Have been crying, have just peeled.

4. (6pts. 1 each)

A) Had been reporting, had finally decided.

B) Had been studying, had not revised.

C) Had been giving, had stopped.

5. (6pts. 1 each)

A) Is going to eat/ will be eating, will probably take.

B) Will leave/will be leaving, is going to travel.

C) Will stay/will be staying, we will really miss.