This is a Class 2 exam

Lebanon Evangelical School for Boys and Girls

Lighting the fires that burn for eternity

Loueizeh - Baabda

Lebanon Evangelical School

for Boys and Girls — Loueizeh - Baabda

Stage Exam 01

17FEB2025

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

Subject :	English
Class :	8A, 8B, 8C and 8E
Teacher :	Mrs. Lilian Hadaya
Duration :	1 hour
You are to answer the questions to this exam on : This exam 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.

A. Comprehension: Read the text and answer the question.

Happy Teens: What Makes Adolescents Truly Happy.

by Blythe Grossberg

Even though the term "happy teens may seem like a contradiction, recent studies suggest that teenagers can be happy - in the right situations." Although the popular concept of the teenager is of a stormy adolescent in constant conflict with his or her elders, such an image may be more of a myth than a reality. As reported in Psychology Today, a study of 2,700 middle and high school students conducted by Students Against Destructive Decisions (SADD) showed that the majority of teenagers report being happy every day. In addition, the SADD study showed that the majority of respondents reported that they had positive relationships with their parents. Teens' positive relationships with their parents mean that, overall, they are less likely to drink or use drugs. So, while conventional wisdom holds that teens are disruptive and show risky behaviors such as alcohol and drug use, many teens are acting in positive, connected ways. What are some factors that help teens and how can parents raise happy teenagers?

What Makes Teenagers Happy?

While each teen is different, there are some common factors of happy teenagers: Grateful teens are happy teens. According to research conducted by Giacomo Bono, a professor at California State University, being grateful gives many mental health benefits for teens. Dr. Bono's study of 700 people found that the most grateful 20% of teens were 15% more likely than the least grateful 20% to have a sense of meaning in their lives. They also had a 15% lower likelihood of having depressive symptoms. The study concluded that parents and teachers should help teens develop gratitude, which may bring with it vital skills such as cooperation and perseverance. Teens who are able to develop gratitude tend to feel better about their lives, and grateful teens are more connected to others.

Healthy teens are happy teens. As reported in Science Daily, teens who cultivate healthy habits tend to be happier. One study by the Economic and Social Research Council (ESRC) looked at 5,000 young people in the United Kingdom between the ages of 10 - 15. The study found that teens who had never tried alcohol were four to six times as likely to report high levels of happiness than those who had tried alcohol. Teens who smoked were five times less likely to be happy. Also, higher consumption of fruits and vegetables and participation in sports were associated with higher levels of happiness. Therefore, raising happy teens means keeping them healthy and active.

Active teens are happy teens. According to another study reported in U.S. News, teens who participated in moderate to vigorous outdoor activities were happier than their peers who spent time in front of computer and video screens. While many teens enjoy playing video games and many private schools are using iPads in class, parents who are raising teens should take steps to reduce their teenagers' screen time and get them active outdoors. Happy teenagers tend to spend more time with others and spend more time outside than their less happy, inactive peers.

Comprehension Question: Do you agree that teenagers can be really happy? Explain writing 10-15 lines maximum using examples from the text? (20 pts.)

B. Grammar Exercises

1. **Fill in the blanks using the present tenses (simple present, present continuous, present perfect simple, present perfect continuous). (10 pts. 1 each.)**

James (be) _____ a hardworking student who (attend) _____ Gainesville High School in Georgia. He (wake up) _____ at six every morning, (get) _____ dressed and (walk) _____ to school. He (study) _____ Physics in an advanced class at the moment. He (not be) _____ really happy with his grades, so he (start) _____ taking an extra tutoring class since November to boost his grades as he (look forward) _____to (enroll) _____ in Harvard for an engineering major.

2. **Fill in the blanks using the past tenses (simple past, past continuous, past perfect simple, past perfect continuous). (10pts. 1 each)**

One day I (walk) _____ down the street, when all of a sudden, I (see) _____ a car coming at a very fast speed. It (head) _____ straight at me even though I (stand) _____ on the pavement. I (not know) _____ what to do. I quickly (decide) _____ to jump over the pavement to the other side of the street. Unfortunately, I (calculate) _____ the wrong time, and (be) _____soon (hit) _____by the car. The impact (be) _____ so forceful that I flew over the other cars and landed on the asphalt.

3. **Fill in the blanks using the future tenses (future simple, future continuous). (10 pts. 2 each.)**

My toothache is getting worse, I (see) _____ the dentist tonight. I (ask) _____him why my tooth isn't healing well. I remember he told me that if my tooth is still hurting, he (have) _____an X ray done to determine the cause behind the pain. If there's nothing wrong, then he (operate) _____to see what the problem is. I (not like) _____ to have an operation, but that's how it is.

I believe in you! You can definitely do it!

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Class 2 Exam

A. Comprehension question. **(20pts.)**

I agree that teenagers can be happy, since in our current time, life has completely changed. Having advanced technology and many available life facilitations that weren't existent before all contribute to the teenagers' happiness. Yet, above all as we have read in the text, the happiest teenagers are those who resort to doing sports, following a healthy diet rich in fruits and vegetables. For example, "higher consumption of fruits and vegetables and participation in sports were associated with higher levels of happiness." Also, doing sports and being physically active tends to produce more dopamine into the brain, which contributes to someone's happiness. For instance, "Active teens are happy teens. According to another study reported in U.S. News, teens who participated in moderate to vigorous outdoor activities were happier than their peers who spent time in front of computer and video screens." Therefore, to be happy is to stay away from screens whether mobile phones, laptops, I-pads, or tablets. Going out with friends and doing activities together is the best way to interact and create friendship bonds that makes teenagers happy.

B. Grammar Exercises:

1. Present Tenses. **(10pts.1each)**
   Is, attends, wakes up, gets, walks, is studying, is not, has started, is looking forward, enroll.
2. Past Tenses. **(10pts. 1each)**
   Was walking, saw, was heading, was standing, did not know, decided, had calculated, was, hit, had been.
3. Future Tenses. **(10 pts. 2 each)**
   I am seeing /am going to see, will ask, will have, is going to operate, won't like.