This is a Class 3 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

SE02 Exam

15DEC2025

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

Subject :	English
Class :	8B, 8C, and 8E
Teacher :	Ms. Suzy Krouzian
Duration :	1 hour

Write on a lined paper.

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.

VERY IMPORTANT: Do not answer any of the questions on this sheet. Use a separate *lined* test block paper to answer on & staple it to the question sheet.

Choose ONE of the writing prompts below.

Writing Prompt One: What are the effects of regular exercise on both physical and mental health?

Writing Prompt Two: What are the causes of academic stress among students.

1. Write in dry black pen and stick to the essay format already given in class.
2. Use between 5-7 transitional words in the whole essay. Make sure to underline them.
3. No outline needed on the answer sheet, just the essay.

Cause-Effect Essay Transitional Words

Granted that	Provided that	As a result	Under those circumstances	In that case
As long as	Consequently	Therefore	Thereupon	Forthwith
On condition	Accordingly	Whenever	While	Then
For this reason	Henceforth	In the event that	For the purpose of	Hence
With the intention	Unless	In case	Even if	So long as
With this in mind	When	Given that	Only if	So that

Conclusion

As can be seen	In the final analysis	As shown above	Given these points	As has been noted
In a word	In summary	In conclusion	In short	In any event

Grade 8 Essay Rubric

Level	Mark	AO1 Abiding by the essay instructions and all the other requirements. (12 marks) AO2 Style, creativity, and choice of vocabulary. (08marks)
	0	Inability to abide by essay topic and requirements.
Level 1	1 → 3	• Limited knowledge of understanding topic. • The writing is in primitive below-level language. • There is no use of facts and examples in support of topic. • Absence of varied relevant vocabulary, creativity, and writing style.
Level 2	4 → 7	• Some knowledge and understanding of topic. • The writing is barely on-level language. • There is little use of facts and examples in support of topic. • Rare use of varied relevant vocabulary, creativity, and writing style.
Level 3	8 → 11	• Good knowledge and understanding of topic. • The writing is in acceptable on-level language. • There is some use of facts and examples in support of topic. • Little use of varied relevant vocabulary, creativity, and writing style.
Level 4	12 → 14	• Comprehensive knowledge and understanding of topic. • The writing is in good on-level language. • There is fair use of facts and examples in support of topic. • Good use of varied relevant vocabulary, creativity, and writing style.
Level 5	15 → 20	• Complete knowledge and understanding of topic. • The writing is in very good above-level language. • There is detailed use of facts and examples in support of topic. • Very good use of varied relevant vocabulary, creativity, and writing style.

1. **Important Notice: Slang words aren't allowed in an essay. Any slang word written, even if the same one is repeated few times, will have 0.5 points deducted from the overall mark. This is very important as we abide by Brevet marking scheme.**

2. **Since class 8 is a preparation grade for class 9, we abide by the marking scheme of an essay where 16/20 is the maximum achieved mark as is the set standard in Brevet exam.**

SE02 20252026

8BCE

Class 3 Exam

Moving to a Healthier Life: The Role of Exercise

Regular exercise is widely recognized as one of the most effective ways to maintain overall well-being. It strengthens the body, improves emotional balance, and enhances the quality of daily life. Knowing the positive impact of physical activity on both human mind and body, individuals can make more informed lifestyle choices. Weight control and reducing anxiety are two major effects of exercising regularly.

To begin with, consistent physical activity helps in controlling weight and boosting metabolism. When people engage in exercises that burn calories, they prevent excessive fat accumulation. In addition, exercise helps the body digest food better and keeps energy levels steady throughout the day. These improvements not only support a healthier physical appearance but also contribute to higher endurance.

Moreover, regular exercise plays a crucial role in improving mental health by reducing anxiety. When people stay active, their brains naturally create feelings of calmness and happiness. Exercise also provides a healthy outlet for emotional tension and helps clear the mind, which can improve focus and decision-making. Over time, individuals who stay active often experience higher self-esteem and better sleep.

To sum up, regular exercise offers a wide range of benefits for both physical and mental health. From managing body weight to improving emotional balance, physical activity plays a vital role in maintaining overall wellness. By incorporating exercise into daily routines, individuals can enhance their quality of life and build a healthier future.