

## Reading Sample Paper 3

### Question 1: Reading & Writing – Fill in the Blanks

#### Item 1

##### Passage:

Recent studies have shown that sleep plays a critical role in memory \_\_\_\_\_. During sleep, the brain organizes information collected during the day, transferring it from short-term memory to long-term storage. This process helps us retain what we've learned and improves our ability to recall it later. Lack of adequate sleep can therefore \_\_\_\_\_ our learning ability and problem-solving skills. Surprisingly, even a short nap has been found to \_\_\_\_\_ memory performance. These findings support the idea that getting enough rest is not just essential for physical health but also for cognitive \_\_\_\_\_. As a result, educators and health professionals are now emphasizing the importance of sleep in academic \_\_\_\_\_.

##### Options:

1. consolidation, deletion, translation, interpretation
2. improve, harm, affect, limit
3. disturb, reduce, enhance, block
4. decline, development, malfunction, distraction
5. performance, honesty, structure, curriculum

#### Item 2

##### Passage:

The issue of plastic waste in the oceans has reached alarming levels. Millions of tons of plastic enter the sea each year, posing a major threat to marine life. Animals often \_\_\_\_\_ plastic for food, leading to serious internal injuries or death. Micro-plastics—tiny fragments of plastic—have also been detected in seafood, raising concerns about human health. Researchers are now \_\_\_\_\_ new methods to clean the oceans, including floating barriers and biodegradable materials. However, experts argue that \_\_\_\_\_ efforts must focus on reducing plastic production and improving waste management. Without \_\_\_\_\_ changes in policy and behavior, plastic pollution will continue to \_\_\_\_\_ ecosystems worldwide.

##### Options:

1. consume, digest, collect, mistake

2. avoiding, developing, refusing, eliminating
3. minor, major, initial, exclusive
4. sustainable, temporary, slow, superficial
5. damage, pollute, threaten, impact

### Item 3

#### Passage:

Laughter is often described as the best medicine, and science is beginning to explain why. It not only improves mood but also has measurable effects on the body. When we laugh, our brain releases endorphins—chemicals that promote a sense of \_\_\_\_\_. Laughter can also \_\_\_\_\_ blood pressure, boost immune function, and reduce stress levels. Interestingly, laughter is not just a reaction to humor; it also \_\_\_\_\_ in social bonding. In group settings, shared laughter promotes feelings of connection and trust. For these reasons, laughter therapy is now being explored as a \_\_\_\_\_ tool in treating anxiety and depression. Its benefits extend beyond individual well-being, fostering a more \_\_\_\_\_ society.

#### Options:

1. happiness, silence, alertness, fatigue
2. raise, lower, control, measure
3. divides, assists, prevents, results
4. traditional, diagnostic, complementary, dangerous
5. isolated, pessimistic, divided, harmonious

### Item 4

#### Passage:

With the rise of urbanization, many people are turning to gardening as a way to reconnect with nature and promote sustainability. Urban gardening includes rooftop farms, balcony planters, and community gardens. These green spaces help improve air quality, reduce food miles, and provide access to fresh produce. In densely populated areas, gardening also \_\_\_\_\_ mental well-being by offering a peaceful escape from the noise and chaos of city life. Furthermore, it teaches valuable life skills such as responsibility and patience. While space and resources may be limited, urban gardeners often display great \_\_\_\_\_. Through vertical gardening and recycled containers, they manage to create productive green spaces. As environmental concerns grow, urban gardening stands out as a small but powerful \_\_\_\_\_ to sustainability challenges.

**Options:**

1. distracts, supports, enhances, suppresses
2. invention, ambition, dedication, creativity
3. contributor, solution, rejection, addition

**Item 5**

**Passage:**

In the digital age, misinformation spreads faster than ever. Social media platforms allow anyone to share information, whether accurate or not. As a result, news literacy—the ability to identify credible information—has become an essential skill. People must learn how to \_\_\_\_\_ sources, check facts, and distinguish opinion from reporting. Many schools are now incorporating media literacy into their curriculum to teach students how to engage with news critically. Without such skills, individuals become vulnerable to manipulation and \_\_\_\_\_. The consequences are far-reaching, as misinformation can influence elections, public health, and social harmony. Developing news literacy is thus a critical \_\_\_\_\_ in protecting democracy and ensuring an \_\_\_\_\_ society.

**Options:**

1. evaluate, memorize, copy, consume
2. curiosity, awareness, deception, excitement
3. element, weakness, discipline, threat
4. informed, divided, traditional, sensitive

**Question 2: Multiple Choice – Multiple Answers (MCMA)**

**Item 1**

**Passage:**

Emotional intelligence (EQ) refers to the ability to recognize, understand, and manage one's own emotions, as well as the emotions of others. Research shows that individuals with high EQ are more likely to handle stress well, maintain healthy relationships, and perform better in collaborative environments. Unlike IQ, which remains relatively stable, EQ can be improved through self-awareness and practice. In workplaces, leaders with strong emotional intelligence often create more supportive and productive teams. Training programs and workshops now often include EQ development as a core component.

**Question:**

According to the passage, which of the following statements are true?

- A. Emotional intelligence cannot be improved after adulthood.
- B. People with high EQ tend to manage stress effectively.
- C. Emotional intelligence plays a role in successful teamwork.
- D. EQ is more important than IQ in every situation.
- E. Training can help individuals enhance their emotional intelligence.

**Question 3: Re-order Paragraphs****Item 1**

- A. These include wind, solar, hydro, and geothermal energy sources.
- B. Renewable energy is gaining momentum as a cleaner alternative to fossil fuels.
- C. Transitioning to renewables requires government policies and public investment.
- D. These sources are not only abundant but also help reduce carbon emissions.

**Item 2**

- A. Curiosity drives people to explore, discover, and solve problems.
- B. It is a natural trait observed even in infants who investigate their surroundings.
- C. Scientists argue that curiosity is linked to intelligence and long-term learning.
- D. In education, fostering curiosity can lead to deeper engagement and better outcomes.

**Item 3**

- A. While stress can sometimes be motivating, chronic stress harms both mind and body.
- B. Meditation, exercise, and time management are commonly recommended methods.
- C. Learning how to manage stress is crucial in today's fast-paced world.
- D. Experts advise individuals to find coping strategies that suit their lifestyle.

**Question 4: Reading – Fill in the Blanks****Item 1****Passage:**

As technology continues to evolve, researchers are examining how it affects our brains. The constant stream of notifications and digital content can lead to cognitive \_\_\_\_\_, making it difficult to focus on one task for a long period. On the other hand,

certain digital tools have been shown to improve memory and learning through interactive design. The key lies in using technology \_\_\_\_\_. Educators are now seeking ways to strike a balance between screen time and real-world learning. Ultimately, understanding the brain's interaction with technology may help create more \_\_\_\_\_ learning environments.

**Word Box:**

overload, wisely, effective, development, pressure

**Item 2**

**Passage:**

Virtual reality (VR) has moved beyond gaming and into fields like education, healthcare, and training. It provides immersive experiences that can \_\_\_\_\_ real-world environments. For example, medical students use VR to practice surgery without the risk of harming a patient. However, extended use of VR can cause motion sickness or eye strain, so sessions should be \_\_\_\_\_. Despite its challenges, VR offers exciting possibilities for interactive learning and remote collaboration. As the technology improves, it will become more \_\_\_\_\_ and widely adopted in various industries.

**Word Box:**

affordable, enhanced, balanced, limited, accessible, simulate

**Item 3**

**Passage:**

Conservationists work tirelessly to protect endangered species from extinction. Many animals face threats from habitat loss, \_\_\_\_\_, and climate change. Protected areas and national parks play a key role in providing safe environments for these species. Public awareness and international cooperation are also crucial. Without collective action, many unique species could \_\_\_\_\_ forever. Conservation efforts not only preserve biodiversity but also maintain \_\_\_\_\_ in ecosystems.

**Word Box:**

disappear, survive, balance, expansion, extinction, poaching

**Item 4**

**Passage:**

Productivity in the workplace is influenced by a variety of factors \_\_\_\_\_ motivation, work culture, and physical environment. Natural light, ergonomic furniture, and open

communication all contribute to a healthier workspace. Employers are now focusing on employee well-being to improve output. Flexible schedules and remote work options have also been found to increase \_\_\_\_\_. However, too much flexibility can sometimes cause \_\_\_\_\_ in team coordination. Thus, finding the right balance is key to ensuring both autonomy and collaboration.

**Word Box:**

productivity ,confusion, unity, performance, clarity, including

**Question 5: Multiple Choice – Single Answer (MCSA)**

**Item 1**

**Passage:**

Podcasts have become one of the most popular forms of digital media in the last decade. Unlike traditional radio, podcasts allow listeners to choose specific topics, subscribe to series, and listen at their own convenience. With minimal production costs and easy distribution through streaming platforms, creators from all backgrounds are producing their own shows. This has led to an explosion of content, ranging from educational lectures to true crime stories and comedy. As a result, podcasts are now considered a serious medium for journalism, storytelling, and even classroom learning.

**Question:**

What is the main idea of the passage?

- A. Podcasts are replacing traditional TV shows.
- B. Podcasts have become a flexible and accessible form of media.
- C. Podcasts are only popular with younger audiences.
- D. Podcasts require expensive equipment and studio setups.