# RHENISH CHURCH PANG HOK KO MEMORIAL COLLEGE

## TEST WEEK 2022 – 2023

English Paper 1 Question Paper

S.3	Time Allowed:	40 Minutes
Class:( )	Date:	21/4/2023
Name:	Full Marks	
Group:	Part A (70%):	38
	Part B (30%):	30

## **INSTRUCTIONS**

- 1. Write your name, class, class no. and group no. in the spaces provided on this page.
- 2. Answer **ALL** questions, except **BONUS** questions.
- 3. Each question carries **ONE** mark unless otherwise stated.
- 4. For multiple-choice questions, mark only **ONE** answer to each question. Two or more answers will score **NO MARKS**. Blacken the appropriate circle.
- 5. No marks will be deducted for poor handwriting but answers written in unrecognizable handwriting will **NOT** be marked. The symbol **H** will be used to indicate poor handwriting.
- DO NOT write on this Question Paper. Write ALL your answers in the Question-Answer Book.

## Part A Reading Comprehension (38 marks)

#### Text 1 (24 marks)

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Read the article below and answer the questions in the **Question-Answer Book**. For multiple choice questions, blacken the appropriate circle.

## 1 What is unhealthy perfectionism and how to overcome it

- [1] Perfectionism, defined as the need to be perfect, is often seen as a positive trait. Perfectionists are driven by the need to improve, and their willingness to put effort into what they are doing increases their chances of success and high achievement. Their ability to bounce back from failure also means they are more likely to achieve their goals despite setbacks. However, not all forms of perfectionism are positive. Characterized by often impossibly high standards without the ability to get over failure, extreme perfectionism can be dangerous. Unhealthy forms of perfectionism include constant guilt over past mistakes, obsessive self-criticism and low self-esteem.
- 10 [2] Unhealthy perfectionism may affect your mental health. Setting unrealistically high standards for yourself means there is always a difference between expectations and reality, which inevitably leads to deep disappointment over unmet goals and increasing fear of failure. The irony is that the more you are afraid of failing, the more likely you are to make mistakes and meet with actual failure. Ultimately, this self-defeating loop can have a serious impact on your mental well-being. Stress, anxiety and depression are some of the mental health issues frequently linked to perfectionism.
  - [3] The impact of unhealthy perfectionism does not stop at mental health. Studies have found that perfectionists are more prone to physical conditions such as high blood pressure, exhaustion, insomnia and heart problems. There is also a higher risk of developing an eating disorder. Moreover, compared with other people, perfectionists often find it harder to cope with physical illnesses and, in some cases, they have a much harder time recovering.
  - [4] To let go of unhealthy perfectionism, the first step is to recognize that perfection is an illusion. Rather than blindly chasing an unattainable goal which is more likely to hold you back, tell yourself the most realistic goal is to do your best. Next, learn to focus on the process instead of the outcome. The key is to break your goal into smaller steps. That way, not only can you make the task at hand more manageable, it also makes it easier to enjoy the small accomplishments along the way and keep yourself motivated. Another thing to keep in mind is that you should always prioritize self-care. Basically, this means eating and sleeping well, exercising regularly and, most importantly, knowing when to give yourself a break to relieve stress and avoid burnout.
    - [5] If you find yourself struggling with unhealthy perfectionism, don't despair. It is never too late to change your mind-set. Granted, it is not something you can break free of overnight, but through continuous effort, it is always possible to take a healthier approach that allows you to achieve your goals with less negativity.

#### **END OF TEXT ONE**

# Text 2 (14 marks)

Read the following poem about a student and answer the questions in the **Question-Answer Book**. For multiple choice questions, blacken the appropriate circle.

In chilly wind and spitting rain	1
Stood a boy with no complaints.	
Sleepy, sneezing and shivering	
He breathed white clouds	
And was happy to see the crowds.	5
But the traffic roared past	
And the people walked fast	
Like a river in flood.	
When hearing 'Your donation saves'	
They swept round him in waves.	10
They swept round min in waves.	10
At times he imagined hard,	
People would notice and retard	
Their steps and come to him.	
Everyone would drop some coins –	
But no, no one had ever joined.	15
Once he wanted to quit	
Thinking he would never make it.	
Nothing was better than	
Sleeping in his warm, cozy bed.	20
'No! I must persist till the end,' he said.	20
All morning he held his bag,	
Waiting to sell his first ever flag.	
Gently asking people to help	
Was he too foolish to expect	
Or should he gain our respect?	25
Of should he gain our respect?	23

## **END OF TEXT TWO**

#### Text 3 Bonus (21 marks)

35

Read the following text and answer the questions in the **Question-Answer Book**. For multiple choice questions, blacken the appropriate circle.

- 1 [1] The emphasis on body image by the advertising industry has created great concern as more and more young people attempt to attain the perfect body as seen in thousands of advertisements.
- [2] In a recent survey by a youth magazine, 27% of girls feel that they are pressured by the media to have a perfect body. A survey conducted by an international advertising agency found that many advertisements created fear in women by making them feel old and unattractive. It also found that the media has an adverse impact on the body image that many women have, which can lead to unhealthy behavior as women and girls strive for the ultra-thin body idealized by the media.
- [3] Perhaps the most disturbing fact is that the images of female beauty produced by the media are unattainable for all but a very small number of women. Researchers generated a computer model of a woman with Barbie doll proportions. They found that her back would be too weak to support the weight of her upper body and her body would be too narrow to contain more than half a liver and a few centimetres of bowel. A real woman built that way would suffer from chronic diarrhea and eventually die of malnutrition.
  - [4] But sill, the number of real-life women and girls who seek a similarly underweight body is on the rise despite the fact that it means they will probably suffer devastating health problems.
- [5] It would not be difficult to understand why that happens if one looks at the covers of most women's magazines. Women's magazines are found to have 10 times more advertisements and articles promoting weight loss than men's magazines and over three-quarters of the covers of women's magazines have at least one message about how a woman can change her body appearance through diet, exercise or cosmetic surgery.
- [6] There have been efforts in the women's magazine industry to change this trend. For several years the Quebec magazine Coup de Pounce has consistently included full-sized women and models over the age of 25 in their fashion pages. However, advertisers still rule the marketplace. They decide what goes into a magazine because they make decisions on whether or not to buy the advertising space. Advertisers believe that thin models sell products and hence we have more thin models in magazines. The worrying fact is that the models are becoming thinner and thinner. Twenty years ago, the average model weighed 8% less than the average woman but today's models weigh 23% less.
  - [7] All the messages about thinness, dieting and beauty tell ordinary women that they are always in need of adjustment and that the female body is an object to be perfected. Women learn to compare themselves to other women and to compete with them for males' attention. This twisted focus on beauty and desirability effectively destroys the awareness and action that might help change the climate.
- [8] Dissatisfaction with the bodies causes many women and girls to strive for the thin ideal. According to a survey, the number one wish for girls aged between 11 and 17 is to be thinner, and girls as young as five have expressed fears of getting fat. 80% of 10-year-old girls have dieted and at any one time, 50% of American women are currently dieting. Some researchers suggest that depicting thin models may lead girls into unhealthy weight-control ENG LANG 22 23 S3 T2 FT Paper 1 OP 4

habits because the ideal they seek to emulate is unattainable for many and unhealthy for most. One study found that 47% of girls were influenced by magazine pictures to want to lose weight, but only 29% of them were actually overweight. This trend could be the largest contributing factor in eating disorders and drug dependence.

[9] With advertising, peer pressure and the desire to obtain the ultimate figure, young girls and women subject themselves to undue physiological stress and even sickness. Therefore changes need to be made in advertising to show a more realistic lifestyle instead of a fantasy created by all the advertising agencies and companies who just want to sell their products.

# END OF TEXT THREE END OF PART A

## Part B Usage (30 marks)

50

## (I) Sentence making (10 marks, 2 marks @)

Make sentences using the sentence patterns and words provided. You may need to change the word forms to make grammatically correct sentences.

E.g. It is + adj + to do something. (rude) It is rude to talk loudly in public.

- 1. It is + adj + for somebody + to do something. (essential / recycling bins)
- 2. If  $+ S + V_1 + O$ ,  $S + V_2 + O$ . Type 1 Conditional (sick / go to school)
- 3. If  $+ S + V_1 + O$ ,  $S + V_2 + O$ . Type 2 Conditional (you / study hard)
- 4. I look forward to + Ving + O.
- 5. S + V (Passive Voice) + O. (steal)

## (II) **Proofreading (10 marks)**

There is **ONE** mistake in each question. In the **Question-Answer Book**, <u>underline</u> the mistake and write the corrections in the spaces provided.

## (III) Verb and Adjective Tables\* (10 marks)

Complete the verb and adjective tables. Write your answers in the **Question-Answer Book**.

## END OF PART B END OF PAPER