



امتحان المتقدمين للوظائف التعليمية/ بكالوريوس تخصص لغة انجليزية الرمز (3)

اسم المتقدم:	رقم الهوية:	المديرية:
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عزيزي المتقدم، اقرأ الفقرات الآتية، ثم اكتب رمز الإجابة الصحيحة في الجدول المرفق:

The secrets of sleep

The secret of sleep were a mystery for centuries simply because there was neither the means to explore them, nor the need. Only when candles gave away to gaslight, and gas to electricity, when man became able to convert night into day, and double his output by working shifts round the clock, did people seriously start wondering if sleep could possibly be a waste of time. Our ability to switch night into day is very recent, and it is questionable if we will ever either want, or be able, to give up our habit of enjoying a good night's sleep. However, a remarkable research project in London has already discovered a few people who actually enjoy insomnia. Even chronic insomniacs often get hours more sleep than they think. But by placing electric contacts beside the eyes and on the head, it is possible to check their complaint by studying the tiny currents we generate which reveal the different brainwaves of sleep and wakefulness. This has shown that for some people seven or eight hours of sleep a night are quite unnecessary.

A lot of recent work has shown that too much sleep is bad for you, so that if you are fortunate enough to be born with a body which needs only a small amount of sleep, you may well be healthier and happier than someone who sleeps longer.

Every attempt to unravel the secret of sleep, and be precise about its function, raises many problems. The sleeper himself cannot tell what is going on and, even when he wakes, has only a very lazy idea of how good or bad a night he has had. The research is expensive and often unpopular, as it inevitably involves working at night. Only in the last few years have experts come up with theories about the function of sleep and the laws which may govern it

The real advance in sleep research came in 1937 with the use of the electroencephalogram. This machine showed small – 50 microvolt – changes in the brain, so, for the first time, we could observe sleep from moment to moment. Before that time one could put the person to bed, watch him mumble, toss, turn, bring back a few rough memories of dreams and that was about all. In 1937 it was possible to read out these changes, second by second. Then in 1959 two other things happened.

Kleitman and Aserinsky, as they were looking at eye movements, trying to understand the brainwaves, noticed that after about ninety minutes there would be a burst of the EEG, as if the person is a wake, and the eyes would move rapidly. It was not hard to guess that maybe that was a dream. And indeed it was. Waking up people during that period, they found they were dreaming; waking them up at other periods, they found no dreams.

The electroencephalograph shows that when we fall asleep we pass through a cycle of sleep stages. At the onset of sleep, the cycle lasts about ninety minutes during which you pass through stages one, two and three to stage four. This is the deepest form of sleep, and from it you retreat to stage two, and from there into REM, or rapid eye movement sleep. Here, for ten minutes on the first cycle and then gradually longer, it is thought that we do most of our dreaming.

Studies of people who volunteered to be locked up for weeks in an observation chamber with no idea of whether it is night or day, give remarkable results. We are not, in fact, twenty- four – hour creatures. Put people in such circumstances and, even though the patterns of sleep continue, the day is extended to about twenty –five and a half hours. Without any clues to time, these people go to sleep the first night about an hour later than usual, the next night an hour later, and the next night. So that, after about ten days, the person is going to sleep at three o'clock in the afternoon, thinking that he is still going to sleep at midnight.

Today, jet – lag is a familiar hazard for the seasoned traveler. Travel across time zones plays havoc with the biological clock rhythms of human body. For the active pilot, who is rarely in one place long enough to know if it is time for breakfast or dinner, the impact of jet- lag on his sleep is critical. Several air disasters have been partly caused by over tired pilot ignoring the natural laws of sleep. Much research is directed to finding out what these laws are and to what extent pilots and astronauts dare disobey them. But they are laws which affect all of us, not just pilots.

Choose the correct answer:

1. **Gave away to** line (2) means
 - a. were rejected in favour of
 - b. gradually replaced
 - c. were replaced by
 - d. came back into use after.
2. Which of the following is not a suitable alternative for **convert** line (3) :
 - a. change
 - b. alter
 - c. turn
 - d. transform
3. Only after the invention of electricity did people start.....
 - a. to really enjoy insomnia.
 - b. asking themselves if sleep was a waste of time.
 - c. to need to do research into sleep.
 - d. giving up the habit of sleeping so much.
4. It seems that most people
 - a. need less sleep than we thought .
 - b. sleep too much.
 - c. need a lot of sleep.
 - d. need more sleep than we thought.
5. The electroencephalogram records.....
 - a. eye movement.
 - b. the frequency of dream.
 - c. the time it takes to have a dream.
 - d. small currents in the brain.
6. Dreams seem to be associated with.....
 - a. deep sleep.
 - b. rapid eye movement.
 - c. jet- lag.
 - d. overtiredness.
7. The people in the observation chamber.....
 - a. went to sleep an hour earlier than usual each night.
 - b. started to go to bed in the afternoon.
 - c. slept for a much longer period than usual.
 - d. went to sleep about an hour later than usual.
8. The word **clues** line (41) means :
 - a. clock work
 - b. certainty
 - c. assistance
 - d. information
9. Jet – lag (line) means
 - a. being unable to sleep properly in the aero planes.
 - b. The clock says it is one time the body says it is another.
 - c. it is a different time in different parts of the world.
 - d. prolonging the day from twenty – four hours to twenty – five and a half hours.
10. Specific objectives can be
 - a. observable and measurable.
 - b. difficult to be observed and measured.
 - c. focused on the student's behaviour during a long period of time.
 - d. 1 and 3
11. The smallest meaningful unit in language is.....
 - a. phoneme.
 - b. morpheme.
 - c. allophone.
 - d. allomorpheme.
12. Linguistic approach concentrates on.....
 - a. key role of self – esteem and sense of mastery.
 - b. value of talk in the development of thinking.
 - c. social interaction is the key to success in learning.
 - d. attention on complex nature of thinking.
13. "What about going to the cinema" is an example of
 - a. advising
 - b. warning
 - c. offering help
 - d. suggesting
14. One of the following is not a type of literature:

- a. drama b. poetry c. fiction d. prose
15. All the following may create discipline problems except
- a. using sarcasm b. insisting on apologies
c. making threats d. using classroom language that suits the level of students.
16. "To look quickly through a reading passage to find something" is called.....
- a. skimming b. scanning c. silent reading d. comprehension
17. The man told his children a about fairies.
- a. tail b. tale c. taile d. teil
18. When the teacher allows students to think, and gives more time, the result will be.....
- a. students responses becoming more thoughtful and creative.
b. less students offering to answer.
c. students willing not to ask more questions.
d. students giving shorter answers.
19. "....." refers to the actions of the organs of speech in the producing the sound of speech.
- a. Articulation b. Phonetics c. Acoustics d. Phonics
20. One of the following is not a Shakespeare's play:
- a. Macbeth b. Volpone c. Twelfth Night d. King Lear
21. Two of the following are receptive skills:
- a. reading and speaking b. speaking and writing
c. listening and reading d. reading and writing
22. "Kinesics" is the study of.....
- a. gestures b. language c. sounds d. nature
23. Can you close one of the windows, please? I'll catch a cold sitting in thisall day.
- a. flood b. breeze c. wind d. draught
24. Which abbreviation do you use when you want to add something at the end of a letter?
- a. PM b. PTO c. PS d. PLZ
25. I am very tired. over four hundred miles today.
- a. I drive b. I' m driving c. I've been driving d. I've driven
26. Howare you?
- a. weight b. heavy c. high d. long
27. The prefix **ante** in the word **ante meridiem** means.....
- a. before b. against c. together d. by oneself
28. The stress in the word "**comfortable**" is on
- a. com b. for c. ta d. ble
29. In the dialogue:[Teacher : What day was yesterday? Student: Tuesday.] The teacher uses:
- a. easy question b. complex question
c. open question d. narrow question
30. No one suspects us,?
- a. are they b. don't they c. do they d. aren't they
31. Hardly the receiver down than there was a knock at the door.
- a. had I put down b. I put down c. put I down d. had I downed
32. (ELT) is an abbreviation for:
- a. Education Language Teaching. b. English Learning & Teaching.
c. Educated Learners & Teachers. d. English Language Teaching.
33. Words that differ by only one phoneme are called.....
- a. nominal pairs b. almost pairs
c. minimal pairs d. none of the above

34. Peter has two brothers, but he doesn't speak toof them.
a. either b. any c. both d. neither
35. The government said that the Prim Minister was sick and tired of the papers disappearing from his office.
a. spokesperson b. speak person c. spokesperson d. spoken person
36. refers to the ability to breakdown material into its component parts so that its organizational structure may be understood.
a. Synthesis b. Analysis c. Application d. Evaluation
37. A reward or punishment that strengthens or weakens a behaviour is called.....
a. stimulus b. response c. reinforcement d. conditioning
38. We had a great timethe awful weather.
a. but for b. in spite of c. except d. inspite
39. I think it's in my left
a. pocket of trousers b. pocket trousers
c. trouser pocket d. trousers pocket
40. The type of the test that identifies the test – taker's strengths and weaknesses is called a test.
a. diagnostic b. placement c. proficiency d. summative
41. I am going to go out and
a. have cut my hair b. let my hair cut
c. have my hair cut d. my hair be cut
42. One of the following doesn't contain the sound /θ /
a. mouth b. breathe c. tooth d. beneath
43. I'm looking for to cut this string.
a. a pair of scissors b. some scissors c. a scissors d. a scissor
44. One of the following is not from the conditions of motivation.
a. students are motivated if they live in a secure environment.
b. students are motivated when the subject matter is interesting.
c. students are motivated when they experience more failure and success.
d. students are motivated when they feel the learning for them not for the teacher.
45. "" is learners use of the patterns of first language in second language sentence.
a. Transfer b. Correlation c. Attitude d. Language acquisition
46. I didn't like it in the city at first, but now here.
a. I got used to living b. I used to live
c. I am used to living d. I used to living.
47. The final " ed" in the verb **talked** is pronounced as:
a. /d/ b. /id/ c. /ed/ d. /t/
48. Safety should come first, lives shouldn't be put at risk.
a. people b. people's c. peoples' d. peoples
49. It's funny film, I laughed all the way through it
a. so b. extremely c. that much d. such a
- 50 The two parties have settled their differences by compromise after a long debate. The underlined word means:
a. an acceptable middle coarse agreement. b. negotiation.
c. raising awareness. d. revising past records.

The End

جدول الإجابات 2007

الإجابة	الفقرة
2	(26)
1	(27)
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4	(29)
3	(30)
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2	(48)
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الإجابة	الفقرة
3	(1)
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