

Vocabulary (5 points)

Part A (1 point each)

characterized	gloom	fit in	draconian
counterproductive	dominate	diverse	crackdown
inextricably	curve ball	high-impact	disparity
whopping	sweep under the rug	payoff	intervention
			nip it in the bud

Use the words from the box above to complete the sentences below. Do not change the form of the words. Not all words will be used.

1. A group of MIT researchers have created an artificial intelligent system to track offensive language online and nip it in the bud to prevent cyberbullying more efficiently.
2. Just when the physicians think they have their patient's physiological well-being figured out, an unanticipated disease throws them a curve ball.
3. Climate change, energy security, and economic stability are inextricably linked.
4. Philippine president Duterte's crackdown on drugs has resulted in almost 6,000 deaths according to some sources, and a staggering 20,000 or more according to others.
 - *draconian* does not work here because the blank requires a noun. Duterte's [possessive form] needs a noun, like "his cat" or "Tim's house."
 - *intervention*, although a noun, does not work here because it takes a different preposition (intervention + in). The context of so many deaths also collocate better with *crackdown* because it is forceful whereas *intervention* is more neutral.
5. Chasing after happiness is counterproductive; the more you try to be happy, the more you become unhappy.
6. Japan ranks high globally for justice, quality of life, and fulfillment, with a whopping \$400,000 million difference in healthcare and education spending compared to Thailand.
 - The phrase structure "a big difference in" like "There's a big difference in their heights" or "Chula has made a huge difference in his life" requires an adjective to describe the difference. *Whopping* means "very large." This works well with the context: \$400,000 more is given to healthcare and education compared to Thailand.
 - *dominate* is a verb, not an adjective
 - *disparity* is a noun, not an adjective
 - *high-impact*, although an adjective, does not collocate with the expression. "A high-impact difference in the money given to healthcare" is not idiomatic.

7. Chula provides diverse learning environments, from hands-on farming at its Nan campus to the nanotech lab and theater workshops in Bangkok to electronic databases online.
- The list that follows the main idea illustrates difference in learning environments: rural environment, lab environment, workshop environment, and digital environment. *Diverse*, which means “various,” “different,” “various” describes the list most accurately.
 - *high-impact* is an adjective that is grammatical in the phrase but the information that follows does not show how the environments are high-impact, that is, the examples that are given does not illustrate how the environments have a great effect on something or have a big influence on something.
8. At the survival boot camp, a new health craze for enthusiasts who are usually unmotivated to do even moderate exercise, if you are unfit, you will fit in.

Part B (0.5 point each)

For each number, circle the pair that does not belong.

1. a) satisfied-content b) groggy-fuzzy c) wacky-pudgy d) outcome-consequence
2. a) robust-strong b) unique-naïve c) vigilant-watchful d) pornographic-smutty
3. a) volatile-unstable b) pernicious-harmful c) happiness-glee d) comprehensive-understand
4. a) stress-emphasize b) purvey-disseminate c) pace-prosecute d) alienation-ostracism

Listening (10 points)

1. (1) “You’ve likely heard the idea that sitting is the new smoking.”
2. (1) “The lack of physical activity is linked to \$117 billion in the annual health care costs.”

Points are deducted for missing or incorrect elements, such as

- hundred [This should be “one hundred”]
- no *dollars*
- *dollar* missing an *s*
- *billions* has an *s* when there shouldn’t be

3. (1) The federal government’s guidelines suggest activity each week comparable to at least
 - a. 160 minutes of meditative breathing exercises
 - b. 150 minutes of washing dishes at the kitchen sink
 - c. 160 minutes of playing competitive basketball
 - d. 150 minutes of dancing with your friends
4. (0.5) To be healthy, in a 24-hour period, you **do** / **don’t** have to exercise continuously for about 25 minutes at one time.
5. (1) For the first time children ages 3–5 are mentioned in the guidelines. What reason is given for recommending them active play throughout the day?

They spend more and more time using electronic devices, causing them to have too little exercise.

1 point for any of these:

- electronic devices
- screen time
- too much time spent on screen devices
- Their increased time on digital devices, leading to children in this age group not being physically active enough to maintain good health.

6. (2) Give at least **two** immediate benefits of exercise.

Exercise can immediately improve our moods, lower our anxiety, and help students perform better in school.

Cf. transcript:

It can help

- boost our moods,
- tamp down anxiety.
- And in children, it can help them do better in school.

7. (1) Give **one** example of a way that a single bout of exercise benefits cognition and brain function.

Only one workout, like twenty minutes of jogging, can make you focus better and for longer.

Academically, for students, improved cognition and brain function translates to better understanding of what they are reading / more correct answers in arithmetic.

1 point for any of these:

- improved thinking skills
- improved attention span
- better at ignoring distractions
- better reading comprehension
- better math/arithmetic

Cf. transcript:

- This is a really exciting area—the study of a single bout of exercise having a benefit to cognition and brain function.
- Hillman explains what he's found is that a single workout—say, 20 minutes on a treadmill—can lead to improved attention span and an enhanced ability to fend off distractions.
- So we see using standardized achievement tests that following a single bout of exercise, we find benefits to reading comprehension and arithmetic.

Explanation

- 20 minutes on the treadmill, 20 minutes of dancing, a ballet lesson are examples of one bout of exercise rather than examples of improved brain function. The question asks for benefits to brain function and cognition. Your answer should be ways that exercise improves the brain or the thinking function of the brain.

8. (1) Give at least **two** diseases that people who keep active daily in the long term reduce their risk of having.

Heart disease, many types of cancer, dementia

9. (0.5) True/false: If you were a physically active child, you have a higher chance of being an active adult.

10. (1) Kathleen Janz, also on the Physical Activity Advisory Committee, sums it up this way: “Every time you’re active, you **think** better, you **sleep** better, and you feel better.

Order must be correct.