

II. Answer the questions in Sections A and B.

Section A: Read the passage and choose the best answer from a - d for questions 1 - 6.

You have three midterm examinations next week and a paper due in sociology. To make matters worse, you are scheduled to work an extra six hours at your part-time job, and your car is beginning to make some strange noises. (A) you have weeks like this one, you are probably feeling the effects of stress. Fortunately, stress can be reduced with the help of a simple three-step plan.

The first step to dealing with stress is exploring your situation and changing your attitude. What is causing your stress? Like many people, you may have taken on so many activities that you feel overwhelmed. To deal with this problem, make a list of everything that is contributing to your stress. Then rank each item according to how serious the consequences would be if you did not do it. (B), you need to do well on your midterms, and you need a car to get to school and to work. So as much fun as a video game would be, you should spend the weekend studying and getting your car repaired. (C) you accomplish the things on your list, cross them off. This technique will help you to manage your time more efficiently and will give you a sense that you are in control of your life.

The second step to reducing stress is to exercise regularly. When people are under a great deal of stress, their bodies produce extra adrenalin, which quickens the heartbeat and increases the sugar level in the blood. These bodily changes, (D), cause people to sweat and to feel nervous. However, if you exercise for 20 to 30 minutes a day, you will use up the extra energy produced by the high sugar level, and the physical symptoms of stress will probably disappear. Exercise on a planned schedule (E) it becomes a habit, and do not exercise too near bedtime (E) it does not interfere with sleep. Exercise will calm you and give you a feeling of well-being that will allow you to deal more effectively with your busy lifestyle.

To reduce stress (F) further, do mental exercises every day. In a quiet room, sit up straight in a comfortable chair with your feet resting on the floor. Close your eyes and listen to your breathing. Slowly inhale through your nose, hold your breath for several seconds, and then exhale slowly through your mouth. With your eyes (F) closed, visualize a beautiful tropical beach. There you are, floating in the clear blue water. (C) the gentle current carries you along, you look up at the white clouds crossing the sky. You hear the gentle breeze. You feel calm and peaceful. (A) you do this mental exercise twice a day for 20 minutes each time, your mind and body will become more relaxed.

<Bibliography>

Troyka, Lynn Quitman and Jerrold Nudelman. *Steps in Composition*, 8th edition. (Pearson Education, 2004), 519.

1. Which of the following best fits in all the blanks labeled A?
a. Because b. If c. While d. Now that
2. Which of the following best fits in blank B?
a. In contrast b. In addition c. For example d. To put it another way
3. Which of the following best fits in all the blanks labeled C?
a. As b. When c. Before d. Once
4. Which of the following best fits in blank D?
a. likewise b. otherwise c. in turn d. on the contrary
5. Which of the following best fits in all the blanks labeled E?
a. as long as b. while c. on the grounds that d. so that
6. Which of the following best fits in all the blanks labeled F?
a. still b. yet c. much d. even