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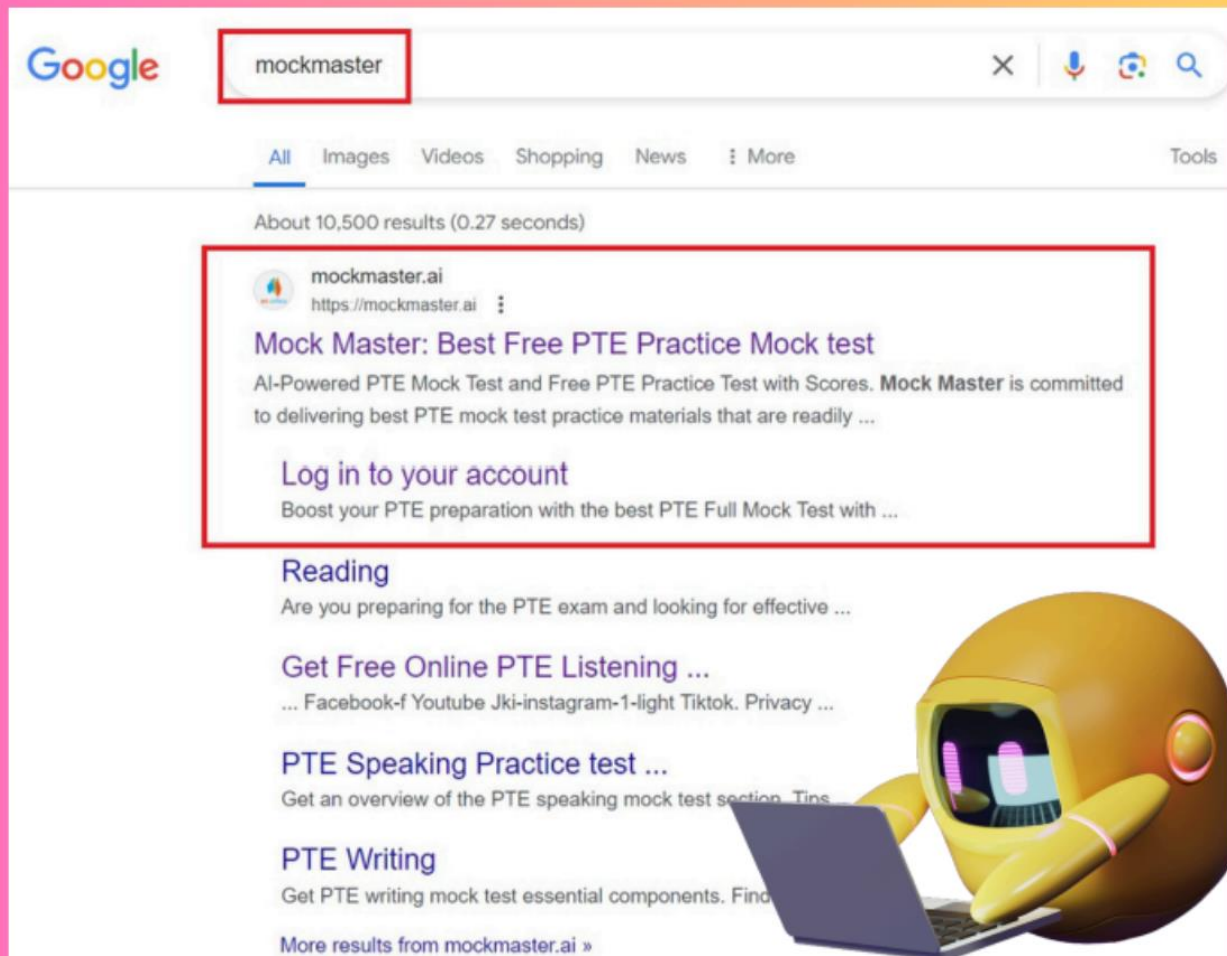


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READ ALOUD

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Innovation drives progress by solving problems and creating opportunities. From groundbreaking technologies to improved processes, innovation enhances efficiency and quality of life. It encourages creative thinking, adaptability, and collaboration. Companies and individuals that prioritize innovation stay competitive in a rapidly changing world. Embracing new ideas and approaches leads to breakthroughs that shape a brighter and more sustainable future.

Effective communication builds understanding and fosters relationships. Clear expression of thoughts and active listening ensures better collaboration and conflict resolution. Communication skills are essential in personal and professional settings, promoting trust and respect. Whether through spoken words, writing, or nonverbal cues, mastering communication enhances connections and helps convey ideas effectively. It is a cornerstone of successful interactions in all areas of life.

Sleep is essential for physical and mental health. It allows the body to repair, improves memory, and boosts mood. Insufficient sleep can lead to fatigue, reduced concentration, and long-term health issues. Maintaining a consistent sleep schedule and creating a relaxing bedtime routine promote better rest. Prioritizing sleep ensures increased productivity, energy, and overall well-being, making it a vital part of a healthy lifestyle.

Gardening offers a peaceful escape while connecting individuals to nature. Planting flowers, vegetables, or herbs fosters creativity and patience. It's a rewarding activity that reduces stress and promotes physical health. Gardening also benefits the environment by improving air quality and supporting biodiversity. Whether in a backyard or a small balcony, cultivating a garden enhances well-being and adds beauty to everyday life.

Globalization connects people, businesses, and cultures worldwide, fostering economic growth and innovation. It promotes cultural exchange, providing access to diverse ideas and products. However, it also raises challenges like inequality and environmental concerns. Balancing the benefits and drawbacks of globalization requires thoughtful policies and global cooperation. When managed effectively, globalization creates opportunities for a more interconnected and prosperous world.

Emotional intelligence (EQ) involves understanding and managing emotions effectively. High EQ enhances relationships, decision-making, and conflict resolution. It fosters empathy, self-awareness, and adaptability in various situations. People with strong emotional intelligence navigate challenges with resilience and build stronger personal and professional connections. Cultivating EQ is a valuable skill that contributes to success and emotional well-being.

Physical activity benefits the brain by improving memory, focus, and mood. Exercise increases blood flow, delivering oxygen and nutrients that enhance cognitive function. Regular workouts also reduce stress, boost creativity, and prevent age-related mental decline. Activities like yoga, swimming, or

aerobics keep the brain sharp while promoting overall health. Incorporating exercise into daily routines supports mental clarity and long-term brain health.

Public libraries provide access to knowledge and resources for people of all ages. They offer books, technology, and community programs that promote lifelong learning. Libraries foster inclusivity, serving as safe spaces for education and creativity. They encourage reading, research, and collaboration, benefiting individuals and society. By supporting libraries, communities invest in a hub of growth and opportunity for everyone.

Sunsets captivate with their vibrant colours and peaceful ambiance. Watching a sunset provides a moment of reflection and gratitude. The interplay of light and clouds creates a natural masterpiece, inspiring awe and relaxation. Sunsets symbolize the end of a day, offering hope for new beginnings. Whether shared with others or enjoyed in solitude, this simple pleasure reminds us of nature's beauty and serenity.

Teamwork fosters collaboration and achieves common goals efficiently. By combining diverse skills and perspectives, teams generate innovative solutions and build strong relationships. Effective teamwork requires communication, trust, and mutual respect. Working together enhances productivity and creates a supportive environment. Whether in workplaces or communities, teamwork helps individuals achieve more collectively than they could alone, emphasizing the value of unity in success.

Music enriches life by expressing emotions and connecting people. It soothes the mind, boosts mood, and fosters creativity. Whether through classical compositions or modern beats, music transcends language and cultural barriers. Listening to or creating music promotes relaxation and inspires imagination. Its universal appeal makes it a powerful tool for communication, healing, and celebration, adding joy and harmony to everyday experiences.

Water is essential for life, yet its availability is limited. Conserving water ensures a sustainable supply for future generations. Simple actions, like fixing leaks, using water-efficient appliances, and practicing mindful consumption, make a difference. Water conservation also protects ecosystems and reduces energy use. By adopting responsible habits, individuals and communities contribute to the preservation of this vital resource, ensuring its availability for all living beings.

Journaling is a powerful tool for self-reflection and emotional expression. Writing down thoughts and experiences helps organize ideas and gain clarity. It reduces stress, enhances creativity, and improves problem-solving skills. Journaling also provides a record of personal growth and achievements. Whether used for goal setting or emotional release, this habit nurtures mental well-being and fosters a deeper understanding of oneself.

The ocean is a source of wonder and life, covering most of Earth's surface. It regulates climate, supports biodiversity, and provides resources. The rhythmic waves and vast horizons evoke peace and inspiration. Exploring marine life reveals the ocean's beauty and complexity. Protecting this vital ecosystem is crucial for maintaining global balance and preserving its magic for future generations to cherish.

A digital detox allows individuals to disconnect from screens and reconnect with themselves and others. Excessive device use can lead to stress, reduced focus, and disrupted sleep. Taking breaks from technology fosters mindfulness and enhances well-being. Engaging in offline activities, like reading or spending time outdoors, helps recharge the mind. Regular digital detoxes create a healthier balance between virtual and real-life experiences.

Learning a new language opens doors to cultural understanding and personal growth. It enhances cognitive abilities, improves memory, and fosters adaptability. Language learning also creates opportunities for travel, career advancement, and global connections. Immersing oneself in another language builds confidence and broadens perspectives. By mastering a new language, individuals gain not only communication skills but also a deeper appreciation of diverse cultures.

Forests are vital ecosystems that sustain life on Earth. They provide oxygen, absorb carbon dioxide, and support countless species. Walking through a forest calms the mind and strengthens connections with nature. Protecting forests is essential for combating climate change and preserving biodiversity. By planting trees and reducing deforestation, individuals and communities contribute to a healthier planet and ensure the survival of these magnificent landscapes.

Sports promote physical fitness, discipline, and teamwork. Participating in sports enhances coordination, endurance, and mental strength. It also fosters camaraderie and builds character by teaching resilience and fair play. Watching or playing sports brings communities together, creating shared experiences and lasting memories. Whether for competition or recreation, sports inspire individuals to strive for excellence and embrace the joy of movement.

Daily habits shape long-term success and well-being. Small actions, like exercising, reading, or practicing gratitude, contribute to personal growth and stability. Consistent routines enhance productivity and reduce decision fatigue. Positive habits build momentum over time, leading to significant achievements. By intentionally cultivating beneficial practices, individuals create a foundation for a balanced and fulfilling life, reinforcing the power of discipline and consistency.

Volunteering enriches communities and fosters personal growth. By offering time and skills, individuals support meaningful causes and make a difference. Volunteering builds empathy, strengthens social bonds, and enhances teamwork. It also provides opportunities to learn new skills and gain valuable experiences. Whether through helping the less fortunate or participating in

environmental projects, volunteering inspires positive change and creates a sense of purpose and fulfillment.

Critical thinking involves analysing information objectively and making informed decisions. It fosters problem-solving skills and encourages open-mindedness. By questioning assumptions and evaluating evidence, individuals develop better reasoning abilities. Critical thinking is essential in education, workplaces, and daily life, enabling smarter choices and innovative solutions. Cultivating this skill promotes intellectual growth and prepares individuals to navigate complex challenges effectively.

Advancements in technology revolutionize medicine, improving diagnosis and treatment. Innovations like robotic surgery, telemedicine, and wearable health devices enhance patient care. Technology also enables early detection of diseases, saving lives. Research and data analysis tools accelerate medical discoveries and streamline healthcare processes. By integrating cutting-edge technology, the medical field continues to evolve, offering better outcomes and a brighter future for global health.

Traveling broadens horizons and provides unforgettable experiences. Exploring new places introduces diverse cultures, cuisines, and traditions. It fosters personal growth by challenging comfort zones and inspiring creativity. Traveling also strengthens connections with others and creates cherished memories. Whether through solo adventures or group journeys, discovering the world enriches lives and deepens appreciation for the beauty and diversity of our planet.

Healthy eating supports overall well-being and boosts energy levels. A balanced diet rich in fruits, vegetables, and whole grains provides essential nutrients. Avoiding processed foods and sugary drinks reduces health risks. Healthy eating habits improve mood, enhance immunity, and support long-term fitness. By choosing nutritious options, individuals can lead more active and fulfilling lives, emphasizing the importance of mindful dietary choices.

Astronomy unveils the mysteries of the universe, inspiring curiosity and awe. From studying distant galaxies to exploring planets, it expands our understanding of space. Telescopes and spacecraft uncover cosmic phenomena, revealing the vastness of the cosmos. Astronomy fosters innovation in technology and fuels the human spirit of exploration. It reminds us of our place in the universe and the endless possibilities beyond Earth.

Financial literacy equips individuals to manage money wisely and make informed decisions. Understanding budgeting, saving, and investing ensures financial security and stability. It empowers people to avoid debt, plan for the future, and achieve goals. Financial education fosters independence and confidence, enabling smarter economic choices. Promoting financial literacy is crucial for building strong, prosperous communities and preparing individuals for long-term success.

Regular exercise is essential for maintaining physical and mental health. It strengthens the heart, improves circulation, and boosts immunity. Exercise also releases endorphins, reducing stress and enhancing mood. Activities like walking, cycling, or yoga can easily fit into daily routines. Beyond physical benefits, exercise fosters discipline and confidence. A consistent workout routine contributes to a healthier, more balanced lifestyle, improving overall quality of life and longevity.

Social media has transformed the way people communicate and share information. It connects individuals across the globe, fostering relationships and providing a platform for self-expression. However, excessive use can lead to issues like misinformation, reduced productivity, and mental health challenges. Striking a balance by using social media mindfully is essential. When used effectively, it can be a powerful tool for education, advocacy, and building communities.

Education shapes individuals and societies, promoting knowledge, critical thinking, and innovation. It empowers people to achieve personal goals while contributing to economic growth. Accessible education ensures equality, helping bridge social and economic divides. Moreover, lifelong learning fosters adaptability in a rapidly changing world. By investing in education, communities can build a brighter, more equitable future for all, emphasizing its role as a cornerstone of progress.

Nature offers serenity and inspiration through its diverse landscapes and ecosystems. From majestic mountains to tranquil oceans, it provides a retreat from daily stress. Engaging with nature promotes mental clarity and physical health. Protecting these natural wonders is vital for future generations. Simple actions, like planting trees or reducing waste, contribute to conservation efforts. Experiencing nature reminds us of its immense beauty and the need to preserve it.

Music enriches life, offering comfort, joy, and emotional connection. It transcends language barriers, uniting people through shared rhythms and melodies. Listening to music can reduce stress, enhance focus, and boost creativity. Learning an instrument further fosters discipline and self-expression. Whether for relaxation or celebration, music plays a vital role in our daily lives, demonstrating its power to heal, inspire, and bring people together.

Effective time management enhances productivity and reduces stress. Prioritizing tasks and setting clear goals help individuals focus on what matters most. Simple techniques, like creating schedules or avoiding distractions, make a significant difference. Good time management ensures a better work-life balance, enabling personal and professional growth. By using time wisely, individuals can achieve their objectives more efficiently, leading to a more organized and fulfilling life.

Teamwork is essential in achieving collective goals. It combines diverse skills, perspectives, and ideas, fostering innovation and efficiency. Successful teamwork relies on clear communication, mutual respect, and shared responsibility. Working collaboratively strengthens relationships and builds trust

among team members. Whether in workplaces, schools, or communities, teamwork demonstrates that unity and cooperation often lead to greater success than individual efforts alone.

Laughter is a universal language that lifts spirits and fosters connections. It reduces stress, boosts immunity, and enhances mood by releasing endorphins. Sharing laughter strengthens bonds, creating a sense of belonging and joy. Even in challenging times, humour offers perspective and resilience. Incorporating laughter into daily life not only improves mental health but also promotes positive social interactions, making it a simple yet powerful tool for well-being.

Water is a precious resource essential for life. With growing populations and climate change, conserving water is more critical than ever. Simple measures, like fixing leaks, using efficient appliances, and practicing mindful consumption, can make a big impact. Protecting water sources ensures access to clean water for future generations. By valuing and conserving this vital resource, we contribute to sustainable living and environmental health.

Technology has revolutionized daily life, enhancing communication, transportation, and healthcare. It simplifies complex tasks, boosts efficiency, and creates new opportunities. From smartphones to artificial intelligence, innovations continuously reshape our world. However, responsible use is key to addressing challenges like over-dependence or data privacy concerns. When balanced with mindful practices, technology becomes a powerful tool for progress, enriching lives and driving global advancements.

Healthy eating is vital for maintaining energy and overall well-being. A balanced diet, rich in fruits, vegetables, whole grains, and lean proteins, provides essential nutrients for the body. It supports brain function, boosts immunity, and prevents chronic diseases. Avoiding processed foods and sugary drinks further enhances health. By making mindful food choices, individuals can enjoy a more vibrant and energetic life, fuelling their bodies for success.

Traveling broadens perspectives, offering opportunities to experience diverse cultures and landscapes. It fosters personal growth by challenging comfort zones and encouraging adaptability. Exploring new destinations enhances creativity and provides lasting memories. Whether traveling for leisure or learning, the experiences gained enrich one's understanding of the world. Travel not only inspires curiosity but also deepens appreciation for the beauty and diversity of life.

Kindness has the power to transform lives. A simple act, like a smile or a helping hand, can brighten someone's day and create a ripple effect of positivity. Practicing kindness fosters stronger relationships, builds trust, and enhances personal happiness. It is a universal language that transcends barriers, reminding us of our shared humanity. By choosing kindness, we contribute to a more compassionate and connected world.

Creativity drives innovation and problem-solving. It enables individuals to think beyond conventional boundaries and approach challenges with fresh ideas. Whether through art, writing, or brainstorming, creative expression fosters self-discovery and resilience. Encouraging creativity in daily life enhances adaptability and inspires growth. By nurturing this skill, individuals can unlock their potential and contribute unique perspectives to their communities and workplaces.

Renewable energy is crucial for combating climate change and reducing dependence on fossil fuels. Solar, wind, and hydropower are sustainable alternatives that minimize environmental impact. Transitioning to renewable energy sources lowers carbon emissions and promotes a cleaner planet. Governments, businesses, and individuals must collaborate to adopt these technologies. Investing in renewables ensures a sustainable future, protecting ecosystems and securing energy resources for generations to come.

Financial literacy is a vital life skill that empowers individuals to make informed decisions about money. Understanding concepts like budgeting, saving, and investing ensures better financial stability. It helps people plan for the future, avoid debt, and achieve their goals. Teaching financial literacy early fosters responsible habits, reducing financial stress. By mastering these skills, individuals can build a secure and prosperous life.

Learning is a lifelong journey that enriches the mind and spirit. It expands knowledge, sharpens skills, and opens doors to new opportunities. Whether through formal education or self-directed exploration, learning fuels curiosity and creativity. It empowers individuals to adapt to changes and embrace challenges with confidence. The joy of learning lies in discovering new passions and achieving personal growth, making it a cornerstone of a fulfilling life.

Volunteerism strengthens communities by addressing social and environmental issues. It allows individuals to contribute their time, skills, and energy to meaningful causes. Volunteering fosters empathy, builds connections, and enhances personal growth. From organizing events to supporting local charities, these efforts create positive change. Engaging in volunteer work not only benefits those in need but also provides a sense of purpose and fulfillment to the volunteers themselves.

Climate change poses a significant threat to ecosystems and human livelihoods. Rising temperatures, melting glaciers, and extreme weather events highlight its impact. Human activities, like deforestation and greenhouse gas emissions, accelerate these changes. Addressing climate change requires collective action, such as reducing carbon footprints, conserving energy, and supporting green initiatives. Immediate efforts can mitigate its effects, ensuring a more stable and sustainable environment for future generations.

In today's digital age, digital literacy is essential for navigating technology effectively and safely. It involves understanding how to access, evaluate, and use information online. Developing this skill

protects individuals from misinformation, cyber threats, and privacy issues. Digital literacy also enhances communication, education, and job opportunities. Promoting awareness and responsible use ensures that technology is a tool for empowerment and progress, rather than a source of harm.

Positive thinking improves mental well-being and resilience. Focusing on solutions instead of problems fosters optimism and encourages personal growth. A positive mindset reduces stress, boosts confidence, and enhances relationships. It also helps individuals overcome challenges with determination. By practicing gratitude and mindfulness, people can cultivate positivity in daily life. This outlook not only transforms attitudes but also creates opportunities for success and happiness.

Art reflects culture and emotions, offering a unique lens through which to view the world. It inspires creativity, provokes thought, and fosters empathy. Art transcends language, connecting people across cultures and generations. From paintings to performances, it celebrates individuality and shared humanity. Supporting the arts ensures continued cultural enrichment, making art a vital part of societal growth and collective memory.

Sustainable living minimizes environmental impact by promoting eco-friendly habits. Practices like recycling, reducing waste, and using renewable energy protect natural resources. Sustainable choices in transportation, housing, and diet contribute to a healthier planet. These efforts ensure that future generations inherit a thriving world. Embracing sustainability fosters harmony between human activity and nature, emphasizing the importance of responsible living in preserving Earth's ecosystems.

Reading enhances knowledge, vocabulary, and critical thinking skills. It transports readers to new worlds, fostering imagination and empathy. Regular reading improves focus and reduces stress, offering a mental escape. Whether for education or leisure, books provide valuable insights and perspectives. Encouraging reading habits in children and adults alike enriches lives, promoting lifelong learning and intellectual growth.

Clean air is essential for good health and a sustainable environment. Air pollution from industries, vehicles, and deforestation affects respiratory systems and contributes to climate change. Planting trees, using clean energy, and reducing emissions help improve air quality. Policies supporting clean air initiatives protect communities and ecosystems. By prioritizing air quality, society ensures a healthier, more vibrant future for all.

Meditation calms the mind and enhances focus. Regular practice reduces stress, improves emotional well-being, and increases self-awareness. It fosters mindfulness, helping individuals live in the present moment. Meditation also improves sleep quality and boosts overall mental clarity. Whether practiced through deep breathing, visualization, or guided techniques, it provides a valuable tool for maintaining balance and inner peace in today's fast-paced world.

Technology revolutionizes education by enhancing access and engagement. Online resources, interactive tools, and virtual classrooms make learning more flexible and inclusive. Technology supports personalized education, allowing students to learn at their own pace. However, ensuring digital literacy and equal access is essential for maximizing its benefits. By integrating technology responsibly, education becomes more dynamic, preparing students for the challenges of a digital future.

Biodiversity sustains ecosystems, providing essential resources like food, water, and air. Diverse species contribute to ecosystem balance and resilience. Human activities, such as deforestation and pollution, threaten biodiversity. Protecting habitats and supporting conservation efforts ensure the survival of countless species. Preserving biodiversity is crucial for maintaining ecological harmony and safeguarding the natural beauty of the planet for future generations.

Urbanization brings economic growth, improved infrastructure, and diverse opportunities. However, rapid urban development often strains resources, leading to challenges like overcrowding, pollution, and inadequate housing. Sustainable urban planning, green spaces, and efficient public transport mitigate these issues. By prioritizing smart growth, cities can balance modernization with environmental and social well-being, creating liveable spaces for all residents.

Gratitude fosters happiness and strengthens relationships. Appreciating life's blessings, no matter how small, shifts focus from negativity to positivity. Expressing gratitude improves mental health, reduces stress, and enhances emotional resilience. It also encourages a sense of contentment and generosity. Practicing gratitude regularly, through journaling or simply saying thank you, creates a cycle of kindness and joy that uplifts individuals and their communities.

Spending time outdoors promotes physical fitness and mental well-being. Activities like hiking, jogging, or cycling improve cardiovascular health and reduce stress. Fresh air and natural surroundings enhance mood and boost energy levels. Outdoor adventures also strengthen bonds with friends and family. Engaging in nature-based activities not only revitalizes the mind and body but also fosters a deeper connection to the environment.

Mindfulness involves focusing on the present moment without judgment. It reduces stress, improves concentration, and enhances emotional health. Practicing mindfulness through meditation or breathing exercises fosters self-awareness and resilience. This habit promotes a calmer, more balanced life by helping individuals manage emotions and improve decision-making. By embracing mindfulness, people can achieve greater clarity, happiness, and a deeper connection to their surroundings.

Sustainable transportation reduces environmental impact while supporting economic growth. Options like cycling, walking, and public transit minimize carbon emissions and improve air quality. Electric vehicles and renewable energy-powered systems further advance sustainability. Adopting green transportation methods fosters healthier communities and combats climate change. Prioritizing eco-friendly travel creates a cleaner, more sustainable future for the planet and its inhabitants.

Social media connects people globally, enabling communication and idea sharing. It fosters creativity, supports businesses, and raises awareness for causes. However, excessive use can lead to stress and misinformation. Balancing online interactions with real-world experiences ensures healthier relationships and mental well-being. Social media's influence is powerful, making mindful usage essential to harness its benefits while minimizing its drawbacks.

Reading expands knowledge, sharpens imagination, and enhances empathy. Whether through books, articles, or digital content, reading improves vocabulary and critical thinking. It provides a mental escape, fostering relaxation and personal growth. Reading also connects people to diverse perspectives and cultures. By cultivating a reading habit, individuals enrich their minds and build a lifelong love for learning and discovery.

Early childhood education lays the foundation for lifelong learning and development. It fosters cognitive, social, and emotional skills, preparing children for academic success. Interactive activities and nurturing environments encourage curiosity and creativity. Early education also supports better health and well-being outcomes later in life. Investing in quality early education programs benefits families, communities, and society as a whole.

Mountains inspire awe with their towering peaks and serene landscapes. They provide a haven for adventurers, offering activities like hiking and skiing. Mountains are also home to diverse ecosystems and fresh water sources. Their beauty promotes tranquility and a sense of wonder. Preserving mountainous regions ensures their natural splendour and ecological importance remain intact for future generations to appreciate and explore.

Emotional well-being is key to a fulfilling life. It involves managing stress, building resilience, and nurturing positive relationships. Practices like mindfulness, regular exercise, and seeking support foster emotional health. Taking time for self-care and reflection promotes balance and happiness. Prioritizing emotional well-being not only enhances mental health but also improves overall quality of life, creating a foundation for personal and professional success.

Clean energy sources, like solar and wind power, reduce greenhouse gas emissions and combat climate change. They provide sustainable alternatives to fossil fuels, preserving natural resources. Clean energy also supports economic growth by creating jobs in renewable industries. Investing in green technologies ensures a healthier environment and a stable energy supply for future generations, highlighting the need for a transition to sustainable energy solutions.

Gardening connects individuals to nature and promotes relaxation. Tending to plants fosters patience, creativity, and a sense of accomplishment. It also supports physical activity and mental well-being. Growing fruits, vegetables, or flowers provides fresh produce and enhances outdoor spaces. Gardening is a rewarding hobby that nurtures both the environment and the soul, offering a fulfilling way to spend time and cultivate beauty.

Education empowers individuals, driving social and economic progress. It builds knowledge, critical thinking, and problem-solving skills. Access to education promotes equality and reduces poverty, creating opportunities for all. Educated societies innovate and adapt more effectively, fostering development. By investing in quality education, communities equip future generations to address global challenges and achieve a brighter, more sustainable future.

Spending time outdoors boosts physical and mental health. Activities like hiking, cycling, or picnicking improve fitness and reduce stress. Fresh air and natural surroundings enhance mood and creativity. Outdoor activities also strengthen bonds with family and friends. Embracing nature promotes a balanced lifestyle, providing an escape from daily routines and fostering a deeper appreciation for the environment.

Regular exercise supports physical and mental health, reducing the risk of chronic diseases. Activities like walking, swimming, or yoga improve strength, flexibility, and endurance. Exercise also boosts mood by releasing endorphins and reducing stress. Establishing an active lifestyle enhances energy levels and promotes long-term well-being. Committing to daily physical activity fosters a healthier, more vibrant life.

Time management enhances productivity and reduces stress. Prioritizing tasks and setting realistic goals help individuals achieve more efficiently. Effective time management promotes work-life balance, ensuring time for relaxation and personal growth. It also builds discipline and decision-making skills. By managing time wisely, individuals can make the most of their days and create a foundation for long-term success.

Humour lightens the mood and strengthens connections. Laughing reduces stress, boosts happiness, and enhances resilience. Sharing jokes or enjoying funny stories fosters positive relationships and breaks tension. Humour also improves creativity and problem-solving by encouraging different perspectives. Incorporating humour into daily life creates a joyful and supportive atmosphere, enriching personal and professional interactions.

Cultural heritage preserves traditions, art, and history, connecting people to their roots. It fosters identity and pride while promoting understanding among diverse communities. Celebrating cultural heritage through festivals, museums, and education strengthens social bonds. Protecting cultural

landmarks ensures future generations can appreciate their significance. Embracing cultural heritage enriches societies and preserves the legacy of human achievements.

Deep breathing calms the mind and reduces stress. It improves oxygen flow, enhances focus, and promotes relaxation. Practicing techniques like diaphragmatic or alternate-nostril breathing boosts energy and mental clarity. Deep breathing also supports emotional balance and mindfulness. Incorporating this simple practice into daily routines enhances overall well-being and fosters a sense of inner peace.

Recycling conserves resources and reduces waste, benefiting the environment. By reusing materials like paper, plastic, and metal, energy consumption and pollution decrease. Recycling also minimizes landfill use, preserving natural habitats. Simple actions, such as separating recyclables, contribute to sustainability. Supporting recycling initiatives fosters environmental awareness and ensures a cleaner, healthier planet for future generations.

Networking builds connections and opens doors to opportunities. By engaging with others in professional and personal circles, individuals can exchange knowledge, collaborate, and support each other's goals. Networking promotes career growth, fosters innovation, and enhances skill development. It also provides access to resources, mentorship, and advice. Cultivating a strong network is a valuable tool for success in any field.

Volunteering offers a chance to make a meaningful impact while developing new skills. It fosters empathy, community engagement, and social responsibility. By volunteering, individuals can support causes they care about, helping those in need. Additionally, volunteering provides opportunities for personal growth, networking, and boosting one's resume. It creates a sense of purpose and contributes to the well-being of society.

A growth mindset encourages the belief that abilities and intelligence can be developed through effort and perseverance. This mindset fosters resilience, adaptability, and a willingness to learn. Embracing challenges, learning from failure, and seeking continuous improvement led to personal and professional growth. Developing a growth mindset empowers individuals to reach their full potential and embrace opportunities for self-development.

Digital literacy is essential in today's world, as technology impacts nearly every aspect of life. Understanding how to navigate digital platforms, evaluate online information, and use tools effectively empowers individuals to succeed in the digital age. Digital literacy enhances communication, problem-solving, and critical thinking skills. It enables people to engage with the modern world and stay informed, connected, and productive.

Music has the power to connect people across cultures and generations. It promotes emotional expression, creativity, and social bonding. Music can heal, inspire, and motivate, playing a crucial role

in education and therapy. It also enhances cognitive development and improves memory. Whether through personal enjoyment or communal activities, music contributes significantly to cultural identity, mental well-being, and community spirit.

Learning a new language opens doors to new cultures and experiences. It enhances cognitive abilities, improves memory, and boosts confidence. Language learning promotes cross-cultural communication and strengthens social bonds. It also increases career prospects by making individuals more adaptable in a globalized world. Embracing multilingualism fosters understanding, broadens perspectives, and contributes to personal and professional growth.

Social media has revolutionized communication by making it faster and more accessible. It allows people to connect globally, share ideas, and collaborate. However, it can also contribute to misinformation and affect face-to-face interactions. Social media platforms offer a space for self-expression but can also lead to unrealistic expectations. Using social media mindfully ensures it remains a positive and productive tool for communication.

Public speaking enhances confidence and communication skills. It fosters the ability to articulate thoughts clearly and persuasively, which is valuable in both professional and personal settings. Mastering public speaking helps individuals build leadership skills, manage anxiety, and engage audiences effectively. Whether for presentations, debates, or community events, public speaking is an essential skill for influencing and inspiring others.

Innovation drives business growth by introducing new products, services, or processes. It fosters creativity and adaptability, allowing companies to stay competitive in a rapidly changing market. Innovative businesses can meet consumer demands, improve efficiency, and enhance customer experiences. Embracing innovation encourages continuous improvement and opens opportunities for collaboration and market expansion, making it a vital aspect of business success.

Self-care is vital for maintaining mental, emotional, and physical health. It involves activities that help reduce stress, improve mood, and boost overall well-being. Taking time for oneself, whether through exercise, hobbies, or relaxation, enables individuals to recharge and manage life's challenges effectively. Practicing self-care regularly fosters resilience and balance, allowing people to lead happier, more fulfilling lives.

Climate change is causing significant shifts in weather patterns, affecting ecosystems and human populations. Rising temperatures, more frequent natural disasters, and shifting agricultural zones threaten food security and biodiversity. Addressing climate change requires global cooperation, sustainable practices, and the reduction of greenhouse gas emissions. By embracing renewable energy and conservation efforts, we can mitigate the effects and create a more sustainable future for the planet.

Critical thinking is essential for problem-solving and decision-making. It involves analysing information objectively, evaluating different perspectives, and drawing logical conclusions. Developing critical thinking skills helps individuals navigate complex situations and make informed choices. It fosters creativity and innovation, enabling individuals to question assumptions and explore new ideas. Cultivating critical thinking empowers people to tackle challenges more effectively and think independently.

Kindness has the ability to transform lives and foster positive connections. Acts of kindness, whether small or large, improve mental health and strengthen communities. By showing empathy and offering support, individuals create a ripple effect of goodwill and compassion. Kindness also improves social bonds and encourages cooperation, helping to build stronger, more inclusive societies. Practicing kindness benefits both the giver and the recipient, creating a more harmonious world.

Technology has transformed education by providing access to online resources, interactive learning tools, and personalized experiences. Digital platforms make education more accessible, breaking down geographical barriers. Technology also supports collaboration and enhances engagement through multimedia, simulations, and virtual classrooms. By integrating technology into education, teachers can better cater to diverse learning styles and prepare students for the demands of the digital age.

Financial literacy is crucial for making informed decisions about money management. It involves understanding budgeting, saving, investing, and managing debt. Being financially literate helps individuals make sound financial choices, avoid debt traps, and plan for the future. It also fosters economic stability and empowers people to achieve personal goals like homeownership or retirement. Promoting financial literacy ensures individuals and communities are financially resilient and secure.

Traveling broadens perspectives, exposes individuals to new cultures, and fosters personal growth. It allows people to experience different ways of life, food, traditions, and landscapes. Traveling also promotes relaxation, helping to reduce stress and improve mental health. It strengthens relationships through shared experiences and creates lasting memories. Exploring new places provides opportunities for learning, expanding worldviews, and gaining a deeper understanding of global diversity.

Sustainability in business involves adopting practices that minimize environmental impact and support long-term growth. Sustainable companies reduce waste, conserve resources, and prioritize ethical production methods. Consumers are increasingly supporting eco-friendly brands, making sustainability a competitive advantage. By integrating sustainability into business models, companies

contribute to environmental conservation, enhance their reputation, and meet the demands of a conscientious market, fostering a greener future.

Strong family bonds are essential for emotional support and well-being. Spending quality time together creates lasting memories and strengthens relationships. Family bonding encourages open communication, trust, and shared values. It provides a foundation for personal growth and resilience, helping individuals navigate life's challenges. Whether through family dinners, vacations, or simply spending time together, nurturing family connections promotes a sense of belonging and security.

Mental health awareness is essential for reducing stigma and providing support to those affected by mental health issues. Understanding the signs of mental health conditions promotes early intervention and effective treatment. Raising awareness encourages open conversations, reduces discrimination, and fosters a more inclusive society. By prioritizing mental health, individuals can seek help without fear of judgment, ensuring better overall well-being for everyone.

Sports bring people together, fostering teamwork, discipline, and resilience. They promote physical health and mental well-being, providing an outlet for stress and improving fitness. Sports also contribute to community building by creating shared experiences and promoting inclusivity. Whether competitive or recreational, sports encourage social interaction, teaching valuable life skills like leadership and perseverance. Embracing sports as part of daily life enriches individuals and communities alike.

Art is a powerful form of expression that reflects cultural values, emotions, and historical events. It can inspire, challenge, and provoke thought, fostering creativity and critical thinking. Art also enhances communities by providing a shared space for reflection and conversation. Whether through painting, sculpture, or performance, art has the ability to connect individuals, promote social change, and contribute to the richness of society's cultural fabric.

Time management helps individuals prioritize tasks, stay organized, and achieve their goals efficiently. By setting clear objectives and managing time effectively, people reduce stress and enhance productivity. Good time management allows for better work-life balance and helps individuals meet deadlines. Learning to manage time efficiently is essential for both personal and professional success, enabling individuals to focus on what matters most and make the most of their time.

Meditation promotes mental clarity, emotional stability, and stress reduction. By practicing mindfulness, individuals can calm their minds, improve focus, and increase self-awareness. Regular meditation also enhances emotional well-being by reducing anxiety and fostering positive thinking. It supports overall health by lowering blood pressure and boosting immune function. Meditation is a simple yet effective tool for improving mental health and achieving a sense of inner peace.

Healthy eating provides the nutrients necessary for optimal physical and mental well-being. A balanced diet, rich in fruits, vegetables, and whole grains, improves energy levels, enhances cognitive function, and reduces the risk of chronic diseases. Proper nutrition supports growth and development, strengthens the immune system, and helps maintain a healthy weight. Emphasizing healthy eating habits is crucial for sustaining long-term health and vitality.

Positive thinking influences mental and physical health by fostering resilience and improving outlook on life. It reduces stress, boosts happiness, and strengthens relationships. By focusing on solutions rather than problems, positive thinkers navigate challenges more effectively. Cultivating a positive mindset encourages personal growth, greater self-esteem, and a sense of fulfillment. Positive thinking enhances the quality of life, making it a valuable practice for achieving long-term success.

Adequate sleep is essential for good health, as it supports cognitive function, memory consolidation, and physical recovery. Sleep helps regulate mood, boosts energy levels, and strengthens the immune system. Poor sleep can lead to increased stress, decreased productivity, and heightened risk of health issues. Establishing healthy sleep habits, such as maintaining a consistent sleep schedule, promotes long-term well-being and overall vitality.

Technology has revolutionized healthcare by improving diagnosis, treatment, and patient care. Medical devices, telemedicine, and electronic health records enable faster, more accurate diagnoses and streamline treatment processes. Innovations such as robotic surgery and artificial intelligence assist doctors in delivering better outcomes. Technology also allows for better patient monitoring and personalized care, ultimately improving healthcare accessibility, efficiency, and quality.

Social support plays a critical role in mental and emotional well-being. Having a network of family, friends, or colleagues provides encouragement, guidance, and reassurance during difficult times. It reduces feelings of isolation and fosters a sense of belonging. Social support also enhances coping mechanisms, helping individuals navigate stress, anxiety, and life challenges more effectively. Building and maintaining strong social connections is vital for overall mental health.

Personal development is a lifelong process of self-improvement, growth, and learning. It involves setting goals, acquiring new skills, and enhancing emotional intelligence. Personal development fosters greater self-awareness and confidence, leading to a more fulfilling life. Whether through education, career advancement, or self-reflection, investing in personal growth helps individuals overcome obstacles and achieve their potential. It is essential for maintaining a balanced and successful life.

Ethics are fundamental to business practices, guiding decision-making and fostering trust with stakeholders. Ethical companies prioritize integrity, transparency, and social responsibility, which in

turn builds a positive reputation. By following ethical principles, businesses contribute to sustainable practices, employee satisfaction, and customer loyalty. Upholding strong ethical standards is crucial for long-term success, as it ensures businesses operate with fairness and respect for others.





REPEAT SENTENCES

ONE AUSTRALIA

Among various heating and cooling systems, central heating proves to be superior.

Alternatively, you have the option to receive your academic grades through email.

For this project, collaboration in trios will be a necessary requirement.

Academic writing is characterized by its frequent use of formal vocabulary.

Living close to your workplace significantly reduces daily commuting time.

Library journals must remain on premises; students cannot remove them.

At all times, students are expected to adhere to laboratory safety rules.

Utilize online materials before attending the upcoming lecture sessions.

For timetable inquiries this term, consult the tutor without delay.

Research indicates a potential link between family size and academic success.

High parental expectations often lead to student stress and anxiety.

Physics explores the properties and interactions of matter and energy.

Physiology delves into the complex inner and outer structures of the body.

Cities are ranked based on the important measure of quality of life.

Answers to these crucial scientific questions are approaching closer for researchers.

To meet the requirement, multiple copies need to be given to the department.

Note-taking techniques are effective on both paper and digital platforms.

You can obtain the application form from the administrative office.

Find the bookstore situated to the main campus's northern side.

The buildings looked extraordinarily beautiful in the brilliant sunshine of the day.

The bus by the building goes directly to the central bus station.

Try to get through it as soon as possible.

We often ask our students to get access to all sorts of services.

This program is running in partnership with a number of departments.

Your abstract should contain the empirical evidence of your research.

I haven't done a lot of work in this area.

The students are supposed to assemble in the seminar hall before the announcement.

You are not sure that you can skip the sessions for Wednesday.

Car park permits can be obtained at the student service centre.

We will change the classroom because this one is too small.

You may use your student identification card to borrow books at the library.

Most universities have libraries with digital and physical copies of journals.

You have to submit projects by the end of this week.

Computer failure is not an excuse for not submitting assignments on time.

Assignments should be submitted to the department office before the deadline.

Please make sure you have filled in all your details before submitting.

Please make an appointment before attending the next meeting.

The results of the study challenge previously held assumptions.

I took everything to the copy centre this morning before class.

It's obviously vital that companies should fully understand their customers.

You can drop or add your courses online during the registration week.

Numerous courses devoted to life sciences are listed in the prospectus.

She's doing a master's degree by distance learning.

Understanding the historical context will help you appreciate the art in this era.

The campus car park will be closed next weekend.

Marks will be awarded for a bibliography in the correct format.

You realize that you can deal with a lot of situations.

The media have had a great influence on people's beliefs and attitudes.

We've been doing research in that area for probably 25 years.

The trial experiment is to increase the interests of the issue and the jurisdiction clause.

He told me it was the most important assignment of all.

The content of the book on the cover must be in capitals.

Many species have not yet been discovered by biologists.

The lecture tomorrow will discuss the educational policy in the United States.

Human activities are the principal cause of global warming.

Please note, the proposal submission deadline has been extended.

Students can choose graduate certificate, graduate diploma and master course.

There are many welcoming activities for new undergraduate and postgraduate students.

We are considering all candidates' backgrounds and identities.

Mobile phone chargers vary enormously from one place to another.

You can borrow up to two books at the same time in the library.

The English expression is just a way of saying that age is not important.

The tutorial rooms are located along the left-hand side.

Let us see if the technology is going to cooperate with his presentation.

We have very little actual documentation of it.

The final exam will test material from all chapters covered in class this term.

The art course has been cancelled due to the new policy.

An essay should use evidence from both primary and secondary sources.

Students are recommended to read new books by professor Johns.

The amount of time spent on configuration varies considerably.

Students are encouraged to think carefully about their accommodation needs.

Collecting the raw materials proved a long and laborious task.

Tests should be administered by a medical expert.

What he's bringing to the company is financial expertise.

Lower speed limits are part of a new road safety campaign.

Languages are an essential part of the school curriculum.

I would like to make an appointment to see the professor.

The doctor examined her and said she had a chest infection.

Junior hospital technicians have to work very long hours.

The new tools are being tested by senior specialists.

The aim is to increase the speed of the processes.

A company may have the same legal rights as a person.

She likes to drink milky coffee with a lot of sugar every day.

He failed to satisfy all the requirements for entry to the college.

Our demand for clean water will increase over the next decade.

Telecommunication is based on the array of networks.

Will those happy days ever be forgotten by you?

They rejected his application for joining their football union last week.

These industries are polluting our rivers with tons of chemical materials.

The ocean covers a large portion of the Earth's surface.

The librarian has been fired because of a serious mistake.

The monarchy in England has played an important role in modern British culture.

Nowadays it is almost impossible to dissociate a person's language from his culture.

Earthquakes happen when two tectonic plates collide with each other.

He has found a job in a local newspaper agency.

Somehow, they had managed to escape the forest fire.

The Health Department is working on the prevention of this new infectious disease.

Robots now have been widely applied in many fields of the modern industry.

Media attention has recently shifted to environmental and educational issues.

More and more people regard films as entertainment instead of art.

The new rules have made thousands more people eligible for legal aid.

Water pollution poses a major threat to the food chain and human health.

The government yesterday announced to the media plans to create a million new jobs.

The social security system has been accused of producing a culture of dependency.

There was a lack of objectivity in the way the candidates were judged.

Alcohol can influence not only our brain but also our liver.

To take this course students should have basic subject knowledge.

The graduation ceremony will be hosted the day after tomorrow.

It is a social convention for people to wear suits on formal occasions.

Most of the students prefer to live outside of the campus.

There is a special exam designed for students with disabilities.

He was determined to stick to his plan of traveling overseas.

These local colleges have organized students to go on a spring outing next week.

The board of this university is discussing the list of the qualified candidates.

He sold his farm and thus he had enough money for his journey.

They produced two reports, but neither of them contained any useful suggestions.

It is important to cite examples to support your argument.

Universities across the United Kingdom welcome a range of students.

Universities play major roles in students' lives.

In your introduction, show you understand the question in no more than four sentences.

The subject is complex and difficult to explain.

A dictionary is to record the existence and meaning of all words in a language.

Guided by their teacher, the students choose their own authentic materials to work with.

Many colleges and universities now offer modular courses to students.

The council has decided that the local public libraries will close on Mondays.

These medical colleges and hospitals were funded by a government agency.

This school has provided its teachers with ten more days of sick leave.

We have strong relationships with counsellors and teachers across the country.

The property is currently being rented by a man who runs a furniture business.

The national entertainment company has funded a couple of local movies.

A snake suddenly twisted around his arm when he passed across the forest.

The parties agree they will respect all members of this academic community.

The teacher forbade the student from taking the exam since he was late.

Copying from the internet threatens to damage your chances of success.

To acquire a copy of the presentation, please go to my website.

Please leave any questions related to the topic until the end.

The students' union governs the use of the sports centre.

Anyone who feels ill should visit our medical centre.

I hope I can take early retirement before I'm sixty.

I'd like to start a family when I'm about thirty years old.

Next year I'm planning to take a sabbatical so that I can travel to South America.

Some teenagers in my school are not very well-behaved but fortunately all my friends are.

Some people think that having a child is not a major responsibility but obviously it is.

Scientific developments often cause lots of problems so sometimes they're not worth it.

Absolutely, I don't think anyone should try to interfere with nature.

I'm not sure really. Most research is beneficial but some can be unethical or even dangerous.

Email's quick and convenient.

Our friends give us emotional support, although not always.

Early next year there's a major auction of his work.

In just 12 years, the global population rose from 6 to 7 billion.

In eighteen eighty, cycling became a major phenomenon in Europe.

All students on engineering courses spent one year working on the raw experience.

Economy of scale is the increase in efficiency that occurs when more goods are produced.

He's showing his work at the London Gallery of Art.

I've always wanted to get a degree in electronic engineering.

It gradually spread to many places throughout Europe by the 1600s.

Please switch off all electronic devices when you are attending a conference session.

Politicians and marketing professionals have a good understanding of persuasion.

Social robots can show different facial expressions and emotions.

Our future well-being depends on action we take now.

There are no places left in the morning tutorial.

Scientists still aren't sure why we need to sleep.

Some of the worst accidents in history have been linked to sleep deprivation.

Please note that the college laboratories will be closed for cleaning next week.

If you are unable to complete the task in time, please notify me by email.

Most people dislike advertisements but appear to be influenced by them anyway.

The feeling of disgust is related to the stomach.

This short line on the painting represents life.

In the end, it's what people like to eat that's important.

The conference is predicted to draw greater numbers than last year.

You'll find the economics section on the second floor of the library.

There are many abstract paintings here.

Let's all meet at four, not three as we agreed before.

Please sign your name here if you want to join the social club.

I'd like to get a place of my own as soon as I can.

He would yearn for the chance to learn from the well-known artist.

The bus will depart from outside of the building in 5 minutes.

The painter is well-known for his abstract period.

Via agreement with government, a fast-food company restricted its advertising.

People who carry on eating junk food may suffer negative health consequences.

Larger numbers of city residents mean greater car ownership.

Another is an electric bus with an open bottom for cars to drive under.

It's important that humans dispose of their waste in appropriate ways.

The study showed that people's mood can be affected by news and weather reports.

Basically, marketing is about making people want to buy.

Books in the reserve section are only loaned for a limited time.

Electric vehicles signify the future of transportation, promising an eco-friendlier world.

Students generally succeed in biology with little difficulty each year.

Course office will post exam scores during the following week.

Extra seminars are scheduled to assist in your study preparation efforts.

Bridge design is guided by cost considerations and functional requirements.

Government regulations, although strict, have yielded unexpected positive results.

His looks conveyed subtle signs of a deeper, underlying interest.

This is just one instance; there are numerous more examples.

Our existence is dependent on the energy we utilize daily.

I can't make the lecture due to my scheduled doctor's appointment.

I found the author's stance on immigration to be ambiguous and unclear.

I broke the basement window using a big rock I found.

I wanted to say you're the most beautiful woman I've ever seen.

I can fix the issue but was told to keep it from you.

Additional quotations are essential to enhance the credibility of my argument.

It's unfortunate some language teachers graduate without native speaker training.

Truly, I believe it's among the best actions I've ever taken.

Let's meet this weekend to talk about our assignment together.

I aim to significantly cut down my house cleaning time.

Regrettably, Professor Jones possessed limited tolerance for foolish behavior in class.

I am acutely aware of my personal shortcomings and limitations, you know.

I apologize for my tardiness in attending today's lecture session.

My fascination has long been drawn to the fields of biology and physics.

Email me if you can't finish the task on time.

If your student number is forgotten, reach out to Jenny Brice for assistance.

Where will your parents stay when they visit this semester?

Capitalize the name of each month when writing in English.

European political dynamics encounter similar challenges in the context of globalization.

The sky remains blue and clear, even with the cold.

At present, I brim with a newfound sense of confidence and optimism.

In the analysis of statistical data, considering gender is fundamentally important.

Before reaching final conclusions, it's imperative to verify underlying assumptions.

Firms are obligated to provide details about their industrial processes.

It can be a challenge to precisely define this specific word.

John rushed swiftly down the corridor without any hesitation or delay.

Bigger corporations frequently assimilate smaller privately held businesses in the market.

Even without someone to converse with, Mary doesn't experience loneliness.

Meteorology involves a comprehensive analysis of the Earth's atmospheric conditions.

At any given time, the laboratory allows a maximum of four individuals inside.







Capital gains tax rates for 2022

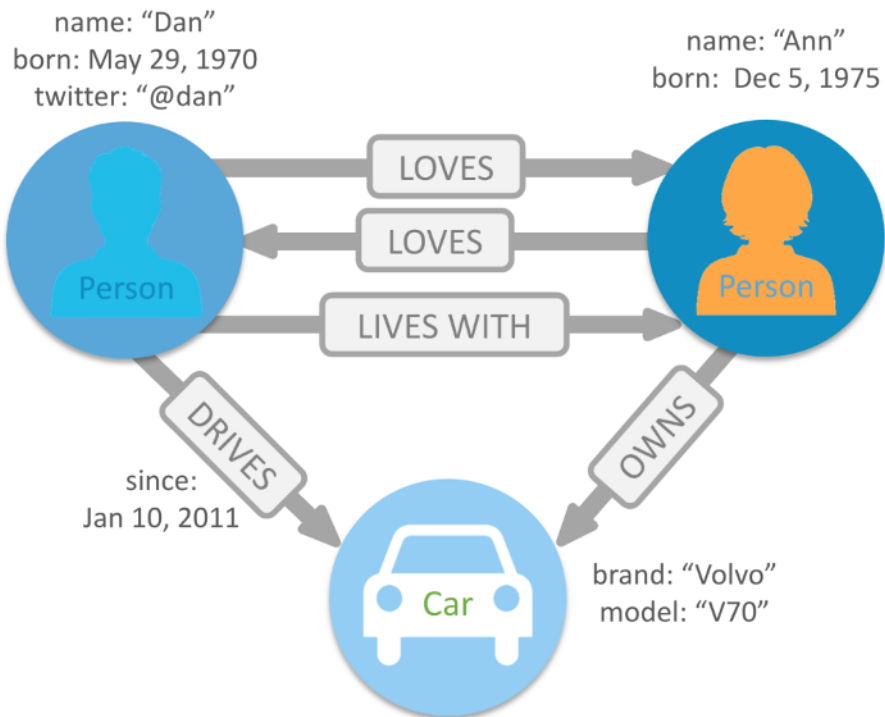
Long-term capital gains rate	Taxable income
Single filers	
0%	\$0 to \$41,675
15%	\$41,676 to \$459,750
20%	\$459,751 or more
Married filing jointly	
0%	\$0 to \$83,350
15%	\$83,351 to \$517,200
20%	\$517,201 or more





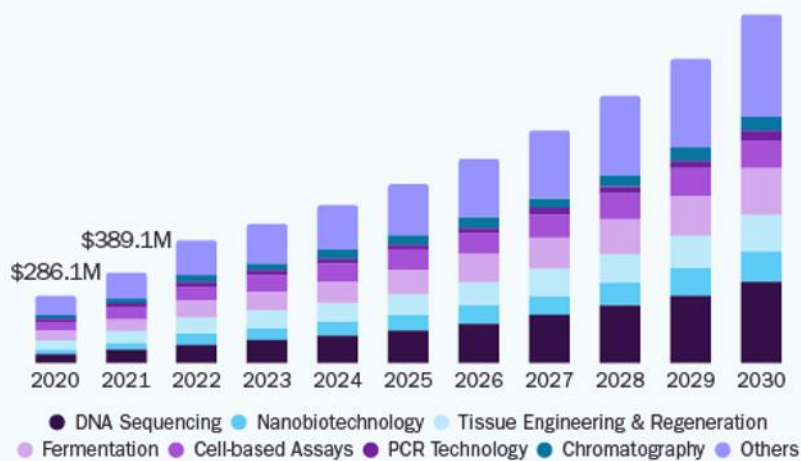




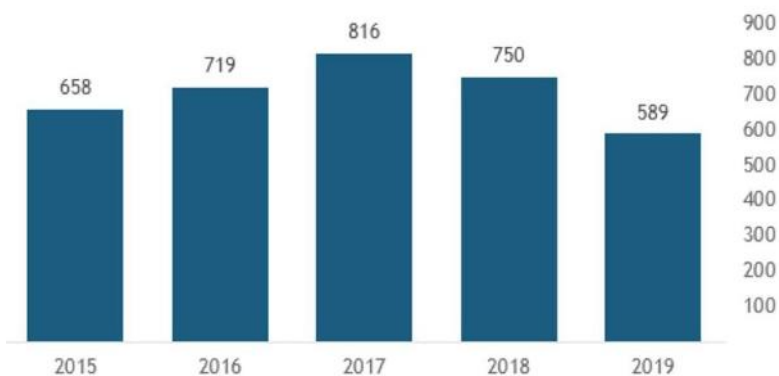


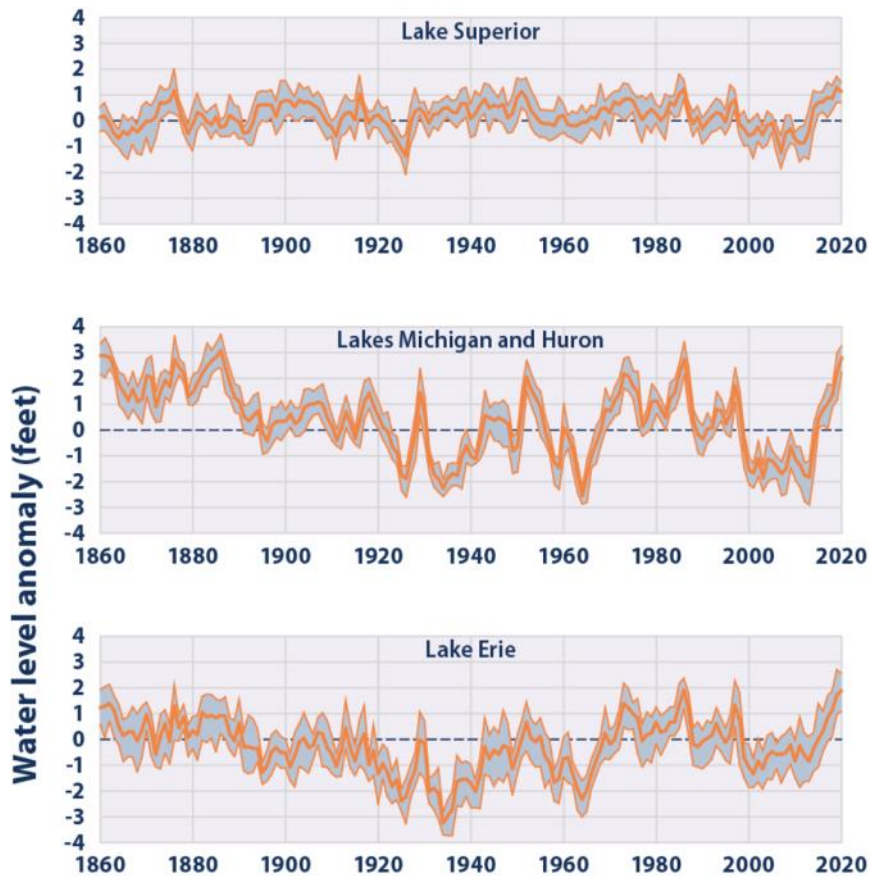
U.S. Biotechnology Market

size, by technology, 2020 - 2030 (USD Million)

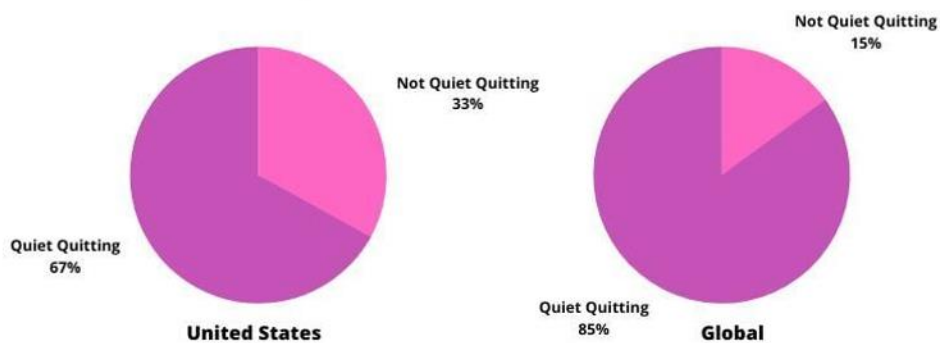


Number of Biotechnology Venture Capital Deals



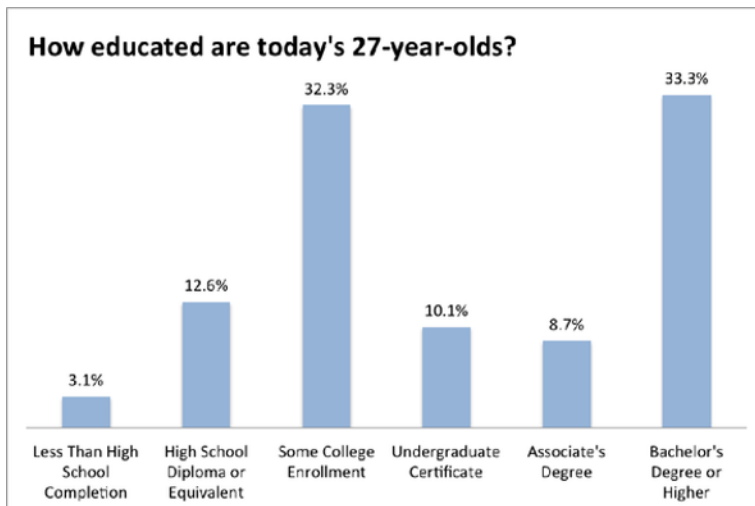


Quiet Quitting Global Estimates

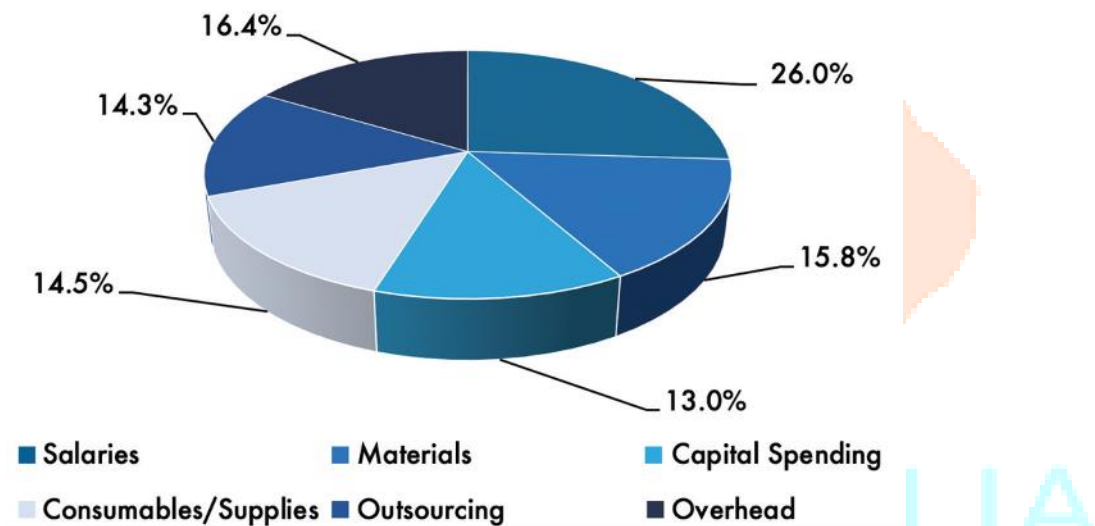


How many people are quiet quitting?

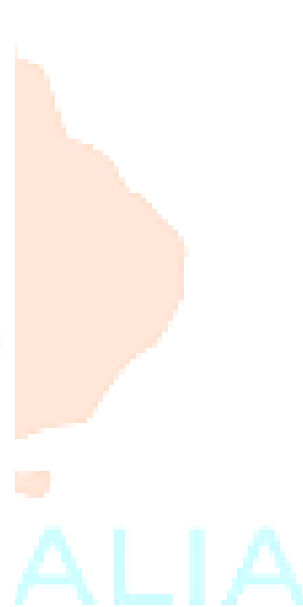
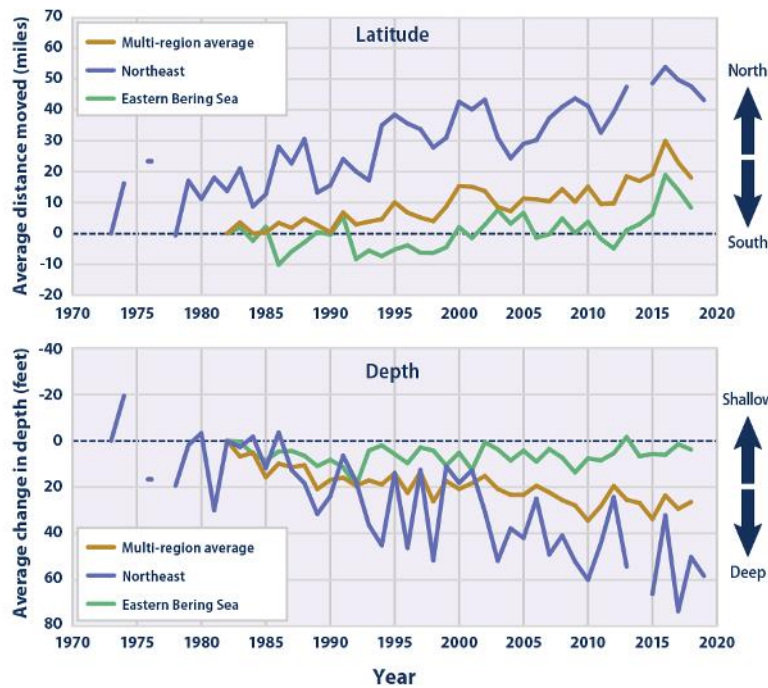
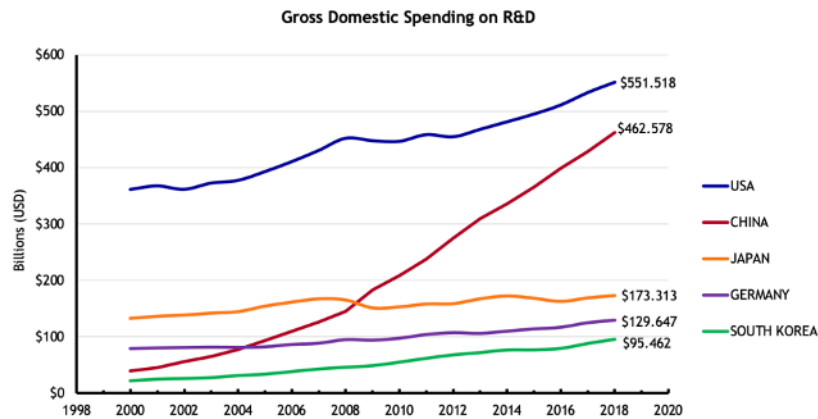
Statistics Master's Degrees	2016	2017	2018	2019	2020	2016-2020
Columbia University	435	441	454	560	521	2411
The University of Chicago	119	99	155	139	181	693
The George Washington University	132	117	88	104	83	524
University of Michigan	74	81	119	114	120	508
Rutgers University	106	78	124	111	83	502
Subtotal	866	816	940	1028	988	4638
Total	3253	3366	3515	3747	4026	17907



DISTRIBUTION OF 2020 R&D BUDGET



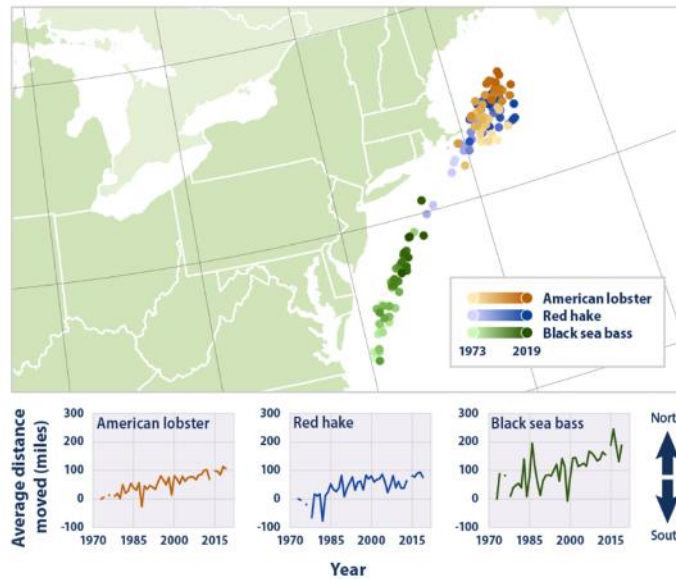
REGIONAL GERD SHARES						
	2020 GDP Share	2020 GERD Share	2021 GDP Share	2021 GERD Share	2022 GDP Share	2022 GERD Share
North America	20.0%	29.1%	20.1%	29.2%	20.1%	29.2%
South America	4.9%	2.0%	5.0%	2.0%	4.8%	1.9%
Asia	42.0%	41.3%	42.3%	41.3%	42.7%	41.8%
Europe	20.2%	21.7%	20.2%	21.7%	20.1%	21.6%
Middle East	3.9%	2.3%	3.7%	2.2%	3.7%	2.2%
Russia	4.3%	2.3%	4.3%	2.3%	4.2%	2.3%
Africa	4.5%	1.2%	4.4%	1.2%	4.3%	1.1%



Marine Species Distribution

This indicator examines changes in the location of fish, shellfish, and other marine species along U.S. coasts.

Figure 2. Average Location of Three Fish and Shellfish Species in the Northeast, 1973–2019



Wildfires

This indicator tracks the frequency, extent, and severity of wildfires in the United States.

Figure 1. Wildfire Frequency in the United States, 1983–2021

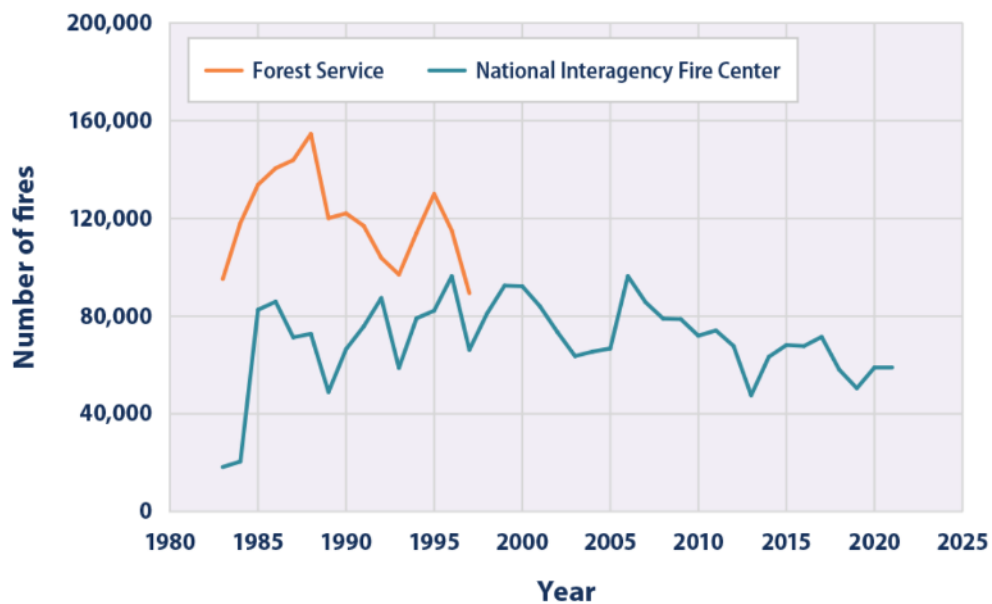
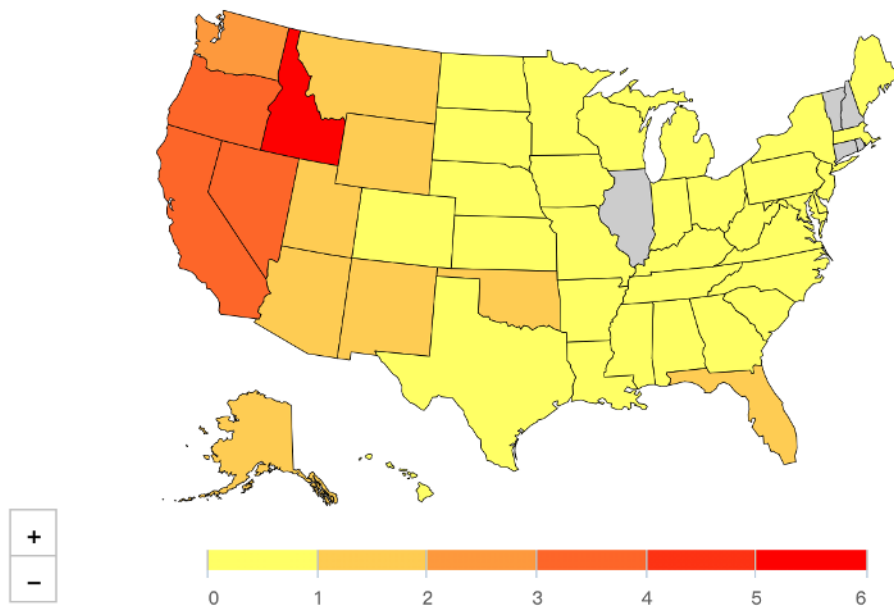
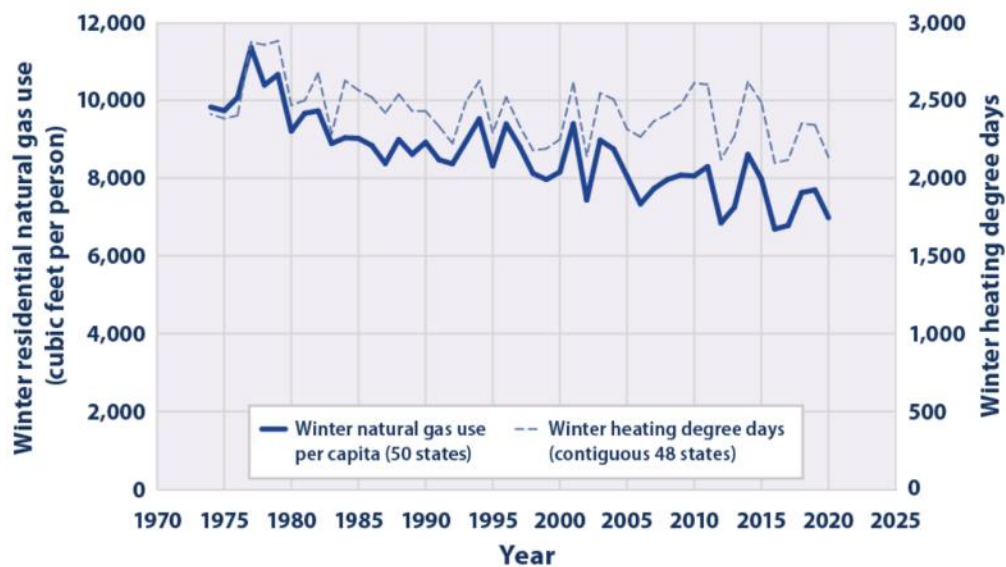


Figure 4. Average Annual Burned Acreage by State, 1984–2020

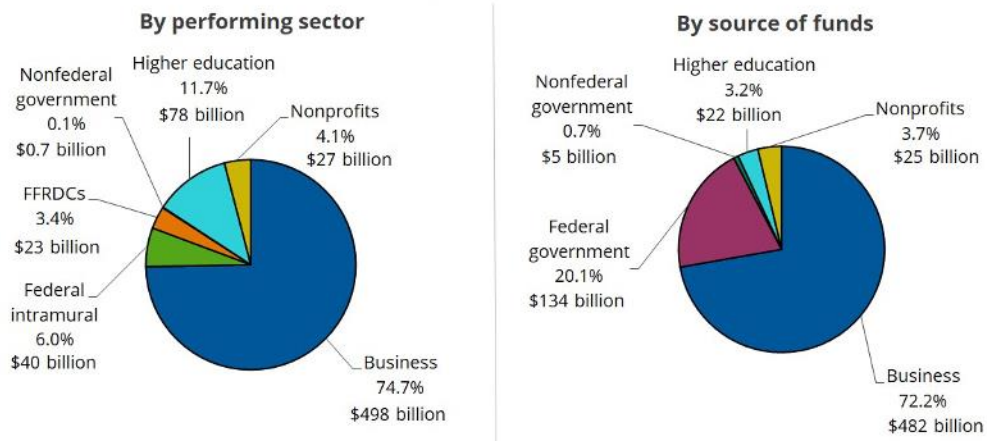


States colored light gray did not have any fires that were large enough to be included in this analysis.



Residential natural gas use has decreased, as have heating degree days

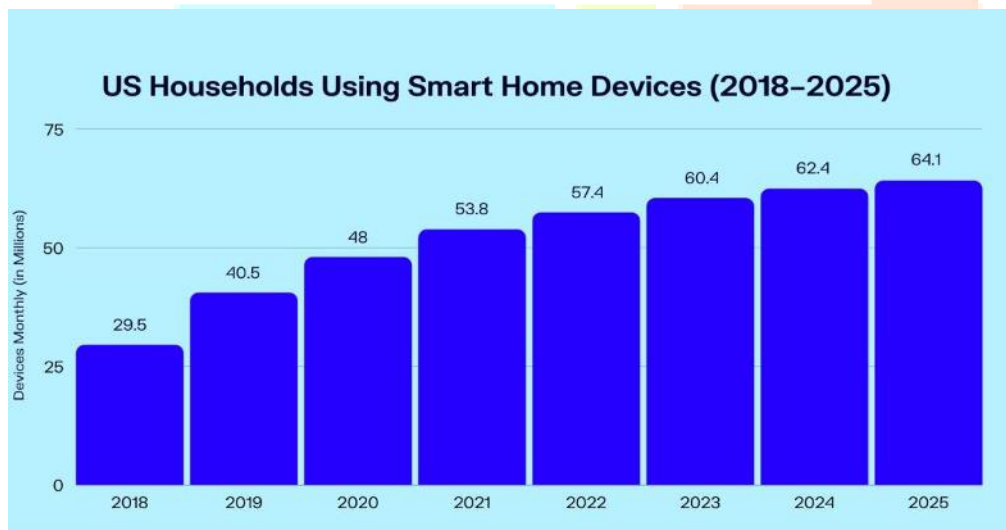
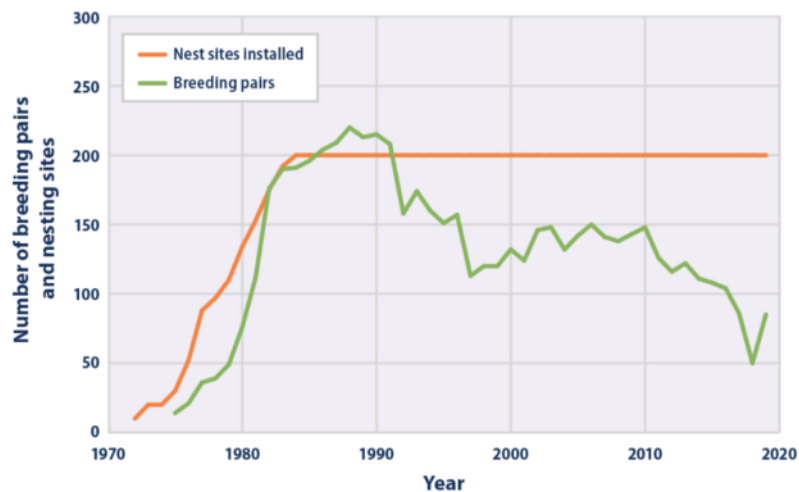
U.S. total of R&D expenditures in 2019: \$667 billion



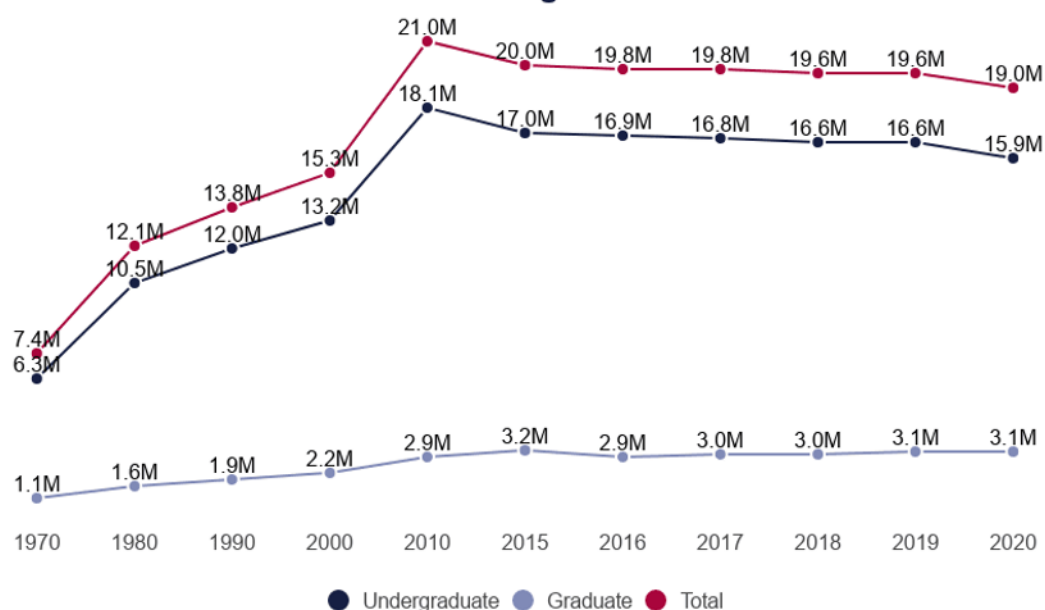
A Closer Look: The Black Guillemots of Cooper Island

This feature tracks the summer water temperature of the Snake River.

Figure 1. Cooper Island Black Guillemot Breeding Pairs, 1972–2019



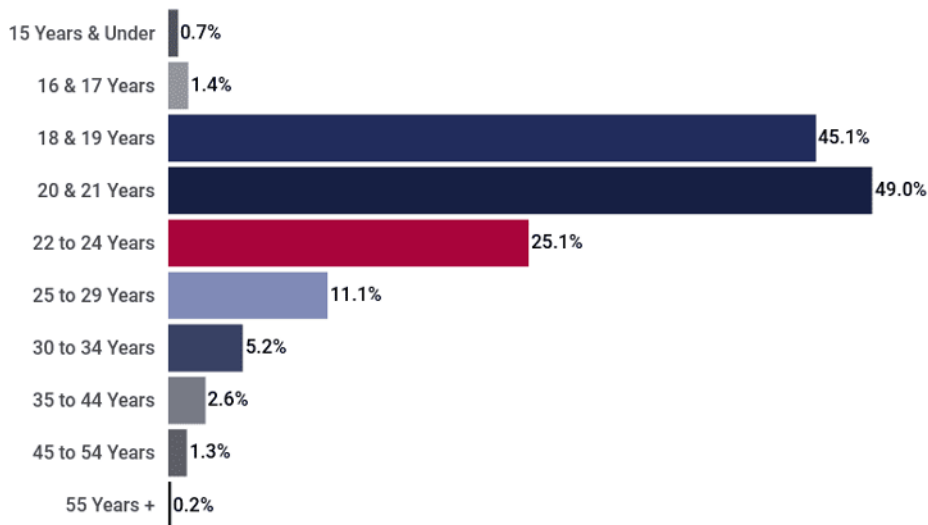
Historical College Enrollment



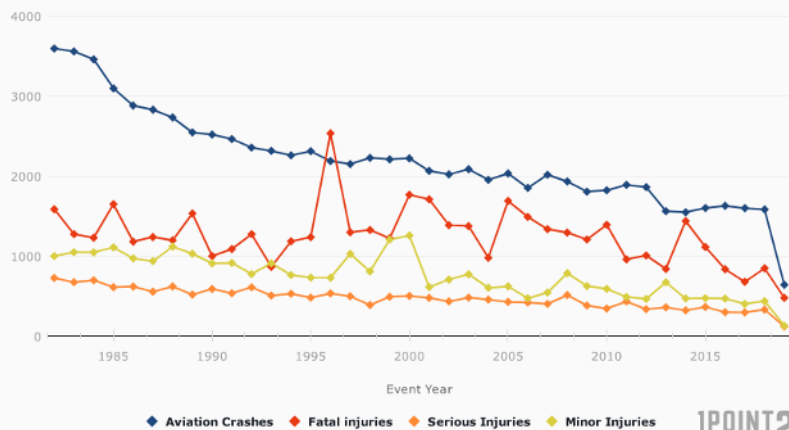
Fall Postsecondary Enrollment (Undergraduate & Graduate) from 1976 to 2020, Selected Years

Year	%Racial or Ethnic Minority Enrollment	%Black or African American Enrollment
2020	43.9%	12.5%
2019	43.4%	12.6%
2018	42.5%	12.7%
2017	41.8%	12.9%
2016	41.0%	13.0%
2015	40.4%	13.4%
2014	39.8%	13.8%
2010	36.1%	14.5%

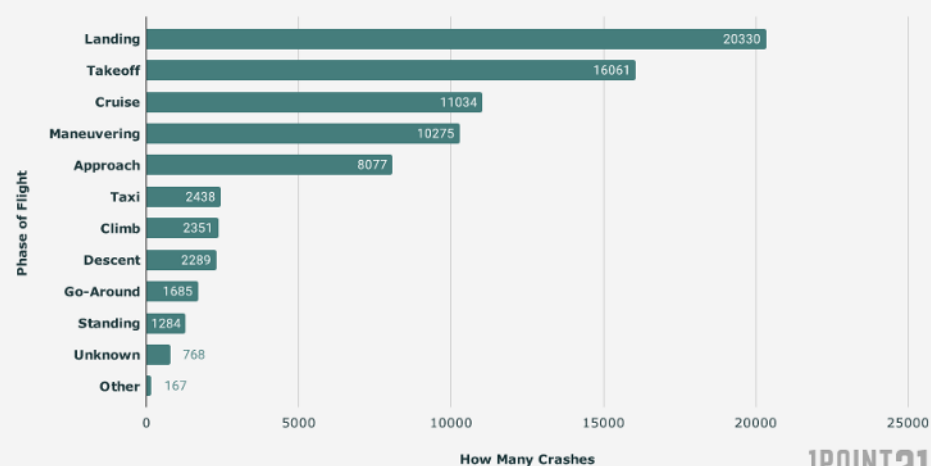
College Enrollment by Age

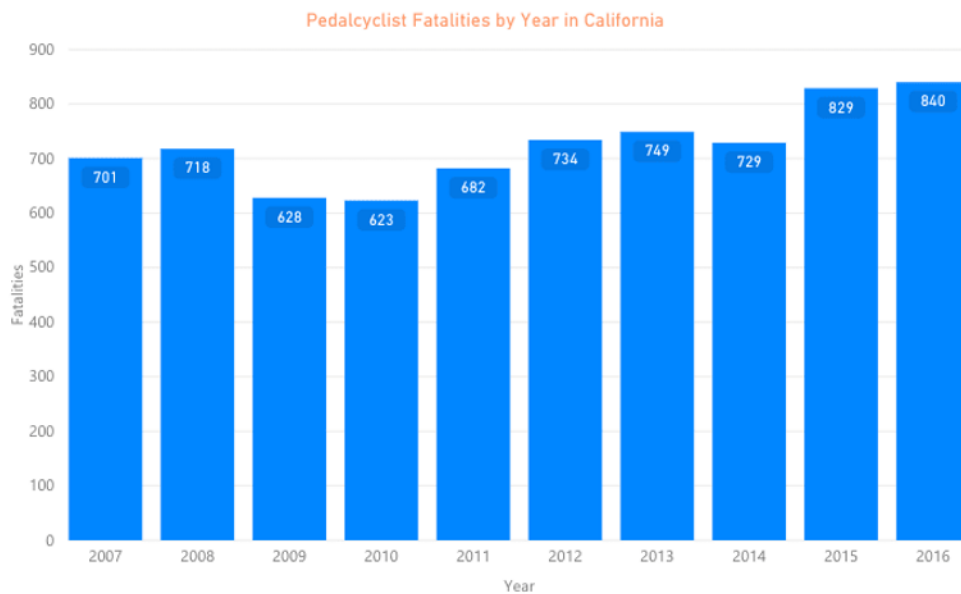


Aviation Crashes & Injuries By Year (1982 - 2019)

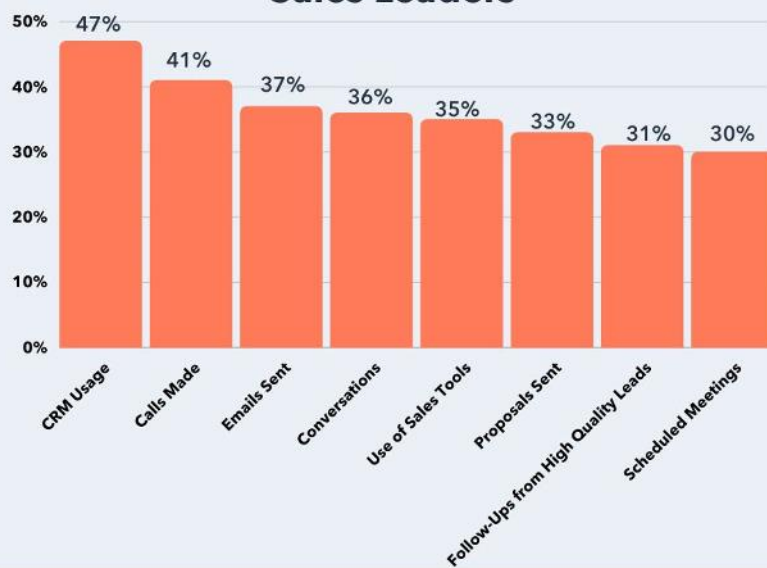


Aviation Crashes By Phase of Flight



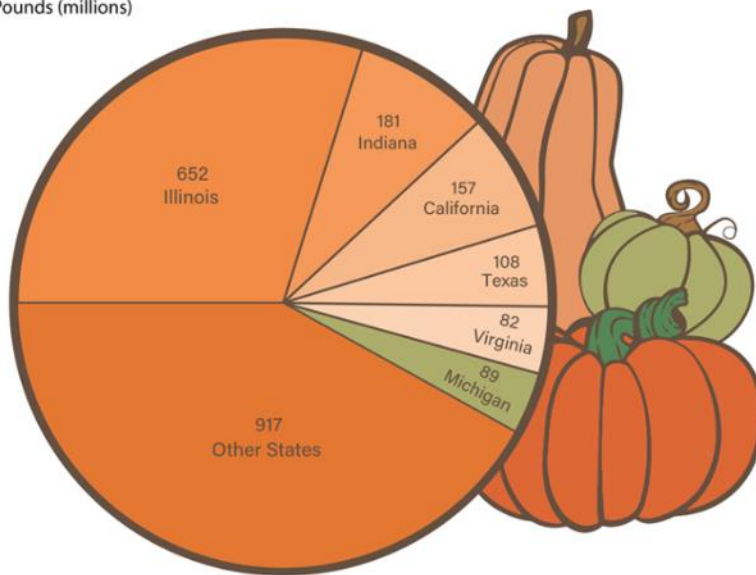


Most Prevalent Productivity Metrics Used by Sales Leaders



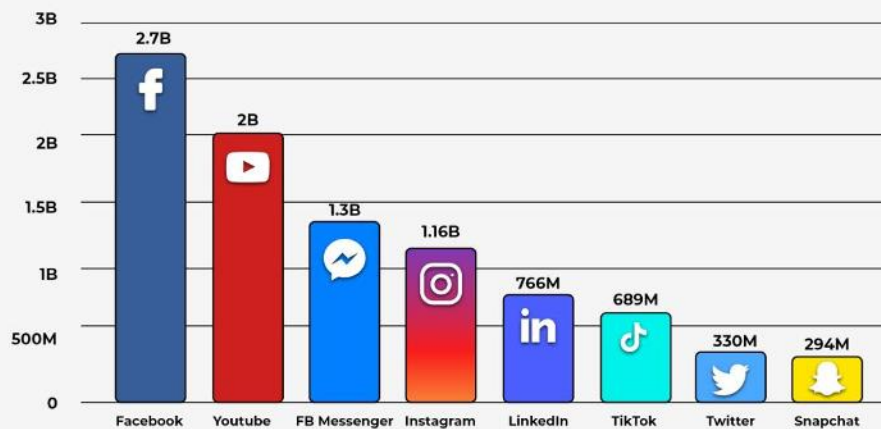
Pumpkin production by States, 2021

Pounds (millions)

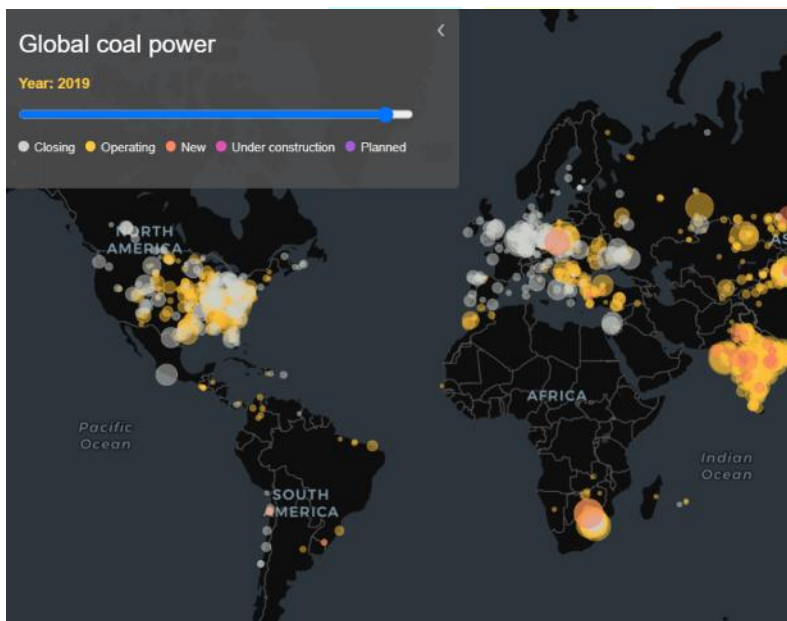
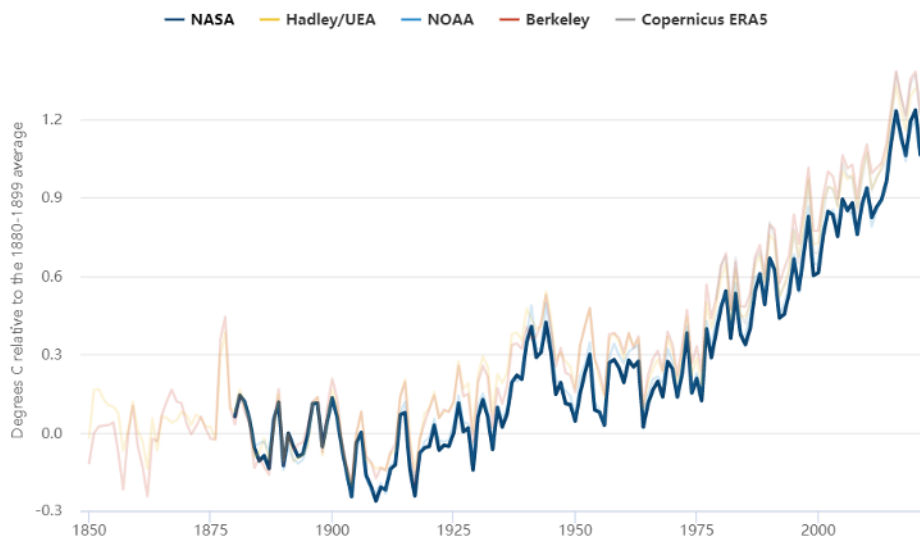


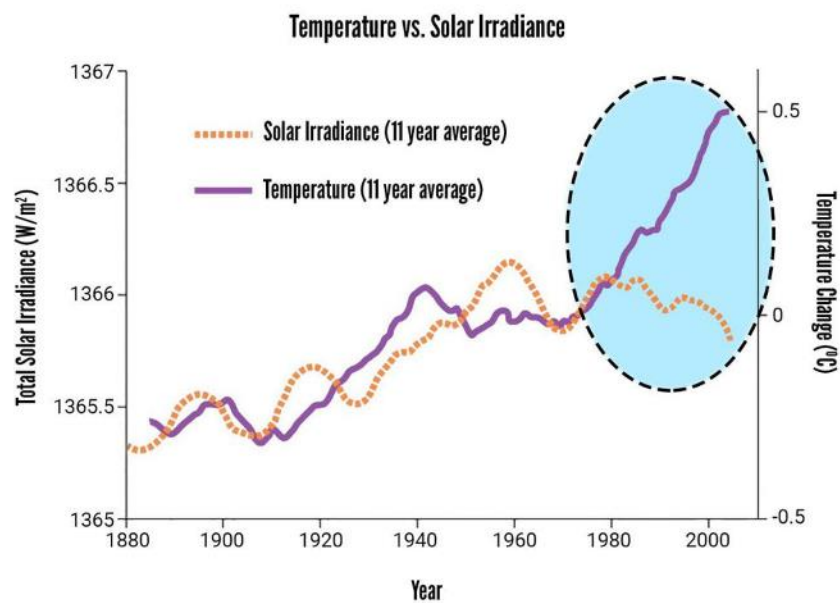
U.S. total is 2,186 million pounds.

Most Popular Social Platforms Total Active Users



Global surface temperature records, 1850-2021

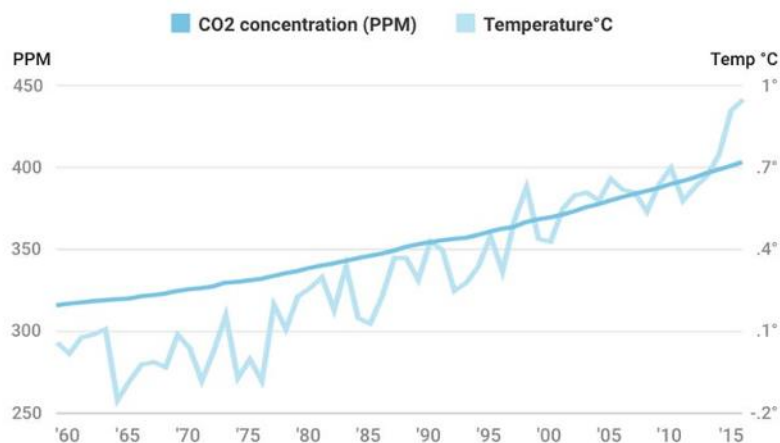






ALIA

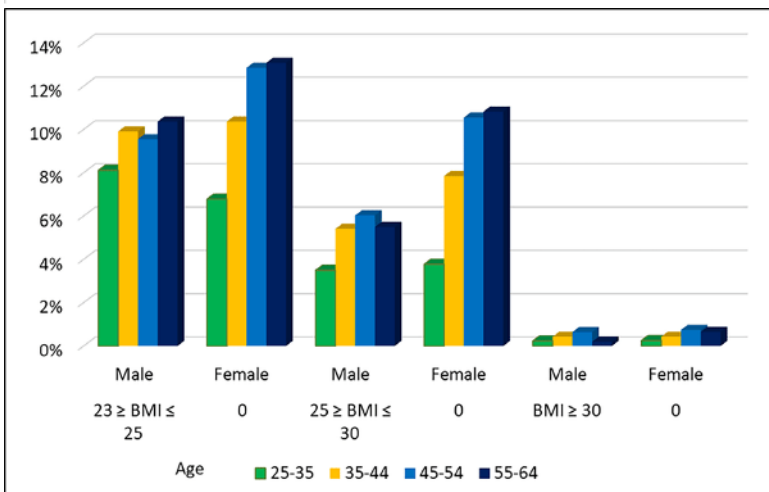
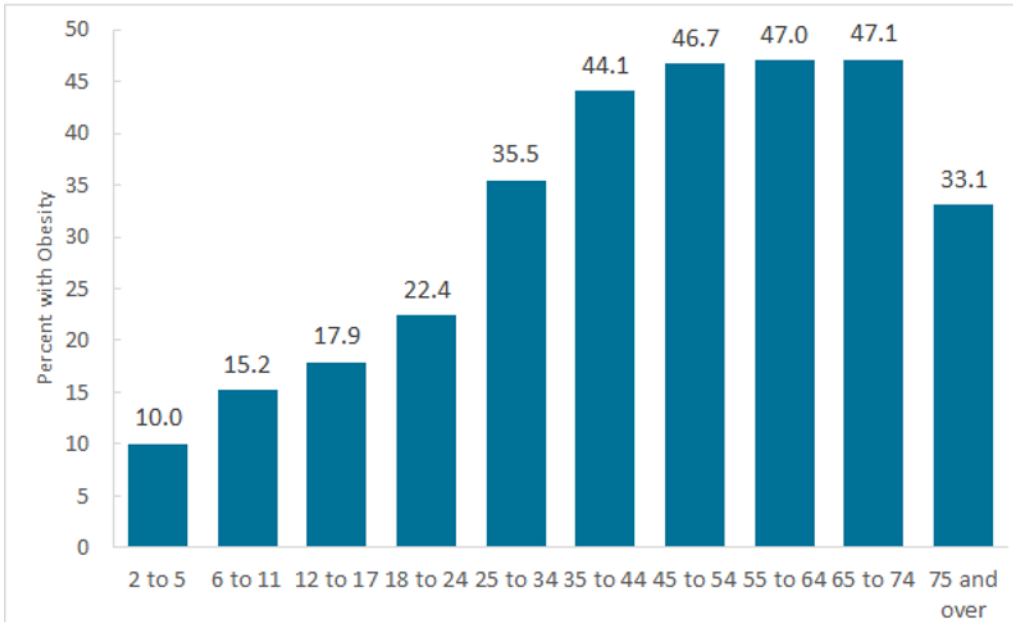
Global annual temperature and CO2 levels, 1959–2016

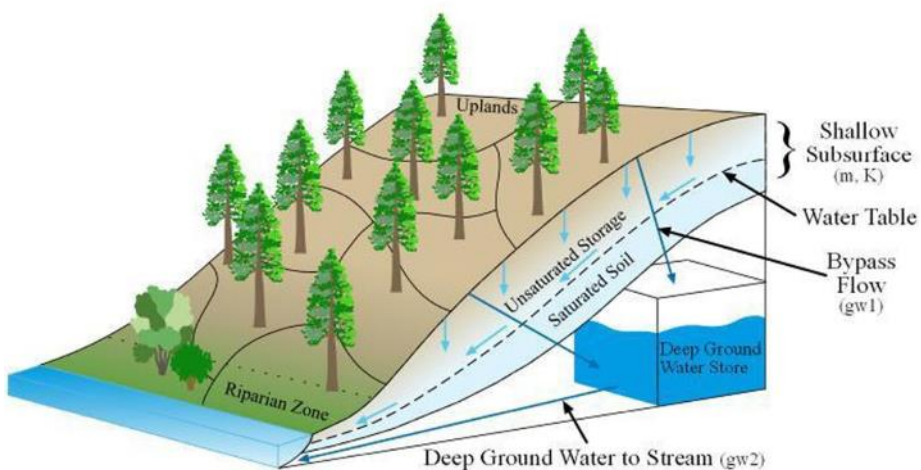
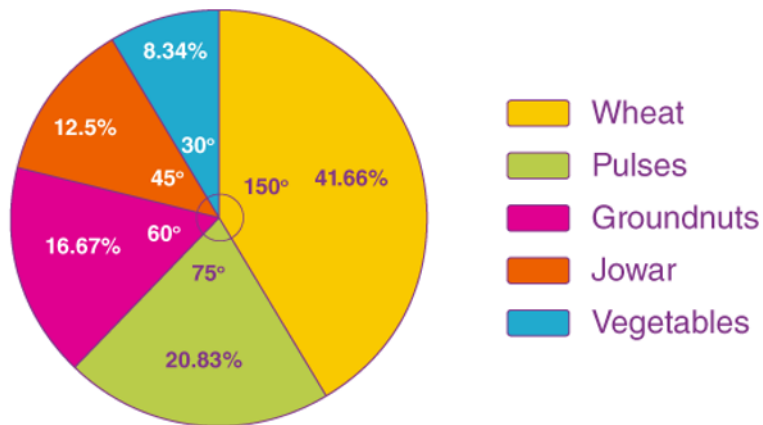


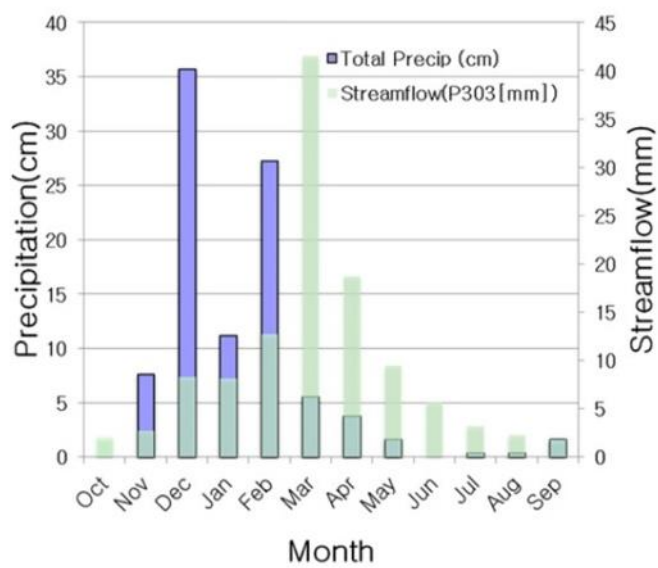
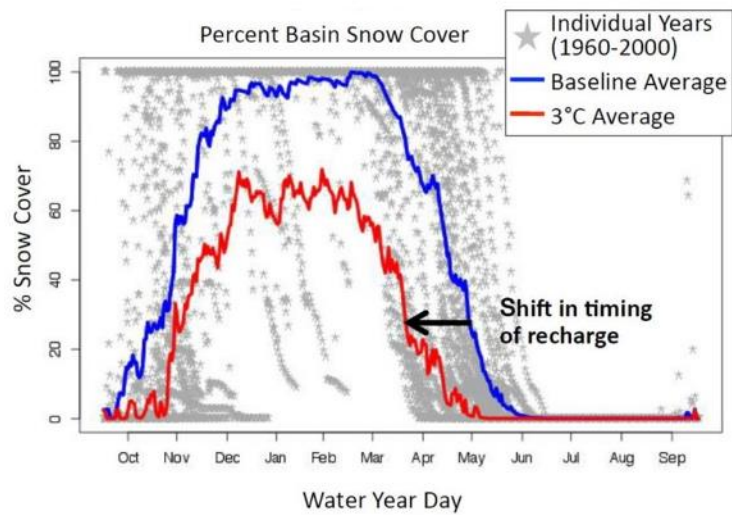
The biggest fires in California history

FIRE NAME	YEAR	DEATHS	ACREAGE
Mendocino Complex	2018	1	459K
Thomas	2017	2	282K
Cedar	2003	15	273K
Rush	2012	0	272K
Rim	2013	0	257K
Zaca	2007	0	240K
Carr	2018	8	230K
Matilija	1932	0	220K
Witch	2007	2	198K
Klamath Theater Complex	2008	2	192K
Marble Cone	1977	0	178K
Laguna	1970	5	175K
Day	2006	0	163K

Obesity rates by age: Wisconsin, 2015-2016







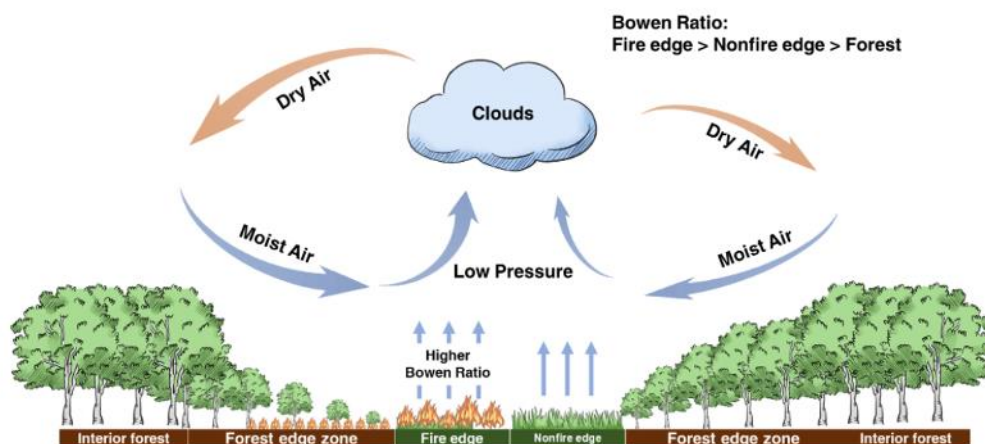
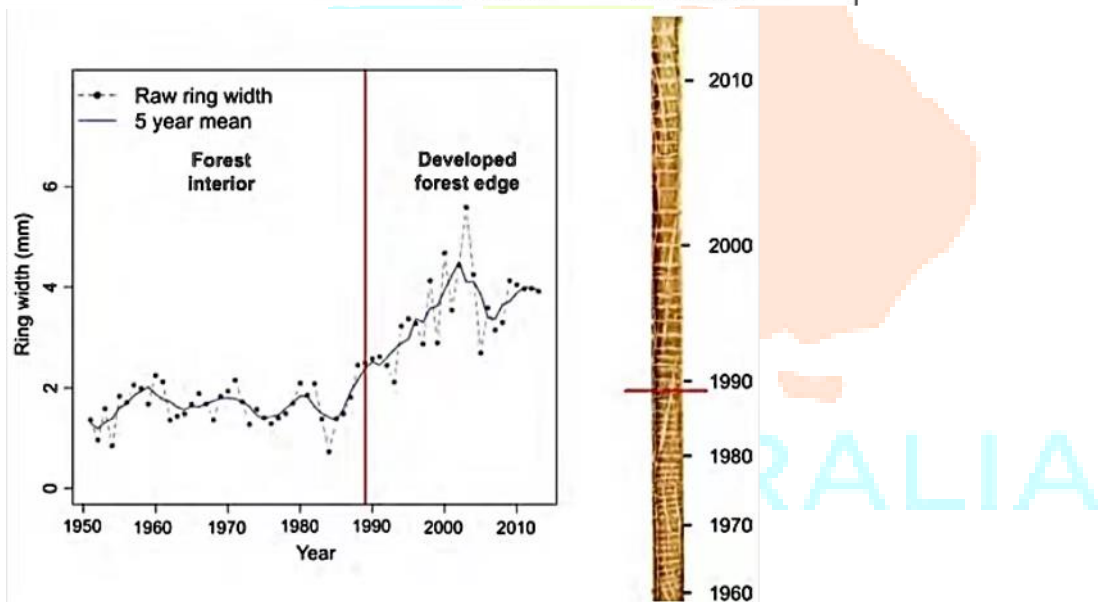
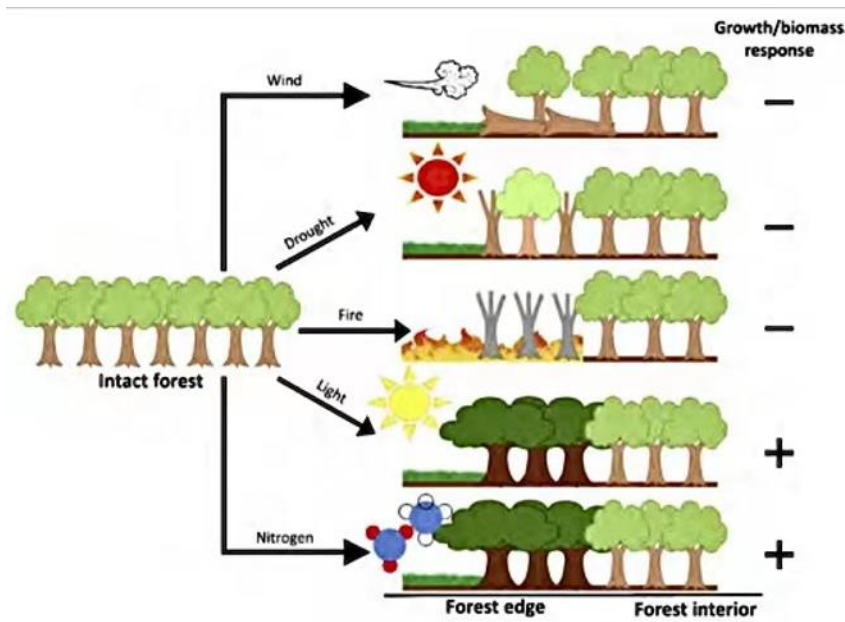
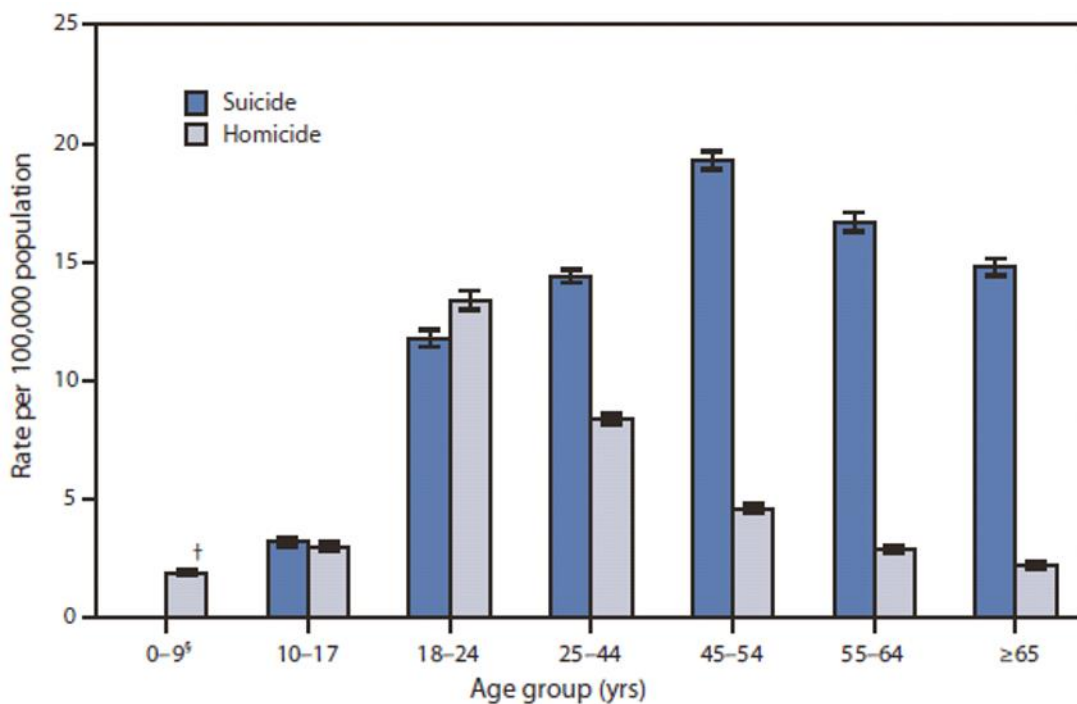
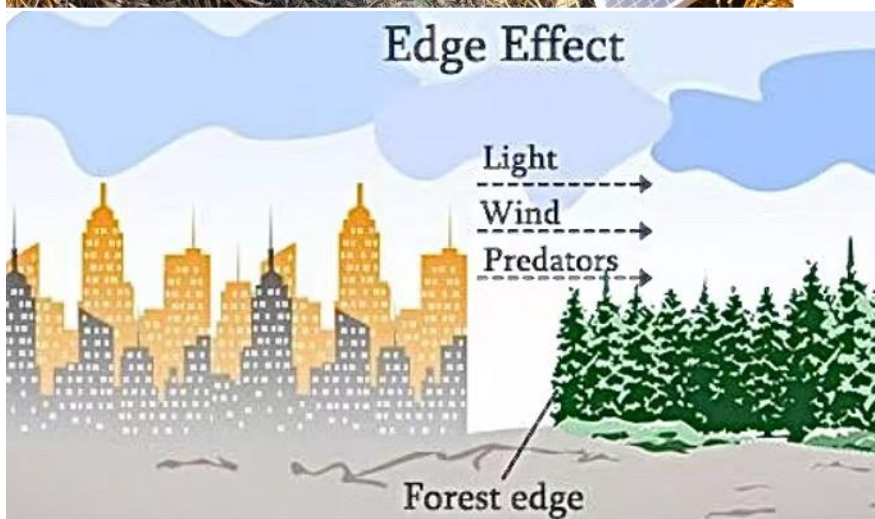


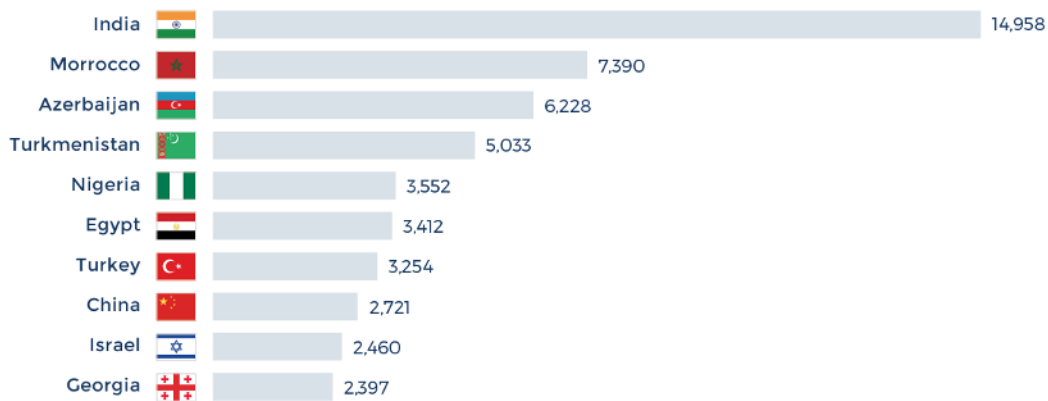
Figure 1 Schematic diagram of forest edge effect and its forest degradation mechanism



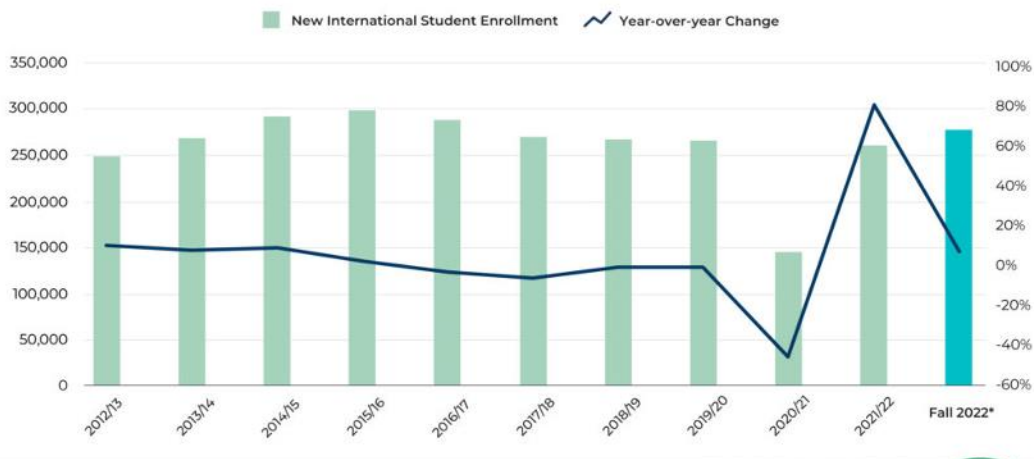
Value At Risk



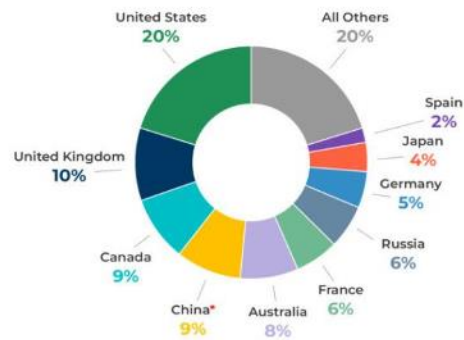
Top Ten Sending Countries of International Students in Ukraine in 2018



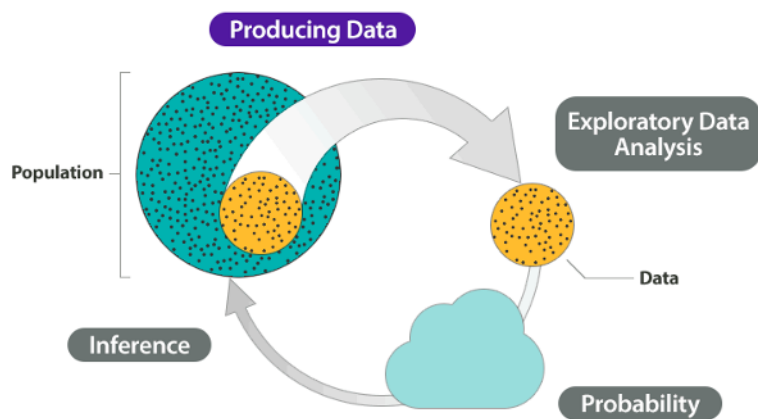
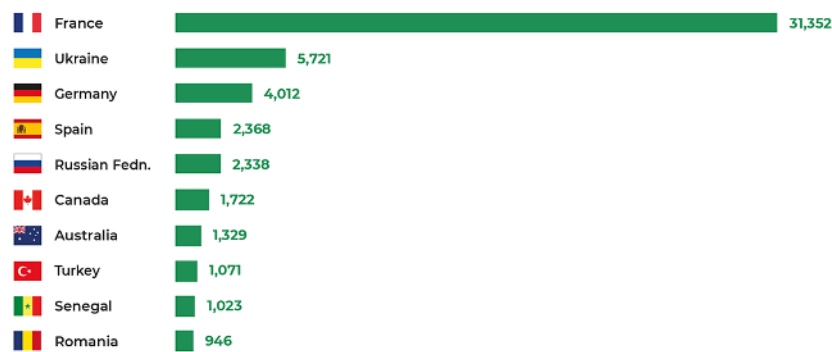
New International Student Enrollment in the U.S.



Share of Globally Mobile Students in Top Destinations (2020)



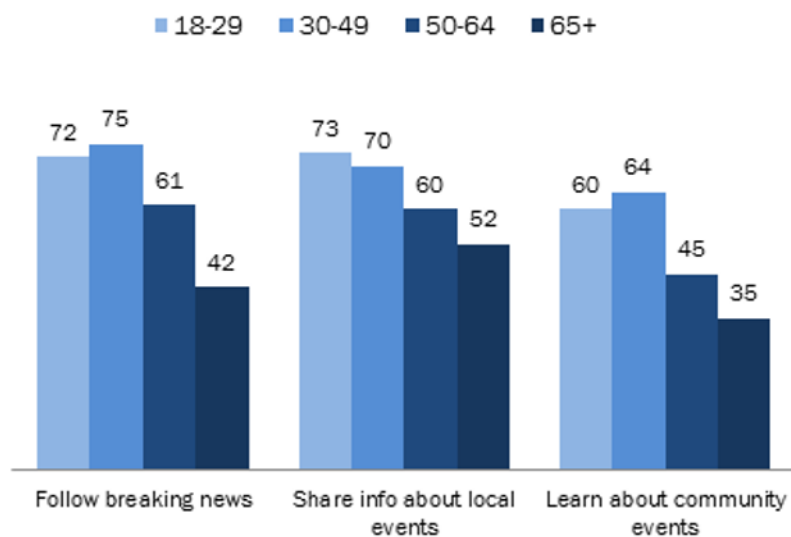
Top 10 Destination Countries (2019)



ALIA

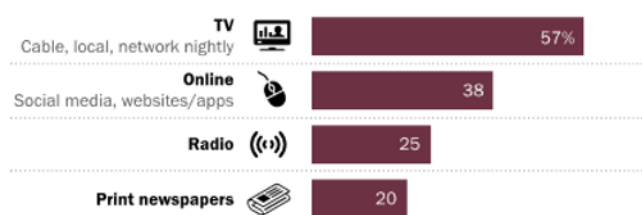
Using One's Phone for News and Community Info is Popular Across a Range of Ages

% of smartphone owners in each age group who use their phone frequently/occasionally to...



About four-in-ten Americans often get news online

% of U.S. adults who often get news on each platform

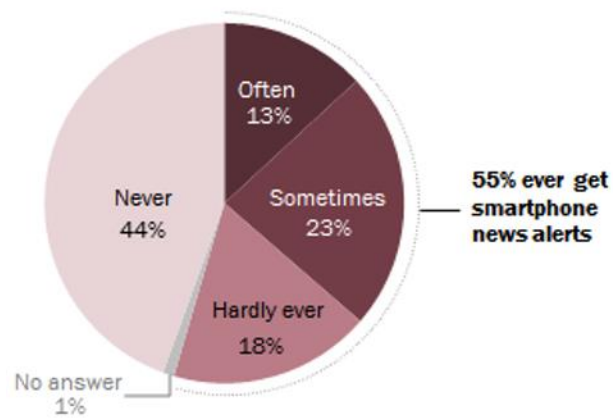


% of each age group who often get news on each platform

	18-29	30-49	50-64	65+
TV	27%	45%	72%	85%
Online	50	49	29	20
Radio	14	27	29	24
Print newspapers	5	10	23	48

More than half of U.S. smartphone users ever get news alerts ...

% of U.S. smartphone users who ... get news alerts



November jobs one-month net change

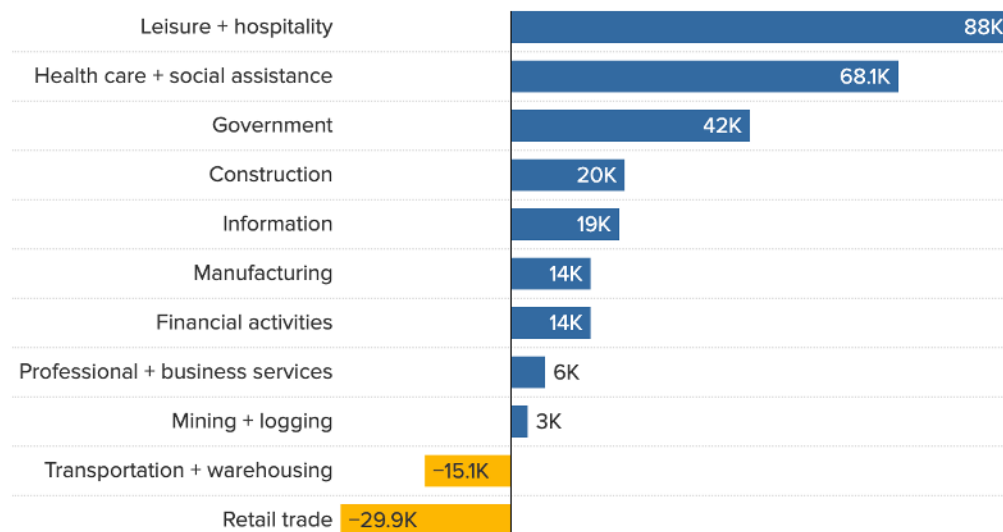
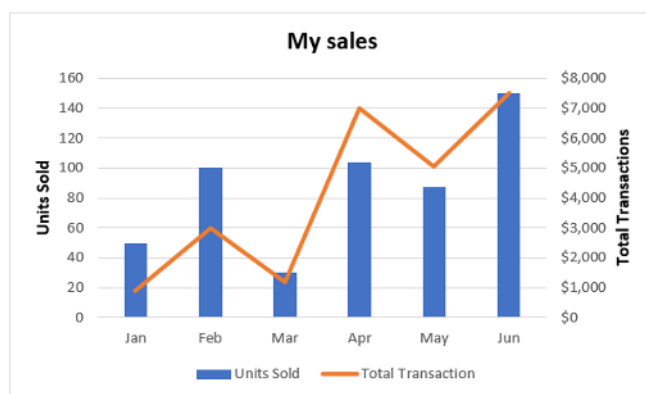


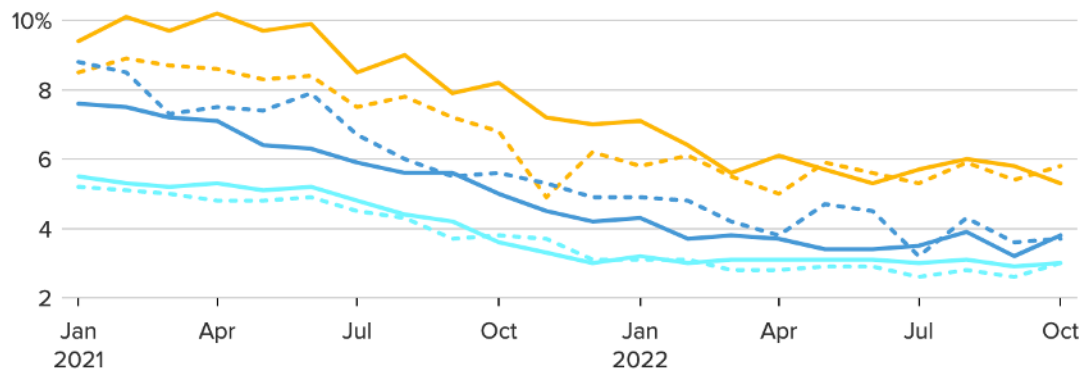
Chart: Gabriel Cortes / CNBC

Source: U.S. Bureau of Labor Statistics' [Employment Situation Summary](#) released Dec. 2, 2022



Seasonally adjusted unemployment rates for Black, Latino and white workers in the U.S.

— Men --- Women



Note: Includes workers 20 years and older as of October 2022

Chart: Gabriel Cortes / CNBC

Source: [U.S. Bureau of Labor Statistics](#)

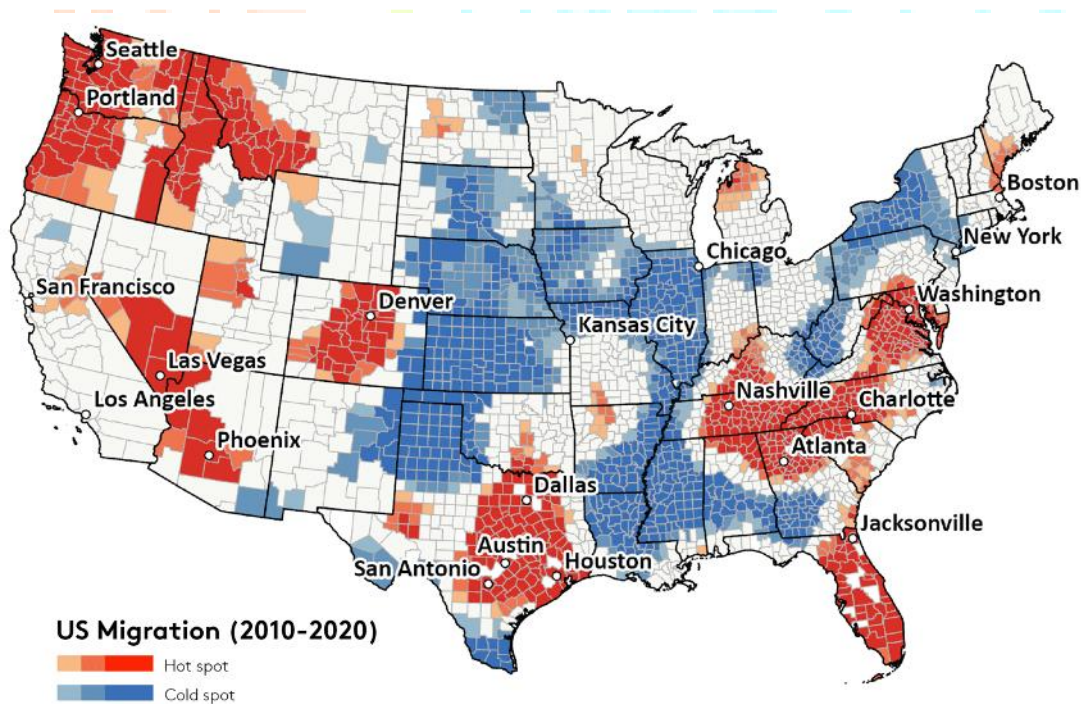






AGRICULTURE FUTURES

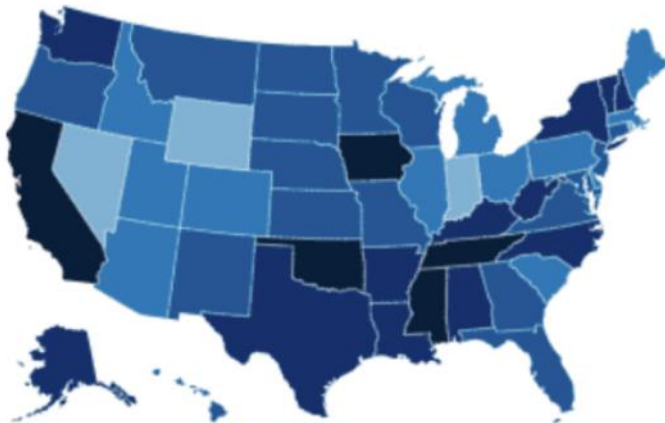
SYMBOL ↕	PRICE ↕	CHANGE ↕	%CHANGE ↕	VOLUME ↕
*WHEAT	753.5	UNCH	UNCH	2,022
*SOYBEAN	1,480	-15.75	-1.1 ▼	9,393
*CORN	648	-5	-0.77 ▼	6,272
*SUGAR	20.09	UNCH	UNCH	0
*COFFEE	164.4	UNCH	UNCH	0
*COTTON	82.35	+0.43	+0.52 ▲	1,066
*ROUGH RICE	17.12	+0.09	+0.53 ▲	45
*COCOA	2,475	UNCH	UNCH	0





NUMBER OF ENVIRONMENTAL DISASTERS

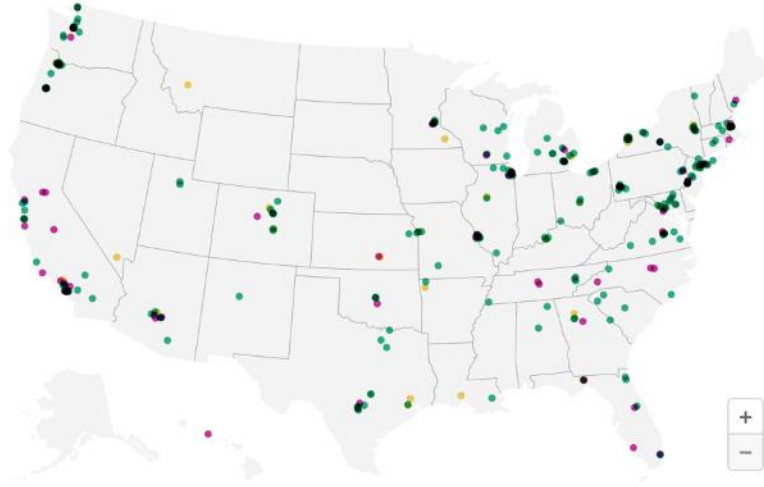
■ 20+ ■ 16-20 ■ 11-15 ■ 6-10 ■ <5



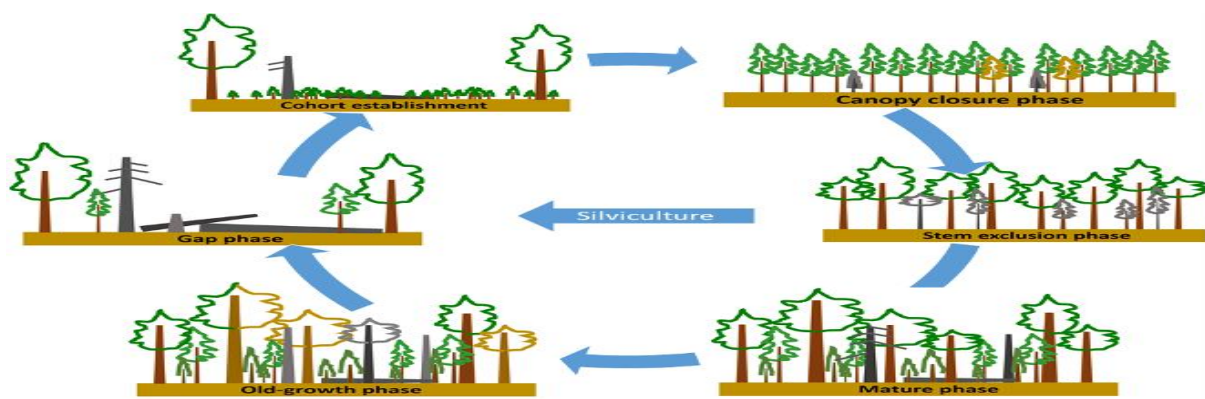
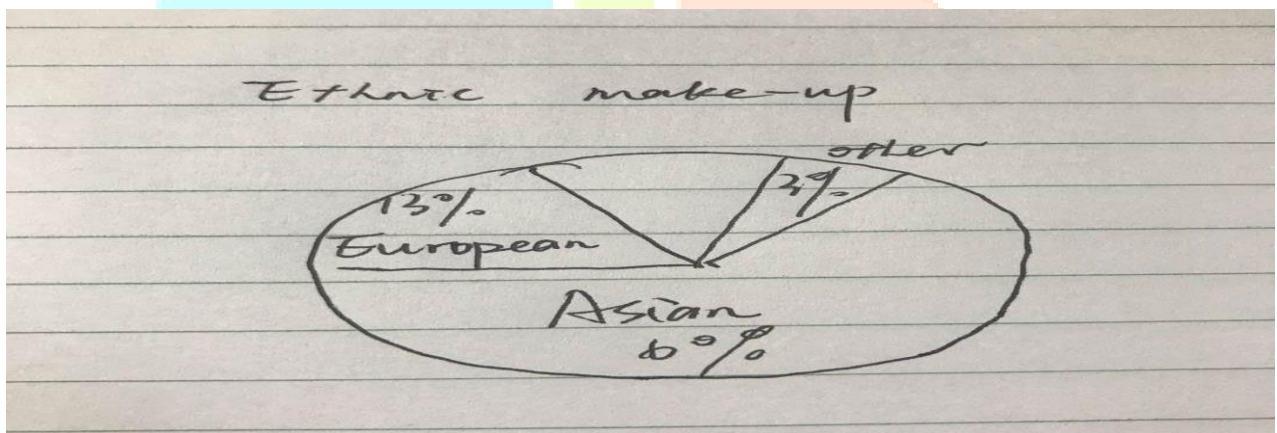
Unionizing at Starbucks

More than 250 stores across nearly 40 states have voted to unionize since 2021.

■ Union win (262) ■ Union loss or store closure (65) ■ Outcome pending or contested (32)



Note: As of Dec. 8, 2022

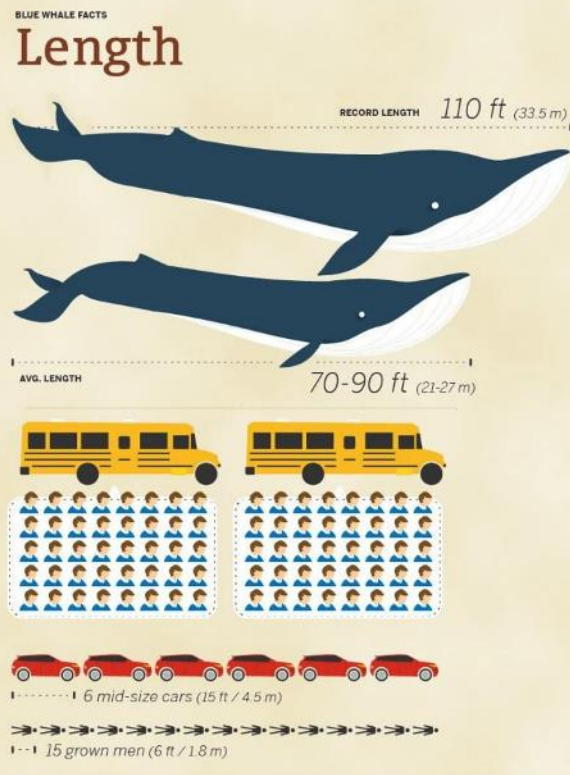
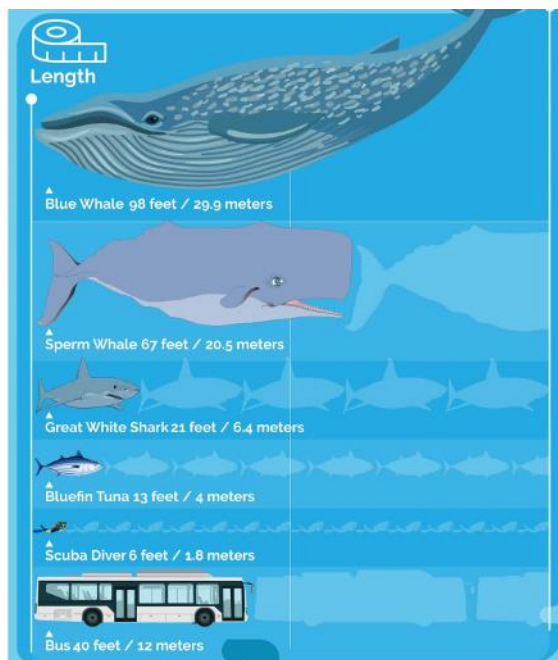


Australia: Inbound visitors (2005 & 2006)

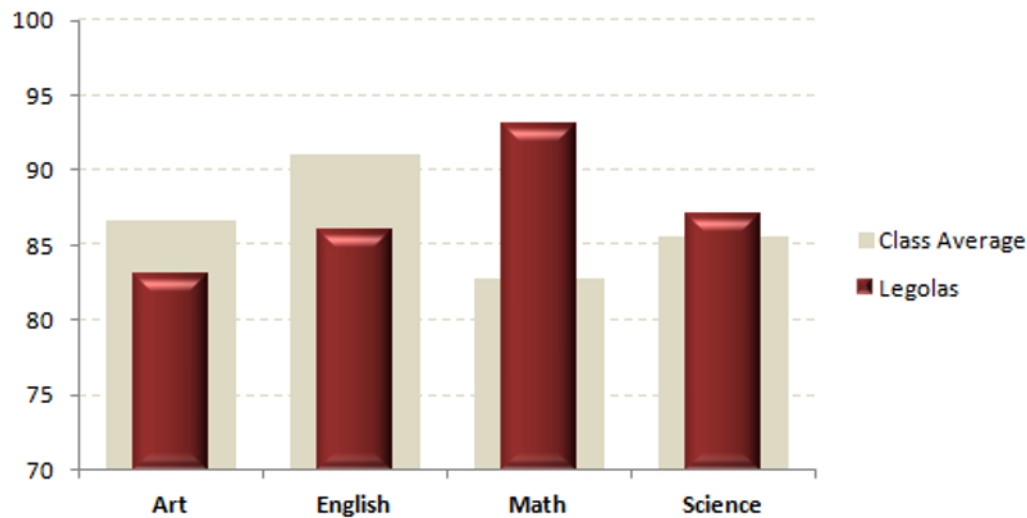
Inbound visitors to Australia	2005	2006
New Zealand	1099	1073
Japan	576	586
United States	700	720
Germany	430	410
short-time stays

World Population 7,300,000,000	Developed Countries	Age > 65 : 900,000,000
		Age < 45 : 1,000,000,000
	Less Developed Countries	Age > 65 : 1,200,000,000
		Age < 45 : 2,000,000,000
	Developing Countries	Age > 65 : 1,200,000,000
		Age < 45 : 1,000,000,000

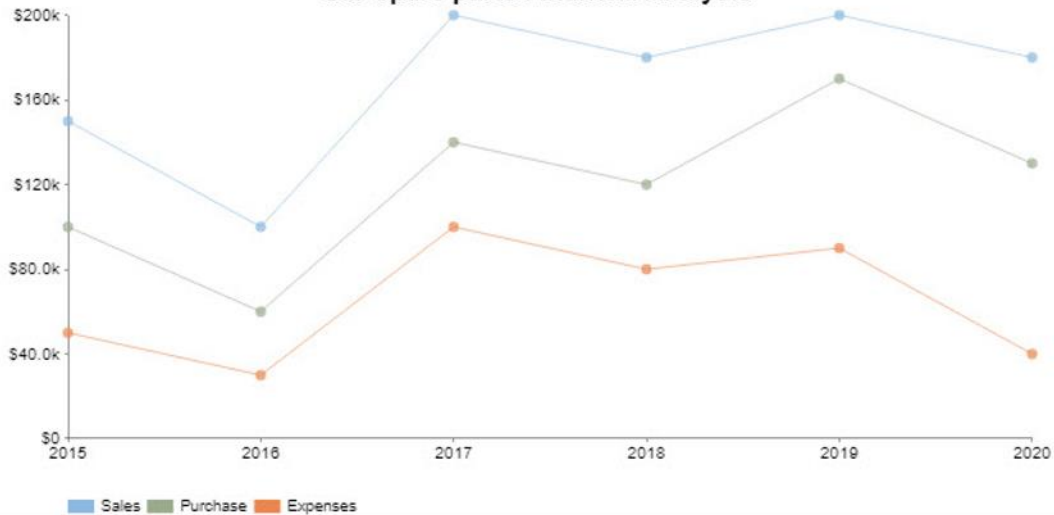
ONE AUSTRALIA



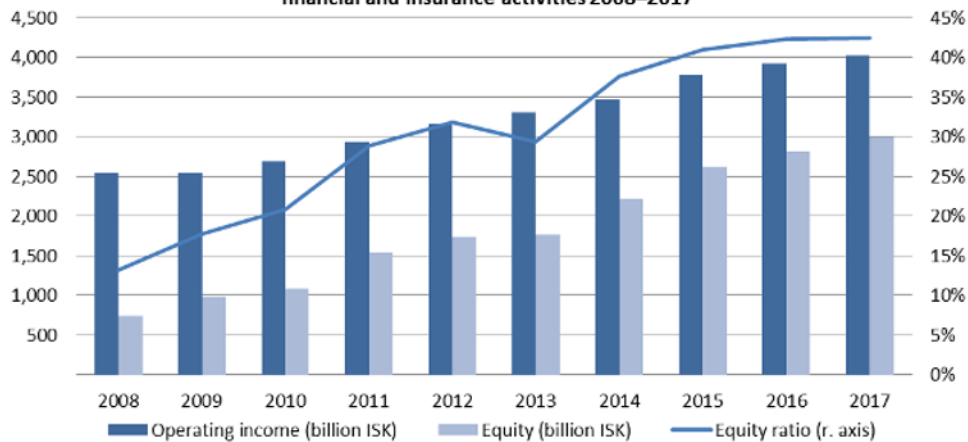
Legolas's Marks vs Class Average



Car Spare parts Financial Analysis

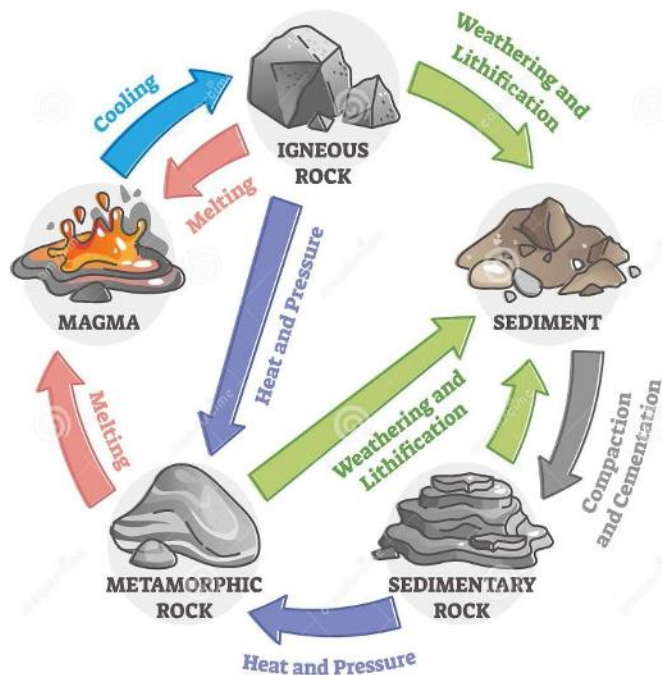


Total business economy including fisheries and excluding pharmaceuticals, financial and insurance activities 2008–2017

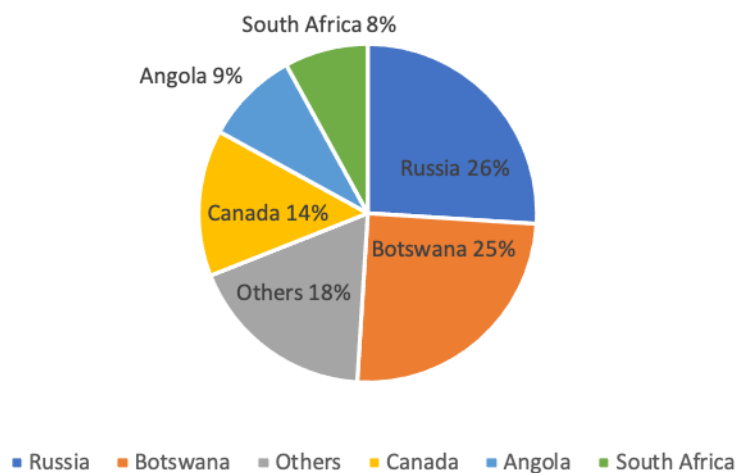


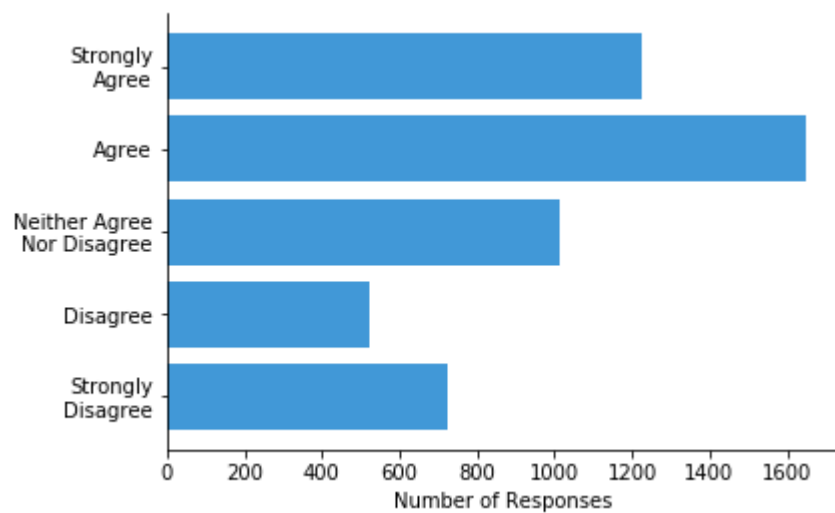


ROCK CYCLE

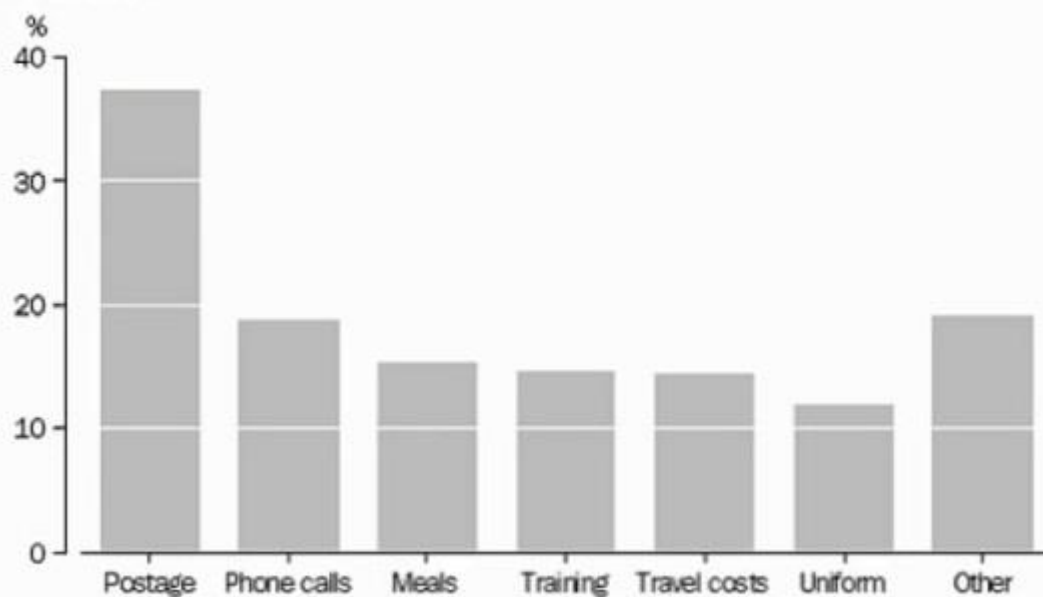


2014 Diamond Production by Value





VOLUNTEERS WHO INCURRED EXPENSES: REIMBURSEMENT AVAILABLE

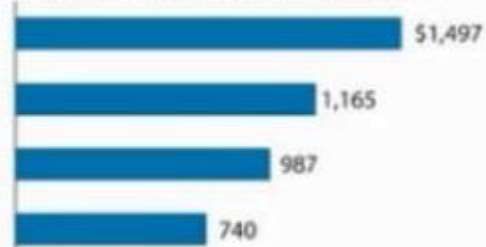


Education Pays

Unemployment rate in 2007 (Percent)

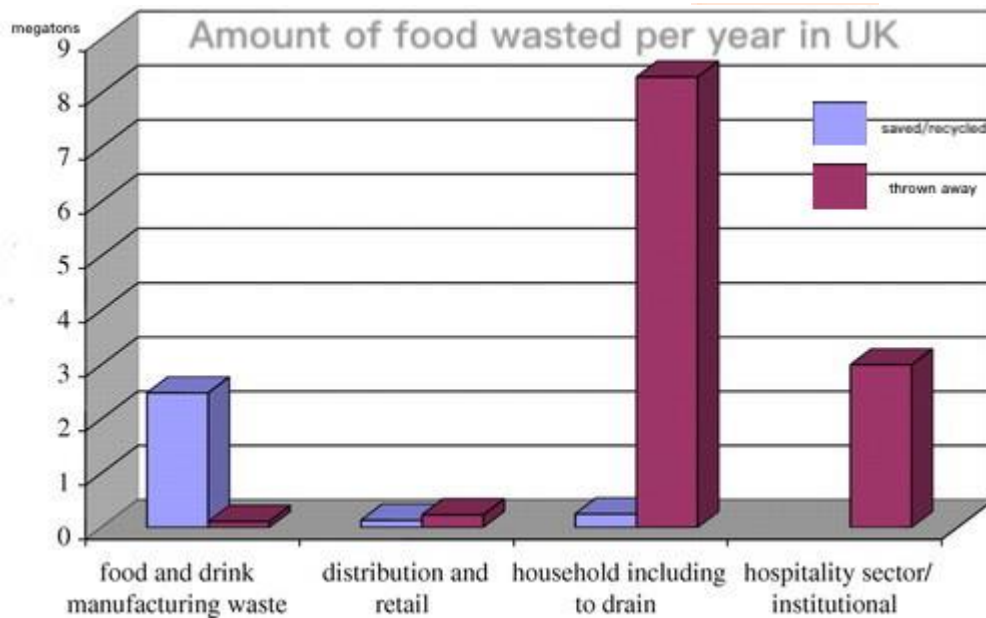


Median weekly earnings in 2007 (Dollars)



Source: Bureau of Labor Statistics, Current Population Survey

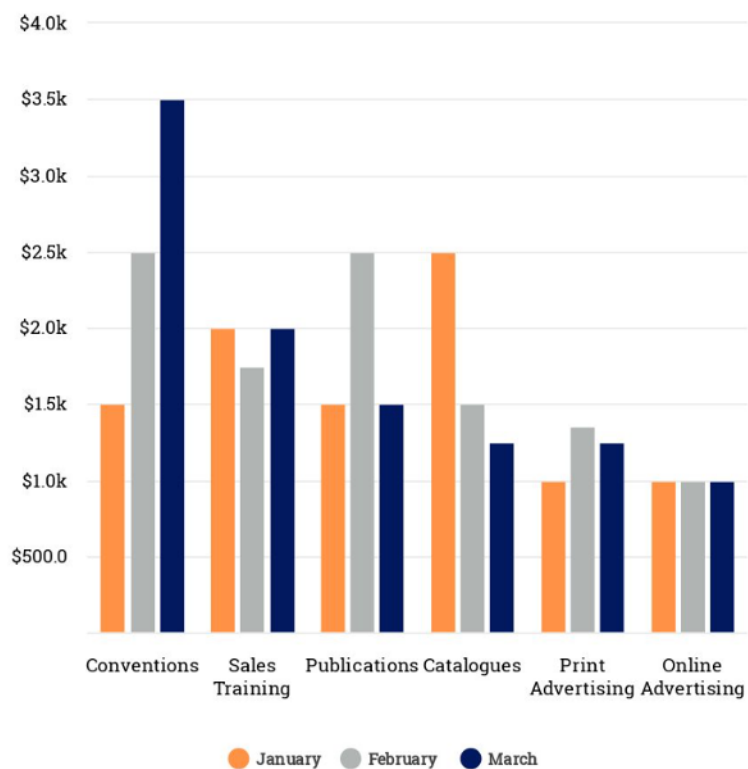


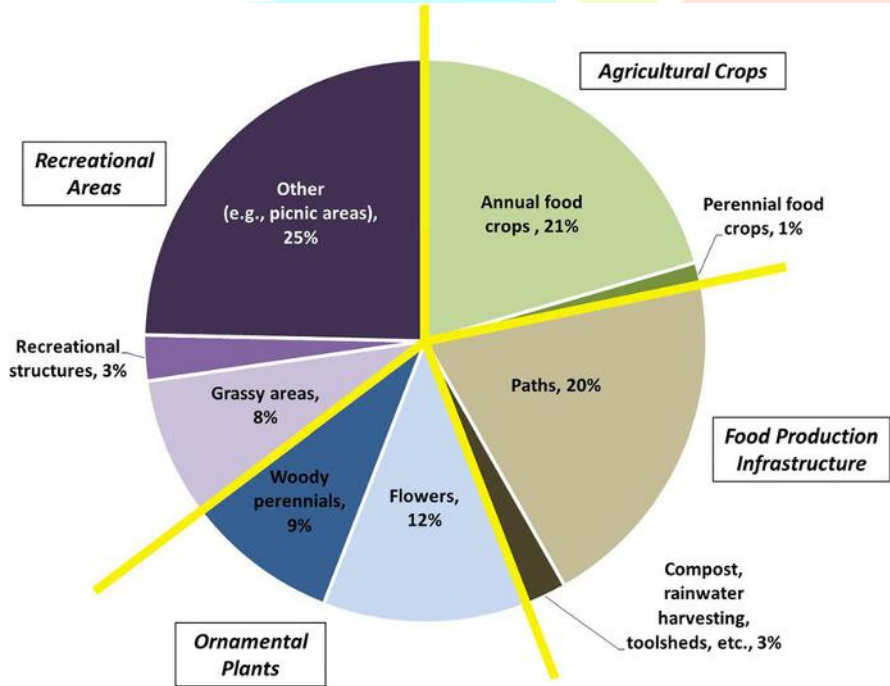


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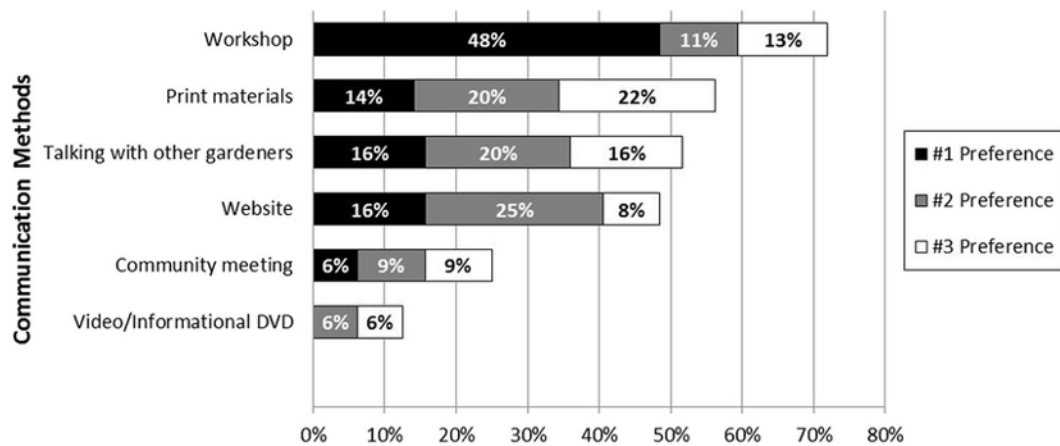
Month	Sales (in units)			
	Shade 1	Shade 2	Shade 3	Shade 4
January	4500	1600	4400	3245
February	2870	5645	5675	6754
March	3985	8900	9768	7786
April	6855	8976	9008	8965
May	3200	5678	5643	7865
June	3456	4555	2233	6547

EXPENDITURES BY MONTH

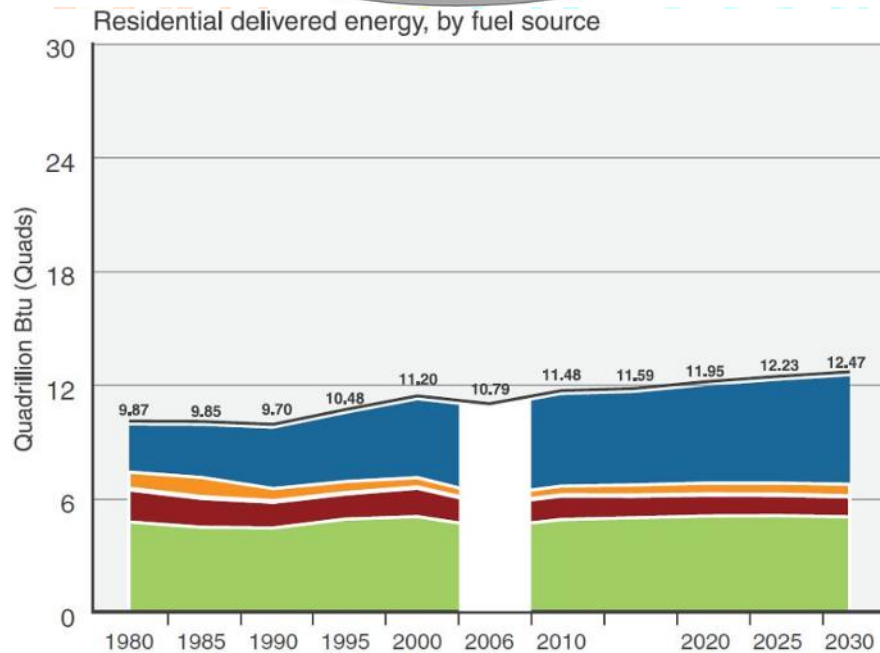
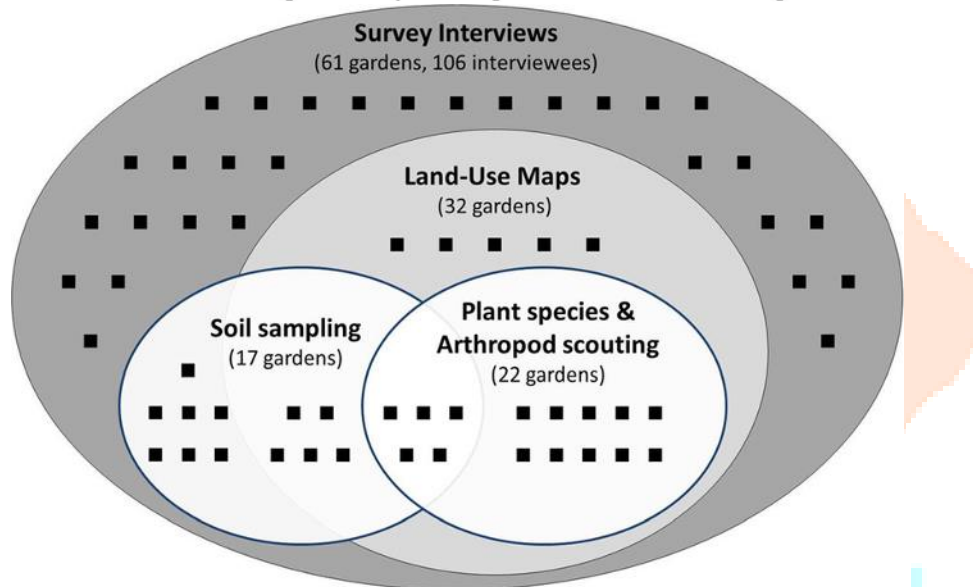




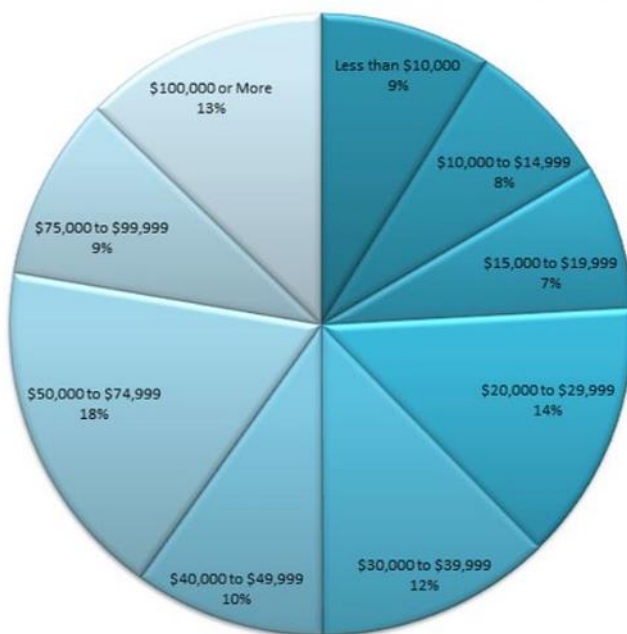
LIA



Percent of gardeners preferring each method for receiving new information



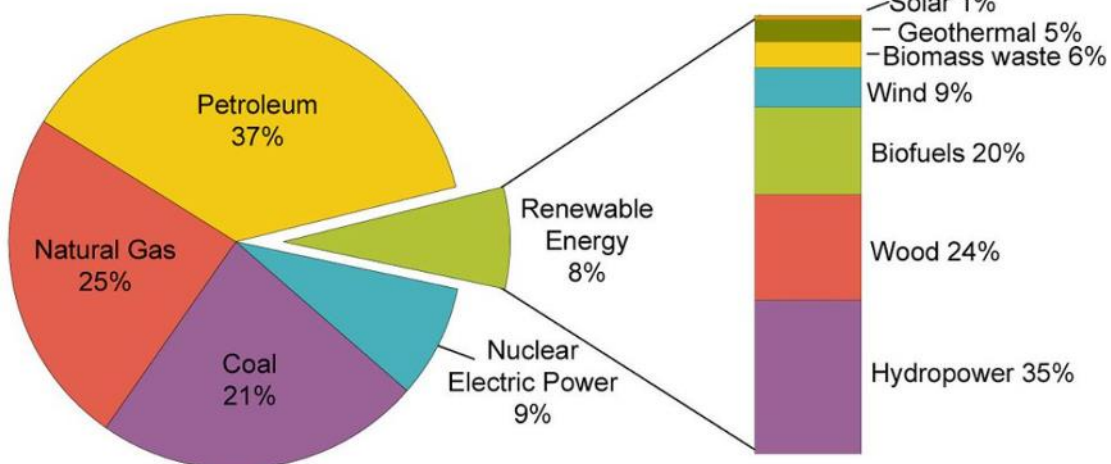
Percent of Households per Income Level (2005)



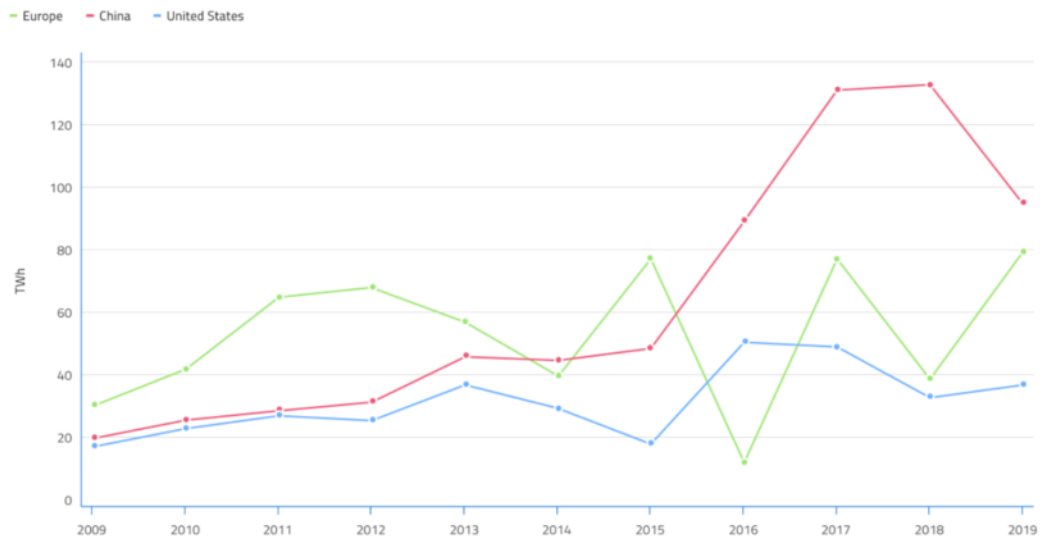
U.S. Energy Consumption by Energy Source, 2009

Total = 94.578 Quadrillion Btu

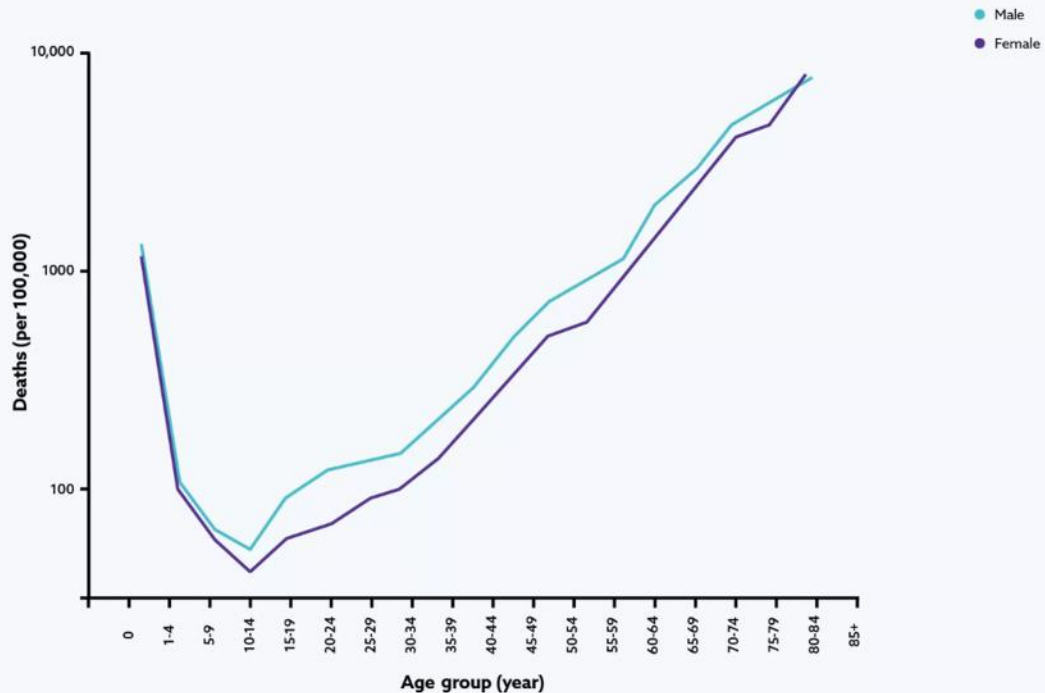
Total = 7.744 Quadrillion Btu



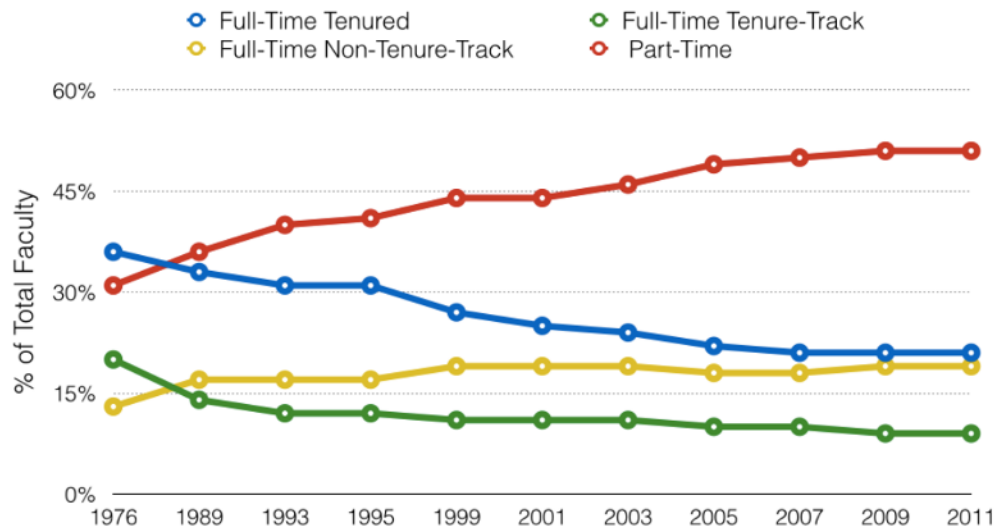
Renewable Electricity generated



Log plot of age specific death rates



Trends in Faculty Employment Status, 1976-2011

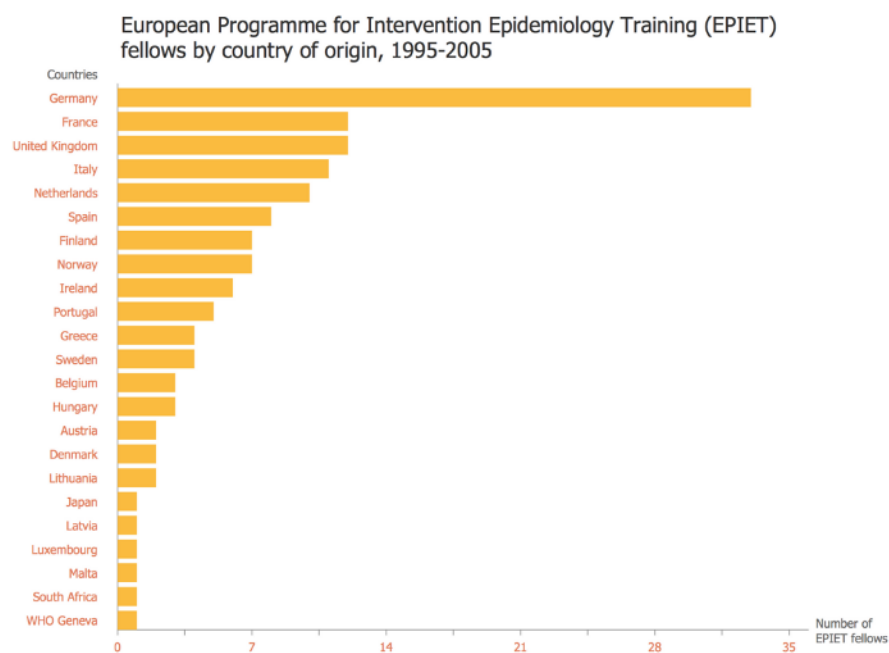
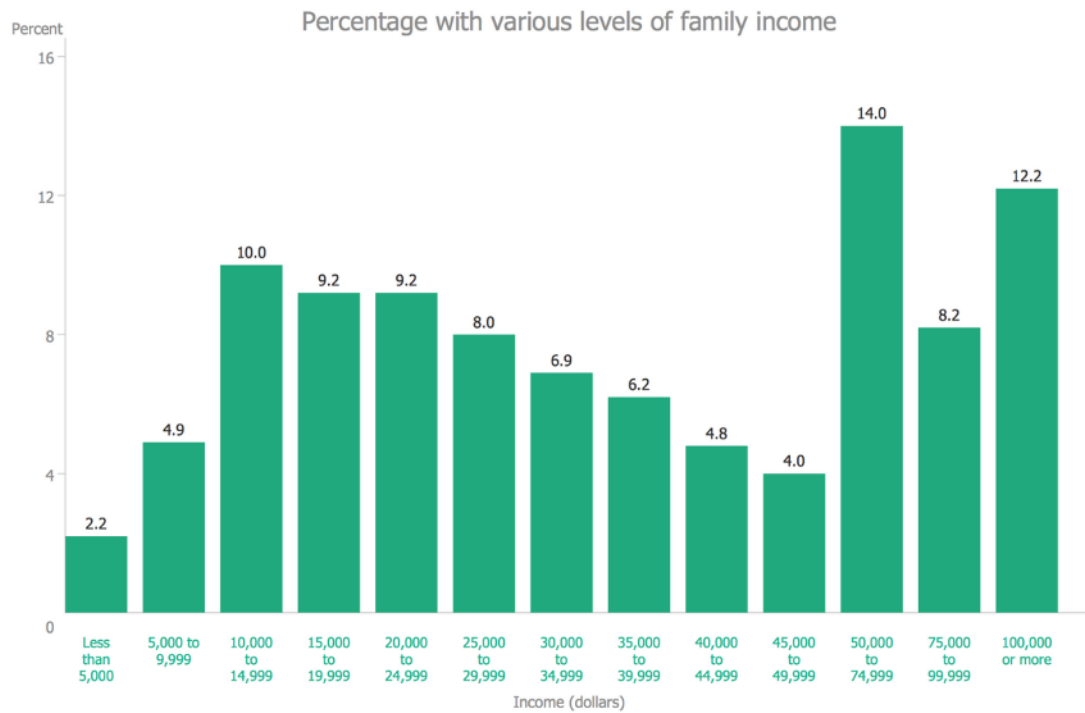


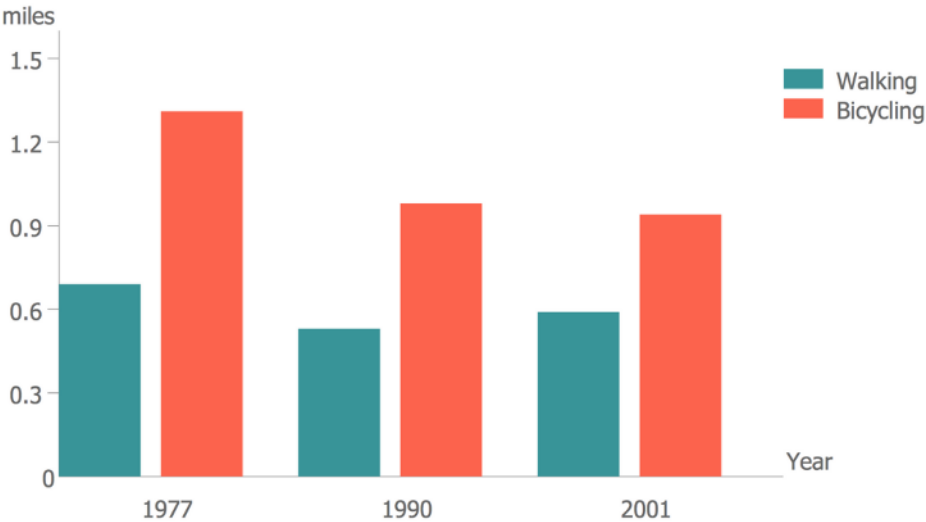
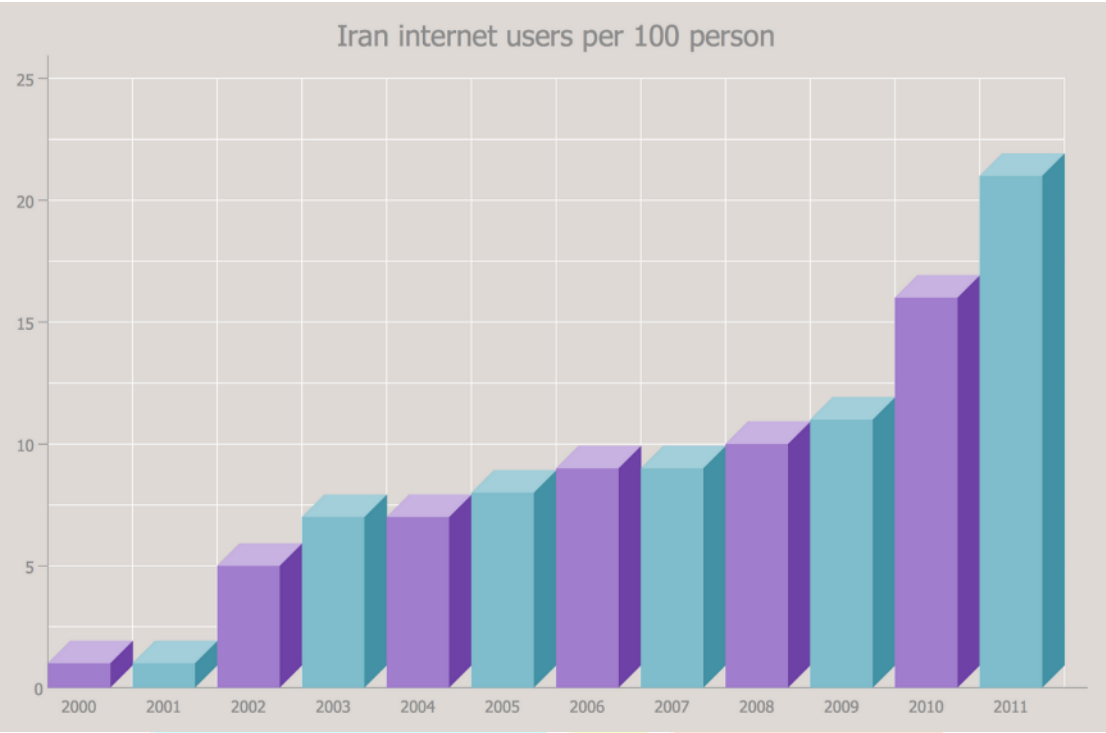
Average Annual Returns for the periods ended October 31, 2012

One Year ended 10/31/12	Three Year	Five Year	Ten Year	Since Inception
12.36%	N/A	N/A	N/A	2.97%
12.61%	5.15%	(4.52%)	8.08%	11.59%
10.11%	8.48%	(2.30%)	7.77%	7.16%
15.21%	13.21%	0.36%	6.91%	9.48%

Income differences by age are associated with differences in marital status





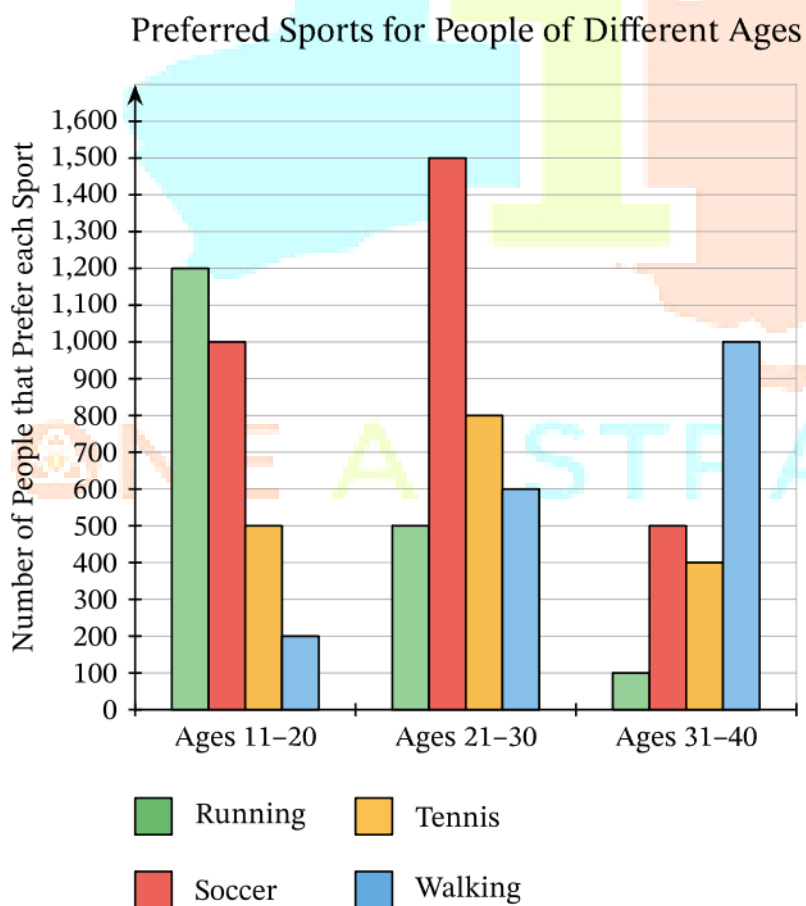
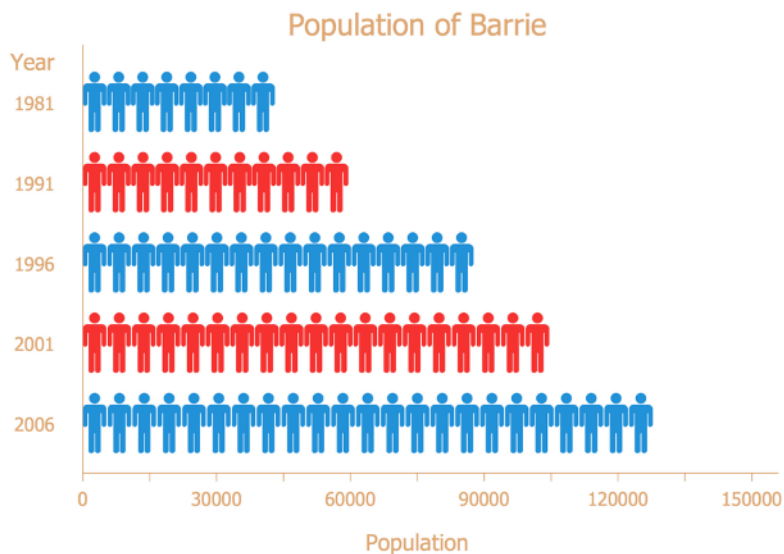


Average trip length (in miles) among U.S. children aged five to 15 years.

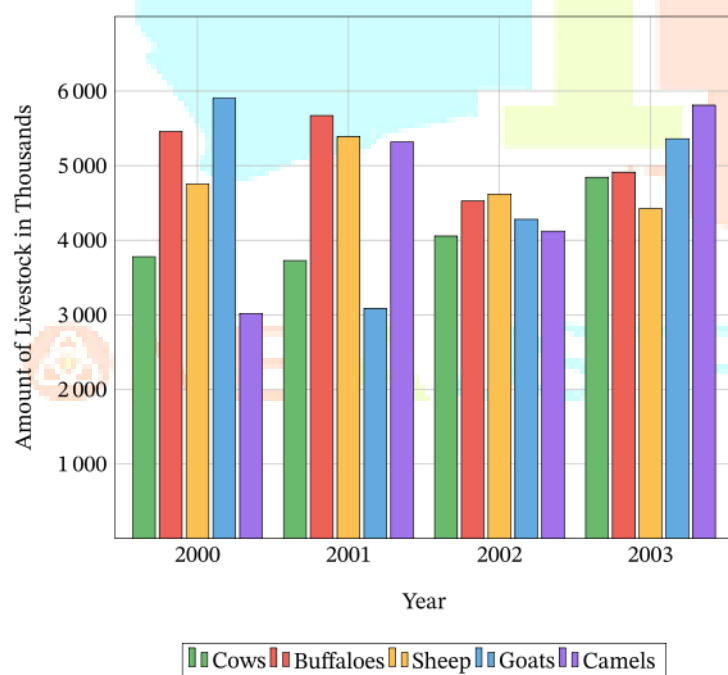
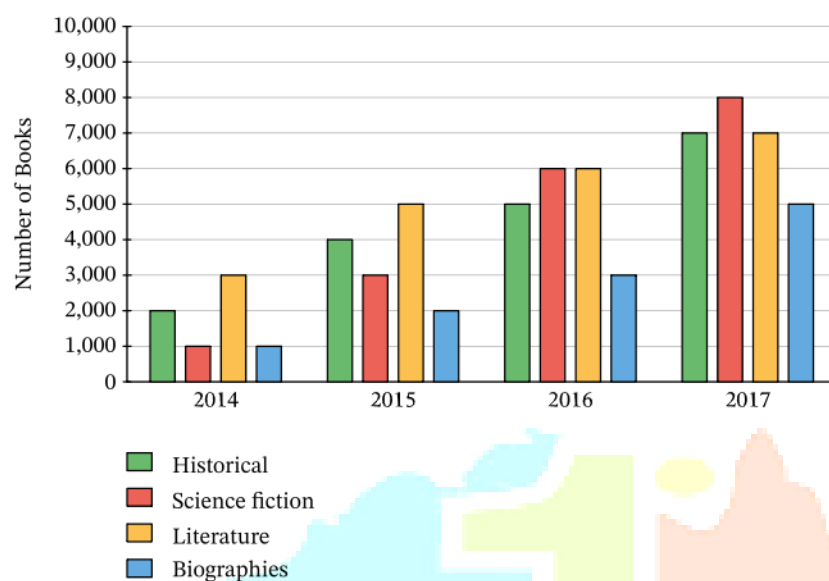


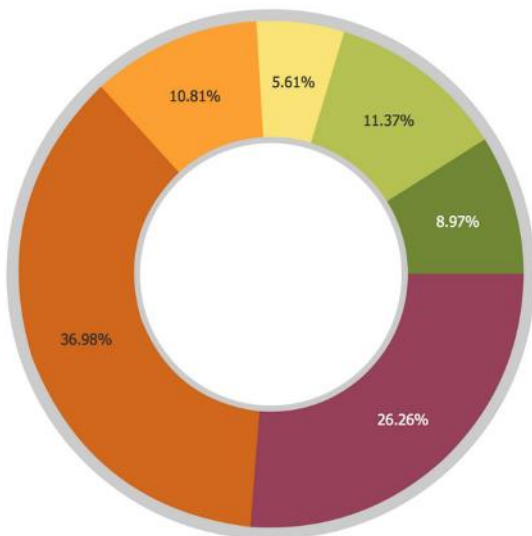
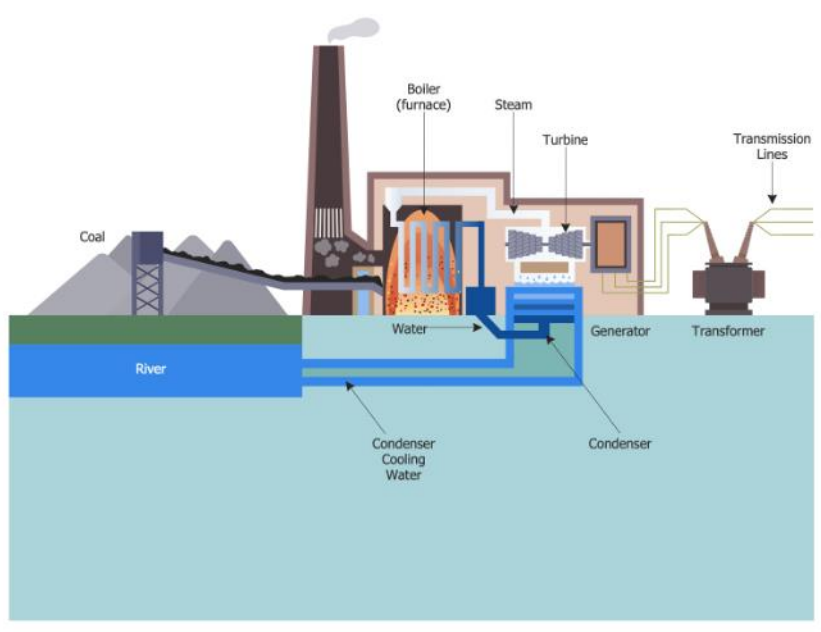
IA



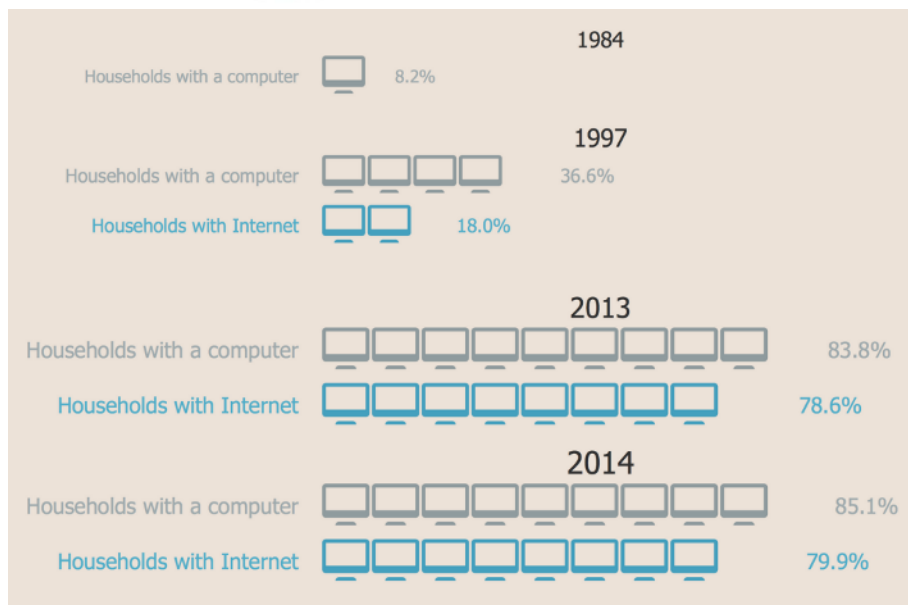


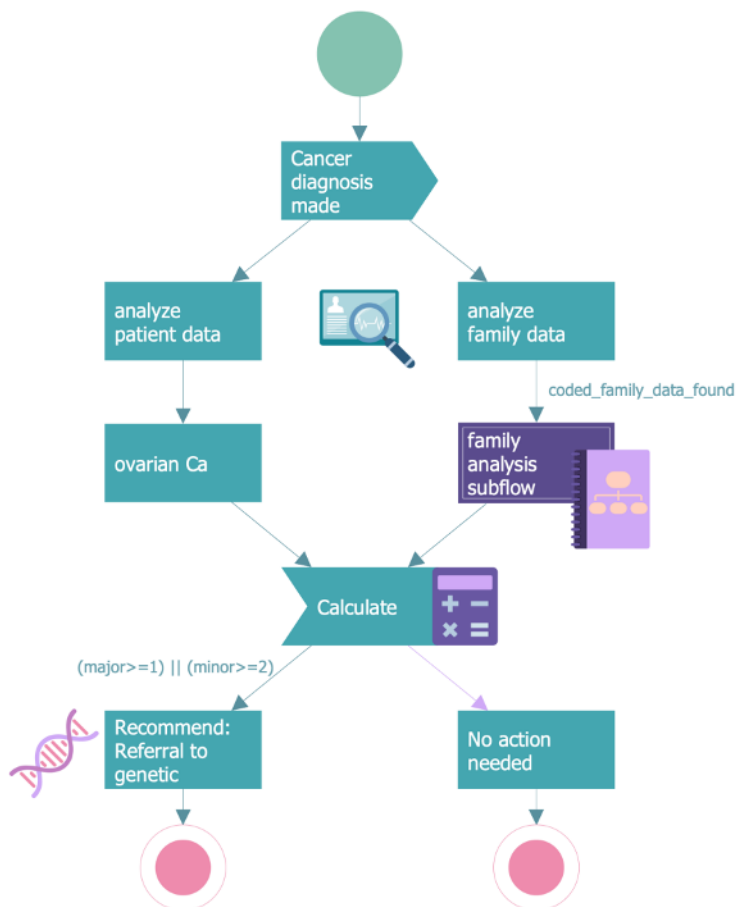
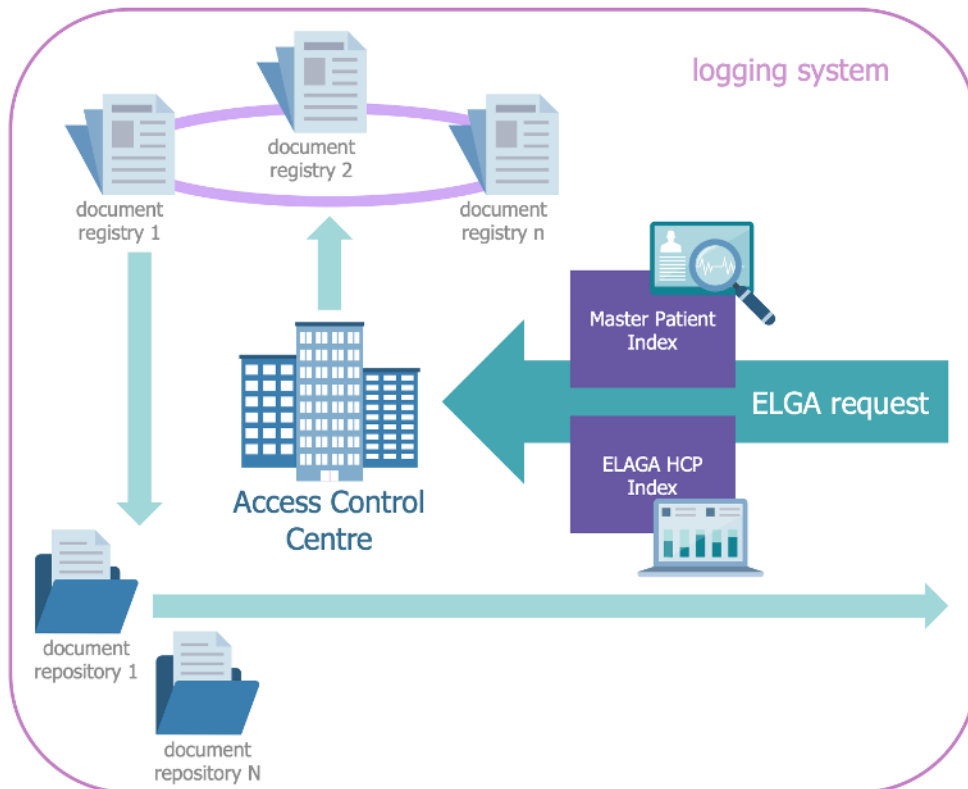
Number of Books of Four Different Genres
in a Four-Year Period



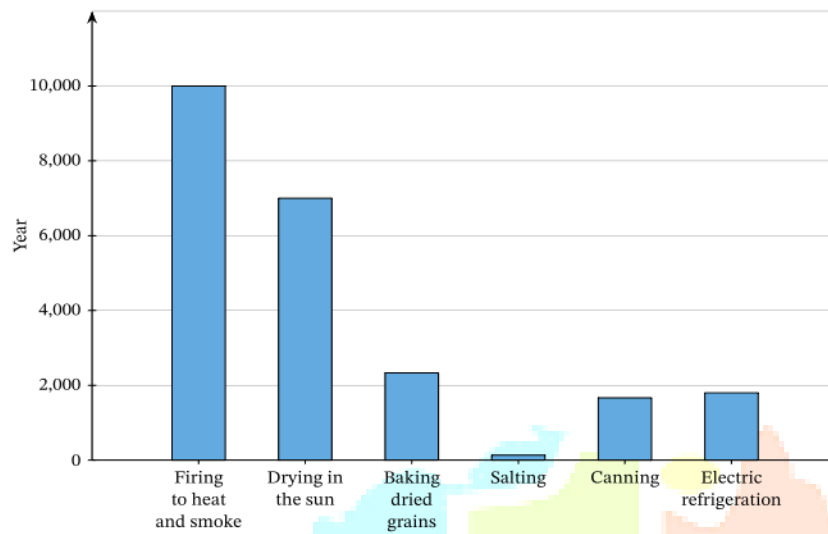


General Government	\$470,032,669
Administration of Justice and Public Protection	\$596,187,126
Resource Protection and Development	\$294,306,740
Transportation	\$567,098,877
Health and Social Services	\$1,938,529,891
Education	\$1,376,652,220
Total \$5,242,807,523	



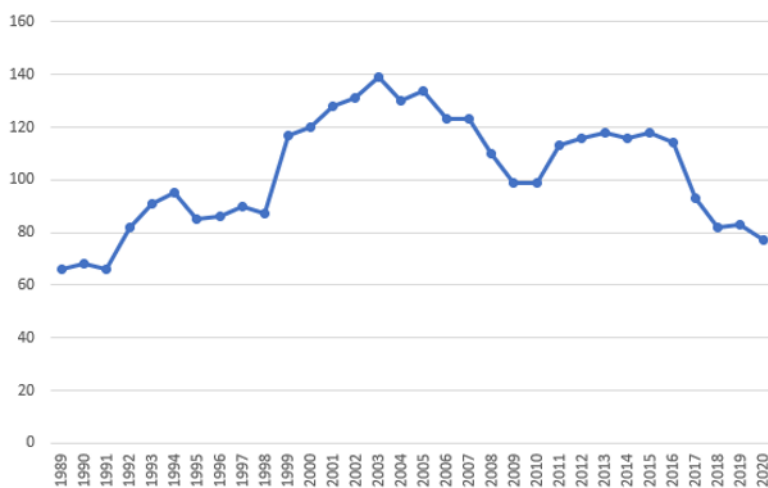


Food Storage throughout History



Graph 1

School Enrollment by Year



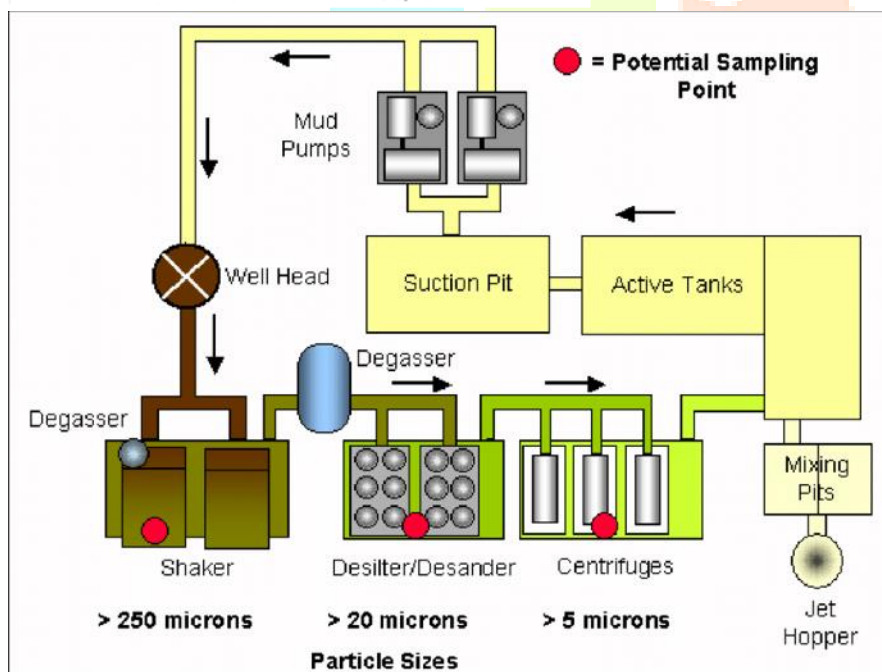
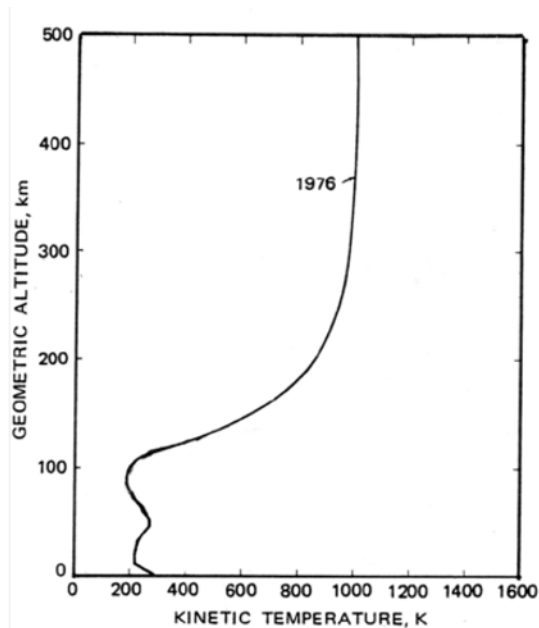
ALIA



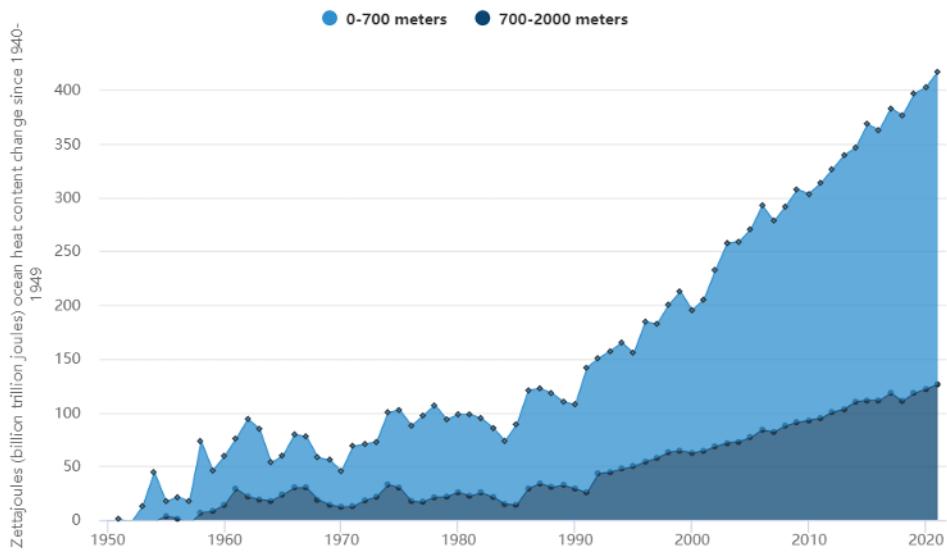


Proportion of Heads Over 200 Coin Tosses





Global ocean heat content, 1950-2021





The global water crisis affects millions of people worldwide, with many regions facing water scarcity. Factors like population growth, climate change, and pollution are exacerbating the problem. Access to clean water is essential for survival, yet many communities struggle to secure it. Solutions include water conservation, improved water management, and investment in infrastructure to ensure sustainable access to water resources. Addressing the global water crisis is critical for improving public health and ensuring a secure future.

Public health initiatives are designed to improve the health and well-being of populations through prevention, education, and policy changes. These initiatives often focus on issues such as disease prevention, vaccination programs, and promoting healthy lifestyles. Governments and organizations work together to address public health challenges, such as the rise of chronic diseases, infectious diseases, and health disparities. Effective public health programs can reduce healthcare costs and improve the quality of life for individuals.

The future of transportation is evolving with advances in electric vehicles, autonomous cars, and alternative fuels. These innovations aim to reduce traffic congestion, lower emissions, and improve safety. Self-driving cars, for example, have the potential to revolutionize the way we travel by reducing human error and providing mobility options for people with disabilities. As cities transition to more sustainable transportation systems, the future of travel promises to be more efficient and environmentally friendly.

Cultural diversity refers to the presence of different cultural groups within a society. It is an important aspect of global development, as it enriches societies with various traditions, languages, and perspectives. Embracing cultural diversity fosters mutual respect, understanding, and collaboration. It also contributes to innovation and creativity, as different viewpoints lead to fresh ideas. Promoting cultural diversity in education, workplaces, and communities helps create inclusive environments where everyone can thrive.

Physical activity is essential for maintaining good health and preventing chronic diseases. Regular exercise improves cardiovascular health, strengthens muscles, and enhances mental well-being. Activities such as walking, jogging, swimming, and cycling can help maintain a healthy weight and reduce the risk of obesity, diabetes, and heart disease. Incorporating physical activity into daily routines can improve energy levels, boost mood, and contribute to a longer, healthier life.

Global health challenges, such as pandemics, malnutrition, and access to healthcare, affect millions of people worldwide. These challenges are often interconnected, with poverty and lack of education contributing to poor health outcomes. Addressing global health issues requires international cooperation, investment in healthcare infrastructure, and public health campaigns. By improving healthcare access, promoting disease prevention, and addressing social determinants of health, we can create healthier communities and reduce health disparities globally.

Global health challenges, such as pandemics, infectious diseases, and malnutrition, continue to affect millions worldwide. Health systems in many countries struggle to provide adequate care and resources, particularly in low-income regions. International cooperation, public health initiatives, and advancements in medical research are essential for addressing these challenges. Effective prevention strategies, timely interventions, and improved healthcare access are vital for reducing the impact of global health issues and improving overall public health outcomes.

Artificial intelligence (AI) is revolutionizing healthcare by improving diagnosis, treatment planning, and patient care. AI systems can analyse large datasets, detect patterns, and predict health outcomes with accuracy. For example, AI has been used to diagnose diseases such as cancer, assist in surgery, and personalize treatment plans. While the potential of AI is immense, ethical concerns, including data privacy and the role of human decision-making, must be carefully considered to ensure the technology benefits patients and healthcare providers.

Urbanization, the process of people moving from rural to urban areas, has transformed cities worldwide. This shift brings economic opportunities, improved infrastructure, and better access to services. However, rapid urbanization can also lead to overcrowding, pollution, and strained resources. To manage urban growth sustainably, cities must invest in affordable housing, green spaces, efficient public transportation, and renewable energy solutions. Addressing the challenges of urbanization is essential for creating liveable, resilient cities for future generations.

Cultural diversity in the workplace brings a wide range of perspectives, ideas, and experiences that can drive innovation and creativity. A diverse workforce can enhance problem-solving, improve decision-making, and help organizations connect with global markets. However, managing cultural diversity requires creating an inclusive environment that values difference and promotes mutual respect. Training programs on cultural sensitivity and diversity can help employees navigate potential challenges and build a harmonious and productive workplace.

Innovation is essential for business growth and competitive advantage. Companies that embrace innovation are better positioned to adapt to changing markets, meet customer needs, and stay ahead of competitors. Innovation can take many forms, from developing new products and services to improving processes and adopting new technologies. A culture of innovation encourages creativity and risk-taking, enabling businesses to thrive in dynamic and competitive environments. Embracing innovation is key to long-term business success.

Renewable resources, such as sunlight, wind, and geothermal energy, are essential for reducing the world's reliance on fossil fuels. These resources are abundant, sustainable, and produce little to no environmental harm. The use of renewable energy can reduce carbon emissions, mitigate climate change, and provide long-term energy security. As technology advances, renewable energy becomes more cost-effective, making it a viable alternative to traditional energy sources. Investing in renewable resources is crucial for building a sustainable future.

Financial literacy is the ability to understand and manage personal finances effectively. It involves knowledge of budgeting, saving, investing, and managing debt. People with strong financial literacy are better equipped to make informed decisions about their money, plan for the future, and avoid financial pitfalls. Educating individuals, especially young people, about financial management can help reduce financial stress, increase savings, and promote economic stability. Financial literacy is a vital life skill for achieving long-term financial security.

Remote work has become increasingly popular, offering employees flexibility, reduced commuting time, and a better work-life balance. Technology, including video conferencing and collaboration tools, has made remote work possible for many industries. While remote work has benefits, it also presents challenges such as isolation, communication difficulties, and maintaining productivity. Employers and employees must find strategies to stay connected, set clear expectations, and manage time effectively to ensure the success of remote work arrangements.

Environmental conservation efforts aim to protect natural resources, preserve ecosystems, and reduce environmental damage. These efforts include activities such as reforestation, wildlife protection, and pollution reduction. Conservation is critical for maintaining biodiversity and ensuring the health of the planet for future generations. Governments, businesses, and individuals all have a role to play in environmental stewardship. Sustainable practices, such as reducing waste, conserving water, and using renewable energy, are essential components of global conservation efforts.

Automation is transforming industries by replacing manual labor with machines, robots, and artificial intelligence. This shift has increased productivity and efficiency in sectors like manufacturing, logistics, and customer service. However, automation also raises concerns about job displacement and economic inequality. To mitigate these effects, it is crucial to invest in retraining programs and create new job opportunities in emerging industries. Automation can improve quality of life, but careful planning is needed to ensure its benefits are widely distributed.

Effective communication skills are essential in both personal and professional settings. Good communication promotes understanding, reduces misunderstandings, and strengthens relationships. It involves listening actively, speaking clearly, and using non-verbal cues to reinforce messages. In the workplace, strong communication skills can improve teamwork, enhance customer service, and increase productivity. Developing communication skills is crucial for success in almost every aspect of life, including career advancement and building personal connections.

Social media has become an integral part of modern life, connecting people and providing access to information. However, excessive use of social media can negatively impact mental health. Studies show that social media can contribute to feelings of anxiety, depression, and loneliness. The pressure to maintain a perfect online image, cyberbullying, and comparison to others are factors that

exacerbate these issues. It is important to manage social media use mindfully and prioritize face-to-face interactions to safeguard mental well-being.

Electric vehicles (EVs) are rapidly gaining popularity as a cleaner and more sustainable alternative to traditional gasoline-powered cars. EVs produce zero emissions, helping to reduce air pollution and dependence on fossil fuels. Advancements in battery technology are improving the range and affordability of electric vehicles, making them more accessible to consumers. The expansion of charging infrastructure and government incentives will further accelerate the adoption of EVs, contributing to a greener future for transportation.

Teamwork is a critical skill in both the workplace and personal life. Working effectively with others allows individuals to combine their strengths, share ideas, and accomplish tasks more efficiently. Good teamwork requires clear communication, mutual respect, and a willingness to collaborate. In a team, each member brings unique skills and perspectives that contribute to the overall success of a project. Organizations that foster teamwork often experience higher employee morale, better problem-solving, and improved outcomes.

Social media has had a profound impact on politics, enabling politicians, activists, and citizens to communicate directly and influence public opinion. It provides a platform for political campaigns, grassroots movements, and debates. However, social media can also spread misinformation, polarize communities, and manipulate voters. The use of social media in politics raises questions about its role in democracy and the need for regulation to prevent abuse. Balancing free speech with accountability is a key challenge for social media in politics.

Sustainable transportation solutions are essential for reducing the environmental impact of travel. Public transportation, biking, walking, and electric vehicles are all alternatives to traditional gasoline-powered cars. These modes of transport reduce carbon emissions, traffic congestion, and reliance on non-renewable resources. Investing in infrastructure that supports these options, such as bike lanes, charging stations, and efficient public transit systems, is critical for creating greener and more sustainable cities in the future.

The role of women in leadership has evolved significantly, with women breaking barriers in politics, business, and other sectors. Diversity in leadership brings different perspectives, enhances decision-making, and promotes inclusivity. Despite progress, women still face challenges such as gender inequality, pay gaps, and societal expectations. Promoting gender equality and empowering women in leadership roles is essential for building more equitable and successful organizations and societies. Women's contributions are vital for achieving balanced and effective leadership.

Reading is a powerful tool for personal development and learning. It expands knowledge, improves vocabulary, and enhances cognitive skills. Reading regularly has been shown to reduce stress,

improve focus, and foster creativity. It also opens doors to new perspectives, cultures, and ideas, promoting empathy and understanding. Whether for leisure or education, reading is an enriching activity that can benefit individuals of all ages. It is important to make time for reading in our increasingly fast-paced digital world.

Time management is an essential skill for achieving goals and staying productive. Effective time management involves prioritizing tasks, setting clear goals, and avoiding distractions. It allows individuals to balance work, study, and personal life efficiently. By allocating time appropriately, one can avoid procrastination, reduce stress, and improve overall performance. Good time management habits are crucial for personal success, whether in academic, professional, or personal endeavours.

Proper nutrition is essential for maintaining good health and preventing chronic diseases. A balanced diet rich in vitamins, minerals, and other nutrients supports bodily functions, boosts immunity, and maintains energy levels. Healthy eating habits can help manage weight, reduce the risk of conditions like diabetes and heart disease, and improve mental well-being. It is important to focus on a variety of whole foods, including fruits, vegetables, and lean proteins, to achieve optimal health.

Artificial intelligence (AI) has made significant strides in recent years, impacting industries from healthcare to finance. AI systems can analyse large datasets, recognize patterns, and perform complex tasks, often surpassing human capabilities in speed and accuracy. While AI offers many benefits, including increased efficiency and innovation, it also raises concerns about job displacement, ethical implications, and data privacy. As AI continues to evolve, society must find ways to maximize its advantages while addressing its challenges.

Regular physical activity is essential for maintaining good health and well-being. Exercise helps improve cardiovascular health, strengthens muscles, boosts mental health, and enhances overall quality of life. It can also reduce the risk of chronic diseases such as obesity, diabetes, and heart disease. Incorporating physical activity into daily routines, whether through walking, cycling, or organized sports, is important for individuals of all ages. Staying active promotes long-term health and vitality.

Plastic pollution is a growing environmental issue that threatens wildlife, ecosystems, and human health. Single-use plastics, such as bottles and packaging, often end up in oceans and landfills, causing long-term damage. Reducing plastic consumption, recycling, and using biodegradable alternatives are important steps in addressing this problem. Governments, businesses, and individuals must work together to reduce plastic waste and promote sustainable practices to protect the planet and its inhabitants.

Positive thinking can have a powerful impact on mental health and well-being. Focusing on positive outcomes and adopting an optimistic mindset can help reduce stress, improve problem-solving skills,

and increase resilience. It can also lead to better relationships, greater motivation, and enhanced performance in various aspects of life. While challenges and setbacks are inevitable, maintaining a positive outlook can help individuals navigate difficulties more effectively and achieve their goals.

Climate change is causing significant environmental impacts, including rising temperatures, melting glaciers, and more extreme weather patterns. It is driven primarily by human activities such as deforestation, burning fossil fuels, and industrial practices. Governments, organizations, and individuals must work together to reduce carbon emissions and adopt sustainable practices to mitigate these effects. Efforts like renewable energy and conservation can help limit global warming and protect future generations.

The integration of technology in education has revolutionized learning. Digital tools, such as online resources, educational apps, and virtual classrooms, have made education more accessible. Students can now learn at their own pace and access a variety of learning materials. Teachers can also utilize technology to enhance their lessons and provide personalized learning experiences. This shift has the potential to improve educational outcomes and make learning more engaging.

Social media platforms have become a major influence in people's lives, offering a space for communication, information sharing, and entertainment. They also play a key role in shaping public opinions, social trends, and consumer behaviors. However, excessive use can lead to negative impacts such as addiction, mental health issues, and misinformation. It's essential to find a balance between its benefits and potential drawbacks to ensure a healthy relationship with social media.

Artificial Intelligence (AI) is transforming various industries, including healthcare, finance, and transportation. AI systems can perform tasks that traditionally required human intervention, such as diagnosing diseases or managing financial transactions. While AI can improve efficiency and accuracy, there are concerns about job displacement and privacy. Ethical considerations surrounding AI's use are also important, as developers must ensure AI systems are transparent, fair, and secure for society.

Globalization has interconnected the world in unprecedented ways, facilitating the exchange of goods, services, and ideas across borders. It has led to economic growth, cultural exchange, and technological advancements. However, globalization also has drawbacks, such as income inequality, environmental degradation, and the erosion of cultural identities. Balancing the benefits and challenges of globalization requires cooperation and mindful policies to ensure that its effects are beneficial for all nations.

Mental health awareness has become increasingly important in today's society. Public discussions have helped reduce stigma and encourage people to seek help when needed. Mental health issues, such as anxiety, depression, and stress, can affect anyone regardless of age, background, or lifestyle.

Early intervention, therapy, and support networks are essential for promoting mental well-being. Educating the public about mental health can create a more empathetic and supportive environment for those affected.

Renewable energy sources, such as solar, wind, and hydroelectric power, are critical in combating climate change. Unlike fossil fuels, these sources produce little to no greenhouse gases, making them a more sustainable option for meeting global energy needs. As technology advances, the efficiency of renewable energy systems improves, making them more accessible and cost-effective. Investing in renewable energy is essential for reducing dependence on non-renewable resources and ensuring a cleaner future for the planet.

Space exploration has significantly expanded our understanding of the universe and our place in it. Missions to the Moon, Mars, and beyond have provided valuable scientific data and sparked interest in space technologies. As private companies enter the space industry, the potential for space tourism and commercial ventures grows. Despite the high costs and challenges, the long-term benefits of space exploration, including advancements in technology and international collaboration, make it a worthy pursuit.

Sustainable agriculture practices aim to meet the food needs of the present without compromising the ability of future generations to produce food. These practices include organic farming, water conservation, crop rotation, and reduced use of pesticides. Sustainable agriculture also promotes soil health, biodiversity, and environmental protection. By focusing on eco-friendly methods, farmers can contribute to reducing the negative environmental impacts of industrial farming and create a more resilient food system for the future.

The future of work is being shaped by automation, artificial intelligence, and changing workforce dynamics. Many traditional jobs are being replaced by machines and software, leading to a shift toward more creative, technical, and service-oriented roles. Workers will need to adapt by acquiring new skills, particularly in technology and problem-solving. Companies will also need to embrace flexible work arrangements and invest in workforce development to ensure that workers can thrive in an increasingly digital world.

Education plays a crucial role in shaping individuals and societies. It provides the knowledge and skills necessary for personal development and economic progress. Education also fosters critical thinking, creativity, and problem-solving abilities. In today's fast-paced world, lifelong learning has become essential to staying relevant in the job market. Access to quality education can empower individuals to break the cycle of poverty and improve the overall well-being of communities.

Adopting healthy eating habits is vital for maintaining good health and preventing chronic diseases. A balanced diet, rich in fruits, vegetables, whole grains, and lean proteins, provides the necessary

nutrients for optimal body function. Reducing the intake of processed foods, sugars, and unhealthy fats can help manage weight and prevent conditions like heart disease and diabetes. Staying hydrated, controlling portion sizes, and practicing mindful eating are also important components of a healthy lifestyle.

Water conservation is a critical issue in today's world, as the global population grows and water resources become increasingly scarce. Wasting water can lead to shortages, affecting agriculture, drinking supplies, and ecosystems. Simple actions like fixing leaks, using water-efficient appliances, and reducing water usage in daily activities can have a significant impact. By promoting awareness and responsible water use, we can help ensure a sustainable water supply for future generations.

Public transportation plays a key role in reducing traffic congestion, lowering carbon emissions, and providing affordable transportation options. Buses, trains, and subways offer a cost-effective and environmentally friendly alternative to private cars. Efficient public transportation systems can enhance mobility, decrease pollution, and improve air quality in urban areas. Investing in modern and reliable public transit infrastructure is essential for creating sustainable cities and reducing the negative environmental impacts of road traffic.

Libraries are valuable community resources that provide access to knowledge, books, and educational programs. They serve as hubs for learning, research, and cultural enrichment. Libraries offer free access to information, which helps bridge gaps in education and literacy. With the advent of digital technology, libraries have also expanded to include online resources, making them accessible to people worldwide. The role of libraries in fostering community development and lifelong learning cannot be overstated.

Tourism is a major contributor to the global economy, generating income, creating jobs, and supporting local businesses. It stimulates the hospitality, transportation, and retail industries while promoting cultural exchange and understanding. However, excessive tourism can lead to environmental degradation and overburdened infrastructure. Sustainable tourism practices, such as eco-friendly accommodations and responsible travel behaviors, are essential to minimize negative impacts and ensure that tourism benefits both visitors and host communities.

The digital divide refers to the gap between individuals who have access to technology and the internet and those who do not. This divide can lead to unequal opportunities in education, employment, and access to essential services. Bridging this gap requires investments in infrastructure, digital literacy programs, and affordable internet access. Closing the digital divide is critical to ensuring that all individuals, regardless of location or socioeconomic status, can benefit from the opportunities offered by the digital world.

E-commerce has revolutionized the way people shop, offering convenience, variety, and often lower prices. Online shopping platforms allow consumers to purchase goods and services from the comfort of their homes, with delivery options that suit their needs. E-commerce has also provided businesses with new opportunities to reach global markets. However, the rise of online shopping has led to challenges such as the decline of brick-and-mortar stores and concerns about online privacy and security.

Human rights are fundamental principles that ensure every individual's dignity, freedom, and equality. Social justice movements advocate for equal rights, fair treatment, and the elimination of discrimination. Issues such as racial inequality, gender equality, and access to education are central to social justice efforts. Governments, organizations, and individuals must work together to protect human rights and create societies where everyone has the opportunity to thrive, regardless of their background.

Effective waste management is essential for maintaining a clean and healthy environment. Improper waste disposal can lead to pollution, habitat destruction, and the spread of diseases. Recycling, composting, and reducing waste at the source are important strategies for managing waste sustainably. Governments and businesses must invest in efficient waste management systems, while individuals can contribute by making environmentally conscious choices, such as reducing single-use plastics and recycling materials.

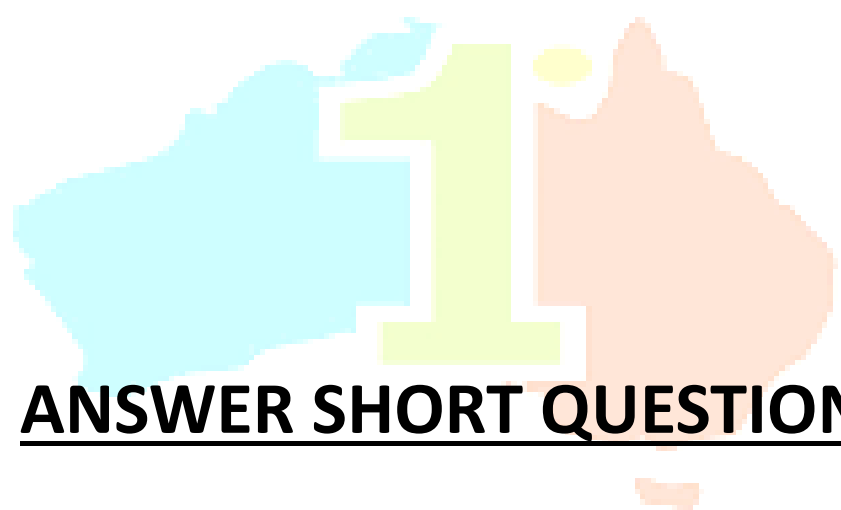
Cybersecurity is critical in today's digital world as more personal and professional activities take place online. Protecting sensitive data from cyber threats, such as hacking, phishing, and malware, is essential for maintaining privacy and security. Organizations must implement robust cybersecurity measures, including firewalls, encryption, and employee training, to safeguard against attacks. As technology evolves, staying ahead of cybercriminals and adapting security strategies is key to protecting digital assets and maintaining trust in online services.

Social inequality refers to the unequal distribution of resources, opportunities, and rights among individuals or groups within society. It can manifest in various forms, such as income disparity, access to education, and healthcare inequality. Tackling social inequality requires comprehensive policies aimed at providing equal opportunities for all, reducing poverty, and addressing systemic discrimination. Efforts should focus on empowering marginalized communities and ensuring that everyone has a fair chance to succeed.

Volunteering offers numerous benefits, both to individuals and the community. It allows people to contribute to causes they care about while gaining new skills, building networks, and enhancing personal growth. Volunteers often report improved mental health, a sense of purpose, and increased well-being. For communities, volunteering can help address social issues, provide support to vulnerable populations, and foster a spirit of cooperation and solidarity.

Sleep is essential for overall health and well-being. It helps the body repair, boosts the immune system, and supports cognitive functions such as memory and concentration. Lack of sleep can lead to serious health problems, including heart disease, diabetes, and mental health issues. Establishing good sleep hygiene, such as maintaining a consistent sleep schedule, creating a comfortable sleep environment, and limiting screen time before bed, is crucial for getting quality rest.





ANSWER SHORT QUESTIONS

 **ONE AUSTRALIA**

What do we describe an event which happens once every year? #

Answer: Annual

What do we call a group of mountains such as the Himalayas?

Answer: range

In winter, what activities do people usually do on Snow Mountains by standing on long, thin boards?

Answer: skiing

What is the adjective opposite to 'rural'?

Answer: urban

What is the star that gives heat and light to the Earth?

Answer: sun

What is the main building of a large company or an organization?

Answer: headquarters

Where do passengers wait for airplanes?

Answer: terminal / airport

What will you hear after a flash of lightning?

Answer: thunder

What do we call a baby cat?

Answer: Kitten / kitty

What is the horizontal line that separates the globe into two halves?

Answer: equator

What is the nominal form of the wide?

Answer: width

If you have a toothache, who will you go to?

Answer: dentist

What is the legal document protecting someone's intellectual property?

Answer: patent

What is at the top of an eyebrow?

Answer: forehead

What thing do postgraduate students have that undergraduate students don't?

Answer: bachelor degree

What do people hold overhead when it is raining?

Answer: umbrella

What is the process where the colour becomes lighter and lighter when exposed to sunlight for a long time?

Answer: fade

How do you call someone with no hair?

Answer: bald

What do we call the ship that runs underwater?

Answer: submarine

What subject involves the study of the Periodic Table?

Answer: chemistry

What is the name of male sheep? Answer: ram

How many years are there in a bicentennial? Answer: two hundred

What is the device that shows the time of the day according to the shadow of sunlight?

Answer: sundial

Tomorrow's lecture has been cancelled. If today is Tuesday, then on which day is the lecture cancelled?

Answer: Wednesday

How do you call the doctor who treats sick animals?

Answer: vet / veterinarian

What are the two holes in your nose to breathe?

Answer: nostrils

What's the colour of the medal that a champion gets?

Answer: Golden / gold

What do we call the northernmost and southernmost parts of the earth?

Answer: Pole / poles

How many wheels does a bicycle have?

Answer: two

How do you call the two siblings born by a mother at the same time? Answer: twins

If you want to read tragedies or comedies, what kind of book do you read?

Answer: fiction books / novels

How many years does it typically take to finish undergraduate study?

Answer: three years / four years

In a recession, does economic activity increase or slow down?

Answer: slow down

What is the term used for a professional who practices law?

Answer: Lawyer / attorney

If telescopes are used to locate distant objects, what instrument is employed to magnify minuscule objects?

Answer: Microscope / microscopes

If a figure is hexagonal, how many sides does it have?

Answer: Six

What are winter, spring, summer and autumn?

Answer: Seasons

How many years does a millennium have?

Answer: One thousand

What do we call the study of living things?

Answer: Biology

Where can people go to borrow books?

Answer: Library / bibliotheca

How many days are in a leap year?

Answer: three hundred and sixty-six

What special document does most people need to carry when they travel between countries?

Answer: passport

What do you call the very long essay that students have to write for a doctoral degree?

Answer: Thesis / dissertation / discourse / paper

A business doesn't want to make a loss - what does it want to make? Answer: profit / profits

What is the source of solar energy?

Answer: sun

What kind of equipment is used to protect motorbike riders' brains from injury?

Answer: helmet

Which is the longest: a decade, a millennium or a century?

Answer: millennium

What is the name of ceremony in which two people get married?

Answer: wedding

Which one word is used for a brother or sister?

Answer: sibling

What do we call a book that contains lists of words with their meanings?

Answer: dictionary

How many hemispheres does the equator divide earth into?

Answer: Two

What is the collection of pictures called?

Answer: album

How many extra days in February in a leap year?

Answer: One

In statistics, what is a circle divided into many parts called?

Answer: pie chart

How do you call a student that has finished his first year?

Answer: sophomore

What object has three legs and can support a camera?

Answer: Tripod

What is the way animals conserve energy to survive the winter?

Answer: Hibernation

What does the colour green help for?

Answer: Sight / eyesight

What do we call a young dog?

Answer: Puppy

What do we call the chair a king or a queen sits in?

Answer: Throne

What is the upper part of a leg?

Answer: Thigh

What do we call the bags that contain possessions and people take with when traveling?

Answer: Luggage / baggage / suitcase

What do you call the brother of your father or mother? Answer: Uncle

What shows how many people can be in a place like an apartment?

Answer: Capacity

What do we call a person who writes biographies of others?

Answer: Biographer

What do we call a document sent by email?

Answer: Attachment

What is the top surface inside the room?

Answer: Ceiling

Where do marine animals live?

Answer: Sea / ocean

What do you call your cousin's father?

Answer: Uncle

What is the opposite of 'guilty'?

Answer: Innocent

What is the barrier that can prevent floods from damaging our home?

Answer: Dam

What is the antonym of 'entrance'?

Answer: Exit

What includes everything in the world such as stars and planets?

Answer: Universe / cosmos

What does the word 'TV' stand for?

Answer: Television

What do we call a room just below the roof of a house, often used for storing things?

Answer: Attic / loft







SUMMARIZE WRITTEN TEXT

ONE AUSTRALIA

While thinking of extroverts, we imagine a character who is assertive, approachable, cheerful and charming. We are taught to admire these traits early on. Kids are often encouraged to interact, play and communicate with other children. It seems at times as though children are made to embrace a more outgoing lifestyle, with some people becoming pseudo-extroverts – introverts who mimic extrovert behaviour. While externally they may seem to enjoy the company of others, or being in the limelight, they can still become over-extended in intense social situations.

So, while the positive aspects of being an extrovert are plain to see, what are the benefits of introversion? While extroverts thrive on social interaction, introverts are more comfortable with levels of isolation. According to Dr Berit Brogaard, a professor of philosophy, extreme solitude, such as times like the recent lockdown, does not affect introverts as much as extroverts. Lack of social contact, something extroverts thrive on, can lead to depression, loneliness, and even premature death.

But it's not just in an extreme situation that the pros of being an introvert shine through. These people seem to have more time for contemplation and introspection and thus can become more balanced. They also tend to be good listeners and think before they speak, meaning they could become great friends. Finally, introverts are often fantastic observers, as sitting out of the focus can give you more time to watch the behaviour of others. So, whatever your personality, either introvert or extrovert, there are clear advantages to being either, and if you meet an introvert, you might just end up with an amazing friend.

First and foremost, being bored motivates you to search out something less boring to do. Feeling bored at work, for example, could inspire you to explore a change of career. Or if you decide there's nothing worth watching on TV, you might choose to switch off and make your own entertainment by taking up a new hobby.

This, according to researchers at the University of Central Lancashire, can explain why the lockdown of the past two years saw a surge in creativity among people stuck at home. From banana-bread-making to picking up a paintbrush for the first time since childhood, many of us realized there are only so many times you can watch Tiger King on Netflix before you need to find other ways to amuse yourself.

But what about those times when you have no choice but to stick with the boring situation — carrying out a mundane task at work or waiting for a bus, for instance? The good news is that the boredom you're feeling now could spark your creativity and help you come up with some of your best ideas, says a 2019 study published in the Academy of Management Discoveries journal. People who'd taken part in a boring bean-sorting task later performed better at coming up with creative ideas than another group who'd been given something more interesting to do first.

If it seems like you're not getting enough sleep, you're not alone. People have evolved to sleep much less than chimps, baboons or any other primates studied so far, a new study finds. Charles Nunn and

David Samson are evolutionary anthropologists. They study how humans have evolved to behave the way we do. Nunn works at Duke University in Durham, N.C. Samson works at the University of Toronto Mississauga in Canada. In their new study, the two compared sleep patterns in 30 different species of primates, including humans. Most species slept between nine and 15 hours daily. Humans averaged just seven hours of shut-eye. Based on lifestyle and biological factors, however, people should get 9.55 hours, Nunn and Samson calculate. Most other primates in the study typically sleep as much as the scientists predicted they should. Nunn and Samson shared their findings online February 14 in the American Journal of Physical Anthropology.

The researchers argue that two long-standing features of human life may play into our short sleep times. The first stems from when humans' ancestors descended from the trees to sleep on the ground. At that point, people probably had to spend more time awake to guard against predators. The second may reflect the intense pressure humans face to learn and teach new skills and to make social connections. That has left less time for sleep.

As sleep declined, rapid-eye movement — or REM — sleep took on an outsize role in humans, Nunn and Samson propose. REM sleep is when we dream. And it has been linked to learning and memory.

"It's pretty surprising that non-REM sleep time is so low in humans," Nunn says. "But something had to give as we slept less."

Banks provide short-term finance to companies in the form of an overdraft on a current account. The advantage of an overdraft is its flexibility. When the cash needs of the company increase with seasonal factors, the company can continue to write cheques and watch the overdraft increase. When the goods and services are sold and cash begins to flow in, the company should be able to watch the overdraft decrease again. The most obvious example of a business which operates in this pattern is farming. The farmer uses the overdraft to finance the acquisition of seed for arable farming, or feed through the winter for stock farming and to cover the period when the crops or animals are growing and maturing. The overdraft is reduced when the crops or the animals are sold.

The main disadvantage of an overdraft is that it is repayable on demand. The farmer whose crop fails because of bad weather knows the problem of being unable to repay the overdraft. Having overdraft financing increases the worries of those who manage the company. The other disadvantage is that the interest payable on overdrafts is variable. When interest rates increase, the cost of the overdraft increases. Furthermore, for small companies there are often complaints that the rate of interest charged is high compared with that available to larger companies. The banks answer that the rates charged reflect relative risk and it is their experience that small companies are riskier.

If you are inspired to take concrete action for global peace and development, take a look at the United Nations Volunteers (UNV) program. Every year, up to 8,000 qualified and experienced women and men of some 160 different nationalities volunteer at least six months of their lives to help others. These UN Volunteers work in some 130 countries promoting peace, responding to disasters, empowering communities and helping to build sustainable livelihoods and lasting development. UN

Volunteers come from dozens of professional backgrounds but all of them are catalysts of positive change. They are encouraged to be creative and entrepreneurial, and foster volunteerism for peace and development both within and beyond their assignments. They work at the heart of communities in partnership with governments, United Nations entities and civil society. Being a UN Volunteer is not a career (you are currently limited to four years of service), but it is rich with opportunities and experience and offers huge personal rewards. As a UN Volunteer you receive a Volunteer Living Allowance (VLA) which covers basic needs, housing and utilities. Additionally, UNV will provide a settling-in-grant, life, health, and permanent disability insurance, return airfares and a nominal resettlement allowance.

Assessment is a central process in education. If students learned what they were taught, we would never need to assess; we could instead just keep records of what we had taught. But as every teacher knows, many students do not learn what they are taught. Indeed, when we look at their work, it is sometimes hard to believe that they were in the classroom. In fact, it is impossible to predict with any certainty what students will learn as the result of a particular sequence of classroom activities. And because we cannot teach well without finding out where our students are starting from, we have to assess. Even if all our students started out at the same point (a highly unlikely situation!), each of them will have reached different understandings of the material being studied within a very short period of time. That is why assessment is the bridge between teaching and learning—it is only through assessment that we can find out whether what has happened in the classroom has produced the learning we intended.

Of course, assessment is also used for other purposes in education, which makes the picture much more complicated. In all countries, assessments of the performance of individual students are used to determine which students are, and which students are not, qualified for subsequent phases of education, and also to decide which kinds of education students should receive.

Carbon dioxide, mostly produced by human activities, is the most significant one of greenhouse gases and has caused the rise of the global temperature and the sea level, so businesses should take responsibilities to tackle the problems inherited in the business models, and World Wildlife Fund partners with companies should ensure the sustainability of the entire market.

Ten years ago, Barsky and Purdon (2006) discovered that social networks which are expanding communication through social media are becoming popular and the costs involved are getting further reduced. Yet, library executives did not see how such a phenomenon could become a part of library and information services. They felt that the users should be left to their social media while the library carried on with its traditional roles (De Rosa et al., 2007). This was also the case when Chernigov and Barnett-Ellis (2007) conducted a survey of 126 academic librarians and concluded that 54% of the librarians surveyed did not believe that there was an academic purpose for Facebook. The

rationale behind these librarians' belief was that the social media was a space where students interact with each other, hence, the librarian was not welcome as their coming in might be viewed as an invasion of space. But time has proved that as the technology of the social media became more popular, users and librarians acquired digitally literacy, and libraries, seeing an explosion of social media around it, were forced to reconsider their stance. In a survey involving 497 international librarians, Taylor & Francis (2014) discovered that over 70% of librarians now feel that the use of social media is important. Though the wave began with public libraries (Mon, 2015), today, libraries of every type either have a social media presence or they are seriously considering it. Hence, the use of social media by libraries has become mainstream.

In 1953 B.F. Skinner visited his daughter's maths class. The Harvard psychologist found every pupil learning the same topic in the same way at the same speed. A few days later he built his first "teaching machine", which let children tackle questions at their own pace. By the mid-1960s similar gizmos were being flogged by door-to-door salesmen. Within a few years, though, enthusiasm for them had fizzled out.

Since then, education technology (edtech) has repeated the cycle of hype and flop, even as computers have reshaped almost every other part of life. One reason is the conservatism of teachers and their unions. But another is that the brain-stretching potential of edtech has remained unproven.

Today, however, Skinner's heirs are forcing the sceptics to think again (see article). Backed by billionaire techies such as Mark Zuckerberg and Bill Gates, schools around the world are using new software to "personalize" learning. This could help hundreds of millions of children stuck in dismal classes—but only if edtech boosters can resist the temptation to revive harmful ideas about how children learn. To succeed, edtech must be at the service of teaching, not the other way around.

The conventional model of schooling emerged in Prussia in the 18th century. Alternatives have so far failed to teach as many children as efficiently. Classrooms, hierarchical year-groups, standardized curriculums and fixed timetables are still the norm for most of the world's nearly 1.5bn schoolchildren.

Humans love to complain to each other. It helps us feel less alone. Think about what happens when a family member or friend is going through a tough time; they call up someone who will listen to their tale of woe. Unfortunately, negative bonding is the default for many groups.

In some families, complaining is the only way to get attention. When one person says, I had a bad day; the other person has to top it, "You think you had a tough day. I had to do three TPS reports!" The same thing happens at work and social settings. "Your child didn't sleep through the night until 6 months? Mine was a full year old before she went over six hours." It's a race to the bottom, and the worst situation wins.

In *Bitching is Bonding, A Guide to Mutual Complaint*, Irene S. Levine, Ph.D., a professor of psychiatry at the NYU Langone School of Medicine says, "The reason why these conversations feel good is because we feel understood."

People raised in negative environments learn early on. Being positive gets you thrown out of the club. When family dinner is a complaint fest, you're not going to risk alienation saying, "Wow, I had an awesome day. Don't you just love life?"

Translate this into a work setting: people, often unconsciously, believe being positive keeps you out of the cool club. When negativity provides bonding, humans are reluctant to abandon the behavior that brings them comfort.

By 1984, the internet had grown to include 1,000 host computers. The National Science Foundation was one of the first outside institutions hoping to connect to this body of information. Other government, non-profit, and educational institutions followed. Initial attempts to catalogue this rapidly expanding system of networks were simple. Among the first was Archie, a list of FTP information created by Peter Deutsch at McGill University in Montreal. However, the greatest innovation in the Internet was still to come, brewing in an MIT laboratory in Cambridge, Mass. The World Wide Web, or the Web, is often confused with the Internet. In fact, it is just one part of the Internet, along with email, video conferencing, and streaming audio channels. In 1989, Tim Berners-Lee, now a scientist at the Massachusetts Institute of Technology, introduced a new system of communication on the Internet which used hyperlinks and a user-friendly graphical interface. His slice of the Internet pie came to be known as the World Wide Web. Berners-Lee says, "The Web is an abstract (imaginary) space of information. On the Net, you find computers –on the Web, you find documents, sounds, videos, ...information. On the Net, the connections are cables between computers; on the web, connections are hypertext links. The Web exists because of programs which communicate between computers on the Net. The Web could not be without the Net. The Web made the Net useful because people are really interested in information (not to mention knowledge and wisdom!) and don't really want to know about computers and cables."

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It's very easy to forget about what's in the ground beneath our feet and why it's so important to protect it. One tablespoon of soil contains more organisms than there are people on Earth; billions of bacteria, fungi and other microorganisms combine with minerals, water, air and organic matter to create a living system that supports plants and, in turn, all life. Healthy soil can store as much as 3,750 tons of water per hectare, reducing the risk of flooding, and the International Panel on Climate Change (IPCC) has said that 89% of all agricultural emissions could be mitigated if we improved the health of our soil.

Good soil management also increases disease resistance in livestock and ultimately drives profits for farmers - yet soil and its impact on the health of our animals has, over recent decades, been one of the most neglected links in UK agriculture. Over the last 50 years' agriculture has become increasingly dependent on chemical fertilizers, with applications today around 10 times higher than in the 1950s. Farmers often think the chemical fertilizer NPK (nitrogen, phosphorous and potassium) provides all the nutrition a plant requires, but it also has a detrimental effect on the long-term health of the land: research suggests there are fewer than 100 harvests left in many of the world's soils.

In recent years, the field of medical technology has witnessed remarkable advancements that are revolutionizing the healthcare industry. These innovations are not only improving patient outcomes but also enhancing the efficiency of healthcare delivery. In this article, we will explore some of the key developments in medical technology and their impact on healthcare. One of the most exciting breakthroughs in medical technology is the development of artificial intelligence (AI) and machine learning algorithms. These AI systems can analyse vast amounts of medical data, from patient records to medical images, and identify patterns and trends that may not be apparent to human clinicians. This capability is leading to more accurate diagnoses and personalized treatment plans, ultimately improving patient care.

Telemedicine is another area where technology is making a significant impact. With the widespread availability of high-speed internet and smartphones, patients can now consult with healthcare providers remotely. This has proven especially crucial during the COVID-19 pandemic, as it allows for safe and convenient healthcare access without physical contact. Advancements in surgical technology have also been transformative. Minimally invasive surgical techniques, such as robotic surgery, have reduced recovery times and post-operative pain for patients. Surgeons can now perform complex procedures with greater precision, leading to better surgical outcomes. Furthermore, the development of wearable health devices and mobile health apps has empowered individuals to take control of their health. From fitness trackers that monitor activity levels to apps that help manage chronic conditions, these technologies are enabling people to make more informed decisions about their well-being. In conclusion, the ongoing advancements in medical technology are reshaping the landscape of healthcare. AI and machine learning are improving diagnosis and treatment, telemedicine is increasing access to care, and innovative surgical techniques are enhancing surgical outcomes. Additionally, wearable devices and mobile apps are promoting proactive health management. These innovations are not only transforming healthcare but also promising a healthier and more connected future for all.

In the heart of rural India, a technological revolution is unfolding, one that promises to reshape the landscape of healthcare delivery. Telemedicine, the remote diagnosis and treatment of patients through telecommunications technology, has emerged as a beacon of hope in areas traditionally plagued by healthcare access challenges. Historically, India's rural populations have grappled with limited access to healthcare facilities. The reasons are manifold: geographic isolation, inadequate healthcare infrastructure, and a scarcity of medical professionals. However, the advent of telemedicine is turning the tide. By leveraging the power of digital technology, medical expertise is being transported beyond urban centres, reaching the most remote villages.

One of the most compelling aspects of this technological marvel is its ability to provide timely medical consultations. Patients in remote areas can now connect with doctors and specialists hundreds of miles away, receiving diagnoses and medical advice without the need for extensive travel. This not only saves time but also reduces the financial burden on families who would

otherwise incur significant travel expenses. Furthermore, telemedicine is playing a pivotal role in managing chronic diseases and providing preventive care. Regular virtual check-ups and monitoring have made it easier for patients to manage conditions like diabetes and hypertension, which require consistent medical attention. This is particularly important in India, where the prevalence of chronic diseases is on the rise.

The impact of telemedicine extends beyond patient care. It's also a tool for empowering local healthcare workers. Through virtual training and support, these workers are upskilled, enabling them to provide better care in their communities.

In conclusion, telemedicine is not just a technological advancement; it's a transformative force in rural India, bringing quality healthcare to the doorsteps of those who need it most. Its continued integration into India's healthcare system promises to bridge the urban-rural divide, heralding a new era of health equity and accessibility.

The profound impact of physical exercise on mental health is an area of increasing interest in both medical and psychological fields. Regular exercise is not only beneficial for physical fitness and combating diseases; it also plays a significant role in enhancing mental well-being and alleviating symptoms of mental health disorders. Exercise has been shown to release endorphins, often referred to as the body's natural mood lifters. These chemicals in the brain enhance our sense of well-being and can reduce the perception of pain. Beyond endorphins, exercise also stimulates the release of neurotransmitters like serotonin and norepinephrine, which can alleviate feelings of depression and anxiety. Studies have consistently demonstrated that regular physical activity can significantly reduce symptoms of depression. For some individuals, it can be as effective as antidepressant medication. Moreover, exercise is linked to better sleep, reduced stress and anxiety levels, improved memory, and higher self-esteem.

Exercise doesn't have to be intense or time-consuming to be effective. Even moderate activities like walking, yoga, or gardening can make a difference. The key is regularity and finding an activity that is enjoyable, which increases the likelihood of sticking to a routine. However, it's important to note that while exercise can be a powerful tool in managing mental health, it's not a standalone cure. It is most effective when used in conjunction with other treatments such as therapy and medication.

In conclusion, the connection between exercise and mental health is undeniable. Incorporating regular physical activity into our daily routine can significantly improve mental health outcomes, offering a simple, accessible, and cost-effective tool to enhance mental well-being and enrich overall quality of life.

Elizabeth Blackwell's journey to becoming the first woman to receive a medical degree in the United States is a story of resilience and determination in the face of immense obstacles. Born in 1821 in Bristol, England, Blackwell moved to the United States with her family at a young age. Her interest in

medicine was sparked by a dying friend who expressed that a female physician would have made her medical experience less traumatic.

Despite widespread prejudice against women in medicine at the time, Blackwell was undeterred. She applied to several medical schools, facing rejection after rejection. Finally, she was admitted to Geneva Medical College in New York, where she graduated first in her class in 1849, breaking barriers for women in the field of medicine.

Blackwell's contributions extended beyond her personal achievements. She was an ardent advocate for women in medicine, establishing the New York Infirmary for Women and Children with her sister, Dr. Emily Blackwell, and Dr. Marie Zakrzewska. This institution not only provided medical care to the underserved but also offered training and experience for women medical practitioners.

Blackwell also authored several books, including "The Laws of Life with Special Reference to the Physical Education of Girls," advocating for women's health and education. Her efforts paved the way for generations of women in medicine, challenging societal norms and opening doors for future female physicians.

Elizabeth Blackwell's legacy is one of courage, tenacity, and dedication to advancing the role of women in medicine. Her groundbreaking achievements serve as a testament to the power of perseverance and the importance of challenging the status quo in pursuit of equality and progress in healthcare.

Jonas Salk's legacy as the developer of the polio vaccine marks a monumental milestone in medical history. Born in 1914 in New York City, Salk's journey in medicine was driven by a deep-seated desire to alleviate human suffering. His work revolutionized the field of virology and transformed public health.

Salk's early career was marked by his interest in influenza, leading him to develop techniques for vaccine creation. However, his focus shifted to the poliovirus in the 1940s, a time when polio epidemics were a source of widespread fear, primarily affecting children. Salk embarked on a mission to develop a vaccine, working tirelessly at the University of Pittsburgh.

In 1955, after years of research and clinical trials, Salk's polio vaccine was declared safe and effective. It was a moment of global celebration. The vaccine not only offered protection against the crippling disease but also represented hope and progress in medical science. Salk's refusal to patent the vaccine, making it freely available, demonstrated his commitment to humanity over personal gain.

Salk's contribution went beyond polio. He founded the Salk Institute for Biological Studies in 1963, fostering scientific research and innovation. His vision was for a collaborative environment where researchers could explore the complexities of life and disease.

Despite his achievements, Salk remained humble, often saying, "The reward for work well done is the opportunity to do more." He passed away in 1995, leaving behind a legacy of compassion, dedication, and groundbreaking medical advancements.

If women are so far ahead of men, why are they so far behind? Reports from both sides of the Atlantic show that female students dominate university courses, yet women still do not make it to the top. A report on inequality in the UK said last week that girls had better educational results than boys at 16, went to university in greater numbers and achieved better degrees once they got there. "More women now have higher education qualifications than men in every age group up to age 44," the report said.

In the US, 57 per cent of college graduates in 2006-07 were women. Women form the majority of all graduates under 45. Yet few women make it to the boards of companies in either country. In the UK, the proportion of women on FTSE 100 boards rose fractionally from 11.7 per cent to 12.2 per cent last year, according to the Cranfield University School of Management, but that was only because of a fall in the size of the boards.

In the US, women accounted for 15.2 per cent of board seats on Fortune 500 companies, according to Catalyst, the research organization, which said the numbers had barely budged for five years. The hopeful way of looking at this is that the rising generation of female graduates has yet to reach director age. Give it 10 years and they will dominate boards as they do universities. If that were true, however, we would surely see the number of women director numbers moving up by now. The first year that women college graduates outnumbered men in the US were 1982. These graduates must be entering their 50s – prime director age.

Currently, Americans only eat about 16 grams of fibre — the parts of plants that can't be digested — per day. That's way less than the 25 to 30 grams that's recommended. There are so many reasons why, from fast-food marketing to agriculture subsidies, but one contributing factor is the slow death of cooking, and the rise of the restaurant meal. Americans now spend more on food at restaurants than they do at grocery stores, but restaurant food tends to have even less fibre than the food we would otherwise eat at home. One problem seems to be that restaurant meals aren't typically loaded with two of the best sources of fibre, unprocessed fruits and vegetables. A revealing study from 2007, in which researchers interviewed 41 restaurant executives, showed that restaurants think fruits and vegetables are too expensive to feature prominently on the menu, and "61 percent said profits drive menu selections." They also opposed labelling certain menu items as healthier choices, saying that would be "the kiss of death." So, people like to eat out, and when they do, they prefer mushy, fibre-free comfort foods, but that's a pretty dangerous road to go down.

As we begin the twenty-first century, technological, economic, political, and social forces have created a new era. Technological advancements and lower trade barriers have paved the way for the globalization of markets, bringing intense competition to the U.S. economy. Political systems and movements around the world are having a profound impact on our national security, as well as on our human security. The increasing diversity of our workplaces, schools, and communities is changing the face of our society. To confront the twenty-first century challenges to our economy and national security, our education system must be strengthened to increase the foreign language skills

and cultural awareness of our students. America's continued global leadership will depend on our students' abilities to interact with the world community both inside and outside our borders.

Most schools have not responded adequately to these challenges of the twenty-first century, and thus many American students lack sufficient knowledge of other world regions, languages, and cultures. Only about one-third of seventh to twelfth grade students — and just five percent of elementary school students — study a foreign language. Few students study the less-commonly taught “critical languages” that are vital to national security. State high school graduation requirements often include only minimal course work in international studies. At the postsecondary level, fewer than ten percent of college students enrol in a foreign language and only one percent of undergraduates study abroad.

Scientists in the United Kingdom and China have announced plans to use artificial intelligence on chicken farms in order to combat the problem of antibiotic resistance in both farm animals and humans. The new initiative will use machine learning to find ways to track and prevent disease on poultry farms, reducing the need for antibiotic treatment in chickens and therefore lowering the risk of antibiotic-resistant bacteria transferring to people.

Now, antibiotic resistance is a worldwide problem and it's getting worse and worse. Some of these superbugs are resistant to everything. On farms, superbugs are not confined to animals. They spread to humans and to the environment, which is an exponential spread.

And antibiotics work by disrupting function in certain parts of a bacterial cell. Bacteria become resistant to antibiotics through genetic mutations that alter those areas of the cell, meaning the medication can no longer target them. The more a strain of bacteria is exposed to an antibiotic, the more likely it is to become resistant. Large numbers of people and animals are given antibiotics when they don't need them, so reducing unnecessary consumption is crucial in the fight against so-called superbugs.

With a large-scale data set, the human mind can't cope with it, and it's too complex. So, we need the machine that is able to understand the relationship across a big amount of information.

In the last five to 10 years, scientists have begun to understand that platelets play a role in promoting unwanted clotting and inflammation in other diseases such as HIV, psoriasis, lupus, and rheumatoid arthritis. These tiny round blood cells serve one major purpose: to stop bleeding by binding to a damaged blood vessel and forming a clot. With that in mind, Jeffrey Berger, director of New York University Langone's Centre for the Prevention of Cardiovascular Disease, and a team of researchers set out to investigate what role the platelets might play in COVID-19.

In a study published in Science Advances, the researchers showed that the virus can enter megakaryocytes, the bone marrow cells that make platelets. The infected cell then alters the genetic material in the platelets so that they become more active and give off protein signals that make the lining of the blood vessels sticky and inflamed. This makes the vessels prone to developing clots that can spread throughout the body.

Scientists also learned that the virus weakens connections in the tissue that lines blood vessels, making them leaky instead of sealing them up, as you might expect when clots are present.

Leaky vessels allow blood and other chemicals in the body to spill into places they're not supposed to go — including the air sacs of the lungs and the tissues of other organs. That can have a cascade of downstream effects, from the flooded lungs seen in many severe COVID-19 cases to complications of the liver, kidneys, and, of course, the heart.





More and more countries spend large amounts of money on the restoration of historic buildings instead of on modern housing. To what extent do you agree or disagree with this analysis? What are advantages and disadvantages of this? Support your writing with your experience or examples.

Some people think learning a foreign language at school should be compulsory. To what extent do you agree with it? Use your experience or examples to support your viewpoint.

Unemployment among young people is a serious problem. One solution has been suggested is to shorten the working week. What do you think are the advantages and disadvantages? Do you think this policy should apply to just young workers or the whole workforce ?

“In the future, people will work fewer hours at their jobs than they do now.” Do you agree with the statement? Please support your opinion with your own experience.

Television serves many useful functions. It helps people to relax. Besides, it can also be seen as a companion for the lonely. To what extent do you agree with this? Explain why with your own experience.

In our technological world, the number of new inventions has been evolving on a daily basis. Please describe a new invention and determine whether it brings beneficial or detrimental impact to society.

Nowadays, more and more people engage in dangerous activities, such as sky diving, skiing and extreme motorcycling. Are you in favor of such activities or not? Why?

For a less developed country, the disadvantages of tourism are as great as the advantages. What is your opinion?

Some people think human behavior can be changed by laws, while others think laws have little effect. What is your opinion?

Should marketing in companies which produce consumer goods, like food and clothing, place emphasis on the reputation of the company or short-term strategies like the discounts and special offers? Why?

Imagine you have been assigned on the study of climate change. Which area of climate change will you choose and why? Use examples.

It is often argued that studying overseas is overrated. There are many scholars who study locally. To what extent do you agree with this ?

There are many global problems. What is the most pressing problem? What solutions would you suggest?

What are the advantages and problems of cheaper public transportation? Give your opinion from your own experience.

Effective study requires time, comfort and peace. it is impossible to study with employment because one may distract the other. To what extent do you think the statements are realistic? Give your opinion with examples.

Experience is the best teacher. Some people think life experiences teach people more effectively than books or formal education can. How far do you agree with this statement? Give your reason or provide your personal experience.

In a cashless society, people in more and more situations use credit cards instead of cash. Cashless society seems to be a reality. How realistic do you think it might be? What are the benefits or problems of this phenomenon?

Age restrictions can be seen everywhere. It is believed that people should not do things until they reach the right ages, such as getting married, driving, voting, buying certain products, and doing particular things. Select one activity and state the minimum age that you think. Support with your own experiences.

With the increase of new digital media available online, the role of the library has become obsolete. Therefore, universities should only procure digital materials rather than constantly update textbooks. Discuss both the advantages and disadvantages of this position and give your own point of view.

Tourism is good for some less developed countries, but also has some disadvantages. Discuss it.

Do you think the design of buildings affects positively or negatively where people live and work?

Some people point that experiential learning (i.e. learning by doing it) can work well in formal education. However, others think a traditional form of teaching is the best. Do you think experiential learning can work well in high schools or colleges?

Nowadays television has become an essential part of life. It is a medium for disseminating news and information, and for some it acts as a companion. What is your opinion about this?

In your opinion, what are the advantages and disadvantages of extreme or adventure sports?

Many education systems assess students using formal written examinations. Those kinds of exams are a valid method. To what extent do you agree or disagree? Give examples with your own experience.

Nowadays, work leaves little time to people's personal life. How widespread do you think it is? How can we solve the problems caused by the shortage of time?

Climate change is a concerning global issue. Who has responsibilities to solve the problem, governments, big companies, or individuals?

Employers involve workers in decision-making process about products and services. What are the advantages and disadvantages of such a policy?

It is argued that getting married before finishing studying or getting established in a good job is foolish. To what extent do you agree or disagree?

Artificial Intelligence is good in the teaching field. To what extent do you agree with this?

What can make learning a new foreign language unimportant? Give your example and explanation.

Some people claim that competition improves the quality of our private and professional lives. Others believe that hyper competition is bad for individuals and for society in general. What is your opinion?

Some believe the value of travel is overrated. 'One brilliant scholar never leaves the home bases.' People argue whether travel is or not a necessary component of quality education. To what extent do you agree with it?

In the company, some people think the employers should involve the workers in decision making. Discuss the advantages and disadvantages.

While artificial intelligence becomes so advanced, people can use computers to translate foreign languages. That makes learning a foreign language unnecessary. To what extent do you agree with it?

Some people prefer to live in cities, while some people prefer to live in the countryside. Which is better for you? Give your reasons or experience.

In our technological world, the number of new inventions has been increasing. Please make an example with its impact on our life, and explain if it is beneficial or detrimental

What are the advantages and the disadvantages of being over-competitive to individuals and society?

Some people say there should be a maximum wage for high-paying jobs. Do you support that? Can you give your point of view or your own experience?

It is harder for children growing up in the 21st century than it was in the past. How far do you agree with this statement? Give your opinions.

What are the problems and the benefits for high school students of studying plays and other works for theatre that were written centuries ago? Do you agree with it? Use your own experience to discuss it.

Some universities deduct marks from students' work if it is given in late. What is your opinion? Suggest some alternative actions.

Nowadays, it is increasingly more difficult to maintain the right balance between work and the other aspects of one's life, such as leisure pursuits with family members. How important do you think this balance is? What are the reasons that make some people think that this is hard to achieve?

As cities expand, governments should look forward to creating better networks of public transport available for everyone rather than building more roads for vehicle owning population. To what extent do you agree or disagree?

Should marketing for consumer goods companies like clothing and food emphasize reputation or short-term strategies like discounts and special offers?

Nowadays, people who devote too much time to their job leave very little time for their personal and private life. How widespread is the problem? What problem will this shortage of time cause?

Should parents be held legally responsible for the actions of their children? Support your opinion from your study, observations or experiences.

The mass media, such as TV, radio and newspapers, have an influence on people, particularly on younger generations. It plays a pivotal role in shaping the opinions of people, especially teenagers and young people. To what extent do you agree with this? Please give examples.

In many towns and cities, large shopping malls are replacing small local shops. Do you think this is a positive development? Give your reasons and examples.

ONE AUSTRALIA





R/W FILL IN THE BLANKS



The human capacity to perceive rapid alterations in visual scenes, colloquially referred to as “speed of sight”, exhibits a remarkable degree of variation among individuals, as revealed by the inaugural systematic (Answer: investigation) into this phenomenon. This variability in visual acuity may elucidate the differential aptitude observed in individuals when engaging in sports that require (Answer: tracking) of fast-moving objects, such as baseball and cricket. The study posits that certain individual (Answer: possess) an innate superior vision that enables them to follow fast-moving objects with greater precision than others. This (Answer: inherent) visual prowess could potentially account for the disparities observed in individuals’ performance in ball sports. The research, led by Clinton Haarlem at Trinity College Dublin, underscores the critical role of visual perception in our interaction with (Answer: rapidly) changing environments and its potential implications in the realm of sports.

Choices:

- 1.balance, intermission, identification, investigation
- 2.tracking, distorting, ensuring, transmitting
- 3.render, store, wear, possess
- 4.responsible, inherent, verbal, logical
- 5.typically, vividly, rapidly, basically

Robots may soon be able to sense and avoid potentially harmful (Answer: stimuli), thanks to a system that mimics the human pain response. The system consists of artificial skin that can detect forces and a neural network that can interpret which ones are likely to cause damage. The artificial skin is made of flexible rubber with embedded sensors that measure pressure, temperature and strain. The neural network (Answer: is trained) to classify the sensor data into three levels of pain: no pain, mild pain and (Answer: severe) pain. The system can also learn from its own experiences and adjust its pain threshold over time. The system could help robots protect themselves from injuries and extend their lifespan. It could also enable more natural and safer (Answer: interactions) between robots and humans.

Choices:

- 1.facets, stimuli, combinations, exceptions
- 2.trained, trains, training, is trained
- 3.divergent, sporadic, severe, mass
- 4.interactions, revisions, expectations, tensions

Scientists have developed a vibrating pill that may help dieters feel full and eat less. The pill, which is swallowed before a meal, contains a tiny motor that is (Answer: activated) by stomach acid. The

motor makes the pill vibrate, stimulating the stomach wall and creating a (Answer: sensation) of satiety. The pill was tested on pigs, who ate almost 40% (Answer: less) food after ingesting the capsule. The researchers, from the University of Wisconsin-Madison and the University of Texas at San Antonio, hope to conduct human trials soon. They believe the pill could be a safe and effective alternative to invasive weight-loss surgeries or drugs with (Answer: side) effects. The pill is designed to pass through the digestive system naturally after a few hours.

Choices:

- 1.taken, activated, consoled, invested
- 2.relation, submission, sensation, fortune
- 3.less, fewer, least, fewest
- 4.side, back, edge, surface

Anna was a 15-year-old girl who loved to (Answer: hang) out with her friends, play soccer, and listen to music. She was looking forward (Answer: to starting) high school and exploring new subjects and activities. But then the covid-19 pandemic (Answer: hit), and everything changed. She had to stay at home, attend online classes, and avoid social gatherings. She felt lonely, bored, and anxious. She was not alone. Many adolescents around the world experienced similar challenges during the pandemic. A new study found that the pandemic had a particularly large effect on the ageing rate of adolescent girls' brains. The researchers speculated that the pandemic might have (Answer: disrupted) the normal development of the adolescent brain, which is sensitive to environmental influences. They suggested that factors such as stress, isolation, lack of stimulation, and reduced physical activity might have contributed to the brain changes. They also warned that these changes might have long-term (Answer: consequences) for cognitive and mental health. They called for more research and interventions to support adolescents during and after the pandemic.

Choices:

- 1.hang, find, take, pick
- 2.of starting, start of, to start, to starting
- 3.kicked, floated, raced, hit
- 4.flavored, disrupted, tightened, deducted
- 5.consequences, procedures, tendencies, traditions

A team of Indian scientists has achieved a historic (Answer: feat) by successfully landing a spacecraft at the lunar south pole, where no one has ever gone before. The Chandrayaan-3 mission, launched in July 2023, was the first to reach the unexplored (Answer: region) that is believed to contain reservoirs of frozen water. The mission, which cost only \$75m, showed the world that India is a major

player in space exploration and that a moon lander can be constructed at a (Answer: fraction) of the cost of other countries. The lander detected sulphur on the surface of the moon and showed that lunar soil is a good insulator. The scientists, including several senior female researchers, (Answer: celebrated) their achievement at the control room in India, inspiring millions of young people across the country and beyond.

Choices:

- 1.peat, feat, pleat, defeat
- 2.scale, order, region, topic
- 3.plunge, fraction, price, peak
- 4.abandoned, celebrated, moderated, surpassed

Heat pumps are devices that use electricity to transfer heat from outside to inside a building, providing a clean and efficient way to heat homes. Heat pumps work by using a refrigerant, a material that changes state from liquid to gas and back (Answer: again), to absorb heat from the air, ground or water outside and transfer it to the water or air inside the building. This process can (Answer: produce) more energy than the electricity that is put into it, resulting in an energy efficiency of over 100%. They are considered a crucial technology for achieving the UK's (Answer: target) of reaching net zero emissions by 2040, as they can replace fossil fuel-based heating systems such as gas boilers. However, heat pumps are still (Answer: relatively) uncommon in the UK, with only 1% of British homes having one installed, compared to 60% of Norwegian homes. The government aims to increase this number to 80% by 2048, and has recently (Answer: announced) a 50% increase in its boiler upgrade grants, which offer households up to £7,500 to switch to a heat pump.

Choices:

- 1.yet, aside, around, again
- 2.produce, imitate, deplete, conceal
- 3.term, target, boundary, trend
- 4.relatively, precisely, abruptly, regularly
- 5.underestimated, announced, diverted, told

Decorating those lush evergreen trees during the jolly holiday season has been a tradition with serious history when it (Answer: comes) to Christmas celebrations. Around the 16th century, people in Germany started this practice of the Christmas tree, and now it has become a (Answer: universal) symbol of the holiday season. You can't miss it – it's in homes, public spaces, and city centres all over the place. Families get together and pick out that perfect Christmas tree, turning it into a whole

bonding experience. Then, they decorate it with glittering lights, colourful ornaments, and an elegant tree topper, making it the focal point of all their activities and (Answer: evoking) all those warm, cheerful holiday emotions. (Answer: Apart from) looking all kinds of fabulous, the Christmas tree carries a ton of cultural weight, reflecting traditions and rituals linked to the holiday season.

Choices:

1. dives, happens, comes, enters
2. detrimental, actual, universal, casual
3. evoking, boiling, skimming, negotiating
4. Compared to, In spite of, apart from, Opposite of

The Enlightenment, spanning the 17th and 18th centuries, was an intellectual movement in Europe that sought to challenge traditional doctrines and elevate reason and the scientific method as the primary (Answer: sources) of knowledge. Philosophers like Voltaire, Rousseau, and Kant inspired vigorous debates on liberty, equality, and the (Answer: nature) of government, contributing to the progressive ideas that precipitated revolutionary changes in politics and society. This era championed scepticism toward monarchist and clerical authority, advocating for political and social structures informed by rational discourse and empirical evidence. Notable advances (Answer: stemmed) from this milieu, including Diderot's 'Encyclopédie,' which aimed to consolidate human knowledge and was instrumental in disseminating Enlightenment thought. The rippling effect of these ideals is seen in pivotal historical developments such as the American Revolution and the crafting of the United States Constitution, which drew (Answer: heavily) upon Enlightenment principles. Often referred to as the 'Age of Reason,' the Enlightenment left a profound (Answer: legacy) that shaped modern Western thought, embodying an enduring faith in the progress of human civilization through rational inquiry and the pursuit of knowledge.

Choices:

1. reserves, portraits, envoys, sources
2. aristocracy, posture, nature, democracy
3. took, based, separated, stemmed
4. heavily, heavy, heaviness, heavier
5. phenomenon, fantasy, premise, legacy

Following World War II, a paradigm shifts in international relations led to the establishment of the United Nations in 1945. Formed in response to the need for a more effective global peacekeeping framework, the UN aimed to (Answer: prevent) future conflicts and promote cooperation among nations. The initial membership (Answer: comprised) 51 countries, each committed to maintaining

international security, fostering economic (Answer: development), and upholding human rights standards. This groundbreaking institution set out to counterbalance the pre-eminence of any single global power, advocating for multilateralism and collective decision-making on critical issues. Over the decades, the UN expanded to encompass 193 member states, adapting its mission to (Answer: confront) emerging challenges like climate change, terrorism, and humanitarian crises. Despite its complexities, the UN remains a (Answer: pivotal) force in international affairs, mediating conflicts, delivering aid, and advocating for human dignity worldwide. The organization's ongoing evolution reflects both the enduring significance of global cooperation and the imperatives of an ever-changing geopolitical landscape.

Choices:

- 1.harness, prevent, narrate, impose
- 2.comprised, contrasted, consisted, compared
- 3.ornament, development, posterity, velocity
- 4.confront, mute, camouflage, dismantle
- 5.dissident, possessed, pivotal, tropical

A new study has revealed that Indigenous Australians are the most genetically diverse people in the world, with greater genetic (Answer: variability) than between people of European or Asian ancestry. The study, which involved analysing the genomes of 83 Indigenous Australians from (Answer: across) the continent, also pushed back the (Answer: date) of genetic separation between people in Papua New Guinea and those in Australia to about 37,000 years ago. The researchers, led by Professor David Reich from Harvard Medical School, said that the findings shed light on the ancient history and diversity of Indigenous Australian peoples, who were (Answer: made) up of at least 200 distinct nations before colonization. They also said that the study could help improve the health and well-being of Indigenous Australians, who suffer from higher rates of chronic diseases and lower life (Answer: expectancy) than non-Indigenous Australians.

Choices:

- 1.integrity, conformity, variability, stability
- 2.at, with, off, across
- 3.analysis, location, date, feature
- 4.made, set, broken, laid
- 5.level, expectancy, assurance, rate

A team of researchers from the University of Western Ontario in Canada has used the popular sitcom Seinfeld to investigate how the brain responds to different types of jokes. They (Answer: monitored)

the brain activity of 22 volunteers while they watched clips from the show, and found that different regions of the cortex, the brain's (Answer: outermost) layer, were involved in processing humour. The study revealed that the brain's left hemisphere was more active when the participants understood the jokes, (Answer: while) the right hemisphere was more active when they found them funny. The researchers also identified a network of brain regions that were involved in both humor comprehension and appreciation, suggesting that these processes are closely linked. The findings could help improve the (Answer: diagnosis) and treatment of conditions that affect humor perception, such as depression, autism, and dementia.

Choices:

- 1.glanced, monitored, entertained, involved
- 2.outlandish, outgoing, outside, outermost
- 3.dueto, rather than, yet, while
- 4.execution, diagnosis, format, strategy

In a groundbreaking experiment, NASA has successfully sent a 15-second video of an orange tabby cat named Taters chasing a laser pointer dot in ultra-HD. The video travelled almost 19 million miles from a probe back to Earth. This was part of a NASA experiment to test the possibility of sending streaming video through deep space, (Answer: using) a laser-based communication system called Deep Space Optical Communications (DSOC). The video was added to the Psyche probe, which was (Answer: launched) in October on a six-year mission to visit an asteroid. On December 11, it sent the video back to Earth in just 101 seconds. This marked a significant achievement in the field of space communication, demonstrating the (Answer: potential) of laser technology in transmitting data across vast distances in space. The implications of this experiment are far-reaching. It has set a precedent for future space missions, opening up the possibility of transmitting broadband video across millions of miles. This could significantly enhance our capabilities in space exploration and scientific research, facilitating more (Answer: ambitious) missions in the future.

Choices:

- 1.as using, to use, using, use
- 2.initiated, established, proved, launched
- 3.range, probability, potential, extent
- 4.rudimentary, maximum, overall, ambitious

Human tears are more than just a sign of emotion - they carry a substance that can quell aggression, as per recent research findings. This intriguing discovery has led scientists to theorize that these tear drops may (Answer: have evolved) as a protective mechanism for crying infants. In an experimental setup, men were asked to sniff emotional tears (Answer: shed) by women, following which they

participated in computerized tests designed to incite aggression. The outcome was quite remarkable - aggression (Answer: levels) dipped by over 40% among the tear-sniffers. Furthermore, brain scans revealed corresponding changes in the brain's aggression networks. Despite the experiment being conducted with women's tears, the researchers behind the study are of the opinion that all human tears would (Answer: yield) similar results.

Choices:

1. have evolution, be evolution, be evolved, have evolved
2. shed, lost, grown, emitted
3. posts, measures, levels, portions
4. evade, invoke, reflect, yield

The researchers found that the reindeer brain, like the human brain, knows how (Answer: much) sleep it needs. They measured the brain activity of four adult female reindeer using electrodes attached to their scalps, and observed their behavior during different seasons and light conditions. They discovered that the reindeer (Answer: spent) the same amount of time asleep regardless of the season, and that their sleep (Answer: patterns) were similar to those of humans. However, the reindeer also had a unique ability to sleep while chewing the cud. This state was similar to non-REM sleep, and helped the reindeer reduce their sleepiness after eating. The researchers speculated that this ability might be especially important during the summer, when the reindeer need to eat a lot of food and (Answer: accumulate) fat for the winter. By sleeping while digesting, the reindeer could balance their need for sleep and nutrition.

Choices:

1. much, far, regular, often
2. made, devoted, saved, spent
3. rhythms, interruptions, patterns, situations
4. cultivate, regard, surmount, accumulate

The Han Dynasty, which flourished from 206 BCE to 220 CE in ancient China, represented a golden age of Chinese history, (Answer: distinguished) by consolidation, expansion, and enduring cultural achievements. Instituting Confucianism as the official state philosophy, the Han fostered a civil service system that (Answer: selected) officials based on merit rather than birthright—a radical departure from previous aristocratic norms. This (Answer: epoch) was defined by innovations such as papermaking, which revolutionized record-keeping and literacy, and the codification of traditional medicinal practices. The Silk Road, an elaborate network of trade routes (Answer: established) during this period, opened China to cultural exchanges and commerce with the Mediterranean world. Venerated for stabilizing the internal order and external borders, the Han Dynasty's governance

provided a model for future Chinese rulers. This prospering period in East Asian history is still considered a benchmark for Chinese civilization, with the ethnic majority of China today (Answer: referring) to themselves as the 'Han people.'

Choices:

1. disciplined, journeyed, input, distinguished
2. discussed, adapted, reflected, selected
3. moment, epoch, intermission, interval
4. was established, establishing, that established, established
5. calling, considering, referring, pointing

The Achaemenid Dynasty heralded the rise of the Persian Empire, (Answer: ascending) to prominence under Cyrus the Great around 550 BCE. This vast empire, renowned for its exceptional administrative systems and cultural diversity, sprawled across three continents, from the Indus Valley to the fringes of Greece, encompassing Egypt and touching the steppes of Central Asia. Its innovative imperial governance, characterized by the satrapy system, allowed for local autonomy and integration of a (Answer: multitude) of cultures, languages, and religions. The Royal Road, stretching over 2,000 miles, (Answer: facilitated) unprecedented communication and commerce throughout the empire. Darius I's creation of a standardized currency, the daric, (Answer: further) unified economic transactions across its extensive territories. Esteemed for their tolerance and diplomatic acumen, Persian kings established paradigms of rule that influenced (Answer: subsequent) empires for generations. Persian society was illuminated by opulent architecture, vivid gardens, and advancement in sciences, which became the empire's enduring legacy.

Choices:

1. directing, staging, ascending, stumbling
2. construction, separation, magnitude, multitude
3. scattered, united, aimed, facilitated
4. so, moreover, wherein, further
5. subsequent, explicit, permanent, trivial

We live in a time of unprecedented polarization and misinformation, where social media feeds us with dubious evidence to support our beliefs. How can we (Answer: overcome) this tendency and challenge our views? One possible answer is to embrace a little "existential humility". Existential humility is the ability to recognize the limits of our knowledge and the possibility of being wrong. It is a form of intellectual humility, which has been shown to have many benefits, such as reducing prejudice, increasing curiosity, and improving learning. Existential humility goes beyond

acknowledging our factual errors, and also involves (Answer: questioning) our moral and philosophical assumptions. One way to cultivate existential humility is to experience awe, the emotion we feel when we encounter something vast, beautiful, or mysterious. Awe can expand our (Answer: perspective) and make us more open to new ideas and experiences. By embracing existential humility and cultivating awe, we can become more aware of our (Answer: biases) and more willing to revise our opinions. We can also become more respectful of others and more interested in learning from them. In a world of division and confusion, existential humility and awe can help us open our minds and find (Answer: common) ground.

Choices:

1. overcome, covet, spread, direct
2. question, questioning, in questioning, we question
3. perspective, transmission, survey, retention
4. revenues, zones, biases, charges
5. common, individual, public, important

Jupiter's moon Io is the most volcanically active world in the solar system, (Answer: with) hundreds of eruptions occurring every year. These eruptions constantly reshape the surface of Io, erasing any signs of impact craters that may have formed from collisions with asteroids and comets. However, a keen-eyed amateur astronomer from Sweden has (Answer: discovered) what may be the first crater ever seen on Io. Jesper Sandberg was browsing through old images from the Galileo spacecraft, which explored the Jupiter system from 1995 to 2003, when he (Answer: noticed) a small, circular feature on Io's surface. The feature, which is about 100 meters across, appears to be a fresh impact crater surrounded by a bright ejecta blanket. Sandberg reported his finding to the Planetary Society, which confirmed that the feature had not been previously (Answer: identified) or catalogued. The discovery of this crater could provide valuable (Answer: insights) into the geology and history of Io, as well as the frequency and size of impactors in the outer solar system.

Choices:

1. therefore, with, whose, which
2. implicated, discriminated, discovered, assembled
3. noticed, conducted, dismissed, obliged
4. converted, identified, sealed, retracted
5. insights, fallacies, connections, backgrounds

A new study has shed light on how weight-loss and diabetes injections such as Wegovy and Ozempic may have wider medical benefits than we first thought. The researchers found that these drugs

(Answer: act) on the brain to lessen body-wide inflammation, which could explain why they seem to reduce heart attacks more than (Answer: would be) expected from their weight-loss effects alone. The drugs belong to a class of medications that mimic a gut hormone called GLP-1, which normally lowers appetite, makes people feel full and (Answer: triggers) the release of insulin, a hormone involved in blood sugar regulation. Several studies have suggested that, as well as causing people to lose weight, GLP-1 mimics also lower inflammation. To investigate the (Answer: mechanism) behind this anti-inflammatory effect, the researchers conducted experiments in mice. They found that GLP-1 mimics reduced the animals' inflammatory response to a bacterial infection, but only when the mice had the receptor for GLP-1 on their brain cells. This means that the drugs reduce inflammation by influencing the brain, and not just by (Answer: inducing) weight loss.

Choices:

- 1.infer, pause, act, pump
- 2.they were, being, would be, there is
- 3.perceives, amends, triggers, plays
- 4.spectrum, mechanism, training, diagram
- 5.encountering, inducing, plotting, scoring

In the final episode of a three-part podcast series, Christie Taylor explores some of the challenges and opportunities that cannabis presents for society, both now and in the future. One of the topics that Taylor examines is the possibility of growing cannabis compounds in labs, (Answer: without) the need for cultivating the plant itself. This could offer a more efficient and consistent way of producing cannabinoids, the active ingredients in cannabis, for medical and recreational (Answer: purposes). Taylor talks to researchers who are working on developing methods to synthesize cannabinoids using yeast, bacteria, or algae. Another topic that Taylor discusses is the environmental impact of cannabis production, which is often (Answer: overlooked) or underestimated. Growing cannabis, whether legally or illegally, consumes a lot of water, energy, land, and fertilizers, and generates greenhouse gas (Answer: emissions) and waste. Taylor interviews experts who are studying the ecological footprint of cannabis and looking for ways to make it more sustainable and less harmful to the planet.

Choices:

- 1.regarding, without, due to, although
- 2.angles, sequences, phases, purposes
- 3.overlooked, tailored, contained, handled
- 4.conditions, emissions, resources, customs

Polar bears are amazing animals that can (Answer: survive) in the harsh Arctic conditions. Their fur is one of their secrets, as it is hollow, lightweight, and insulating. Now, a team of researchers from China has created a synthetic fibre that (Answer: mimics) the properties of polar bear fur. The researchers used a chemical process to make the fibre, which has a porous core and a smooth surface. They claim that the fibre is as warm as down feather, but (Answer: much) thinner and more durable. To test their claim, they knitted a sweater with the fibre and measured its thermal performance. They also tested the fiber's strength and stretchability. The researchers say that the fibre could have many applications, especially for making clothing for extreme cold environments. They suggest that the fibre could be used for military uniforms, space suits, and winter sports. They also say that the fibre is eco-friendly and biodegradable. However, not everyone is (Answer: convinced) by the researchers' claims. Some experts have criticized the lack of data and details in their paper. They say that more research and comparison are needed to (Answer: verify) the fiber's advantages.

Choices:

- 1.tend, stretch, survive, confirm
- 2.calculates, pastes, mimics, requests
- 3.more, too, much, such
- 4.preferred, refused, convinced, suspected
- 5.expose, verify, appear, consent

Shifting focus to the experiment itself, changes were introduced in two subsections of the engineering team to transform the review structure. (Answer: Rather) than intensive inspection of individual contributors by managers, engineers were empowered with more autonomy. The revised system emphasized high-level guidance from senior managers who oversaw collaborative group processes. Additionally, professional development coaching emphasized collective brainstorming (Answer: versus) singular decision-making by individual contributors. Applying these skills in a pilot, leaders redesigned working sessions as participatory forums for engineers across subgroups to share ideas (Answer: openly). Quantitative and qualitative data was gathered to (Answer: assess) outcomes relating to productivity, job satisfaction, and innovation criteria. For reference, these implemented changes designed to enable collaborative ideation across the test divisions (Answer: constituted) the "co-creation approach" during analysis. If effective, similar participatory frameworks and coaching could scale across other divisions in the organization.

Choices:

- 1.Rather, Instead, More, Moreover
- 2.versus, under, amid, upon
- 3.loyally, deliberately, currently, openly
- 4.disagree, assess, enforce, require
- 5.biased, defected, inhabited, constituted

The 20th century saw two groundbreaking figures in animal research: Konrad Lorenz and Jane Goodall. While Lorenz focused on instinctual behavior in birds, Goodall revolutionized our understanding of primates, (Answer: particularly) chimpanzees. Prior to her work, (Answer: little) was known about the complex social lives and cognitive abilities of these intelligent animals. Goodall's pioneering research, conducted in Tanzania's Gombe Stream National Park, revealed chimps to be (Answer: capable) of tool use, complex communication, and even self-awareness. Born in London in 1934, Goodall's passion for animals manifested early. Despite lacking formal scientific training, her determination and keen observation skills led to a groundbreaking career. Initially dismissed by the scientific community for her unconventional methods, including naming individual chimps and observing them in their natural (Answer: habitat), Goodall's meticulous research eventually earned widespread recognition. Her discoveries challenged the prevailing view of primates as simple creatures, paving the way for a new understanding of their intelligence and emotional depth. More importantly, Goodall's work sparked a global movement for chimpanzee conservation and (Answer: highlighted) the importance of ethical treatment towards all animals.

Choices:

- 1.closely, faithfully, perfectly, particularly
- 2.few, a few, little, a little
- 3.sufficient, capable, special, frequent
- 4.element, input, regime, habitat
- 5.contacted, claimed, comprised, highlighted

Want to find your way to stress relief? This recipe is for you: combine a passion for baking with the mindful practice of meditation. Studies show that baking can be a powerful tool for (Answer: improving) mental well-being, offering a sense of calm and accomplishment. The key is to be present in the (Answer: moment), savoring the tactile sensations of kneading dough, the rhythmic whisking of eggs, and the sweet aroma of rising bread. This mindful approach not only (Answer: enhances) the baking experience but also provides a welcome escape from daily anxieties. Research suggests that baking can trigger the (Answer: release) of endorphins, the body's natural mood boosters. The repetitive motions of mixing and kneading can be calming and meditative, helping to quiet the mind and (Answer: reduce) stress. Additionally, the act of creation and the satisfaction of producing something delicious can boost confidence and self-esteem.

Choices:

- 1.improving, being improved, improvement, improved
- 2.moment, point, success, duration
- 3.exhibits, enhances, consumes, postpones
- 4.texture, theory, trend, release
- 5.reduce, interpret, satisfy, gather

For decades, the health of half the population has been sidelined in medical research, but there are signs that this (Answer: inequity) can finally be addressed. Many health issues that affect women, such as endometriosis, menopause, menstrual pain, pelvic floor weakness, premature egg failure, miscarriage, and postnatal anxiety, have been (Answer: poorly) studied and understood, leading to inadequate diagnosis and treatment. However, some researchers and advocates are working to change this situation and raise awareness and funding for women's health research. They argue that studying women's health is not only a (Answer: matter) of justice, but also a way to improve the health of everyone, as it can reveal new insights into biological mechanisms, environmental factors, and social determinants of health. By investing in women's health research, we can (Answer: advance) science and medicine for the benefit of all.

Choices:

- 1.advantage, delegation, harmony, inequity
- 2.weakly, continuously, intermittently, poorly
- 3.certificate, matter, cause, material
- 4.initiate, renew, sustain, advance

A new study published in the journal Astrobiology suggests that the subsurface of Mercury, the hottest and nearest planet to the sun, could (Answer: harbor) life. The researchers used data from NASA's MESSENGER mission, which orbited Mercury from 2011 to 2015, to analyze the geology and chemistry of the planet's northern hemisphere. They found evidence of salt flow in the Raditladi and Eminescu basins, which are large impact craters. These salt formations are similar to those found in extreme (Answer: habitats) on Earth, such as the Atacama Desert in Chile. The study proposes that these subsurface briny ice layers, protected from the harsh surface conditions by a thick layer of rock, could provide a suitable environment for life to (Answer: exist). The discovery challenges the conventional view that Mercury is too hot and dry (Answer: to support) life, and expands the potential for finding life on other planets with hot star-like features. The study also highlights the importance of exploring the subsurface regions of Mercury and other planetary bodies, as they may (Answer: hold) more secrets than their barren surfaces suggest.

Choices:

- 1.entitle, refrain, harbor, curtail
- 2.situations, latitudes, depths, habitats
- 3.exist, build, live, support
- 4.for support, supporting, to support, that supports
- 5.hold, forecast, imply, infer

Animals have different skin patterns, such as spots, stripes, and hexagons. Scientists can explain how these patterns help animals adapt to their environment, but they don't know how they are formed in the first (Answer: place). Turing was a scientist who suggested that two chemicals in the skin can interact to form patterns by balancing each other out. But his theory could not explain why some animals have clear lines between different colors, like zebras and boxfish. Alessio and Gupta are two scientists who improved Turing's theory (Answer: by adding) a new factor. They said that larger things in the skin, like color cells, can move because of smaller things, like soap molecules. They showed that this can make more defined patterns by (Answer: separating) color cells into different areas. They also showed that their theory can create the same hexagon pattern as the boxfish, which Turing's theory could not do. Their work indicates that this new factor may be (Answer: crucial) for creating animal skin patterns and other natural patterns.

Choices:

1. place, moment, instance, phase
2. to add, if added, adding, by adding
3. involving, dropping, separating, eliminating
4. independent, modest, favorable, crucial

A new study published in Cell Reports reveals that oral (Answer: exposure) to nanoplastics, or plastic particulates smaller than 500 nanometers, can affect brain function in mice by inducing inflammation in the gut. The researchers found that nanoplastics were more readily taken up by macrophages in the intestines than larger microplastics, and triggered the production of a pro-inflammatory cytokine. This cytokine then affected the brain through the gut-brain axis, resulting in cognitive and memory impairments. The authors hope that their findings will raise (Answer: awareness) of the potential health risks of nanoplastic pollution, which is a growing environmental concern. They estimate that humans consume about 5 grams of plastic per week, (Answer: equivalent) to a credit card. The study adds to the growing body of evidence that microplastics and nanoplastics can have (Answer: adverse) effects on various biological systems, including the reproductive, immune, endocrine, and nervous systems. Previous studies have shown that aquatic species and laboratory animals in contact with plastic particulates exhibit neurotoxicity and endocrine (Answer: disruption). The authors also note that microplastics have been detected in human tissues, highlighting the need for more research on the impact of plastic pollution on human health.

Choices:

1. arrangement, indifference, exposure, aversion
2. compensation, data, awareness, access
3. the equivalence, its equivalence, equivalent, that equivalent
4. neutral, adverse, flawed, declining

5.controversy, disruption, stability, labor

Eating healthily can be less expensive than the unhealthy diet many Australians currently live on. A study compared the cost of the recommended Australian Dietary Guidelines to (Answer: what) an average Australian family buys and eats a fortnight. It found that the healthy diet can save \$150 at the checkout a fortnight, or \$3,900 a year. The study also highlighted the health benefits of (Answer: following) the guidelines, which include eating more fruit and vegetables, wholegrains, lean meats, and dairy products, and avoiding processed foods, sweetened drinks, desserts, and alcohol. The researchers said that diets (Answer: rich) in fruit and vegetables can protect against high blood pressure, heart disease, stroke, Type 2 diabetes, and some cancers, as well as (Answer: boost) mood and mental wellbeing. They suggested that families can start making small changes, planning meals with their kids, and trying to make healthy versions of takeaway meals at home.

Choices:

- 1.which, those, what, that
- 2.following, adhering, stating, sticking
- 3.separate, rich, focused, high
- 4.rise, boost, exaggerate, flourish

Scientists have discovered the oldest direct evidence of oxygenic photosynthesis, the process by which cells use sunlight, water and carbon dioxide to produce energy and oxygen. The evidence consists of fossils of microscopic structures called stromatolites, which (Answer: are formed) by layers of cyanobacteria and sediment. The fossils (Answer: date) back to 75 billion years ago, pushing back the origin of oxygenic photosynthesis by 2 billion years. The discovery, published in Nature, sheds new light on the evolution of life on Earth and the Great Oxygenation Event, a crucial period in which oxygen levels in the atmosphere and oceans increased (Answer: dramatically). The researchers analyzed the fossils from the McDermott Formation in Australia using various techniques, including scanning electron microscopy and Raman spectroscopy. They found that the stromatolites contained structures similar to those of modern cyanobacteria, indicating that they were (Answer: capable) of oxygenic photosynthesis.

Choices:

- 1.has been formed, will form, were forming, are formed
- 2.trace, return, date, reach
- 3.dramatically, commonly, smoothly, thoroughly
- 4.capable, able, likely, suitable

Born in 1463 in Milan, Italy, Caterina Sforza was a remarkable woman whose life defied societal norms of her time. She was not only a skilled military strategist but also a formidable political (Answer: figure) in her own right. Often referred to as the "Tigress of Forlì," Caterina was known for her daring and resilience in defending her family's territories. Her life was marked by turbulent events, including daring sieges, political intrigues, and a fierce (Answer: determination) to protect her family's honor and legacy. Though her name may not be as widely recognized as some of her (Answer: contemporaries), Caterina Sforza's legacy endures as a symbol of a strong and independent woman who defied the constraints of her era. Caterina's was also a patron of the arts and played a pivotal role in promoting cultural and artistic endeavors in the cities under her control. Her court was a hub of intellectual activity, where artists and scholars found inspiration and support. Caterina Sforza's life stands as a remarkable example of the resilience of those who dared to challenge societal norms and (Answer: carve) out their own paths during the vibrant era of the 15th century Renaissance, even in the face of formidable (Answer: obstacles) and risks.

Choices:

- 1.figure, colleague, human, volume
- 2.prevention, determination, authorship, bulk
- 3.vendors, followers, contemporaries, codes
- 4.carving, carves, had carved, carve
- 5.resources, excuses, substitutes, obstacles

Scientists have proposed a new way to detect oceans and possibly even alien life on distant planets by (Answer: measuring) the levels of carbon dioxide in their atmospheres. The technique, published in Nature Astronomy, is based on the idea that planets with large oceans like Earth have lower CO₂ levels than their neighbors (Answer: because) carbon is dissolved in the water and locked into the crust by tectonic activity. The researchers suggest that if they find an exoplanet with a lower CO₂ level than its surrounding planets, it could indicate the (Answer: presence) of liquid water or even life on its surface. This method could (Answer: complement) other strategies for locating water on exoplanets, such as observing the reflection of starlight or the absorption of infrared radiation by water vapor. Finding liquid water is considered a key (Answer: step) for discovering other forms of life in the universe.

Choices:

- 1.embedding, promising, confusing, measuring
- 2.so far, due to, because, ever since
- 3.engagement, joy, hint, presence
- 4.complement, oppress, seduce, consist
- 5.career, finance, step, setting

Individuals diagnosed with Attention-Deficit Hyperactivity Disorder (ADHD) and prescribed pharmacological interventions may exhibit thermoregulatory dysfunctions, colloquially (Answer: referred) to as heat sensitivity. This physiological anomaly may impair their ability to perceive elevated body temperatures or dehydration, (Answer: thereby) escalating the risk of hyperthermia and other heat-induced pathologies. It is noteworthy that this side effect is not exclusive to ADHD medications but is also (Answer: prevalent) among other psychotropic drugs that modulate neurotransmitter activity in the brain. To mitigate the risk of heat-related complications, individuals on these medications are advised to (Answer: adhere) to standard heat-avoidance measures such as seeking shade, maintaining adequate hydration, and applying sunscreen. Furthermore, they are encouraged to (Answer: consult) with their healthcare provider or pharmacist regarding any concerns about their medication's interaction with heat. Abrupt discontinuation of medication without professional guidance is strongly discouraged.

Choices:

1. mentioned, termed, referred, known
2. there by, and, but, then
3. prevalent, successful, diverse, abnormal
4. adhere, address, contribute, obey
5. console, consult, complain, discuss

Regular exercise is associated with a lower risk of developing certain cancers, including (Answer: those) of the head, neck, and lungs. The benefits of exercise extend even to those who have been (Answer: diagnosed) with cancer, as they tend to live longer than those who don't exercise. The risk reduction is particularly significant for head and neck, breast, and lung cancers. Interestingly, the impact of exercise on cancer risk (Answer: appears) to be dose-dependent, with more exercise leading to a greater reduction in risk. These findings, while based on observational data, paint a nuanced picture of the relationship between exercise and cancer. Despite the inability to establish a cause-and-effect relationship, the data suggests that regular exercise could potentially stave off cancer. Furthermore, individuals who exercise regularly and later develop cancer are still less likely to die of any cause, indicating a (Answer: longevity) benefit. These insights provide ample (Answer: incentive) to maintain an exercise habit for its potential cancer-preventive effects.

Choices:

1. whose, those, which, them
2. claimed, exposed, diagnosed, confronted
3. demands, permits, suggests, appears
4. conformity, longevity, margin, terminal

5.incentive, status, policy, pursuit

Astronomers have used data from two NASA telescopes, the Chandra X-ray Observatory and the James Webb Space Telescope, to (Answer: uncover) new details about a bizarre structure in the debris field of an exploded star. The structure, (Answer: dubbed) the “Green Monster” because of its resemblance to the wall in the left field of Fenway Park, was first identified in Webb’s infrared data from April 2022. The origin of this feature was not clear, until the researchers combined the Webb data with X-rays from Chandra. The team (Answer: concluded) that the Green Monster is part of the blast wave from the supernova explosion, and is plowing into the gas that was ejected by the star before it exploded. The material in the Green Monster is moving (Answer: towards) us, and has a much higher density than the average density of the surrounding gas. This result can help reconstruct the complicated history of mass loss by the star before it exploded.

Choices:

- 1.underline, implement, uncover, convert
- 2.referred, known, supposed, dubbed
- 3.compiled, investigated, concluded, measured
- 4.about, away, against, towards

A total solar eclipse is a rare and spectacular phenomenon that occurs when the moon (Answer: blocks) the sun’s light completely, creating a brief period of darkness in the middle of the day. On 8 April 2024, people in North America will have a chance to (Answer: witness) this amazing event, as the path of totality - the area (Answer: where) the eclipse is visible - will stretch from Mexico to Canada, crossing 13 US states. To enjoy the full experience of the eclipse, viewers need to know where and when to look, as well as how to protect their eyes from the sun’s harmful rays. The eclipse will (Answer: last) for about 3 hours, but the totality will only be for about 4 minutes, depending on the location. During this time, the temperature will drop, the sky will darken, and stars and planets will appear. There will also be other phenomena to observe, such as strange shadows, diamond rings, and the sun’s corona. A total solar eclipse is a once-in-a-lifetime opportunity that should not be (Answer: missed) by anyone who loves astronomy and nature.

Choices:

- 1.blocks, diffuses, transmits, magnifies
- 2.derive, highlight, witness, drive
- 3.which, what, there, where
- 4.pause, last, end, recur
- 5.missed, anticipated, viewed, celebrated

Science is a collaborative endeavor that transcends disciplines, borders, and beliefs. Scientists work together to share their knowledge and contribute to solving big-picture puzzles. (Answer: Whether) it is developing new tools, creating new models, or launching new initiatives, scientific collaboration drives innovation and progress. One example of the collaborative (Answer: spirit) of science is the global response to the COVID-19 pandemic. When the world was facing a health crisis, researchers from different fields and countries joined forces to track the virus, develop vaccines, and improve diagnostics. Their years of experience working together (Answer: paid) off, as they were able to quickly share their findings and help the world collectively get (Answer: through) the pandemic. This shows how science can benefit from cooperation and altruism, not only for the greater good of humanity, but also for the advancement of knowledge.

Choices:

- 1.Nevertheless, Unless, Whether, Although
- 2.independence, rivalry, spirit, complexity
- 3.lagged, turned, paid, pushed
- 4.through, against, into, away

Young-onset dementia (YOD) is a form of dementia that affects people under the age of 6 It is a devastating condition that has a significant impact on the quality of life of the (Answer: affected) individuals and their families. However, the risk factors and prevention strategies for YOD are not well understood. A recent analysis of data from the UK Biobank, a large biomedical database, identified 15 key (Answer: factors) that could increase the risk of developing YOD. These factors include genetic, environmental, lifestyle, and health-related factors, such as lower education, lower socioeconomic status, alcohol use disorder, depression, diabetes, heart disease, and stroke. Some of these factors are modifiable and/or preventable, meaning that they can be changed or avoided by (Answer: adopting) healthy habits. For example, physical exercise, a Mediterranean-based diet, cognitive stimulation, mood regulation, and social interaction can all help lower the risk of YOD. By addressing these early on, it may be possible to prevent or delay the onset of YOD and improve the (Answer: outcomes) for the affected individuals and their families.

Choices:

- 1.effective, affective, affected, effected
- 2.locks, standards, factors, roles
- 3.adopting, dominating, leading, varying
- 4.outcomes, categories, repercussions, findings

Europe is set to (Answer: join) the elite club of exascale computing next year, with the completion of JUPITER, a supercomputer that can perform a billion billion operations per second. JUPITER will be hosted at the Jülich Supercomputing Centre in Germany, and will enable simulations and experiments that are currently only possible on a few machines in the US and China. The exascale supercomputer will use a modular architecture, (Answer: consisting) of several interconnected modules with different hardware and software configurations. This will allow JUPITER to (Answer: adapt) to different scientific and industrial applications, such as climate modeling, materials science, quantum computing, and artificial intelligence. JUPITER will also be (Answer: integrated) with other European supercomputing and data infrastructures, such as the European Open Science Cloud and the European Data Infrastructure.

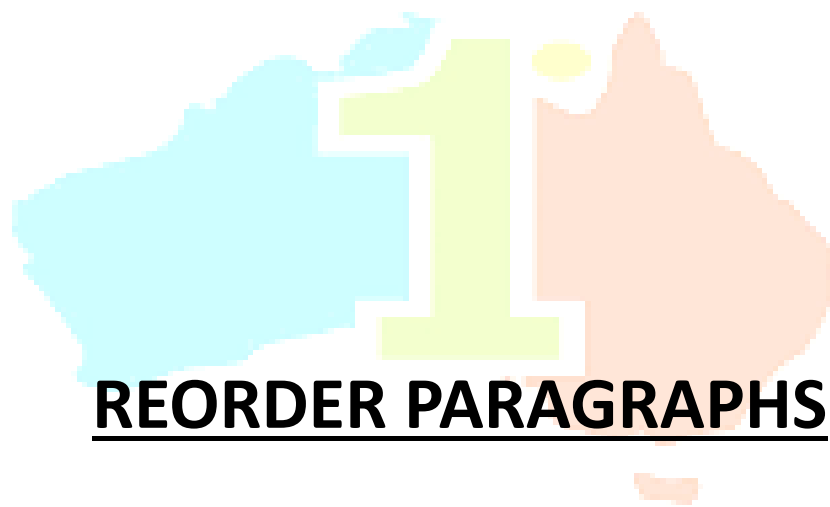
Choices:

- 1.mimic, challenge, join, enroll
- 2.consisting, constructing, collaborating, including
- 3.adapt, detach, stagnate, devote
- 4.incompatible, integrated, related, generated

Automated laboratories are capable of conducting thousands of experiments at a pace far (Answer: exceeding) human capabilities, operating continuously without the need for rest. This unprecedented efficiency has the potential to significantly (Answer: accelerate) the pace of scientific discovery. In various fields of study, self-driving labs have already demonstrated their utility. They have been instrumental in the discovery of new materials, optimization of chemical reactions, and testing of potential drug candidates. The ability to automate these processes not only enhances productivity but also mitigates the (Answer: risk) of human error. However, the proliferation of self-driving labs is not without its challenges. Ensuring the quality and reproducibility of results, (Answer: interpreting) and explaining findings, and striking a balance between human oversight and autonomy are all pressing concerns. As these labs become (Answer: increasingly) prevalent and sophisticated, they necessitate the development of new ethical and legal frameworks.

Choices:

- 1.exceeds, exceeding, that exceeds, to exceed
- 2.match, grow, accelerate, mirror
- 3.appearance, result, risk, process
- 4.interpreting, discarding, simplifying, dispensing
- 5.increasingly, neatly, marginally, reluctantly



REORDER PARAGRAPHS

ONE AUSTRALIA

- 1) Thus, protecting biodiversity is crucial for maintaining ecological balance and the sustainability of life on Earth.
- 2) However, human activities have been causing a significant loss of biodiversity.
- 3) 'Biodiversity refers to the variety of life forms in a particular ecosystem or the planet as a whole.
- 4) This diversity contributes to the functionality of ecosystems, providing essential services like pollination and nutrient cycling.

Answer: 3,4,2,1

- 1) Despite its chaotic and violent nature, the French Revolution played a crucial role in shaping modern nations by promoting ideas of liberty and democracy.
- 2) It arose from economic distress and political discontent with the monarchy.
- 3) The revolution led to the overthrow of the Bourbon monarchy, the rise of Napoleon, and the establishment of the French Republic.
- 4) The French Revolution, beginning in 1789, dramatically transformed France and Europe.

Answer: 4,2,3,1

- 1) Consequently, conservation efforts must consider the importance of communication spaces for elephants.
- 2) Although these communication methods are well-adapted for long-range interaction, human activities like deforestation are disrupting their habitats.
- 3) African elephants are known for their advanced communication skills.
- 4) Intriguingly, they also communicate through seismic signals, detecting vibrations through their feet.
- 5) They use a range of vocalizations and body movements to communicate.

Answer: 3,5,4,2,1

- 1) While these adaptations are advantageous for night hunting, habitat loss and human disturbances are challenging their survival.
- 2) Their silent flight is due to specialized feather structures, allowing them to approach prey unnoticed.

3) Only by mitigating human disturbances and preserving the ecosystems where owls thrive can we ensure the continued survival of these remarkable nocturnal hunters.

4) Owls are well-adapted for nocturnal life.

Answer: 4,2,1,3

1) Chameleons are famous for their ability to change color, a form of mimicry.

2) Contrary to popular belief, their color change is not only for blending with the environment but also reflects their mood and health.

3) However, habitat loss is a major threat to chameleons.

4) Without intervention, the loss of habitat could lead to a decline in chameleon populations, thereby disrupting the ecological balance in their environments.

5) This color change serves various functions, from camouflage to communication.

Answer: 1,5,2,3,4

1) Even today, the fall of the Berlin Wall remains a symbol of liberation and the triumph of democratic ideals.

2) In 1989, a series of political changes and public protests led to the fall of the wall.

3) For decades, it was a physical representation of the 'Iron Curtain' that separated communist and capitalist Europe.

4) The Berlin Wall, constructed in 1961, symbolized the division between East and West Germany.

5) This event was pivotal in ending the Cold War and reunifying Germany.

Answer: 4,3,2,5,1

1) Their ability to detect electrical impulses helps them locate prey even in murky waters.

2) Great white sharks are apex predators, known for their efficient hunting strategies.

3) Nevertheless, overfishing and habitat destruction are threatening their populations.

4) These human activities disrupt the delicate balance of marine ecosystems, posing a risk not only to great white sharks but also to the overall health of oceanic food chains.

Answer: 2,1,3,4

- 1) Today, he is celebrated as a pioneer of electrical engineering and his contributions have far-reaching impacts on modern technology.
- 2) Despite his numerous inventions, Tesla faced financial difficulties and recognition eluded him for many years.
- 3) His development of alternating current (AC) electrical systems formed the basis of modern electrical power distribution.
- 4) Nikola Tesla, born in present-day Croatia, was an inventor and engineer known for his work with electricity.

Answer: 4,3,2,1

- 1) Specifically, her influence extends beyond the art world, inspiring individuals to embrace their challenges and channel them into creative expression.
- 2) As such, Frida Kahlo's work has become a powerful symbol of personal expression and overcoming adversity.
- 3) Frida Kahlo, a Mexican painter, is known for her unique style and self-portraits that express her life and physical struggles.
- 4) Despite enduring severe injury and chronic pain, her artwork displayed resilience and strength.

Answer: 3,4,2,1

- 1) The colony comprises a single queen, many workers, and drones.
- 2) While the queen's primary role is to lay eggs, workers perform various tasks like foraging and caring for larvae.
- 3) Interestingly, this division of labor is not static but changes as bees age.
- 4) Honeybees live in well-organized colonies, each with a distinct social structure.

Answer: 4,1,2,3

- 1) After escaping slavery, she risked her life to help others gain their freedom.
- 2) By doing this, her bravery and strategic skills led to the liberation of hundreds of slaves.

- 3) As a result, Harriet Tubman's legacy extends far beyond her lifetime, symbolizing courage and the relentless pursuit of freedom.
- 4) Harriet Tubman, born into slavery in Maryland, became a leading figure in the Underground Railroad.

Answer: 4,1,2,3

- 1) Oceans host a vast array of species, from microscopic plankton to large whales.
- 2) These species play diverse roles in marine food webs and biogeochemical cycles.
- 3) However, marine ecosystems are facing threats like pollution and climate change.
- 4) As a result, conserving marine biodiversity is essential for ecological health and human well-being.
- 5) Marine biology focuses on life in ocean ecosystems, which are crucial for global biodiversity.

Answer: 5,1,2,3,4

- 1) Thus, natural selection drives the evolutionary process, leading to the diversity of life forms observed today.
- 2) It suggests that individuals with traits better suited to their environment are more likely to survive and reproduce.
- 3) Natural selection, a key mechanism of evolution, was first proposed by Charles Darwin.
- 4) Over time, these advantageous traits become more common in the population.

Answer: 3,2,4,1

- 1) Their thick fur and layer of fat provide insulation against extreme cold.
- 2) Despite these adaptations, global warming is reducing sea ice, their primary habitat.
- 3) As a result, polar bears are facing challenges in hunting and survival, highlighting the impact of climate change on Arctic species.
- 4) Polar bears have evolved to thrive in the Arctic's harsh climate.
- 5) Additionally, their large paws are adapted for swimming in icy waters.

Answer: 4,1,5,2,3

- 1) Dominant and recessive genes determine how these traits are expressed in an organism.
- 2) Genetics is the study of genes and inheritance, crucial for understanding biological traits.
- 3) These biological traits are passed from parents to offspring through genes, which are segments of DNA.
- 4) However, environmental factors can also influence genetic expression.

Answer: 2,3,1,4

- 1) Applying these principles can lead to more effective personal and professional development strategies.
- 2) It is driven by a combination of biological, emotional, social, and cognitive forces.
- 3) Motivation is a crucial aspect of human psychology, influencing behavior and goal attainment.
- 4) Motivational theories, like Maslow's hierarchy of needs, provide insight into human behavior.

Answer: 3,2,4,1

- 1) His philosophy of nonviolent resistance inspired millions.
- 2) Mahatma Gandhi, born in 1869 in India, became the leader of the Indian independence movement against British rule.
- 3) Gandhi's commitment to nonviolence and his belief in simple living made him a global symbol of peace.
- 4) His efforts led to India's independence in 1947, though he was assassinated shortly after.
- 5) Even now, Gandhi's teachings still continue to influence civil rights movements worldwide.

Answer: 2,1,3,4,5

- 1) These forests cover only 6% of the Earth's surface but contain more than half of the world's plant and animal species.
- 2) However, deforestation is posing a severe threat to these biodiverse environments, leading to the loss of species and contributing to global climate change.
- 3) Rainforests are Earth's oldest living ecosystems, with some surviving in their present form for at least 70 million years.

4) The dense canopy of the rainforest blocks sunlight, creating a humid understory teeming with life.

Answer: 3,1,4,2

1) Mountains are formed through tectonic forces or volcanism.

2) This ongoing process of erosion makes mountains not only a testament to the Earth's geological history but also a dynamic feature of our planet's ever-changing landscape.

3) These forces push the earth's crust upwards, creating towering structures.

4) Over time, erosion from weather elements like rain, wind, and temperature changes sculpts these structures, giving each mountain its unique shape and characteristics.

Answer: 1,3,4,2

1) Due to their volatility, cryptocurrencies can offer high returns, attracting numerous investors.

2) Cryptocurrencies, such as Bitcoin, have emerged as a new form of digital asset.

3) As a result, cryptocurrencies have sparked debates regarding their long-term viability and regulatory challenges.

4) However, this same volatility also presents significant risks.

5) Initially, they were created as an alternative to traditional currencies and to decentralize financial control.

Answer: 2,5,1,4,3

1) Therefore, maintaining a balanced and well-regulated credit system is crucial for economic health.

2) The credit system allows individuals and businesses to borrow money, facilitating purchases and investments.

3) In this system, creditworthiness, determined by past financial behavior and current financial status, influences the ability to borrow and the terms of loans.

4) While credit can stimulate economic growth, excessive borrowing can lead to financial crises.

Answer: 2,3,4,1

- 1) For instance, a rising market often indicates positive investor sentiment and economic growth.
- 2) The stock market is a complex system where shares of publicly traded companies are bought and sold.
- 3) Conversely, a declining market can signal economic downturns.
- 4) It acts as a barometer for the general health of an economy.

Answer: 2,4,1,3

- 1) For example, they can adjust interest rates to influence economic activity.
- 2) Central banks play a crucial role in a country's economy, managing the monetary policy and overseeing the banking system.
- 3) Their primary goal is to maintain financial stability and control inflation.
- 4) Additionally, central banks act as lenders of last resort during financial crises.

Answer: 2,3,1,4

- 1) They provide a safety net in case of emergencies and unexpected expenses.
- 2) Additionally, savings can be used for future investments, such as buying a home or retirement planning.
- 3) For example, a substantial savings account can help individuals avoid debt during medical emergencies or job loss.
- 4) Personal savings are essential for financial security and planning.


Answer: 4,1,3,2

- 1) Consequently, the war led to significant political changes and the redrawing of national borders.
- 2) Even today, World War I is remembered as a tragic event that ushered in a century of profound geopolitical changes.
- 3) Triggered by the assassination of Archduke Franz Ferdinand, it involved most world powers.
- 4) The First World War, from 1914 to 1918, was a global conflict that reshaped the world's political landscape.

Answer: 4,3,1,2

- 1) Sparked by social and economic inequality, it led to the overthrow of the monarchy and the rise of democracy.
- 2) The French Revolution, beginning in 1789, dramatically transformed France and influenced global politics.
- 3) Consequently, this event inspired numerous other revolutions and political changes worldwide.
- 4) Hence, the French Revolution is seen as a significant event that spread the ideals of liberty, equality, and fraternity.

Answer: 2,1,3,4

- 
- 1) Initiated in 1095, they aimed to recapture the Holy Land from Muslim control.
 - 2) Despite initial successes, the Crusades ultimately failed to achieve their primary objectives.
 - 3) The Crusades were a series of religious wars sanctioned by the Latin Church in the medieval period, primarily against Muslim territories in the Eastern Mediterranean.
 - 4) However, the Crusades still played a significant role in shaping the religious and cultural landscape of the medieval world.

Answer: 3,1,2,4

- 1) Through persistent activism and campaigning, suffragettes challenged societal norms.
- 2) Hence, this movement was a crucial step towards gender equality and women's rights, impacting societies worldwide.
- 3) As a result, numerous countries gradually granted women the right to vote.
- 4) The Women's Suffrage Movement, spanning the 19th and 20th centuries, advocated for women's right to vote.

Answer: 4,1,3,2

- 1) Thus, the Declaration of Independence remains a powerful testament to the ideals of democracy and self-governance.
- 2) Drafted by Thomas Jefferson, it declared the thirteen American colonies free from British rule.

3) Consequently, this document not only symbolized the pursuit of liberty but also ignited revolutionary fervor globally.

4) In 1776, the American Declaration of independence was adopted, marking the United States' birth as a sovereign nation.

Answer: 4,2,3,1

1) This conflict arose from power struggles and territorial disputes between the two city-states.

2) As a result, the Peloponnesian War marked a significant shift in ancient Greek politics and set the stage for subsequent developments in the region.

3) Ultimately, Sparta emerged victorious, leading to the decline of Athenian power and influence.

4) The Peloponnesian War, fought between Athens and Sparta, lasted from 431 to 404 BC.

Answer: 4,1,3,2

1) This milestone spurred further lunar missions and opened new possibilities for human space travel, forever altering humanity's view of its place in the universe.

2) Their mission collected valuable scientific data and samples from the Moon's surface.

3) In 1969, the Apollo 11 mission successfully landed the first humans on the Moon.

4) Following this historic event, astronauts Neil Armstrong and Buzz Aldrin explored the lunar surface, while Michael Collins orbited above in the command module.

Answer: 3,4,2,1

1) Throughout the war, there were periods of relative peace, followed by intense conflict.

2) It began over disputed claims to the French throne and control of territories in France.

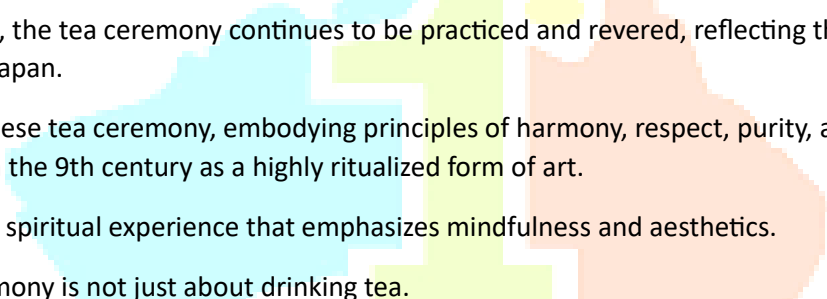
3) Ultimately, the war ended with a French victory, solidifying France's national identity and changing the landscape of European politics.

4) The Hundred Years' War, a series of conflicts between England and France, lasted from 1337 to 1453.

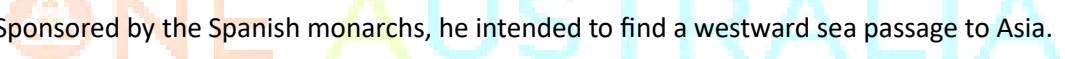
Answer: 4,2,1,3

- 1) Artists like Leonardo da Vinci, Michelangelo, and Raphael transformed the field of art with innovations in perspective, composition, and human anatomy.
- 2) Additionally, their works reflected the humanist ideals of the time and marked a significant shift in artistic techniques and themes.
- 3) The Renaissance period, a rebirth of art and culture in Europe between the 14th and 17th centuries, witnessed revolutionary changes.
- 4) Consequently, Renaissance art remains a vital cultural heritage, captivating audiences with its beauty and historical significance.

Answer: 3,1,2,4

- 
- 1) Therefore, the tea ceremony continues to be practiced and revered, reflecting the deep cultural heritage of Japan.
 - 2) The Japanese tea ceremony, embodying principles of harmony, respect, purity, and tranquility, originated in the 9th century as a highly ritualized form of art.
 - 3) It is also a spiritual experience that emphasizes mindfulness and aesthetics.
 - 4) This ceremony is not just about drinking tea.

Answer: 2,4,3,1

- 
- 1) Sponsored by the Spanish monarchs, he intended to find a westward sea passage to Asia.
 - 2) Therefore, this event led to widespread European exploration and colonization of the Americas, profoundly changing the course of world history.
 - 3) However, he unexpectedly landed in a New World, marking a pivotal moment in history.
 - 4) In 1492, Christopher Columbus embarked on a voyage that led to the discovery of the Americas.

Answer: 4,1,3,2

- 1) Because the barons pressured him, he agreed to a series of legal reforms limiting his power.
- 2) In 1215, King John of England signed the Magna Carta, a document that significantly influenced the course of history.
- 3) Consequently, this event laid the foundation for modern democracy and the rule of law.
- 4) Thus, the Magna Carta is often cited as a symbol of freedom against arbitrary rule, influencing legal systems around the world..

Answer: 2,1,3,4

- 1) Crafted to represent animals, deities, or ancestral spirits, they embody the values and stories of the community.
- 2) Moreover, the creation and use of these masks vary significantly across different African cultures.
- 3) Therefore, they are celebrated not only as artistic creations but also as symbols of cultural identity and history
- 4) African tribal masks, vital to the continent's diverse cultural heritage, serve religious, social, and artistic functions in various ceremonies.

Answer: 4,1,2,3

- 1) Thus, today the Great Wall stands as a symbol of China's rich history and cultural endurance.
- 2) Its construction began in the 7th century BC and continued for centuries, involving millions of workers, which signifies the determination and strength of ancient Chinese dynasties.
- 3) Consequently, this monumental structure not only represents defensive strategies but also the unification of China.
- 4) The Great Wall of China, originally built to protect against invasions, stretches over 13,000 miles and represents a significant historical achievement.

Answer: 4,2,3,1

- 1) Native American totem poles are a significant part of indigenous cultures, especially among tribes in the Pacific Northwest, and are intricately carved wooden poles depicting various animals and ancestral figures.
- 2) Thus, totem poles remain a respected and preserved aspect of cultural heritage, symbolizing identity and history.
- 3) Each totem pole tells a story or represents a family's lineage and social status, created from large trees.
- 4) Additionally, these poles showcase the artistic skills and spiritual beliefs of Native American communities.

Answer: 1,3,4,2





READING FILL IN THE BLANKS

ONE AUSTRALIA

All kinds of predictions may be about to get even more difficult (Answer: thanks to) climate change. Though no one is sure (Answer: exactly) what its effects will be, it seems that extreme weather conditions, (Answer: such as) storms and hurricanes, are (Answer: likely to) become more common. Such events have far-reaching effects on distant weather systems, making general forecasting much harder.

Choices:

Such as, over to, likely to, thanks to, exactly, rarely, probably

Giant exoplanets, like the so-called 'hot Jupiters' that are similar in (Answer: characteristics) to the solar system's biggest (Answer: planet) and orbit very close to their host stars, are excellent targets for (Answer: astronomers) in their search for their extrasolar worlds. The size and proximity of these planets is easy to (Answer: detect) as they create a large decrease in brightness when passing in front of their parent stars.

Choices:

characteristics, imagine, astronomers, pilots, detect, weight, planet

Digital media and the internet have made the sharing of texts, music and images easier than ever, and the (Answer: enforcement) of copyright restriction harder. This situation has encouraged the growth of IP law, and (Answer: prompted) increased industrial concentration on extending and 'policing' IP protection, while also leading to the growth of an 'open access', or 'creative commons' movement which (Answer: challenges) such control of knowledge and (Answer: creativity).

Choices:

prompted, creativity, changed, enforcement, advocates, challenges, enactment, conformity

Modern developments in areas such as neuroscience, artificial intelligence and evolutionary psychology have resulted in new (Answer: ways) of thinking about human nature. Can we explain the mind and consciousness in (Answer: terms) of brain function? Can we understand modern human behavior as our evolutionary heritage? Is science even the right (Answer: place) to start if we want to understand human nature? Come along to the Great Debate, hear the arguments and have your (Answer: say).

Choices:

place, beliefs, extent, ways, terms, say, end

A new report by environmental (Answer: nonprofit) The Nature Conservancy lays out how trees could pave the way to cleaner air and cooler cities. Using (Answer: geospatial) information on forest cover paired with air pollution data and population (Answer: forecasts) for 245 cities, researchers found that trees have the biggest health (Answer: payoffs) in densely populated, polluted cities like Delhi, Karachi and Dhaka. The Conservancy and the C40 Cities Climate Leadership Group presented

the findings of their global survey this week at the American Public Health Association meeting in Denver, Colorado.

Choices:

geospatial, payoffs, retrospection, forecasts, areas, nonprofit, archaeological, defective

Education is generally considered to be a key factor in improving outcomes for Indigenous Australians, with many studies showing that improved (Answer: health) and socioeconomic status are directly (Answer: linked) to educational participation and achievement. There is a range of issues (Answer: affecting) participation in education for Indigenous Australians, including (Answer: access) to educational institutions, financial constraints, and community (Answer: expectations).

Choices:

health, marital, linked, effecting, prone, affecting, access, liability, expectations

Since the beginning of the financial crisis, there have been two principal (Answer: explanations) for why so many banks made such disastrous decisions. The first is structural. Regulators did not regulate. Institutions failed to (Answer: function) as they should. Rules and guidelines were either inadequate or (Answer: ignored). The second explanation is that Wall Street was (Answer: incompetent), that the traders and investors didn't know enough, that they made extravagant bets without understanding the consequences.

Choices:

incompetent, function, provision, refused, ignored, explanations, prerequisites

Hippocrates allowed observation, rationality and his own genuine respect for his patients to (Answer: guide) his practice. Using the scientific method, he carefully recorded his patient's symptoms and (Answer: responses) to treatments and used the data (Answer: gathered) to evaluate and prescribe the most successful regimens. His prestige as a great (Answer: medical) practitioner, educator, and author helped spread these ideals of (Answer: rational) medicine throughout the ancient world.

Choices:

medical, patient, expressions, plotted, gathered, credit, emotional, predicted, rational, responses, guide

The (Answer: closing) decades of an artist's life do not generally make the biographer's heart beat faster, but Claude Monet is one of a handful of painters who bucks the pattern of an (Answer: irrelevant) old age. While it's true that by the time he was 73 he had (Answer: accumulated) all the usual dragging baggage – outhouses full of fancy cars, a taste for expensive wine and a sprawl of dependents – it was also now that he produced career-defining work.

Choices:

accumulated, inspired, early, irrelevant, closing, missing

My school in the city of London held a (Answer: charity) appeal. In the community, I was voted as the chairman. We (Answer: raised) 48,000 pounds and I won the first place in the end. During this period, I learnt a lot and realized the importance of (Answer: tenacity) and how to (Answer: rouse) other pupils' awareness.

Choices:

charity, tenacity, skill, rouse, raised, recognize, beg, money, earned

Housing agencies pay the utility (Answer: costs), generally because (Answer: units) in developments don't have individual meters. Some buildings have individual meters, and each family (Answer: pays) its own to the utility (Answer: company), so agencies will deduct the (Answer: amount) from your (Answer: rent).

Choices:

costs, units, company, allowance, pays, amount, debt, collect, rent

Low fertility is a concern for many OECD countries as they face the prospect of population aging. This article makes (Answer: comparisons) between Australia and seven other OECD countries in fertility rates between 1970 and 2004. Changing age (Answer: patterns) of fertility are also compared and show that for most of the countries, women are (Answer: postponing) childbirth and having fewer babies. The (Answer: associations) of women's education levels and rates of employment with fertility are also (Answer: explored).

Choices:

sense, patterns, notions, postponing, associations, comparisons, gaps, accelerating, explored, comparable

The National Portrait Gallery's Conservation Department performs one of the Gallery's (Answer: core) functions, the long-term preservation of all Collection items, to make them (Answer: accessible) now and in future. The Collection (Answer: dates) from the 8th century to the present day, and (Answer: consists) of portraits in a variety of media, so the Gallery employs Conservators with (Answer: expertise) in a range of disciplines, including Framing, Painting, Paper, Sculpture and Photography.

Choices:

available, accessible, core, amazing, dates, rise, experience, expertise, contains, consists

How is plagiarism detected? It is usually easy for lecturers to (Answer: identify) plagiarism within students' work. The University also actively investigates plagiarism in students' assessed work through electronic detection software called Turnitin. This software (Answer: compares) students' work (Answer: against) text on the Internet, in journal articles and within previously (Answer: submitted) work (from LSBU and other institutions) and highlights any matches it (Answer: finds).

Choices:

Choices:

to, finds, realizes, against, compares, submitted, committed, identify

People who visit health professionals tend to be older than the (Answer: general) population, because illness increases with age. However, the (Answer: proportion) of the population who visited complementary health (Answer: therapists) was highest between the ages 25 and 64 years. The lower rates for people aged 65 years and over (Answer: contrasted) with the rate of visits to other health professionals which increased steadily with increasing age. The reasons for this difference might include lower levels of (Answer: acceptance) of complementary therapies by older people. Alternatively, older people may have different treatment priorities than do younger people because their health on average is worse while their incomes are generally lower.

Choices:

acceptance, public, proportion, independence, contrasted, majority, elder, health, therapists, doctors, controlled, general

Let us then suppose the mind to be, as we say, white paper, (Answer: void) of all characters, without any ideas: - How comes it to be furnished? Whence comes it by that vast store which the busy and (Answer: boundless) fancy of man has painted on it with an almost endless variety? Whence has it all the materials of reason and knowledge? To this I answer, in one word, from experience. In that, all our knowledge is (Answer: founded); and from that it ultimately (Answer: derives) itself.

Choices:

fancies, boundless, void, useless, sight, founded, derives, sponsored

Omniscience may be a foible of men, but it is not so of books. Knowledge, as Johnson said, is of two (Answer: kinds), you may know a thing yourself, and you may know where to find it. Now the amount which you may actually know yourself must, at its best, be limited, but what you may know of the (Answer: sources) of information may, with proper training, become almost boundless. And here come the (Answer: value) and use of reference books-the working of one book in connection with another-and applying your own (Answer: intelligence) to both. By this means we get as near to that omniscient volume which tells everything as ever we shall get, and although the single volume or work which tells everything does not exist, there is a vast number of reference books in existence, a knowledge and proper use of which is essential to every intelligent person. Necessary as I believe reference books to be, they can easily be made to be (Answer: contributory) to idleness, and too mechanical a use should not be made of them.

Choices:

sides, output, property, expense, kinds, sources, value, intelligence, contributory, devoted

More than simply putting flowers in a (Answer: container), ikebana is a disciplined art form in which nature and humanity are brought together. Contrary to the idea of a partcolored or multicolored (Answer: arrangement) of blossoms, ikebana often emphasizes other areas of the (Answer: plant), such as its stems and leaves, and puts emphasis on shape, line, and form. Though ikebana is an (Answer: expression) of creativity, certain rules govern its form.

Choices:

crevice, container, commitment, creature, arrangement, plant, expression, illusion

History is selective. What history books tell us about the past is not everything that happened, but what historians have (Answer: selected). They cannot put in everything: choices have to be made. Choices must similarly be made about which aspects of the past should be formally taught to the next generation in the shape of school history lessons. So, for example, when a national school curriculum for England and Wales was first discussed at the end of the 1980s, the history curriculum was the subject of considerable public and media (Answer: interest). Politicians argued about it; people wrote letters to the press about it; the Prime Minister of the time, Margaret Thatcher, (Answer: intervened) in the debate.

Choices:

passion, interest, screened, paused, selected, intervened

The allure of the book has always been negative and (Answer: positive), for the texts and pictures between the covers have helped many young readers to (Answer: discover) and grasp the world around them in a pleasurable and meaningful way. But the allure has also enabled authors and publishers to (Answer: prey) upon young readers' dispositions and desires and to (Answer: sell) them a menu that turns out to be junk food.

Choices:

prey, beneficial, sell, invent, positive, show, present, read, find, pray, discover

In the past, making structures quake-resistant meant firm yet (Answer: flexible) materials, such as steel and wood, that bend without breaking. Later, people tried to lift a building off its foundation, and insert rubber and steel between the building and its foundation to (Answer: reduce) the impact of ground vibrations. The most (Answer: recent) designs give buildings brains as well as concrete and steel supports, called smart buildings, the structures respond like living organisms to an earthquake's vibrations. When ground shakes and the building tips forward, the computer would (Answer: force) the building to shift in the opposite direction. The new designs should offer even greater (Answer: security) to cities where earthquakes often take place.

Choices:

flexible, force, security, opposed, recent, reduce, expensive, resistant

Since the last papal reform, several (Answer: proposals) have been offered to make the Western calendar more useful or (Answer: regular). Very few reforms, such as the rather different decimal French Republican and Soviet calendars, had gained official (Answer: acceptance) but each was put out of use shortly after its introduction.

Choices:

uniform, impeachments, decisions, acceptance, regular, proposals

A new interdisciplinary centre for the study of the frontiers of the universe, from the tiniest subatomic particle to the largest chain of galaxies, has been formed at the University of Texas at Austin. The Texas Cosmology Center will be a way for the university's departments of Astronomy and Physics to (Answer: collaborate) on research that concerns them both. "This centre will bring the two departments together in an area where they (Answer: overlap) — in the physics of the very early universe," said Dr. Neal Evans, Astronomy Department chair. Astronomical observations have revealed the presence of dark matter and dark energy, (Answer: discoveries) that challenge our knowledge of fundamental physics. And today's leading theories in physics (Answer: involve) energies so high that no earthbound particle accelerator can test them. They need the universe as their (Answer: laboratory). Dr. Steven Weinberg, Nobel laureate and professor of physics at the university, called the advent of the centre "a very exciting development" for that department.

Choices:

laboratory, discoveries, collaborate, destination, overlap, polish, vicious, involve

Of the more than 1,000 bat species worldwide, 22 are (Answer: native) to North America. And while there are no pollinator bats in our area, gardeners should (Answer: champion) those that do live here, because they're insectivorous. These bats (Answer: consume) moths, beetles and mosquitoes, and can eat up to 500 mosquito-sized insects per hour. They also protect gardens and crops from such (Answer: pests) as cucumber beetles, cutworms and leafhoppers.

Choices:

consume, champion, preys, objective, besiege, pests, native

John Milton wrote in a wide range of genres, in (Answer: several) languages, and on an extraordinary range of subjects. His was a more general (Answer: education) than is offered at Cambridge these days, and it continued after his seven years here, equipping him with the tools to write some of the most (Answer: groundbreaking) literature ever seen, and to engage as a polemicist on many different social, political, and theological (Answer: questions).

Choices:

several, questions, groundbreaking, simulations, mediocre, education

Egg-eating snakes are a small group of snakes whose (Answer: diet) consists only of eggs. Some eat only small eggs, which they have to swallow (Answer: whole), as the snake has no teeth. Instead, some other snakes eat bigger eggs, but it requires special (Answer: treatment). These snakes have spines that stick (Answer: out) from the backbone. The spines crack the egg (Answer: open) as it passes through the throat.

Choices:

saliva, part, open, taste, diet, whole, treatment, out

Having tracked down research that is (Answer: relevant) to your area of interest, the next task is to actually (Answer: make sense) of that research. This section is intended to show you how to be critical of the research you (Answer: are reviewing) and how to check that the (Answer: evidence) is credible and represented appropriately. Unfortunately this means discussing the ways in which research findings may be misrepresented.

Choices:

Make sense, have fun, statement, are reviewing, acceptable, relevant, evidence

The transitions which occurred in Britain around 100 BC, and after 43 AD (when the Roman Army (Answer: invaded) Britain) represent the key points of socio-economic trend in Britain's past. During the first century BC, the traditional communal form of life (Answer: shifted) rapidly to a world where certain individuals become more important. During the first century AD, Britain (Answer: became) fully a part of the Roman Empire.

Choices:

invaded, shifted, became, entailed, enlarged, change, transferred

If you are interested in studying but have other (Answer: commitments), our online and distance learning courses offer an alternative flexible (Answer: mode) of study. Teaching is conducted through a mixture of audio-visual, written and interactive materials. There are also (Answer: opportunities) for online discussion and collaborative projects with tutors and other students. Some programmes include residential (Answer: modules) taught on campus, giving you the (Answer: chance) to meet and work alongside your tutors and fellow students face-to-face. Our Graduate School provides comprehensive support for distance and part-time researchers, many of whom study for up to six years or more.

Choices:

opportunities, rate, charges, mode, modules, commitments, requirements, chance

London's National Portrait Gallery is currently celebrating the fifty-year (Answer: career) of photographer Sandra Lousada. The twenty-one portraits on display depict key (Answer: figures) in literature, film and fashion from the early 1960s. Subsequent to the acquisition of forty portraits by

Lousada, the (Answer: display) at The National Portrait Gallery highlights shots taken between 1960 and 1964, many of which feature in Lousada's book *Public Faces Private Places* (2008). Formal commissioned portraits are shown alongside behind-the-scenes photographs taken on film (Answer: sets) and unguarded portraits of sitters captured at home.

Choices:

sets, elements, birthday, career, figures, cinemas, display, pictures

Samsung's operating profit plummeted 95% in the first quarter, (Answer: following) a record loss in its semiconductor business. It saw similar results in the second quarter. After a historic supply shortage during Covid, the global semiconductor industry is now (Answer: seeing) a glut in some areas that has (Answer: driven) losses for Samsung, the world's largest memory chip and smartphone maker.

Choices:

driven, concentrating, expected, following, developing, seeing

Anxiety can be, at times, truly (Answer: debilitating), making it hard to go about your day. However, feelings of unease, worry and fear – (Answer: whether) mild or more severe – can be dealt with. In the moment of an anxiety (Answer: attack) or any feelings of uneasiness, there are ways to (Answer: step) back and bring yourself back to a more comfortable feeling.

Choices:

debilitating, deviating, step, whether, trace, attack, regardless

Some people believe that Nostradamus's prophecies have predicted actual events. Others (Answer: maintain) that because his prophecies tend to be about general types of events that occur frequently (Answer: throughout) history — and are written in a cryptic and vague manner — it's possible to find one that seems to (Answer: match) almost any event that has occurred.

Choices:

maintain, inside, match, afford, throughout, satisfy

While voting would seem fundamental in a democracy, voting rights in the U.S. have long been (Answer: contentious). The Constitution makes no stipulations (Answer: concerning) who can vote. Instead, it is left to the states to decide, and they have often tried — with (Answer: varying) degrees of success — to limit voting.

Choices:

publicizing, practical, varying, contentious, attaching, concerning

The tricky thing about soil is that no two (Answer: patches) of it in the world are alike. One area might have a higher clay or sand content. Another might have more carbon from plants. One spot might be darker than another, and (Answer: absorb) more of the sun's energy. In some places, like an Amazonian rainforest, trees might (Answer: block)

almost all sunlight from hitting the earth.

Choices:

clutches, block, transfer, boost, absorb, patches

Dark pigments help protect the skin from sunlight's (Answer: harmful) ultraviolet rays, but people make vitamin D when (Answer: exposed) to sunlight. For people living in areas that don't get much sunlight, it helps if their skin has less pigment. And over many generations, people living in Europe (Answer: developed) light-colored skin, which helped them get enough vitamin D.

Choices:

harmful, exposed, accomplished, contacted, developed, deposed



If your mind is (Answer: racing) with catastrophic thoughts about what's going to happen, your body responds in kind: the sympathetic nervous system (Answer: kicks) in, bracing you for a threat – your breathing becomes fast and shallow, and adrenaline races to your muscles, which can cause you to tremble and feel (Answer: faint).

Choices:

guilty, breaks, racing, kicks, reflecting, faint

ASD is a lifelong condition with a median age of (Answer: diagnosis) greater than 4 years although most current intervention strategies (Answer: target) children less than 6 years to promote early behavioral change. Individuals with ASD and their families (Answer: face) significant challenges during developmental transitions. School-age children in particular, often remain unengaged in social (Answer: settings), reducing opportunities for socio-communicative development.

Choices:

face, target, comparison, settings, defend, complain, diagnosis, components

Whether it's in your morning espresso or an energy drink at the gym, caffeine might be such an integral part of your (Answer: routine) that you don't stop to think that it's actually a psychostimulant – a drug that (Answer: acts) on the brain. Specifically, caffeine acts to block the brain chemical adenosine, which usually serves to (Answer: calm) us down physiologically, such as by lowering our blood pressure and (Answer: slowing) our breathing.

Choices:

slowing, shut, routine, dragging, bases, temperature, acts, calm

Although they may be nutritious in their own (Answer: right), most herbs are too strong tasting to be eaten in large (Answer: quantities). However, these plants provide a very useful service by (Answer: enhancing) the flavor of other foods. Many people are great fans of the use of herbs, and they may grow a diversity of these plants in their own herb gardens, to (Answer: ensure) a fresh supply of these flavorful and aromatic plants.

Choices:

vandalizing, right, possessions, quantities, tactic, enhancing, ensure, assure

Tiny pieces of plastic (Answer: taint) water the world over — including drinking water — as well as the air and many foods. As a result, data now (Answer: suggest) all of us have microplastics in our bodies. Scientists don't yet know all the (Answer: risks) posed by these plastic bits, which are smaller than a sesame seed, or no (Answer: more) than 5 millimeters (0.2 inch) wide.

Choices:

taint, pour, dreary, pressure, twist, suggest, risks, more

Because autism is a spectrum disorder, each child (Answer: diagnosed) with an autistic disorder differs from every other in the suite of symptoms they (Answer: display) and the characteristics and intensity of those symptoms; thus, general descriptions of autistic behavior and characteristics do not (Answer: apply) equally to every child.

Choices:

display, figured, diagnosed, interact, inhibit, apply

As the United States began to grow in the nineteenth century and especially when people started (Answer: crowding) into cities, food and daily diet became more than a (Answer: means) to simple survival. For those leaving farms by the end of the century and entering into America's manufacturing workforce, exercise and eating patterns changed to meet the (Answer: rigors) of factory work, coal mines, and other venues through which people began to earn their (Answer: living).

Choices:

living, treaties, means, committing, crowding, turning, rigors

Day and night provide the basic (Answer: rhythm) of human existence. The seasons (Answer: determine) the migration of animals upon which humans have depended for millennia for survival. With the invention of agriculture, the seasons became even more crucial, for (Answer: failure) to recognize the proper time for planting could lead to starvation.

Choices:

invent, rhythm, failure, stimulus, determine, loss

As we (Answer: unfold) more and more of its mysteries, the lure of Mars as a second home doesn't (Answer: escape) our imaginations. From the imagery (Answer: captured) from previous Mars rovers such as Curiosity, scientists have found tracks of what could only be (Answer: deemed) to be flowing water.

Choices:

tied, captured, confirm, escape, deemed, urged, unfold, regard

Coral reefs can be found all over the world! However, most coral reefs grow in (Answer: shallow), clean ocean waters on either side of the Equator, because they need sunlight and warm temperatures all year to (Answer: survive). A lot of animals who live on the reef (Answer: camouflage) themselves to blend amongst the coral, either to stay safe from other animals or to hide as they (Answer: hunt).

Choices:

chief, drag, collect, shallow, camouflage, survive, hunt, express

The climate feedback loops propose essential (Answer: insight) into the course of global warming, and thus it is (Answer: imperative) to take it into account to create a more accurate depiction of the current state of the climate. In order to achieve carbon neutrality and a state of environmental (Answer: equilibrium), it is important to (Answer: address) the threats proposed by the climate feedback loops.

Choices:

aim, address, insight, imperative, delicacy, appendix, equilibrium

The Amazon is an ecological (Answer: marvel). It accounts for more than half of Earth's remaining tropical forests. Roughly 17 percent of the world's river water flows through here. It also (Answer: houses) about one fourth of all land-dwelling species. That includes its flowers: More types of flowers (Answer: bloom) in the Amazon than there are stars (Answer: visible) to the naked eye in the night sky.

Choices:

visible, houses, considerable, domination, marvel, bloom, varies

Millennials (those born between the early 1980s and the early 1990s) (Answer: make) up a huge part of our workforce but they seem to lack (Answer: loyalty) to the companies and the leaders they work for. Multinational companies are noticing larger turnover (Answer: rates) of millennials as employee retention rates (Answer: fall).

Choices:

loyalty, make, put, salary, fall, rates, conditions, secure, rise

The deserts, which already (Answer: occupy) approximately a fourth of the Earth's land surface, have in recent decades been (Answer: increasing) at an alarming pace. The expansion of desert-like conditions into areas where they did not (Answer: previously) exist is called desertification. It has been estimated that an additional one-fourth of the Earth's land surface is (Answer: threatened) by this process.

Choices:

properly, opposing, reveal, occupy, threatened, increasing, calibrated, previously

During the bleak winter months of short days and cloudy skies, many people may (Answer: seek) out the benefits of sunshine in bottle form and reach for (Answer: supplements) of vitamin D. Made naturally by the skin when exposed to sunlight, this vitamin is needed to (Answer: maintain) healthy bones, teeth and muscles and to prevent them from becoming (Answer: brittle) and at risk of fracture.

Choices:

attempt, supplements, maintain, seek, objectives, organization, brittle, subtle

Moscow has generally been considered fortunate in its princes. Sheer luck (Answer: constituted) an important part of the picture. For several generations, the princes of Moscow had the (Answer: advantage) of male succession without interruption or (Answer: conflict). In (Answer: particular), for a long time the sons of the princes of Moscow were lucky not to have uncles competing for the Muscovite seat.

Choices:

particular, constituted, advantage, conflict, consisted, summary, outage

People who are more introverted and inward-focused tend to remember more dreams, (Answer: while) those who are more extroverted and action-oriented tend to remember fewer. Imaginativeness and (Answer: susceptibility) to hypnosis are also linked to dream recall, as are some measures of creativity, though creativity is tricky (Answer: because) not all measures of creativity even line up with one another, much less with dream (Answer: tendencies).

Choices:

hence, while, tendencies, because, privileges, however, susceptibility, positions

Many companies and lenders provide (Answer: disclosures) to all customers that decisions (Answer: based) on a person's credit report impact the terms and rate offered. In addition, if a lender denies a loan application based on information in a consumer report, the lender must provide an "adverse action" notice to the consumer to explain the reason for the (Answer: denial).

Choices:

based, denial, disclosures, fixed, entertainments, trial

The study published Wednesday in PLOS One found that there are four genes (Answer: associated) with how well someone is able to adhere to a vegetarian lifestyle. The study wasn't able to identify who would or would not be genetically (Answer: predisposed) to vegetarianism, but researchers hope future work will (Answer: tackle) that question.

Choices:

trigger, predisposed, associated, tackle, determined, doubled

Jupiter's moon Io is the most volcanically active world in the solar system, (Answer: with) hundreds of eruptions occurring every year. These eruptions constantly reshape the surface of Io, erasing any signs of impact craters that may have formed from collisions with asteroids and comets. However, a keen-eyed amateur astronomer from Sweden has (Answer: discovered) what may be the first crater ever seen on Io. Jesper Sandberg was browsing through old images from the Galileo spacecraft, which explored the Jupiter system from 1995 to 2003, when he (Answer: noticed) a small, circular feature on Io's surface. The feature, which is about 100 meters across, appears to be a fresh impact crater surrounded by a bright ejecta blanket. Sandberg reported his finding to the Planetary Society, which confirmed that the feature had not been previously (Answer: identified) or catalogued. The discovery of this crater could provide valuable (Answer: insights) into the geology and history of Io, as well as the frequency and size of impactors in the outer solar system.

Choices:

with, which, implicated, discovered, assembled, noticed, obliged, converted, identified, insights, fallacies

A new study has shed light on how weight-loss and diabetes injections such as Wegovy and Ozempic may have wider medical benefits than we first thought. The researchers found that these drugs (Answer: act) on the brain to lessen body-wide inflammation, which could explain why they seem to reduce heart attacks more than (Answer: would be) expected from their weight-loss effects alone. The drugs belong to a class of medications that mimic a gut hormone called GLP-1, which normally lowers appetite, makes people feel full and (Answer: triggers) the release of insulin, a hormone involved in blood sugar regulation. Several studies have suggested that, as well as causing people to lose weight, GLP-1 mimics also lower inflammation. To investigate the (Answer: mechanism) behind this anti-inflammatory effect, the researchers conducted experiments in mice. They found that GLP-1 mimics reduced the animals' inflammatory response to a bacterial infection, but only when the mice had the receptor for GLP-1 on their brain cells. This means that the drugs reduce inflammation by influencing the brain, and not just by (Answer: inducing) weight loss.

Choices:

infer, pause, act, pump, they were, being, would be, there is, perceives, amends, triggers, plays, spectrum, mechanism, training, diagram, encountering, inducing, plotting, scoring

In the final episode of a three-part podcast series, Christie Taylor explores some of the challenges and opportunities that cannabis presents for society, both now and in the future. One of the topics that Taylor examines is the possibility of growing cannabis compounds in labs, (Answer: without) the need for cultivating the plant itself. This could offer a more efficient and consistent way of producing cannabinoids, the active ingredients in cannabis, for medical and recreational (Answer: purposes). Taylor talks to researchers who are working on developing methods to synthesize cannabinoids using yeast, bacteria, or algae. Another topic that Taylor discusses is the environmental impact of cannabis production, which is often (Answer: overlooked) or underestimated. Growing cannabis, whether legally or illegally, consumes a lot of water, energy, land, and fertilizers, and generates greenhouse gas (Answer: emissions) and waste. Taylor interviews experts who are studying the ecological footprint of cannabis and looking for ways to make it more sustainable and less harmful to the planet.

Choices:

without, due to, although, phases, purposes, overlooked, contained, emissions, customs

Polar bears are amazing animals that can (Answer: survive) in the harsh Arctic conditions. Their fur is one of their secrets, as it is hollow, lightweight, and insulating. Now, a team of researchers from China has created a synthetic fibre that (Answer: mimics) the properties of polar bear fur. The researchers used a chemical process to make the fibre, which has a porous core and a smooth surface. They claim that the fibre is as warm as down feather, but (Answer: much) thinner and more durable. To test their claim, they knitted a sweater with the fibre and measured its thermal performance. They also tested the fiber's strength and stretchability. The researchers say that the fibre could have many applications, especially for making clothing for extreme cold environments. They suggest that the fibre could be used for military uniforms, space suits, and winter sports. They also say that the fibre is eco-friendly and biodegradable. However, not everyone is (Answer: convinced) by the researchers' claims. Some experts have criticized the lack of data and details in their paper. They say that more research and comparison are needed to (Answer: verify) the fiber's advantages.

Choices:

tend, stretch, survive, confirm, calculates, pastes, mimics, requests, more, too, much, such, preferred, refused, convinced, suspected, expose, verify, appear, consent

Shifting focus to the experiment itself, changes were introduced in two subsections of the engineering team to transform the review structure. (Answer: Rather) than intensive inspection of individual contributors by managers, engineers were empowered with more autonomy. The revised system emphasized high-level guidance from senior managers who oversaw collaborative group processes. Additionally, professional development coaching emphasized collective brainstorming (Answer: versus) singular decision-making by individual contributors. Applying these skills in a pilot, leaders redesigned working sessions as participatory forums for engineers across subgroups to share ideas (Answer: openly). Quantitative and qualitative data was gathered to (Answer: assess) outcomes relating to productivity, job satisfaction, and innovation criteria. For reference, these implemented

changes designed to enable collaborative ideation across the test divisions (Answer: constituted) the “co-creation approach” during analysis. If effective, similar participatory frameworks and coaching could scale across other divisions in the organization.

Choices:

Rather, under, More, Moreover, upon, deliberately, versus, openly, disagree, assess, enforce, biased, inhabited, constituted

Your brain activity changes depending on whether you're (Answer: recalling) a true or a false memory, new research suggests. A "false" memory (Answer: refers) to when you remember something that didn't happen or that actually occurred at a different time or place. According to the new study, a specific (Answer: pattern) of electrical activity erupts in the hippocampus immediately before someone remembers a false memory — and it (Answer: differs) from the electrical activity that occurs when people remember an event correctly.

Choices:

launching, outline, recalling, transforms, submits, refers, pattern, differs

In a large, multi-institutional effort (Answer: led) by University of California San Diego, researchers have analyzed more than a million human brain cells to produce (Answer: detailed) maps of gene switches in brain cell types, and (Answer: revealed) the links between specific types of cells and various common neuropsychiatric disorders. The team also developed artificial intelligence tools to (Answer: predict) the influence of individual high-risk gene variants among these cells and how they may (Answer: contribute) to disease.

Choices:

overlap, inhibit, revealed, predict, detailed, contribute, accelerated, spared, encouraged, led

An observant eye will notice that the glass panes in a church, over the course of hundreds of years, appear to have thickened at the bottom of their frames while (Answer: diminishing) in thickness towards the top. This (Answer: intriguing) phenomenon has given rise to an enduring myth: the idea that glass is actually a liquid, just one that (Answer: flows) very slowly.

Choices:

containing, arrives, intriguing, figuring, flows, diminishing

Physicians have high (Answer: rates) of mental distress — and they're only getting higher. One 2023 survey found six out of 10 doctors often had feelings of burnout, (Answer: compared) to four out of 10 pre-pandemic. In a separate 2023 study, nearly a quarter of doctors said they were depressed and this affected their (Answer: ability) to cope with the rising demand for health care services. In a 2022 survey, one in 10 doctors said they'd thought about or (Answer: attempted) suicide.

Choices:

compared, ability, depth, rates, attempted, linked, pile, progressed

Parents who have kids who are closer together in age tend to be a lot more tired and lot less able to invest fully and wholeheartedly because they are just (Answer: exhausted) and resources are stretched. When you have longer gaps, you create less of a demand on yourself, you're more emotionally (Answer: capable), so you function better, and your child gets a better (Answer: version) of you — and for longer.

Choices:

format, capable, version, unique, exhausted, heavy

Though states have moved to replace poorly rated curricula or ban weak instructional approaches, (Answer: figuring) out exactly what schools should do instead is harder. Politicians have falsely (Answer: declared) that experts know what science-backed alternatives teachers should use, and education companies have rushed to (Answer: meet) the demand for new materials, (Answer: selling) school districts their own questionable curricula and teacher trainings.

Choices:

obtaining, meet, selling, isolate, figuring, ban, agree, appealing, declared, concentrated

The Polynesians explored and (Answer: settled) islands of the South Pacific by traveling in 18-meter-long, double-hull canoes and living on the (Answer: open) ocean for days or weeks as they moved between islands. They used observations of the stars to help them navigate across the ocean and developed a (Answer: keen) sense of the ocean currents and how winds and islands (Answer: influenced) them.

Choices:

present, built, open, convenient, influenced, confirmed, keen, settled

Communication and language development are (Answer: key) skills for young children's growth and learning. However, some children may struggle or (Answer: lag) behind in developing these skills. Families with concerns should seek intervention as soon as possible. Early intervention can (Answer: make) a big difference in helping children (Answer: overcome) their difficulties and achieve their full potential.

Choices:

key, devote, prepare, lag, pull, overcome, make, plain

Cognitive empathy is the intellectual ability to 'read' others' emotions. It can be (Answer: described) as 'empathic accuracy'. People with higher levels of cognitive empathy tend to be better at communication and have better people skills as they are able to take (Answer: educated) guesses at how another person is feeling or how they may (Answer: react) emotionally to something.

Choices:

educated, function, react, projected, described, compared

Living in cities that never sleep has its price: inhabitants are getting less, (Answer: worse) quality, sleep. We cannot forget that sleep, though often undervalued, is a (Answer: fundamental) part of staying in good health. It is well (Answer: established) that if we don't get enough, we end up getting sick.

Choices:

impressed, worse, fundamental, massive, established, regulated

How can artificial intelligence (AI) help us solve some of the most complex and (Answer: pressing) problems in the world? Can AI systems learn from data and (Answer: interact) with humans in natural ways? What are the ethical and social implications of developing and (Answer: deploying) AI systems in various domains? These are some of the questions that motivate and challenge AI researchers and practitioners who aim to create and apply AI systems that can (Answer: enhance) human capabilities.

Choices:

merge, falling, pressing, treat, enhance, deploying, resembling, interact

In previous project work, the number of koalas was not known but distribution had been recorded (Answer: across) an area of 2000 square kilometres in (Answer: habitats) featuring manna gum and the nationally endangered Eyre Peninsula blue gum woodland communities. To (Answer: date), there is no evidence to suggest that koalas can self-regulate their numbers as kangaroos do. There were (Answer: concerns) koalas might eventually consume all the available food in an area, resulting in their own (Answer: starvation).

Choices:

across, starvation, during, stimulation, time, date, niches, habitats, concerns, errors

Over millions of years we have (Answer: evolved) to organize our psychological processes according to altering states of light and darkness. However, our nights have changed enormously in just a century and a half (Answer: thanks) to the widespread use of electric light. Now, in most built up areas, the night is no longer dark. Light has (Answer: allowed) humans, whose eyes are (Answer: adapted) to daylight, to colonize the night by getting rid of darkness.

Choices:

adapted, evolved, despite, postponed, thanks, acted, sustained, allowed

The technique used to find long-lost paint on sculptures is known as visible-induced luminescence imaging. The process uses infrared light that finds microscopic (Answer: traces) of paint that the eye cannot see. By (Answer: illuminating) the sculptures with the red light, a pigment known as “Egyptian blue” absorbs the light and appears on camera as a (Answer: glowing) white.

Choices:

illuminating, traces, signals, thrilling, determining, glowing





SUMMARIZE SPOKEN TEXT

 ONE AUSTRALIA

Fish are important because they help maintain the health of marine ecosystems and provide support to other marine life. They are an important part of the food web because they are predators to smaller organisms and prey to marine mammals and seabirds globally. They also support humans. About 80 million tons of fish are harvested annually. This volume is enough to feed all Filipinos with their annual fish consumption for 20 years. And they're currently about 60 million people working in the fishing industry globally. But on a global scale, 33 percent of fisheries are overfished, meaning too many fish are being harvested. This may cause fish populations to become depleted and not able to recover. 67 percent are fully exploited, meaning additional fishing effort could lead to the fisheries collapse. Only 10 percent have room to grow, with just 10 percent of the fisheries having room to grow. We might experience a global fishing crisis.

David Olivia Garcia is a co-host of New Mexico in Focus and is also the managing editor for the New Mexico Independent, which is an online news website, he says that the Internet has some great benefits for journalism. The Internet is this new, amazing medium. Not so new: it's been around quite some time now. But it's maturing as, among other things, a place for journalism. In a sense, the Internet allows you to tell stories better than in a newspaper or on television. For this reason, you can do it all online: you can have the written word, you can have still photographs, you can have video. You can link and kind of connect to the other journalism that has been done on a given topic. So it's not like you're in a vacuum. The Internet has had a negative impact on these papers. However, John Fleck, who is a columnist for the Albuquerque Journal and also has his own blog, says that he doesn't think that's entirely the case. It really makes me more efficient as a journalist in terms of information gathering, confirmation, helping me get the background necessary to write a story. So it's really good for that.

ONE AUSTRALIA

In The Origin of Species, Darwin provided abundant evidence that life on Earth has evolved over time, and he proposed natural selection as the primary mechanism for that change. He observed that individuals differ in their inherited traits and that selection acts on such differences, leading to evolutionary change. Although Darwin realized that variation in heritable traits is a prerequisite for evolution, he did not know precisely how organisms pass heritable traits to their offspring. Just a few years after Darwin published The Origin of Species, Gregor Mendel wrote a groundbreaking paper on inheritance in pea plants. In that paper, Mendel proposed a model of inheritance in which organisms transmit discrete heritable units (now called genes) to their offspring. Although Darwin did not know about genes, Mendel's paper set the stage for understanding the genetic differences on which evolution is based.

I want today to talk about the industrial revolution from a variety of, of aspects. I put everything on the board, I put on our website, so don't worry about copying it down. And it's all pretty, pretty obvious doing the industrial revolution across this century is no easy task. But we will do it and do the reading. Let me just say that to the way people look at what used to be called the industrial

revolution and I guess some people still call it that has changed dramatically through the 1950s and into the 1960s, the idea of the industrial revolution was that it was the work of some genius inventors who created mechanism machines in the used primarily in the textile industry, but also in mining that eliminated blocks to assembly line production. And then everybody was crowded into factories and the new brave world opened up. In fact, one of the most interesting books and so great classics is still in print was written by an economic historian at Harvard, who's still around called David Landis, a good book called the unbound Prometheus, which was basically that and some of the inventions that I briefly describe in your reading, the spinning Jenny, et cetera. I refer to that. And then that kind of analysis led one to concentrate on England where the industrial revolution began and to view and to view industrialization as being a situation of, of so winners and losers are not going as fast. In your reading, I give you some pretty obvious examples of reasons for the industrial revolution first coming to England location of resources, particularly coal a country, which is nowhere that's 75% more than 75 miles away from the sea, precocious canals and roads, banking system, fluid fluidity between classes and very large, an increasingly larger proletariat, agricultural revolution, etcetera. And with that kind of analysis, those places that didn't industrial as fast, industrializes fast, for example, France one thought that they were quote unquote, retarded a word that was used, unfortunately, at that time. And then one tried to see why not. Now that analysis has been really rejected greatly over the past years because industrial revolution is measured by more than simply large factories with industrial workers and the number of machines and the more and this is the point of the beginning of this, the more that we look at the industrial revolution, the more that we see that the industrial revolution was first and foremost an intensification of forms, of production, of kinds of production that were already there. Thus we spend more time looking at the intensification of artisanal production, craft production of domestic industry, which we've already mentioned that is people, mostly women, but also men and children too working in the countryside.

How people can recognize human faces? this is a hard but brilliant question. People should appreciate something. People can get visual information from faces and put a name on it. We can tell one's identity, age, work, health condition, politics, and friends. Recognizing faces is amazing, difficult and a clever thing. In conclusion, people can get a lot out of faces.

But you can see from the relatively crooked and narrow streets of the city of Rome as they look from above today. You can see that again, the city grew in a fairly ad hoc way, as I mentioned. It wasn't planned all at once. It just grew up over time, beginning in the eighth century B.C.. Now this is interesting because what we know about the Romans is when they were left to own devices and they could build the city from scratch, they didn't let it grow in an ad hoc way. They structure it in a in a very care, very methodical way. That was basically based on military strategy, military planning. The Romans they couldn't have conquered the world without obviously having a masterful military enterprise and everywhere they went on their various campaigns, their various military campaigns. They would build, build camps and those camps were always laid out in a very geometric plan along a grid, usually square or rectangular. So, when we begin to see the Romans building their ideal Roman city, then turn to that so call castrum or military camp design.

Well, it's like, why is Australian housing so expensive? Essentially, it's showing of how well the Australian economy has been doing over the last 15 years. We have had 15 years more or less of an uninterrupted economic growth during which average earning has been raised by close to 90 percent. While over the course of that period, the standard variable mortgage rate has roughly halved. That meant that the amount which a typical home buying household can afford to borrow under rules which aren't strictly applied as they used to be had more than doubled. Over the same period, rising immigration in falling average household size has meant that the number of households looking for accommodation has risen by about one and a half million. That's around 200 thousand more than the number of dwellings has increased by. So you have had a substantial increase in the purchasing power of households. No net increase in the supply of housing enhance all that addition purchasing power has gone into pushing up the price of housing.

English, as you have already read, is not a pure language. I don't think there really are any pure languages in the world. But English is definitely not a pure language. English, in fact, has borrowed from over 350 languages in its history. So it's a variety of many languages. Some people say it's like a dog, a mongrel dog, a dog that has been made up of many different dogs. The English language is like that. By looking at the history of the English language we learn about the history of the English people. The two things are closely connected. So, in fact, today we are not only learning about language but we are learning about history. The fact that English has borrowed words from over 350 languages has been viewed differently throughout history. So for example in Shakespeare's time people were very angry about words which were not, they thought, original English words - words which came from other languages, they didn't like them.

The stock market is where investors connect to buy and sell investments - most commonly, stocks, which are shares of ownership in a public company. When you need groceries, you go to the supermarket. When you're ready to buy stocks or mutual funds, you'll usually buy them online through the stock market, which anyone can access with a brokerage account or employee retirement plan. The term 'stock market' often refers to one of the major stock market indexes. However, there are some different uses of the stock market before and after. In the 18th century, manufacturing companies came into the market. Traditional companies used stocks to raise money, and input money into companies, while modern companies used stocks to output money. From 19th to 20th century, however, modern companies, such as Apple, Google and Microsoft are big enough to earn money, and use stocks differently. The stock market also inclined to put money into big companies.

The ocean provides habitats for 98% of fish, the source of protein feeding 4.8 billion of people. But human activities and climate change have left corals bleached in some oceans. There are many species of fish that are endangered. The government set up a network, called MPA marine campaign, in which countries and organizations have been collaborating with each other to protect the environment for 32 years. A marine protected area (MPA) is a zone designated and managed to protect marine habitats and species for the good of the ocean, society, economy and culture. Within MPAs, human activities such as fishing, vessel traffic and tourism are regulated. MPAs can come in the form of a fully protected marine reserve, a moderately protected marine park, or a no-take zone

among others . But MPA is faced with lots of challenges, as some developing countries lack management and resources, and feel excluded.

A leader can define or clarify goals by issuing a memo or an executive order, an edict or a fatwa or a tweet, by passing a law, barking a command, or presenting an interesting idea in a meeting of colleagues. Leaders can mobilize people's energies in ways that range from subtle, quiet persuasion to the coercive threat or the use of deadly force. Sometimes a charismatic leader such as Martin Luther King Jr. can define goals and mobilize energies through rhetoric and the power of example.

We can think of leadership as a spectrum, in terms of both visibility and the power the leader wields. On one end of the spectrum, we have the most visible: authoritative leaders like the president of the United States or the prime minister of the United Kingdom, or a dictator such as Hitler or Qaddafi. At the opposite end of the spectrum is casual, low-key leadership found in countless situations every day around the world, leadership that can make a significant difference to the individuals whose lives are touched by it.

Over the centuries, the first kind-the out-in-front, authoritative leadership-has generally been exhibited by men. Some men in positions of great authority, including Nelson Mandela, have chosen a strategy of "leading from behind"; more often, however, top leaders have been quite visible in their exercise of power. Women (as well as some men) have provided casual, low-key leadership behind the scenes. But this pattern has been changing, as more women have taken up opportunities for visible, authoritative leadership.

Today, poems remain an important part of art and culture. We often talk about the knowledge about the literature in poem. Poetry is probably the oldest form of literature, and probably predates the origin of writing itself. The oldest written manuscripts we have are poems, mostly epic poems telling the stories of ancient mythology. The English language in poems and poetries is difficult to understand, often giving readers a feeling of frustration and making it hard for readers to enjoy poetry. This is because poems use literary expressions. Poetry was once written according to fairly strict rules of meter and rhyme, and each culture had its own rules. Some poems incorporate rhyme schemes, with two or more lines that end in like-sounding words. We should learn to simply enjoy it, and to know more about literature knowledge.

Social skills are vital in enabling an individual to have and maintain positive interactions with others. Many of these skills are crucial in making and sustaining friendships. Social interactions do not always run smoothly and an individual needs to be able to implement appropriate strategies, such as conflict resolution when difficulties in interactions arise. It is also important for individuals to have 'empathy' as it allows them to respond in an understanding and caring way to how others are feeling. Children are facing social difficulties with particular risks. Young people who do not have strong relationships with the adults in their family are even more at risk. In an experiment in a high school, which lasted for 8 to 12 weeks, the students were told to be a movie director and to choose their own story structure. The students worked with each other, which involved lots of different skills, and social interactivity. The movies they had made were actually cool. Then, the researchers tested the

intervention effect, finding this can improve their self-regulation, and they found this can improve their self-regulation and critical thinking skills.

Honeybees do a waggle dance to direct other bees to sources of nectar, but dancing bees like this one can be halted by a headbutt from another bee. Now, researchers have found that this headbutt is actually a warning signal. A feeding station was set up in the lab to mimic a source of nectar. Then foraging bees were introduced to dangers at the station, such as competition from rival colonies. When foragers returned to the hive, they stopped bees dancing. Scientists think the behavior warns dancers of a dangerous source of nectar.

I suppose you wouldn't expect perhaps to find a mathematician in a museum of historical objects, but actually, the objects that I've been drawn to in this museum have quite a lot of mathematical significance. These Neolithic stones, discovered in Scotland, dating back 5,000 years, are probably the first examples of humans exploring the concept of symmetry. And that's what I do as a practicing mathematician. I spend my life trying to understand what symmetries are possible, in nature and in mathematics and abstractly. And here I've got a connection, going back 5,000 years, to people who are already trying to understand how can I arrange patches on the side of these stone balls in a symmetrical manner? One of the intriguing things about these stones is that we don't actually know what they're for. They might have been for divination - trying to predict the future. They might have been part of a game. They look very much like dice, but we don't really think there is any game associated with them. Maybe they were just for chucking around, they're very nice in the hand when you hold them. Or maybe they were symbols of power in the clan. I suppose that's why I like them because we don't really know what they are.

There's sugar in a lot of foods where you don't expect it. Of course there's lots of sugar in donuts or ice cream, or pastries, or other things that are sweet; candy of course, but there are other places where you see it and you don't necessarily expect it. As an example: peanut butter. Here's a list of ingredients from skippy peanut butter and you see that sugar is the second most common ingredient. You may know from reading food labels that these ingredients in any food label are listed in order of how much there is in the food itself, so sugar comes right after peanuts. Here's another example, beef stew, you wouldn't necessarily expect to find sugar in beef stew but it's there. Now it's down the list of ingredients, it's actually toward the end, but if you look at the marketing of this and look at the can it says, there's fresh potatoes and carrots, but actually there's more sugar in this than there is carrot.

Because of the economic model, the newspaper industry has been shrinking drastically from the last 50 years of the 20th century in some states of America. Also as the economic model changed, newspapers increased the cash flow. However, there are still some newspaper industries losing money because of a decrease in advertising and buyers. They can't find buyers. Only a few newspapers have positive cash flow. Over 100 newspapers with cash flow in red had no money to publish the newspaper everyday. Some of them published three days per week. Small-sized

newspapers only published once a week and had to go online. Some newspapers even disappeared. The staff working in newspaper industry decreased by 30-60% or more.

We are from an organization called Nonhuman Rights Project, and we fight for legal rights of non-human animals. Drawing a line in order to enslave an autonomous and self-determining being is a violation of equality. We then searched through 80 jurisdictions. We chose the state of New York. Then we decided upon who our plaintiffs are going to be. We decided upon chimpanzees. We know the extraordinary cognitive capabilities that they have, and they also resemble the kind that human beings have. And so we chose chimpanzees, and we began to then canvass the world to find the experts in chimpanzee cognition. So now we needed to find our chimpanzee. Our chimpanzee, first we found two of them in the state of New York. Both of them would die before we could even get our suits filed. Then we found Tommy. Tommy is a chimpanzee. Tommy was a chimpanzee. We found him in that cage. We found him in a small room that was filled with cages in a larger warehouse structure on a used trailer lot in central New York. And so on the last week of December 2013, the Nonhuman Rights Project filed three suits all across the state of New York using the same common law argument. The court didn't approve our appeal because they think chimpanzees are not humans even though they have cognitive skills. We proved to the court that chimpanzees also have cognitive capabilities, and they were not hearing us.

An essay is a chance to identify your read and learned. As a writer, you first need to collect many materials, then write an essay in four or five paragraphs, structures and quotes. If someone is searching for a book or article to read, he or she will decide from the very beginning whether this work is worth attention. If you want to wow your teacher, polish the introduction, especially the first couple of sentences. Add an essay hook-something interesting, funny, shocking, or intriguing to win the reader's attention. Build an emotional connection with your reader right from the start.

A hook in the essay is a catchy sentence or paragraph in the impressive introduction which serves as an attention element and an important part. An excellent hook sentence is engaging and interesting; it is a perfect method to start an argumentative or persuasive essay. The hook for your essay often appears in the first sentence. The opening paragraph includes a thesis sentence. Some popular hook choices can include using an interesting quote, a little-known fact, famous last words, or a statistic.

In recent decades journalism has been faced with challenges. So, what has happened to journalism? The rise of the Internet has a great impact on journalism, specifically the ways it is produced and consumed. Because the Internet democratizes people, ordinary people can get involved in journalism. It takes steps for people to feel enthusiastic about the changes in journalism. The Internet not only speeds up spread of news, but also helps people gain information in various ways. Thus, journalism now becomes a collaborative process in an imaginary way, which is unexpected. For example, even small pieces of ordinary video can be of a new type of journalism.

The glass ceiling is an idea familiar to many. It refers to the invisible barrier that seems to exist in many fields and which prevents women from achieving senior positions. Less well-known, but arguably a more pernicious problem, is the 'glass cliff'. Originally recognised by academics Michelle Ryan and Alex Haslam back in 2005, this is the phenomenon of women making it to the boardroom but finding themselves disproportionately represented in untenable leadership positions. Ryan and Haslam presented evidence that women were indeed starting to secure seats at boardroom tables. But the problem was that their positions were inherently unstable. These women would then find themselves in an unsustainable leadership position from which they would be ousted with evidence of apparent failure. The title of their paper sums it up: women are over-represented in precarious leadership positions. Subsequent research in an array of environments has demonstrated that this is not an isolated issue, nor is it unique to certain industries or geographical locations. It reveals that women in top leadership positions seem to be routinely handed inherently unsolvable problems.





FILL IN THE BLANKS LISTENING

ONE AUSTRALIA

As a (Answer: consumer), you're probably consuming imports. If we have a trade war and we start (Answer: slapping) tariffs on all of those (Answer: imports), the bill is going to be higher. If the world (Answer: relies) so much on trade, what is a trade war and why do countries get (Answer: caught) up in them in the first place?

Financial markets swung wildly yesterday in frenzied trading market by further selling of (Answer: equities) and (Answer: fears) about an unraveling of the global carry trade. At the same time trading in the European credit markets in London was exceptionally (Answer: heavy) for a third consecutive day. London trading was marked by particularly wild (Answer: swings) in the prices of credit derivatives, used to ensure investors against (Answer: corporate) defaults.

For many years the favorite horror story about (Answer: abrupt) climate change was that a shift in ocean currents could (Answer: radically) cool Europe's climate. These currents, called the overturning (Answer: circulation) bring warm water and warm temperatures north from the equator to Europe. Susan Loosier, an (Answer: oceanographer) at Duke University, says scientists have long worried that this ocean circulation could be disrupted.

Along the way, we have built (Answer: unashamedly) beautiful buildings, two of which have won and been runner-up in the prestigious United Nations World (Answer: Habitat) Award: the first time an Australian building has received that international honor. We rely on older (Answer: concepts) of Australian architecture that are heavily influenced by the bush. All residents have private verandas which allow them to (Answer: socialize) outdoors and also creates some "defensible space" between their bedrooms and public areas. We use a lot of (Answer: natural) or soft materials and build beautiful landscaped gardens.

In animals, a movement is coordinated by a cluster of neurons in the spinal cord called the central contract pattern generator (CPG). This produces signals that drive muscles to (Answer: contract) rhythmically in a way that produces running or walking, depending on the (Answer: pattern) of pulse. A simple signal from the brain instructs the CPG to switch between (Answer: modes) such as going from a standstill to walking. Now that story's been scotched, as only part of contingency planning. But it was a symptom of the dramatic turn of events in South Australia, and it flushed out other remarks from water (Answer: academics) and people like Tim Flannery, indicating that things were really much worse than had been (Answer: foreshadowed), even earlier this year. So is Adelaide, let alone some whole (Answer: regions) of South Australia, in serious bother? Considering that the vast amount of its drinking water comes from the (Answer: beleaguered) Murray, something many of us outside the State may not have quite realized. Is their (Answer: predicament) something we have to face up to as a nation?

For all his fame and celebration, William Shakespeare remains a (Answer: mysterious) figure with regards to personal history. There are just two primary (Answer: sources) for information on the Bard: his works, and various legal and (Answer: church) documents that have survived from

Elizabethan times. Naturally, there are many (Answer: gaps) in this body of information, which tells us little about Shakespeare the man.

Those of you who've never heard the term neo-Latin, may be forgiven for thinking it's a new South American dance craze. If you're (Answer: puzzled) when I tell you it has something to do with the language of Romans, take heart, over the years many classes who have (Answer: confessed) they are not really sure what it is either. Some have (Answer: assumed) that they are so-called 'Late-Latin', written at the end of the Roman Empire. Others have supposed it must have something to do with the middle ages. Or perhaps it's that (Answer: pseudo-Latin) which my five and seven-year-old boys seem to have (Answer: gleaned) from the Harry Potter books, useful for spells and curses that they zip one another with makeshift paper ash ones. No, in fact, neo-Latin is more or less the same as the Latin that was written in the (Answer: ancient) world, classical Latin. So, what's so new about it?

The ocean has been getting bluer, according to a study published in the journal Nature. But that's not really good news for the (Answer: planet) . It means that the plants that give the ocean its (Answer: green) tint aren't doing well. Scientists say that's because the ocean has been getting (Answer: warmer).

Laurence Stephen Lowry RBS RA was an English artist. Many of his drawings and paintings depict Pend Lebury, Lancashire, where he lived and worked for more than 40 years, and also Salford and its surrounding areas. Lowry is famous for painting scenes of life in the (Answer: industrial) districts of North West England in the mid-20th century. He developed a (Answer: distinctive) style of painting and is best known for his (Answer: city) landscapes peopled with human figures often referred to as (Answer: matchstick) man. He painted mysterious unpopulated landscapes, brooding (Answer: portraits) and the unpublished "marionette" works, which were only found after his death.

The effect of the first difference is, on the one hand, to refine and (Answer: enlarge) the public views, by passing them through the (Answer: medium) of a chosen body of citizens, whose (Answer: wisdom) may best discern the true interests of their country, and whose (Answer: patriotism) and love of justice will be least likely to sacrifice it to temporary or (Answer: partial) considerations.

That brings us to the CEO's second duty: building (Answer: everyone) or more accurately, building the senior team. All the executives report to the CEO, so it's the CEO's job to (Answer: hire) , fire, and manage the executive team. From (Answer: coaching) CEOs, I actually think this is the most important skill of all. Because when a CEO hires an excellent senior team, that team can keep the company running. when a CEO hire a poor senior team, the CEO is up (Answer: spending) all of their time trying to do with the team, and not nearly enough time trying to do with other elements of their job. The senior team can and often does (Answer: develop) the strategy for the company, but ultimately it's always the CEO who has the final 'go-no-go' decision on strategy.

A majority of U.S. high school students say they get (Answer: bored) in class every day, and more than one out of (Answer: five) has considered dropping out, according to a survey released on Wednesday. The survey of 81,000 students in (Answer: twenty-six) states found two-thirds of high school students complain of boredom, usually because the subject matter was (Answer: irrelevant) or their teachers didn't seem to care about them.

Crows, she says, are what's known as "partial migrants." Every year, some members of the population migrate between breeding grounds and their overwintering grounds--like parking (Answer: lots) . But others just stay put. So Townsend and her colleagues wanted to know if that urge to migrate was something individual crows can turn on and off. To find out, they captured 18 crows from overwintering spots in California and New York. They fitted the birds with little backpack satellite tags, and (Answer: tracked) them for several years. Overall, three quarters of the birds migrated, an average of 300 miles. And more importantly, if they migrated once, they did it every year--suggesting (Answer: traveling) is not a (Answer: habit) they switch on and off. The researchers also found that migrating crows returned (Answer: faithfully) to the same breeding grounds every year--but were more (Answer: flexible) on where to overwinter. Which could be a good thing.

Well in 2004 we integrated ticketing in South East Queensland, so we have (Answer: introduced) a paper ticket that allowed you to travel across all the three (Answer: modes) in South East Queensland, so bus, train and (Answer: ferry) and the second stage of integrated ticketing is the introduction of a Smart Card, and the Smart Card will enable people to (Answer: store) value so to put value on the card, and then to use the card for (Answer: traveling) around the system.

For the first time, Japanese researchers have conducted a real-life experiment that shows how some traffic jams appear for no apparent reason. They placed the 22 vehicles on a (Answer: single) track, and asked the drivers to cruise around at a (Answer: constant) speed of 30 kilometers an hour. At first, traffic moves smoothly, but soon, the distance between cars started to (Answer: vary) and vehicles clumped together at one point on the track, but the jams (Answer: spread) backward around the track, like a shockwave at a rate of about 20 kilometers an hour. Real-life jams move backward at about the same speed.

Many different types of bar code scanning machines exist, but they all work on the same fundamental principles. They all use the (Answer: intensity) of light reflected from a series of black and white stripes to tell a computer what code it is (Answer: seeing). White stripes reflect light very well, while black stripes reflect hardly any light at all. The bar code scanner shines light (Answer: sequentially) across a bar code, simultaneously detecting and recording the pattern of reflected and non-reflected light. The scanner then (Answer: translates) this pattern into an electrical signal that the computer can understand. All scanners must include computer software to interpret the bar code once it's been entered. This simple principle has transformed the way we are able to (Answer: manipulate) data and the way in which many businesses handle recordkeeping.

Bruch and her colleague Mark Newman studied who swapped messages with whom on a popular online dating platform in the month of January 2014. They (Answer: categorized) users by desirability using PageRank, one of the algorithms behind search technology. (Answer: Essentially) if you receive a dozen messages from desirable users, you must be more desirable than someone who receives the same number of messages from average users. Then they asked: How far "out of their league" do online daters tend to go when pursuing a partner? "I think people are optimistic (Answer: realists). In other words, they found that both men and women tended to pursue mates just 25 percent more desirable than themselves. "So they're being optimistic, but they're also taking into account their own relative position within this overall desirability hierarchy." And the study did have a few more (Answer: lessons) for people on the market: "I think one of the take-home messages from this study is that women could probably afford to be more aspirational in their (Answer: mate) pursuit."

To figure out these counterintuitive findings, the researchers conducted an experiment in a hotel room. They rounded up some lizards, gave them a perch, and used a leaf blower to (Answer: mimic) the effects of high winds. They set up a net to catch any lizards that lost their grip. As the artificial wind blew, the lizards (Answer: moved) so the perch took most of the air flow. But their hind legs would stick out, and if those (Answer: rear) limbs stuck out too far, they acted as sails. "Eventually those back legs were blown off the perch, and the lizards were just holding on with their front two legs. And they could only hold on like that for so long as the wind speed (Answer: increased) further and further, until eventually they were blown off the perch and into the (Answer: nets) . So shorter back legs gave a (Answer: survival) advantage. A trait that might be passed on to the next lizard generation.

Abandoned Pueblos are scattered throughout the southwestern U.S. And at many, archaeologists have (Answer: uncovered) a curious artifact: the skeletons of scarlet macaws. The birds' bright red feathers are known to have been an important status symbol, a signifier of (Answer: prestige) for people throughout the American tropics and the southwest, both in the ancient world and today. But macaws are a tropical bird, whose (Answer: range) never extended north of today's U.S.- Mexico border. So how did the Pueblo people obtain the birds? To examine the birds' origin, scientists (Answer: sequenced) mitochondrial DNA found within macaw bones from two sites in New Mexico: Chaco Canyon and the Mimbres region. Turns out, (Answer: nearly) three quarters of the birds had identical mitochondrial genome sequences--meaning the ancient birds came from the same maternal line. That suggests they were all the products of a (Answer: breeding) operation, perhaps in modern-day northern Mexico, rather than a random collection of wild-caught birds.

Last year, astronomers observed two neutron stars collide. A crash (Answer: transmitted) in gravitational waves to detectors here on Earth. Represented in sound, you can hear a small upwards sweep in frequency, in the data, if you listen closely. Several seconds later, the first waves of electromagnetic radiation arrived here on Earth - the first time a collision has been detected by both light and gravitational waves. And it's in studying the electromagnetic (Answer: echoes) of the collision that astrophysicists have gotten a far better (Answer: glimpse) of what really happened after those binary neutron stars merged, 130 million light years away. "Oh yeah, absolutely, so it gives us an understanding of (Answer: basically) all the nitty-gritty of what's going on after the merger takes

place." Kunal Mooley, an astrophysicist at Caltech. First, he says, the stars collided, creating a massive, black-hole-like object, which started sucking up the cloud of neutron-rich cosmic debris left over from the crash. But its (Answer: appetite) was limited. "It cannot eat all of it, so some bit of it basically escapes." Those escaping leftovers spewed outward into space, as a powerful jet. But along the way, Mooley says, the jet appears to have interacted with that cloud of neutron-rich material, blowing up a sort of cocoon within the debris (Answer: floating) around the collision. Until finally, the jet burst out and slammed into interstellar space releasing yet more radiation we could detect here on Earth.

Hi everybody. This weekend, we'll (Answer: dedicate) the newest American icon on our National Mall - the National Museum of African American History and Culture. It's a beautiful building, five stories high and some 70 feet below the ground, (Answer: situated) just across the street from the Washington Monument. And this museum tells a story of America that hasn't always taken a front seat in our national (Answer: narrative). As a people, we've rightfully passed on the tales of the (Answer: giants) who built this country. But too often, willful or not, we've chosen to (Answer: gloss) over or ignore entirely the experience of millions upon millions of others. But this museum chooses to tell a fuller story. It doesn't (Answer: gauze) up some bygone era or avoid uncomfortable truths. Rather, it embraces the (Answer: patriotic) recognition that America is a constant work in progress; that each successive generation can look upon our imperfections and decide that it is within our collective power to (Answer: align) this nation with the high ideals of our founding.

Here are a couple different stories you can tell about our economy. One goes like this. Eight years after the (Answer: worst) economic crisis of our lifetimes, our economy has created jobs for 71 straight months. That's a new record. (Answer: Unemployment) has fallen below five percent. Last year, the (Answer: typical) household saw its income grow by about twenty-eight hundred dollars – the biggest one-year increase ever. And the (Answer: uninsured) rate is at an all-time low. All that is true. What's also true is that too much of our wealth is still taken by the top and that leaves too many families still working paycheck to paycheck, without a lot of (Answer: breathing) room. There are two things we can do about this. We can prey on people's worries for (Answer: political) gain. Or we can actually do something to help working families feel more secure in today's economy. Count me in the (Answer: latter) camp. And here's one thing that will help right away: making sure more of our families have access to paid leave. Today, having both parents in the workforce is an economic (Answer: necessity) for many families. But right now, millions of Americans don't have access to even a single day of paid sick leave.

When the time comes, its peers should follow suit. Of these, the European Central Bank faces the trickiest (Answer: challenge), because it has acted as, in effect, the backstop to euro-zone bond markets, a (Answer: mechanism) that otherwise the currency bloc still lacks. But the main safety valve lies elsewhere, with banks and investors. Bitter experience has shown that debt-funded assets can (Answer: magnify) losses, causing financial crises. For this reason banks must be able to withstand any reversal of today's high asset prices and low defaults. That means raising bank capital in places where it is too low, (Answer: especially) the euro zone, and not backsliding on strenuous "stress tests" as America's Treasury proposes. In the end, however, there may be no escape for

investors from the low future returns and even losses that high asset prices imply. They and (Answer: regulators) should take a leaf out of “The (Answer: Intelligent) Investor”, and make sure that they have a margin of safety.

So, a lot of the research on happiness starts with the basic question: How happy are you? And we're (Answer: psychologists), so tell us on a scale of 1 to 10, where 5 is average, 10 is super-duper. The most common answers, interestingly enough, are high; they're 7 or 8. It turns out that most people think that they're (Answer: pretty) happy. This question has been asked all over the world and it turns out that there are slight differences depending on how (Answer: old) you are; there are slight differences depending on your (Answer: place) within a country, California versus New York; there are slight, subtle differences between men and women at different (Answer: points) . Somewhat paradoxically, although women are more (Answer: vulnerable) to depression than men, still, on average, women are slightly happier than men.

A really good illustrative example of the point I want to make is the book *Journey Cake, Ho!* by Ruth Sawyer, based on a traditional folk tale. Teachers often read this aloud to their classes, showing the (Answer: pictures) to the children as they do so. They are, of course, using the (Answer: words) of Ruth Sawyer, and presenting the story just as the artist has visualised it. But other teachers do it (Answer: differently) . Instead of reading, they tell the story from memory. This gives the children a much richer experience - they can freely use their own (Answer: imaginations), visualising the story, the characters and the scenes in their mind's eye in any way they like. And, this is much closer to the way in which folk tales were passed from generation to generation - orally, without any words or pictures to (Answer: restrict) the imagination.

We'll look now at a very interesting (Answer: study). It was carried out by a researcher who works in two countries, Scotland and Italy, and it involved children from both of these countries aged around (Answer: nine) or so. Half of the children from each country spoke only their national language. However, the other half spoke their national language plus another language. During the study all the participants were given tests and quizzes which looked at a range of skills, including (Answer: vocabulary) understanding, problem-solving, creative thinking and (Answer: arithmetic). The children used their national language to complete the tasks, which involved things like copying (Answer: patterns) of coloured blocks, orally repeating a series of numbers and giving clear definitions of words. The results were quite clear. The bilingual children were (Answer: significantly) more successful in the tasks.

People rarely translate another person's (Answer: unique) way of saying things with any degree of (Answer: accuracy). This is because when we learn the meaning of words, we pick up their broad meaning but we've added subtle (Answer: shades) of difference which we get from our personal experiences. If you grew up in an aggressive household, the phrase 'I'm angry with you' had different (Answer: associations) than for a person from a family where people talked through problems. We're left having to work out meaning from our own experience. So despite the fact that, say, Bob and Gina

are both speaking English, Bob is really speaking 'Bob-English' and Gina is turning that into 'Gina-English' and the (Answer: translation) is never going to be perfect.

We miscommunicate more commonly than we communicate (Answer: accurately). Often, the words we have are at least (Answer: somewhat) inadequate to express how we feel. The first words we think of are often poor (Answer: reflections) of what we really mean. We might at times even want to take our words back for a second (Answer: attempt). But once those words have left our mouths, our partners are already (Answer: replying) to whatever we have just said. Most conversations happen too fast to allow us to (Answer: figure) out what we really meant to say.

Now, as you know already, there will be a midterm exam next week. The exam will be an open-book, open-note, and open-internet resource exam. But you can't use a classmate or me during the exam. Many of the questions on this exam don't have (Answer: definitive) answers. I wish to (Answer: assess) your critical thinking ability and your ability to combine ideas. A poorly organized answer will not get the same grades as a (Answer: well-organized) answer. Here are some good ways to study for the exam. First of all, it would be better for you to organize and review your lecture notes. That means you may need to compile notes and lab test (Answer: results) if you have not done that already. I strongly suggest that you write trial (Answer: outlines) before the exam. I think it will make you feel more comfortable. Just stop by my office.

There is probably no marijuana-friendlier place in the country than here in Mendocino County, where plants can grow more than 15 feet high, medical marijuana clubs adopt stretches of highway, and the sticky, sweet aroma of cannabis fills this city's streets during the autumn harvest. Lately, however, residents of Mendocino County, like those in other parts of California, are wondering if the state's embrace of marijuana for medicinal purposes has gone too far. Medical marijuana was (Answer: legalized) under state law by California voters in 1996, and since then 11 other states have followed, even though (Answer: federal) law still bans the sale of any marijuana. But some (Answer: frustrated) residents and law enforcement officials say the California law has increasingly and unintentionally provided legal cover for large-scale marijuana growers — and the problems such as big-money operations can attract. "It's a clear shield for commercial operations," said Mike Sweeney, 60, a supporter of both (Answer: medical) marijuana and a local ballot measure on June 3 that called for new limits on the drug in Mendocino. "And we don't want those here." The (Answer: outcome) of the ballot measure is not known, as votes are still being (Answer: counted), but such community push-back is increasingly common across the state, even in the most liberal communities. In recent years, dozens of local governments have (Answer: banned) or restricted cannabis clubs, more formally known as dispensaries, that provide medical marijuana to patients, in the face of (Answer: public) safety issues involved in its sale and cultivation, including crime and environmental damage.

A 25-year-old man who told the police he was tired of life went on a killing rampage in a popular shopping street in central Tokyo on Sunday, plowing his truck into a crowd of pedestrians before (Answer: stabbing) passers-by with a survival knife. Seven people died and 11 were (Answer: injured). The attack took place shortly after noon on a street that had been closed to vehicles for the day in

Akihabara, the main district for (Answer: electronics) in Tokyo and a magnet for fans of Japanese anime and manga comics. The killings (Answer: stunned) a country that has long enjoyed low crime rates but where a series of random stabbings have recently occurred. The police (Answer: identified) the attacker as Tomohiro Kato, who was living by himself in a small (Answer: apartment) in Shizuoka, just west of Tokyo. According to reports in the Japanese news media, Mr. Kato told the police that he had grown tired of life, "hated the world," and had gone to Akihabara to kill people. "Anyone was OK," he told the police, according to the reports. Japanese television showed the police holding Mr. Kato on the ground after the (Answer: attack). He was dressed in a black T-shirt, off-white trousers and jacket, and was wearing sneakers. The police said the attack began around 12: 30 p.m., when Mr. Kato drove a white, two-ton rental truck into the street in a zigzag pattern, hitting several people. He then got out of the truck and began (Answer: yelling) and stabbing passers-by, including a police officer. Japanese television, displaying images captured on cellphones by witnesses, showed bodies (Answer: scattered) in the area. The authorities were seen trying to revive several (Answer: victims) . Six men and one woman, ranging in age from 19 to 74, died, the authorities said.

Cities and towns are not only growing in size and number. They are also gaining new influence. The urban (Answer: transition) offers significant opportunities to improve the quality of life, but whether this potential is realized depends (Answer: critically) on how cities are managed and on the national and local policies affecting their development. The development of urban areas is also closely (Answer: linked) to the rural economy through the exchange of labor, goods, services, information and technology. (Answer: Neglecting) urban issues leads to significant social and environmental costs, however. In the two most (Answer: urbanized) regions that the World Bank serves, Latin America and Europe/Central Asia, over half of the poor already live in urban areas. By 2025, two-thirds of the poor in these regions, and one-third of the poor in East and South Asia, will reside in cities or towns. The nature of urban (Answer: poverty) is more than an income or employment issue, and is also characterized by (Answer: squalid) living conditions; risks to life and health from poor (Answer: sanitation), air pollution, crime and violence, traffic accidents, and natural disasters, and the breakdown of traditional familial and (Answer: communal) safety nets. Urban populations are also particularly hard hit by macro-financial shocks, such as the recent crises in East Asia and Russia. Urban environmental (Answer: degradation) has the most immediate effects on poor urban residents but also has serious national and global impacts.

Historically, reasons for the (Answer: migration) of Asians to the United States were similar in some ways to those for the Atlantic migration of Europeans — to escape from poverty and civil war and to find employment opportunity and freedom. Chinese laborers were (Answer: recruited) to build the transcontinental railroad in the mid-19th century and provide (Answer: domestic) services in cities such as San Francisco. They were followed by the Japanese and Filipinos in the early 20th century who labored in Hawaiian (Answer: plantations), California farms, and Alaskan canneries. Of these early Asian Americans, only the Japanese were allowed to immigrate as families at the (Answer: insistence) of the Japanese government. For these early generations, Asians in America were largely (Answer: bachelor) communities of temporary (Answer: sojourners), with male to female ratios as high as 10-to-1. Asian-American children in those early years were rare. Since 1970, the (Answer: demography) of this of this population has changed tremendously. In 2002, Asian Americans were (Answer: slightly) more than 4 percent of the US population. The growth of the Asian-American population since 1970 is due in great part to the (Answer: elimination) of exclusionary immigration

policies that existed before 1965, implementation of new (Answer: refugee) statutes directly flowing from the Vietnam War, and the rise of second and (Answer: subsequent) US -born generations. In 1970, there were 1.5 million Asian Americans. This amounts to an eightfold to ninefold increase in little more than 30 years.

Coca-Cola has bucked the trend for celebrity-fronted advertising by choosing a (Answer: virtually) unknown British artist to front one of its biggest UK campaigns. While arch-rival Pepsi features the likes of David Beckham and Beyonce Knowles in its campaigns, Coca-Cola has hired the Basement Jaxx vocalist Sharlene Hector to star in its first ever UK branding campaign for Coca-Cola Classic. The (Answer: advert) breaks tomorrow and features Hector singing the Nina Simone Classic I Wish as she walks through the streets distributing bottles of Coca-Cola. It is the latest in the company's new "Real" (Answer: campaign) , which took over from the "Always Coca-Cola" adverts and is aimed at giving the brand a more irreverent image — the actress Penelope Cruz has (Answer: appeared) belching after drinking Coke in adverts in the US. The new advertising is the first campaign to be created by the quirky British advertising agency Mother, which won the Coca-Cola business last year after (Answer: pitching) against the company's pitching US agency, McCann-Erickson. The agency had already created campaign for Coca-Cola owned (Answer: created) Lilt, Oasis and Schweppes, and was charged with coming up with a specifically British (Answer: approach) to the world's best-known brand. The (Answer: strategy) is part of the Coca-Cola chairman and chief executive Douglas Daft's so-called "Think local, act local" (Answer: philosophy) , inspired by the realization that what works for American philosophy will not necessarily succeed elsewhere.

Two horrifying crimes have exposed serious (Answer: weaknesses) in Connecticut's criminal justice system. But a "three strikes and you're out" law (Answer: proposed) by Gov. M. Jodi Rell and Republicans in the Legislature would do more harm than good. Last July two recently paroled men broke into a home in Cheshire and tortured and (Answer: murdered) three people. Last month a man who served more than eight years for assaulting a 5-year-old — and had been out on (Answer: probation) for less than a month — broke into a New Britain home. He accosted two women, wounding one and killing the other. Republicans, led by Ms. Rell, have responded by calling for a "three strikes" law. Democrats have rightly resisted. The proposed law, which would mandate life in prison for anyone (Answer: convicted) of three violent felonies, is a bumper-sticker solution that would create (Answer: injustices) by barring judges' discretion in sentencing. It would also not deter the many crimes (Answer: committed) by people who have not committed three violent felonies. Governor Rell and the Democrats do agree on the need for other (Answer: urgent) reforms, including more re-entry programs and jobs training and better monitoring after prisoners are released on probation and parole. Connecticut has 2,500 parolees, but a (Answer: staggering) 55,000 people on probation. Probation officers handle an average of 107 cases each —far too many. Connecticut's system for sharing crime information, which could keep some of the most dangerous offenders off the streets, is antiquated. It has neither inpatient treatment for sex offenders nor housing for them once they are released. Hundreds of (Answer: former) inmates are on a waiting list for inpatient drug treatment. The suspect arrested in the New Britain case had been staying in a homeless (Answer: shelter) at night but roaming freely during the day while waiting to begin (Answer: outpatient) sex offender treatment. Returning released inmates to society with so little support makes no sense.

The headlines tell us that the world is now more urban than rural. Surely this fact ought to have (Answer: profound) consequences that call for new attitudes and public policies. However, as is often the case with profound change, what actually is happening — and how we should view these changes — is extremely murky. From one point of view, the (Answer: vast) migration of people from the countryside to the city is simply the latest chapter in a story that has played (Answer: out) worldwide over the last several centuries. First in the most (Answer: affluent) nations of the West, and now in the developing world, as more efficient agriculture has reduced the number of people needed in the fields, the rise of new urban economies has drawn them to cities. Every time this push-pull phenomenon has shifted into high (Answer: gear) , whether in London in the Nineteenth century or in Mumbai today, there have been wrenching dislocations followed by attempts on the part of public authorities to stop or slow the Process. These efforts have rarely been (Answer: effective) in the long run, and have often backfired because they have tried to control (Answer: behavior) rather than plan for it. In the long run, however, the policies were probably less important than the eventual result — an equally massive move from the cities back into the countryside. In virtually every affluent nation on earth, the old Nineteenth-century industrial cities have (Answer: exploded) outward, allowing densities to plummet at the core as residents move further and further out into (Answer: low-density) suburbia and a very low-density exurban penumbra around that. The city of Paris today has a third fewer (Answer: residents) than it did a century ago, and the suburban and exurban territory around it leapfrogs more or less from the English Channel to Burgundy. In this process, the very (Answer: distinction) between urban and rural has all but (Answer: disappeared) as citizens in almost every part of affluent societies are able to participate in what is essentially an urban culture.

Modern wealth has been created mainly through the action of market forces, which now (Answer: dominate) the whole of the industrial world. It is based on the (Answer: false) premise that we all start at an equal point. Of course nobody starts at the same point. Market forces help a few to become very wealthy at the (Answer: expense) of the many who become poorer. This is taking place all over the world. There is an increasing number of hungry and (Answer: desperate) people living in utter poverty. Yet there are millionaires of all nationalities throughout the developed world. Market forces are (Answer: inevitably) acting to divide our world because they (Answer: separate) one section of society from another. Strangely enough, to create a society based on the free play of market forces, there must be a very strict control over the economy to ensure business efficiency. This is the poison of (Answer: commercialization). It imposes restrictions on the natural needs of society. When the politicians are not meeting the needs of society, the people (Answer: revolt) . When the people's voice is not heard, there will inevitably be a (Answer: revolution) . Part of that revolution is the growing crime rate and the (Answer: violent) street protests which are the result of the (Answer: imbalance) of our society — too great wealth side by side with too great poverty.

Spring wedding season has arrived, ushering in hefty costs for guests — and especially for members of the wedding party. But it can be hard for twenty somethings to fit (Answer: extra) costs into scant budgets, especially if you have multiple weddings to attend. So be sure to determine what you are (Answer: signing) up for before committing to be part of the ceremony or a guest at a destination wedding — and look for ways to (Answer: trim) costs. If you are asked to be part of a ceremony, don't (Answer: hesitate) to ask the bride and groom upfront for details including the event's location and other (Answer: functions) they may expect you to attend. In return, be honest with them about your

(Answer: financial) situation. Colleen Bayus, 24, attended four weddings last year, traveling from Washington to Boston, Pittsburgh and Philadelphia a total of seven times for dress fittings, bachelorette parties and the ceremonies. "It really (Answer: added) up ... I had to tell my friend in Boston that I didn't have the money to attend her bachelorette party in Manhattan," she says. If you know you can't afford to fly to a (Answer: destination) wedding in the Caribbean plus a weekend bridal party in Miami, speak up from the beginning, says Susan RoAnne, a networking and (Answer: etiquette) expert in San Francisco. "It's fair to say 'I love you, but I don't want to shortchange you if I can't afford to (Answer: participate) in every aspect,'" she says.

Most patients with Type 2 diabetes should start taking statins, the cholesterol-fighting drugs, as a (Answer: preventative) measure against heart disease, whether or not they have high cholesterol levels, according to new guidelines released yesterday. The recommendations, from the American College of Physicians, call for moderate doses of statins by people with diabetes who are older than 55, and for younger (Answer: patients) who have any other risk factor for heart disease, like high blood pressure or a history of (Answer: smoking). The new guidelines are outlined in April 20 issue of The Annals of Internal Medicine, in an article that noted that about 16 million Americans have Type 2 diabetes and that 800,000 new cases are (Answer: diagnosed) every year. The lead author of an article accompanying the guidelines, Dr. Sandeep Vijan of the University of Michigan, said that "almost everyone with Type 2 diabetes should be on a statin." The (Answer: average) age at diagnosis is 48, and even many patients under 55 have high blood pressure as well as diabetes, he said. Traditionally, diabetes treatment has (Answer: focused) on regulating blood sugar levels by careful control of (Answer: diet) or through insulin injections. But researchers have come to understand that control sugar really protects only against the destruction of small blood (Answer: vessels), which can lead to blindness or loss of fingers, toes or limbs. Heart disease is, in fact, the more serious threat. Up to 80 percent of diabetes patients will develop heart problems or die of them, the article said. And Dr. Vijan emphasized that controlling hypertension remained the highest priority. He ranked control of lipids, the fats in the blood (Answer: stream) that can affect coronary health, second, ahead of glucose (Answer: regulation).

In its short life, the Internet has become an agent of (Answer: revolutionary) change and is one of the fastest tools to promote and defend freedom and to facilitate (Answer: democratic) access to information and knowledge. It has emerged as one of today's greatest instruments of progress and has gradually become a part of the vital (Answer: infrastructure) of global social, economic, cultural and political life. The Internet's effect on our lives is (Answer: pervasive). Over the past decade, the use of email, the web and blogs have become part of the daily routine of more than a billion Internet users. Today the Internet access touch points have (Answer: outgrown) the traditional PC based Internet browsers (Internet Explorer, Firefox) to desktop applications, mobile phones and satellite navigational devices in vehicles and living rooms. More and more people are buying movie tickets, air tickets, travel packages, railway tickets and paying bills (Answer: online). Online gaming is projected to increase by 141% by 2011 in the Asia Pacific Region and mobile gaming to (Answer: increase) by 119% by a leading gaming industry. Very soon we will see the dawn of the video age when video will be used for buying, communicating, learning and socializing. Online chat and (Answer: blogs) are reducing the gap between private and public life of the present generation. Cyber cafes have taken over pubs and (Answer: bars) for socializing in spite of the opposing forces of regional borders, (Answer: copyright), censorship, network blocking, etc.

The proportion of greenhouse gases has increased significantly since the Industrial Revolution. Humans began burning fossil fuels, particularly (Answer: coal), in a big way, to drive steam engines for industry, and generate electricity. In addition to escalating coal use after the Industrial Revolution, there came the (Answer: widespread) use of another fossil fuel, petroleum for transport. At the beginning of the 20th century, annual global oil output was about 150 million barrels of oil; now, that amount is (Answer: extracted) globally in just two days. Fossil fuels are classed as non-renewable sources of energy, formed from (Answer: decayed) plants and animals over hundreds of millions of years. Burning fossil fuels (Answer: releases) billions of tons of carbon dioxide that has been locked away away in the Earth for millions of years. Humans are (Answer: adding) billions of tons of carbon dioxide to the atmosphere each year. And guess what? Carbon dioxide is a greenhouse gas. The (Answer: rate) at which the planet is warming is possibly the biggest challenge to ever face humanity. The (Answer: impacts) are likely to be devastating, we need to act (Answer: decisively) , and act now. A single web page cannot fully answer the question of what global warming is. Following the links on this page will allow you to see how complex and serious the (Answer: issue) of global warming is. So what is global warming? It is a disaster of our own making.

Randi considers the YMCA her lifeline, especially the pool. Randi weighs more than 300 pounds and has borderline diabetes, but she controls her blood sugar and keeps her bright (Answer: outlook) on life by swimming every day for about 45 minutes. Randi overcame any (Answer: self-consciousness) about her weight for the sake of her health, and those who swim with her and share the open locker room are proud of her. If only the millions of others beset with (Answer: chronic) health problems recognized the inestimable value to their physical and emotional well-being of regular (Answer: physical) exercise. "The single thing that comes close to a magic bullet, in terms of its strong and universal benefits, is exercise," Frank Hu, epidemiologist at the Harvard School of Public Health, said in the Harvard Magazine. I have written often about the (Answer: protective) roles of exercise. It can lower the risk of heart attack, stroke, hypertension, diabetes, obesity, depression, dementia, osteoporosis, gallstones, diverticulitis, falls, erectile dysfunction, peripheral vascular disease and 12 kinds of cancer. But what if you already have one of these conditions? Or an (Answer: ailment) like rheumatoid arthritis, multiple sclerosis, Parkinson's disease, congestive heart failure or osteoarthritis? How can you exercise if you're always tired or in (Answer: pain) or have trouble breathing? Can exercise really help? You bet it can. Marilyn Moffat, a professor of physical therapy at New York University and co-author with Carole B. Lewis of "Age-Defying Fitness", conducts (Answer: workshops) for physical therapists around the country and abroad, (Answer: demonstrating) how people with chronic health problems can improve their health and (Answer: quality) of life by learning how to exercise safely.

In years past, doctors were afraid to let heart (Answer: patients) exercise. When my father had a heart attack in 1968, he was kept (Answer: sedentary) for six weeks. Now, heart attack patients are in bed barely half a day before they are up and moving, Dr. Moffat said. The core of cardiac rehab is a (Answer: progressive) exercise program to increase the ability of the heart to pump oxygen- and nutrient-rich blood more effectively throughout the body. The outcome is better (Answer: endurance), greater ability to enjoy life and decreased mortality. The same goes for patients with congestive heart (Answer: failure). "Heart failure patients as old as 91 can increase their (Answer:

oxygen) consumption significantly," Dr. Moffat said. Aerobic exercise lowers blood pressure in people with hypertension, and it improves peripheral (Answer: circulation) in people who develop cramping leg pains when they walk — a condition called intermittent claudication. The treatment for it, in fact, is to walk a little farther each day. In people who have had transient ischemic (Answer: attacks), or ministrokes, "gradually increasing exercise improves blood flow to the brain and may diminish the risk of a full-blown stroke," Dr. Moffat said. And (Answer: aerobic) and strength exercises have been shown to improve endurance, walking speed and the ability to perform tasks of daily living up to six years after a stroke. As Randi knows, (Answer: moderate) exercise cuts the risk of developing diabetes. And for those with (Answer: diabetes), exercise improves glucose tolerance — less medication is needed to control blood sugar — and reduces the (Answer: risk) of life-threatening complications.

Despite a drumbeat of bad economic news, the (Answer: stock) market is up — almost 11 percent in the last few weeks. Junk bonds, those risky corporate I. O. U.'s, are rallying. The value of financial shares, bank loans, tricky credit derivatives — up, up, up. Many on Wall Street, the epicenter of the credit mess, seem to think that the worst is (Answer: over). For the first time in months, analysts and executives sound upbeat again. Many of them see a broad, (Answer: sustained) recovery in both the economy and the financial markets coming in the second half of this year, a prediction some market strategists call (Answer: hopeful) at best. For now, policy makers are echoing the mood on Wall Street. Treasury Secretary Henry M. Paulson Jr. said in an interview with Bloomberg Television on Thursday that "we are closer to the end of this problem than we are to the beginning." A report from the Bank of England, meantime, concluded that mortgage (Answer: securities), which have been at the heart of the financial troubles, probably have (Answer: fallen) too far. The central bank said prices of such securities should "improve (Answer: gradually) in the coming months." Financial stocks and the broader market (Answer: surged) on Thursday as the dollar strengthened and oil prices fell for the third day in a (Answer: row). The Standard & Poor's 500-stock index closed up 1.7 percent, to 1,409.34 points; the Dow Jones industrial average notched a 189.87-point gain, to 13,010; and the Nasdaq composite jumped 2.8 percent. Another day or two like that, and those market (Answer: benchmarks) will be in the black for the year.

The holiday of Valentine's Day probably (Answer: derives) its origins from the ancient Roman (Answer: feast) of Lupercalia. In the early days of Rome, fierce wolves (Answer: roamed) the woods nearby. The Romans called upon one of their gods, Lupercus, to keep the wolves away. A festival held in honor of Lupercus was celebrated on February 15th. The festival was celebrated as a spring festival. Their calendar was different at that time, with February falling in early springtime. One of the (Answer: customs) of the young people was name-drawing. On the eve of the festival of Lupercalia the names of Roman girls were written on (Answer: slips) of paper and placed into jars. Each young man drew a slip. The girl whose name was chosen was to be his sweetheart for the year. Legend has it that the holiday became Valentine's Day after a priest named Valentine. Valentine was a priest in Rome at the time Christianity was a new (Answer: religion). The Emperor at that time, Claudius II, ordered the Roman (Answer: soldiers) NOT to marry or become engaged. Claudius believed that as married men, his soldiers would want to stay home with their families rather than fight his wars. Valentine (Answer: defied) the Emperor's decree and (Answer: secretly) married the young couples. He was eventually arrested, imprisoned, and put to death. Valentine was (Answer: beheaded) on February 14th, the eve of the Roman holiday Lupercalia.



WRITE FROM DICTATION

ONE AUSTRALIA

The cooperator operates a continuous assessment.

Students who study overseas can significantly improve work chances.

Strangely, people are simultaneously impressed by and skeptical of statistics.

Research shows the exercising makes us feel better.

Protective clothing must always be worn in the laboratory.

Economic development needs to be supported by the government.

Continuing students will be sent necessary application forms.

Good nutrition is crucial to the general health and vitality.

More graduate training is often needed after the university study is finished.

His appointment as Minister of Culture was seen as a demotion.

Writing an essay is easy once the research is finished.

We study science to understand and appreciate the world around us.

Understanding how to use the library will save your time.

Traffic is the main cause of air pollution in many cities.

The vocabulary that has peculiar meanings is called jargon.

The rising temperature is changing the wildlife population.

The railway makes long-distance travel possible for everyone.

The professor took a year off to work on her book.

The key difference between courses is the kind of assessment.

The island is located at the south end of the bay.

The introduction is an important component of a good presentation.

The essay will be published once the research is finished.

The director of the gallery was grateful for the anonymous donation.

The designers will complete the plan later today.

The plight of wildlife has been ignored by local developers.

The university theater group will be performing in the concert hall.

The course helps students to improve their pronunciation skills.

The city's founders created a set of rules that became laws.

The chemistry building is located near the entrance of the campus.

The application process may take longer than expected.

Studies show there is a positive correlation between two variables.

Students were instructed to submit their assignments by Friday.

Students are encouraged to monitor their own attendance.

Sea levels are expected to rise during the next century.

Radio is a popular form of entertainment throughout the world.

The curriculum needed to be adjusted for the current development.

Remember, the prestigious election of stewardship has strict eligibility criteria.

Please note, submission deadlines are only negotiable in exceptional circumstances.

Peer group pressure has a great effect on young people.

Packaging is very important to attract the attention of a buyer.

Most scientists believe that climate change threatens lives on the earth.

It is important to make clear notes while you are reading.

In this language course, we focus on fluency and accuracy.

Important details from the argument are missing in the summary.

I don't think it's possible to solve the problem easily.

The extent of advertising for children is open to much debate.

Students should have awareness of how the business develops globally.

Lectures are the oldest and the most formal teaching method at university.

The archeologist's new discoveries stand out in previously overlooked foundations.

He landed his job in a very prestigious law firm.

Students requiring an extension should apply sooner rather than later.

Daily practice can build confidence and improve skills.

Convincing evidence to support this theory is hard to obtain.

And in that regard, as well as in other regards, it stands as an important contribution.

All the educational reforms have been inadequately implemented.

Biology department is dedicated to research activities.

A new article was published regarding the university last week.

The notification will not be received until the following week.

Gravity is the force that attracts two bodies toward one another.

Formal conclusions could be established through rigorous experiments.

Social psychology is concerned with the understanding of human behaviors.

Houses were built for workers near the factories.

Our faculty includes five libraries in the university.

This is the first example of a modern and professional army.

Muscle cells bring parts of the body closer together.

My technique is to understand the sentence while writing the first letter of each word.

Students must wear protective clothing provided in the medical laboratory.

Physics is a detailed study of matter and energy.

The student union hosts a variety of social events.

Most of the lectures begin promptly, so do not be late.

Currently the growth of the company is unpredictable.

Optional tutorials are offered in the final week of a term.

Before choosing your university courses, you should consider your future career.

It is a debate about the value of knowledge.

We encourage students to complete their applications before the deadline.

Tuition fees will vary according to the fields of study.

There is no ideal debate on this topic.

Any game must be properly elaborated.

While some people regard it as reforming zeal, others regard it as recklessness.

The integration of archaeologists' studies with community projects is widely encouraged.

A good academic essay should have a clear argument.

I can't hand in my dissertation this week.

His analysis study appears to be based on the false premise.

The temporary library will be closed in the winter break.

Any gains from the sales of the property must be promptly allocated.

The university will seek a colossal renovation to the faint empty theatre.

The subject is complex and difficult to explain.

Archaeologists are astonished by unexpected previously overlooked foundations.

Weather forecasting is becoming more accurate than before.

Classical mechanics is sometimes considered as a branch of mathematics.

You will be tested online.

The posters are on display at the larger lecture theatre.

Graduates from this course generally find jobs in the insurance industry.

The study centre in the library has all the latest technologies.

The blue whale is the largest animal that ever lived.

New materials and techniques are changing the style of architecture.

Global connections thrive in academic communities, thanks to social media.

You do not need to have specialist knowledge to enjoy this book.

A world-renowned expert of financial management will give a guest lecture.

There is an accounting assignment for finance students.

You must call your doctor to make an appointment.

Foods containing overabundant calories supply little or no nutritional value.

Before the refrigerator was invented, people used underground ice houses.

All industries consist of systems of inputs, processes, outputs and feedback.

She has been in the library for a long time.

Many experts think that the world climate is changing.

Plants are the living things that can grow in land or in water.

The department is doing some crucial work on climate change.

Years of training are required to become a medical specialist.

A series of lectures which were shown to us in economics have been recorded.

Medical researchers have focused on the causes of diseases and treatments.

The key witnesses to the event have conflicting recollections.

Rivers provide habitats and migration pathways for numerous aquatic species.

The economic predictions turned out to be incorrect.

The finding shows that dark chocolate can improve your immunity, mood and health.

Students are permitted to park at campus parking spaces.

Rising sea temperature is a sign of climate change.

He was regarded as the foremost economist at that time.

Teaching assistance plays a vital role in the learning process.

When the root system of a plant fails, foliage suffers.

A new collection of articles has just been published.

Calculators allow us to add numbers without making mistakes.

The disease that was serious has now been eradicated.

There is no fixed career path for a qualified journalist.

An effective business manager is always open to new ideas.

Your ideas are sophisticated in seminars and tutorials.

Linguistics is the scientific study and analysis of language.

Exotic activities can help students develop more talents.

The commissioner will apportion the funds among all the sovereignties.

You will be tested via continuous assessment and examinations.

Please return the reference book to the correct position on the shelf.

Extracurricular activities can help students to develop more talents.

Audition of the university choir will be on hold until the next week.

The farmers need to adapt to the changes of the climate.

The digital camera has some advantages over traditional film.

The department works closely with its partners in the business community.

The orchestra will be led by a visiting conductor.

Relying on natural ability will not get you far on science.

A visit to the designed museum is of great value.

There will be a chemistry test in the class next week.

Physical health can be improved by regular training.

Honey can be used as food and health product.

Renovation work is currently being undertaken throughout the whole building.

The course involves a combination of pure and applied mathematics.

New developments in manufacturing are constantly changing the way we live.

Designers need to keep up with social trends.

Academic libraries across the world are steadily incorporating social media.

This advanced course requires a basic knowledge of economic theory.

Trees benefit the city by soaking up the rainwater that runs off its road.

We should never underestimate the power of creative design.

Marine environment has been destroyed by pollution and unsustainable development.

The year when the ship of artifacts was wrecked interested historians.

Our study program equips students with essential skills for university.

Americans have progressively defined the process of plant growth and reproductive development in quantitative terms.

Speed is defined as how quickly an object or a person moves.

Artists need to make their works both original and accessible.

Plants are able to continue growing throughout their lives.

You must hand in your essays by midday on Friday.

Tribes vied with each other to build up monolithic statues.

The castle was designed to intimidate both local people and the enemies.

Sugar is a compound which consists of carbon, oxygen, and hydrogen.

You need to put these books on the table over there.

Being bilingual does not mean having the ability to analyze the language.

A series of the observations were carried out in the classroom.

Food has become a political issue in the world.

Too much information may be avoided by good research design.

The university has invested in the new technology designed for learning.

The area has a number of underwater habitats and species.

Late applications are not accepted under any circumstances.

Students should leave their bags on the tables by the door.

The collapse of the housing market has triggered recessions throughout the world.

Momentum is defined as the combination of mass and velocity.

The north campus car park could be closed on Sunday.

Graphs are often useful for geographical research.

Animal and plant cells have a number of structures in common.

Firm conclusions can be established through rigorous experiments.

The library will be closed for staff training tomorrow morning.

The reception staff can give information of lending and printing.

Your ideas have been discussed and debated in seminars and tutorials.

The bus to London will leave ten minutes later than expected.

We need to answer security questions if we want to reset the password.

Salt is produced from the seawater or extracted from the ground.

They developed a unique approach to training their employees.

I thought it was thrown in a small meeting room.

Resources and materials are on hold at the library reference desk.

Astronauts are using light years to measure the distance in space.

Listening is the key to succeeding in this course.

Human beings compete with other living things for resources and space.

Strong liner is used to measure distance and baseline.

Everyone must evacuate the premises during the fire drill.

Many vocational courses in the institution are funded by private enterprises.

A laptop has been found at the biology lab.

The opening hours of the library are reduced during summer.

The reception staff can give advice about renting private accommodation.

A group meeting will be held tomorrow in the library conference room.

Universities should invest in new technologies designed for learning.

Tutors should set a clear goal at the start of the class.

Time and distance are used to calculate speed.

Our facilities include five items in the university.

The department has a higher-than-normal proportion of postgraduate students.