

A. Read the text below and respond to tasks A1 and A2.



Knowing the extent of our influence as parents can make our task all the more daunting. The

endless rise of new parenting methods we hear about in the media can add to our sense of confusion and lack of confidence. Are parents stuff" sweating the "small and worrying over the less important aspects of what makes a successful child?

Does it really matter if a toddler throws food, eats quinoa or can recite poetry? I don't believe it does. I call these things the "outside stuff", whether it concerns appearances, manners, or anything that children can get a certificate for, it's all relatively superficial.

For me the part you can't afford to get wrong, that will make it all worthwhile, is the "inside stuff". This is what you can't see, but you can feel in your child: self-esteem, empathy, curiosity and affection.

As a child psychiatrist, I'm only too aware of the facts and figures on child mental health. These are stark: 75% of adult mental health problems begin before the age of 18, and 50% begin before the age of 14.

The evidence is clear: if we want to promote psychological wellbeing, we need to look at what is happening much earlier than adolescence. If we want happy, healthy adults, we need first to raise happy, healthy children.

Where do these "inside" qualities come from? Is it something innate within the child? Is it genetic? Is it nurture? From a neurological perspective, how a child's brain develops connects all these elements.

A child's brain also has amazing capabilities to adapt, picking up foreign languages and musical instruments with much greater ease than adults.

They are emotional sponges, too, able to absorb the adult feelings and behaviour around them, so if music and language can be hard-wired into the brain in these early years of a child's life, shouldn't this also be the case for the "inside stuff"? And if so, then the critical part of parenting happens very early on. The saving: "Give me a child until he is seven and I will show you the man" couldn't be truer. It is in these first seven years that parental involvement can have the most significant impact.

https://www.theguardian.com/lifeandstyle/2017/jun/04/vit al-but-invisible-early-lessons-that-last-a-lifetime

Α. ΚΑΤΑΝΟΗΣΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

A1. Answer questions 1-3 based on the text above (max. 30 words each).

(3 x 4 points = 12 points)

- What would be a suitable title for this article? Don't Neglect the Inner World of your Child or similar
- 2. What is the main point of this article? To bring the readers' attention to the fact that psychological development of a child should not be neglected. or similar
- Based on the text, what advice would you give to young parents regarding their children's upbringing? To focus not only on their behaviour, dietary habits, or talents, but also on their psychological development and well-being. or similar

ΣΕΛΙΔΑ 2 ΑΠΟ 5

ΑΡΧΗ ΣΕΛΙΔΑΣ 3 A2. Choose the correct answer (A, B, or C) for items 4-9 below. $(6 \times 3 \text{ points} = 18 \text{ points})$ 4. Who is this text addressed to? Educators. Α. Psychologists. Β. Parents. C. 5. According to the writer of this article, it is important that parents. seek a specialist's advice focus on their child's B. provide their children with C. Α. inner world. a healthy diet. to raise healthy children. 6. Findings from the research presented in the text reveal that... A. most adult mental В. half of the adult mental C. 75% of the mental problems health problems begin problems begin after the adults experience begin at well before the age of age of 18. the age of 14. 18. 7. According to the writer of this article, a child's development is influenced by... both genetic and Α. genetic factors. Β. environmental factors. environmental facto 8. According to the text, children are like "emotional sponges" because they... learn how to play a musical easily understand the B. C. Α. learn foreign languages instrument with ease. feelings of grown-ups. easily. 9. According to the writer of this article, children's inner qualities... A. can be instilled. B. are visible. cannot be learnt Β. ΓΛΩΣΣΙΚΗ ΕΠΙΓΝΩΣΗ

B1. Use the correct form of the following words (A-H) to complete the gaps (10-14) in the following text, as in the example. There are TWO extra words you do not need.

(5 x 2 points = 10 points)

Α.	consume	В.	differ	C.	affect	D.	ideal	k
Ε.	attend	F.	particular	G.	say (example)	H.	energy	a

The example is in bold and *italics*.

The **(ex.)** *saying* goes that you are what you eat, so when it comes to exam time it makes sense to think carefully about what you are feeding your body. Food is fuel and knowing what to eat and drink ahead of exams can make all the **(10)** difference to your performance.

A key factor in how well you do in an exam is "cognitive function" which pretty much means the functioning of the brain. This includes variables such as memory and **(11)** attention and it can be easily affected by how much, and what type of food you do or do not eat.

ΣΕΛΙΔΑ 3 ΑΠΟ 5

ΑΡΧΗ ΣΕΛΙΔΑΣ 4

So where to start? Well, the first thing to consider – which is **(12)** particularly important for morning exams – is to eat breakfast. Evidence suggests that breakfast **(13)** consumption, when compared to skipping breakfast, enhances cognitive function in children, adolescents and adults – and that missing breakfast can impair your cognitive function and exam performance. So you should always make sure you eat something before an exam – **(14)** ideally about two hours beforehand.

B2. Fill in the gaps with two words in the statements of Column B, so that they have a

similar meaning with the statements (15-19) of Column A, as in the example.

(5 x 2 points = 10 points)

Exar	nple: She almost won the race.	She <u>came close</u> to winning the race.
	COLUMN A	
15.	The children were warned not to cross the park at night.	The children were warned <u>against crossing</u> the park at night.
16.	It never occurs to my sister to call me.	My sister never <u>thinks</u> of calling me.
17.	A large number of the songs, which Phil recorded, became hits.	Phil recorded a number of songs, many/several of which became hits.
18.	They cancelled the football match because of the heavy rainfall.	The football match was cancelled <u>due to</u> / owing to / <u>because of</u> the heavy rainfall.
19.	You'd have passed your test if you hadn't been so nervous.	But for your nervousness, you'd have passed your test.

B3. The sentences about the Wright brothers have been jumbled up. Choose from items A – F and decide on the correct order by writing the number of the item (20-24) and the letter corresponding to each sentence in the order in which they should appear. There is ONE extra option you do not need to use.

(5 x 2 points = 10 points)

The Wright brothers

A. The Wrights, however, refused to follow this advice or to alter their plans, as they were certain their machine embodied the principles of aviation and they were confident of their success.

B. When finally they made their first ascent from the desert tract beside the sea, to be borne aloft for almost a whole minute (59 seconds), a great change was effected in the nation's attitude.

C. The Wright Brothers, mechanics and bicycle shop owners from Dayton, were laughed at by people saying that a practicable flying machine would never be built and counseling them to stay on the ground.

D. Always working on different mechanical projects and keeping up with scientific research, the Wright brothers closely followed the research of German aviator Otto Lilienthal.

ΣΕΛΙΔΑ 4 ΑΠΟ 5

ΑΡΧΗ ΣΕΛΙΔΑΣ 5

E. Those who had formerly been skeptical and had prophesied that the Wright machine would remain forever stationary on the earth, were loudest in their praise of the aviation pioneers.

F. As a result, the brothers, each a man of mettle and each the perfect complement to the other, se out with their ingenious device but with very little capital.

20. C 21. A 22. F 23. B 24.

(40 points)

Γ. ΠΑΡΑΓΩΓΗ ΓΡΑΠΤΟΥ ΛΟΓΟΥ

Produce a written text of 180-200 words.

TASK: A European Youth magazine is asking teenagers to express their views on the following question: "In what ways can social media affect your relationships with friends?" Write an article for the magazine, in which you

- a) express your opinion on the topic, and
- b) justify your view, by providing three examples from your own experience.

You do not need to provide a title.

Do not sign the article.

ΤΕΛΟΣ ΜΗΝΥΜΑΤΟΣ

Sample answer

It could undoubtedly be argued that social media constitute a great development, even affecting they way we communicate with our friends. However, does this have a positive effect?

Social media are an easy way to learn about other people's daily lives. This is very helpful to me, as I have some good friends who now attend other schools, and with whom we do not meet so often. In this way, I can learn about their life, and easily engage into a conversation with them. Moreover, social media are an excellent means of finding again friends with whom contact has been lost. I personally had a close friend in primary school who moved into another city. We did not have mobile phones at that age, so there was no way we could talk. Fortunately, last year he created a Facebook account and we started communicating with each other.

Nevertheless, social media can prevent people from interacting with each other face to face due to their ease of use. In many cases, for instance, I prefer staying indoors, chatting with friends, to actually meeting them. In this way, one of the constituent elements of friendship, namely spending time with your beloved ones, is distorted.

To conclude, social media can positively influence the relationship between friends if used properly, but there are also some problems that their malpractice entails. Besides this, face-to-face interaction is the best way to maintain a friendship.

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Ματος ματος
Ποθ κομματος

Ματος και ματος
Ματος

Κάτοχος Μεταπτυχιακού Διπλώματος
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