



ESCOLA SUPERIOR DE CIÊNCIAS NÁUTICAS
DIVISÃO PEDAGÓGICA - ENGLISH LANGUAGE ENTRY EXAM
ACADEMIC YEAR 2021

COURSE: Electronics and Telecommunications

Name _____

Este exame contém 40 perguntas com 4 alternativas de resposta para cada uma. Escolha a alternativa correta e escreva a letra correspondente na grelha de respostas.

Write your answers here

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	17.	18.	19.	20.
21.	22.	23.	24.	25.	26.	27.	28.	29.	30.	31.	32.	33.	34.	35.	36.	37.	38.	39.	40.

The Effects of Stress

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomachaches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health

and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

A. READING

1. Which of the following is not a common problem caused by stress?
A physical problems B anecdotal problems C. mental problems D. emotional problems
2. According to the essay, which of the following parts of the body does not have physical problems caused by stress.
A the arms B the stomach C. the lungs D. the heart
3. Which of the following show how stress can affect the emotions?
A it can make people feel nervous B it can cause panic attacks C. it can make people feel elated D. it can make people feel angry
4. Which of the following can result from long-term stress?
A bliss B depression C. alcoholism D. whimsy
5. Choose the best answer to explain how alcoholism is caused by stress.
A alcohol is used to relieve stress B alcohol is popular C. alcohol is a chemical D. alcohol is similar to medicine
6. Which of the following is not caused by long-term stress?
A, bloating B. addiction C. anorexia D. alcoholism
7. Choose all of the answers that can complete this sentence: Stress can affect the respiratory system by _____.
A causing stomach problems B. causing asthma C. a loss of carbon dioxide D. causing breathing problems
8. Symptoms of emotional stress include _____.
A feeling joyous B. feeling hungry C. feeling thirsty D. feeling tired

B. VOCABULARY

9. You can't learn to play the piano in a short time, but if you practice every day, your skills will _____ improve.
A capability B. eventually C. capable D. development
10. _____ means able to do something.
A Creativity B. Judge C. Emotion D. Capable
11. My wife picked a _____ of flowers from our garden and gave them to her friend.

- A brunch B. branch C. bunch D. single
12. Machines that have many parts are _____ .
A structure B. complex C. bunch D. capable
13. Children need exercise and healthy foods in order to _____ their bodies.
A judgement B. descend C. judge D. develop
14. Love and hate are two opposite _____ .
A nerves B. emotions C. emotional D. structures
15. A long, thin animal with a soft body and no arms or legs could be described as _____ .
A spinal cord B. needle C. gelly fish D. wormlike
16. The Eiffel Tower in Paris, France, is a _____ that thousands of tourists visit each year.
A structure B. pole C. tower D. minaret
17. The author suggests having a back-up plan if your lucky charm doesn't help during a test. A back-up plan is _____ .
A a four-leaf clover B. a second plan you can put into action if your first plan fails C. an excuse or reason why you can't design a plan D. the end of a film
18. How is the word "focused" used in the next sentence? During the performance, the audience focused their attention on the main actor and actress.
A as a verb meaning to make something clearer or easier to see B. use a camera C. as a verb meaning to have one's attention on or pay attention to D. as a verb meaning to see things better
19. The order in which things happen is called a _____ of events.
A consequence B. eloquence C. sequence D. order
20. Scanning means _____ .
A looking at a text quickly to find out what the reading is mainly about B. looking at a text slowly and carefully to find such things as names, numbers, or places C. read the title of the text to preview facts D. memorize words from the text
21. What word or words below could replace the word "skip" in the next sentence. I'm not very hungry, so I'm going to skip dessert.
A eat just a little B. eat very quickly C. eat a lot D. not eat

22. People have to train hard before they run in a marathon race. A marathon is _____.

- A a relay race involving teams of runners B. wrestling C. a short race D. a long distance race

23. What does the word "massage" mean in the next sentence? After the game, he had to massage his sore muscles.

- A stretch B. scratch C. rub D. pinch

24. If you have a headache, it sometimes helps to rub your temples. Your temples are the parts of the face _____.

- A below the eyes B. in front of your ears and below your cheeks C. in front of the ears and above the cheeks D. above the eyes before the hair

25. What does the word "apply" mean in the following sentence? To do well on tests, students must apply what they learn from their teachers.

- A make a copy of B. make use of C. study hard D. imitate

26. What word below could replace the word "strategies" in the next sentence? The company needs to develop strategies for increasing production and sales.

- A products B. plans C. machinery D. staff

27. The word "gentle" means means, _____.

- A lovely B. soft C. polite rather than impolite or rude D. peaceful or relaxing

28. Jerry passed the exam first time _____ I had to retake it three times.

- A while B. as C. consequently D. because

29. _____ it was raining, I didn't get wet.

- A Although B. Because C. That is why D. So far

30. I will be late today _____ my car has broken down.

- A because B. though C. but D. yet

READING FOR FACTS

Cause of floods

Floods are second only to fire as the most common of all natural disasters. They occur almost everywhere in the world, resulting in widespread damage and even death. Consequently, scientists have long tried to perfect their ability to predict floods. So far, the best that scientists can do is to recognize the potential for flooding in certain conditions. There are a number of conditions, from deep snow on the ground to human error, that cause flooding.

When deep snow melts it creates a large amount of water. Although deep snow alone rarely causes floods, when it occurs together with heavy rain and sudden warmer weather it can lead to serious flooding. If there is a fast snow melt on top of frozen or very wet ground, flooding is more likely to occur than when the ground is not frozen. Frozen ground or ground that is very wet and already saturated with water cannot absorb the additional water created by the melting snow. Melting snow also contributes to high water levels in rivers and streams. Whenever rivers are already at their full capacity of water, heavy rains will result in the rivers overflowing and flooding the surrounding land.

Rivers that are covered in ice can also lead to flooding. When ice begins to melt, the surface of the ice cracks and breaks into large pieces. These pieces of ice move and float down the river. They can form a dam in the river, causing the water behind the dam to rise and flood the land upstream. If the dam breaks suddenly, then the large amount of water held behind the dam can flood the areas downstream too.

Broken ice dams are not the only dam problems that can cause flooding. When a large human-made dam breaks or fails to hold the water collected behind it, the results can be devastating. Dams contain such huge amounts of water behind them that when sudden breaks occur, the destructive force of the water is like a great tidal wave. Unleashed dam waters can travel tens of kilometres, cover the ground in metres of mud and debris, and drown and crush every thing and creature in their path.

Although scientists cannot always predict exactly when floods will occur, they do know a great deal about when floods are likely, or probably, going to occur. Deep snow, ice-covered rivers, and weak dams are all strong conditions for potential flooding. Hopefully, this knowledge of why floods happen can help us reduce the damage they cause.

31. Which of the following words are natural disasters? (More than one answer may be correct).

- A bombs B. earthquake C. airplane crash D. corona virus

32. Which of the following are included as causes for floods in the reading passage?

- A droughts B. large lakes C. poorly built roads D. melting snow

33. How does deep snow cause flooding?

- A melting snow causes flooding B. too much rain causes flooding C. sudden warm temperatures combined with heavy rains causes flooding D. freezing water causes flooding

34. A broken human-made dam is compared to what?

- A a tsunami B. a tidal wave C. a broken ice dam D. overflowing

35. Which of the following best describes how a frozen river can cause a flood.

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|---------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| A. The ice in the river melts too quickly and causes a flood. | B. The ice in the river cracks causing the water to overflow. | C. The ice in the river cracks into pieces that eventually create a dam causing the water to overflow. | D. The water behind the ice dam collects and when the dam breaks, it causes flooding upstream. |
|---------------------------------------------------------------|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|

36. How far can dam water travel when it is unleashed from a broken dam?

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|----------------------------|-----------------------|----------------------------|-----------------------------------------------|
| A. less than 10 kilometres | B. tens of kilometres | C. thousands of kilometres | D. tens of thousands of kilometres downstream |
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37. Why does saturated ground contribute to flooding problems?

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| A. the ground cannot absorb more moisture | B. the ground is too hard, so the water runs off | C. the ground forms a kind of dam | D. it remains frozen |
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38. What kinds of problems can floods cause?

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| A. death | B. widespread damage | C. destruction of plants and animals | D. all of the above |
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39. What is the most common natural disaster?

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| A. flood | B. fire | C. wind damage | D. rain |
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40. How does melting snow cause problems related to flooding?

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|-------------------------------------|--------------------------------|-----------------------------------------------|-----------------------------------------|
| A. it makes the rivers run too fast | B. it makes the water too cold | C. it causes pieces of ice to block the river | D. it makes the level of the river rise |
|-------------------------------------|--------------------------------|-----------------------------------------------|-----------------------------------------|