

**Question Number One: (25 points)**

Read the text and do the tasks below:

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know it or not: it's the set of routines and known abilities that make us feel safe because we're confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously, staying inside your comfort zone has many benefits, especially at times when you're feeling under stress.

On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that they are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

Unfortunately, people often get stuck in their comfort zones and don't feel able to try different things. There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many people think 'This is the way I am and I'll never change', using this as an excuse for not trying something new. Whatever the reason may be, it's sometimes necessary to force yourself to do something you'd rather not do. Once you've made the effort, though, the door to new experiences will be open and you'll probably wonder why you thought it was a problem.

**A. Answer the following questions:**

(7 points)

1. What does the phrase 'comfort zone' mean?

The area where you feel comfortable & the set of routines and known abilities that make us feel safe.

2. What helps people feel positive about themselves according to many studies?

The feeling that they are developing and making progress in their lives.

3. Why do people often get stuck in their comfort zones?

a. They may be afraid of failing.

b. They are unsure how to begin.

c. Making excuses like they will never change.

**B. Complete the following sentences:**

(9 points)

1. We feel safe in our comfort zones because we're confident that we can manage and are unlikely to be challenged by anything unexpected or worrying.

2. We're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones.

3. We all want to improve ourselves, for example by learning something new getting fit or becoming more creative.

**C. Decide whether these statements are True or False:**

(6 points)

1. Staying inside your comfort zone has many benefits, especially when feeling stressed. ( T )

2. You will reach your full potential if you only do what you know you are able to do. ( F )

3. It's sometimes necessary to force yourself to do something you'd rather not do. ( T )

**D. Write what the following words might refer to:**

(3 points)

1. One (line 2): comfort zone

2. They (line 8): people



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مدة الامتحان: 2:15  
مجموع العلامات: (100) علامة

### Question Number One: (25 points)

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Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have **one**, whether we know it or not: it's the set of routines and known abilities that make us feel safe because we're confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously, staying inside your comfort zone has many benefits, especially at times when you're feeling under stress.

On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that **they** are developing and making progress in their lives. You won't reach your full potential if you **only** do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

Unfortunately, people often get stuck in their comfort zones and don't feel able to try different things. There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many people think 'This is the way I am and I'll never change', using this as an excuse for not trying something new. Whatever the reason may be, it's sometimes necessary to force yourself to do something you'd rather not do. Once you've made the effort, though, the door to new experiences will be open and you'll probably wonder why you thought it was a problem.

#### A. Answer the following questions:

1. What does the phrase 'comfort zone' mean?

(7 points)

2. What helps people feel positive about themselves according to many studies?

3. Why do people often get stuck in their comfort zones?

a.

b.

c.

#### B. Complete the following sentences:

(9 points)

1. We feel safe in our comfort zones because we're confident that \_\_\_\_\_ and \_\_\_\_\_ are unlikely to be challenged by anything \_\_\_\_\_.

2. We're often told in 'self-help' books that it's a good idea to do \_\_\_\_\_.

3. We all want to improve ourselves, for example by \_\_\_\_\_ or \_\_\_\_\_.

#### C. Decide whether these statements are True or False:

(6 points)

1. Staying inside your comfort zone has many benefits, especially when feeling stressed. ( )

2. You will reach your full potential if you only do what you know you are able to do. ( )

3. It's sometimes necessary to force yourself to do something you'd rather not do. ( )

#### D. Write what the following words might refer to:

(3 points)

1. One (line 2): \_\_\_\_\_

2. They (line 8): \_\_\_\_\_

**Reading Comprehension: (40 points)**

**Question Number One: (20 points)**

Read the following text and do the tasks below:

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know it or not: it's the set of routines and known abilities that make us feel safe because we're confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously, staying inside your comfort zone has many benefits, especially at times when you're feeling under stress.

On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that they are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

Unfortunately, people often get stuck in their comfort zones and don't feel able to try different things. There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many people think 'This is the way I am and I'll never change', using this as an excuse for not trying something new. Whatever the reason may be, it's sometimes necessary to force yourself to do something you'd rather not do. Once you've made the effort, though, the door to new experiences will be open and you'll probably wonder why you thought it was a problem.

**1. Decide whether each of the following is True or False:**

(4 points)

1. Staying inside our comfort zones has many benefits especially when we're worried. ( T )
2. Stepping outside your comfort zone means more challenges and worries. ( T )
3. It's possible to reach your potential if you only do things within your ability. ( F )
4. It's advisable to practice something you haven't done yet. ( T )

**2. Complete the table with the reasons for the following statements.**

(6 points)

Statements	Reasons
1. We feel safe inside our comfort zones.	a. we're confident we can manage..... b. unlikely to be challenged by anything unexpected or worrying..
2. People don't often like to try new things.	a. ....They may be afraid of failing..... b. ....They are unsure how to begin.....

**3. Answer the following questions:**

(4 points)

- 1-When would people feel positive about themselves?  
when they are developing and making progress in their lives.....
- 2-How can we improve ourselves?  
a. ....by learning something new..... b. becoming more creative.....  
c. ....getting fit.....

**4. Complete the following sentences from the text above:**

(4 points)

- 1-A comfort zone can be described as .....the area where you feel comfortable.....or the set of routines and known abilities.....  
.....that make us feel safe.....going.....
- 2-"Self-help" books often recommend .....going..... outside your comfort zone.
- 3-I'm tired of listening to his untrue reasons! The word that has the same meaning of the underlined phrase is .....EXCUSES.....

**5. Write what the following pronouns refer to:**

(2 points)

- a. they (line 8).....people.....
- b. this (line 12) getting stuck in the comfort zone

**Reading Comprehension: (40 points)****Question Number One: (20 points)**

Read the following text and do the tasks below:

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On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that they are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

Unfortunately, people often get stuck in their comfort zones and don't feel able to try different things. There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many people think 'This is the way I am and I'll never change', using this as an excuse for not trying something new. Whatever the reason may be, it's sometimes necessary to force yourself to do something you'd rather not do. Once you've made the effort, though, the door to new experiences will be open and you'll probably wonder why you thought it was a problem.

1. Decide whether each of the following is True or False: (4 points)
1. Staying inside our comfort zones has many benefits especially when we're worried. ( )
  2. Stepping outside your comfort zone means more challenges and worries. ( )
  3. It's possible to reach your potential if you only do things within your ability. ( )
  4. It's advisable to practice something you haven't done yet. ( )

2. Complete the table with the *reasons* for the following statements. (6 points)

Statements	Reasons
1. We feel safe inside our comfort zones.	a..... b.....
2. People don't often like to try new things.	a..... b.....

3. Answer the following questions: (4 points)

1-When would people feel positive about themselves?  
.....

2-How can we improve ourselves?  
a..... b.....  
c.....

4. Complete the following sentences from the text above: (4 points)

1-A comfort zone can be described as .....Of.....

2-"Self-help" books often recommend ..... outside your comfort zone.

3-I'm tired of listening to his untrue reasons! The word that has the same meaning of the underlined phrase is .....

5. Write what the following pronouns refer to: (2 points)

a. they (line 8)..... b. this (line 12) .....

English Language  
Paper: ———  
Time: 2:30 hours  
Total Marks: ( 100 )

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ  
شهادة الدراسة الثانوية العامة "الإنجليزي"  
لعام 2018  
الدروع : المهنية والشرعي Vocational Streams

دولة فلسطين  
وزارة التربية والتعليم العالي  
الإدارة العامة للقياس والتقويم والامتحانات  
Date: 11/8/2018

**Reading and comprehension: (40 points)**

**Question Number One :(25 points)**

**Read the texts and do the tasks below:**

Your comfort zone is, as the name suggests, the area where you feel comfortable. We all have one, whether we know it or not: it's the set of routines and known abilities that make us feel safe because we're confident that we can manage and are unlikely to be challenged by anything unexpected or worrying. Obviously, staying inside your comfort zone has many benefits, especially at times when you're feeling under stress.

On the other hand, we're often told in 'self-help' books that it's a good idea to do things that are outside our comfort zones. In fact, many studies have shown that an important factor in helping people feel positive about themselves is the feeling that they are developing and making progress in their lives. You won't reach your full potential if you only do what you know you are able to do. We all want to improve ourselves, for example by learning something new, becoming more creative or getting fit.

Unfortunately, people often get stuck in their comfort zones and don't feel able to try different things. There are various possible reasons for this. They may be afraid of failing or unsure how to begin. Many people think 'This is the way I am and I'll never change', using this as an excuse for not trying something new. Whatever the reason may be, it's sometimes necessary to force yourself to do something you'd rather not do. Once you've made the effort, though, the door to new experiences will be open and you'll probably wonder why you thought it was a problem.

**A: Decide if the sentences are True (T) or False (F) according to the text: (6 points)**

1. Staying in your comfort zone is one way of avoiding unexpected or worrying things. ( T )
2. The writer believes that people must try to do new things whatever the case might be. ( F )
3. Even when you are under stress, it is preferable to step out of your comfort zone. ( F )

**B: Complete the sentences: (6 points)**

1. The phrase "Comfort Zone" can be defined as the area where you feel comfortable and the set of routines and known abilities that make us feel safe.

2. According to the 'self-help' books, people are advised to do things outside the comfort zone

**C: Answer the following questions: (9 points)**

1. How could stepping outside your comfort zone be helpful?

a. people feel positive about themselves when they are developing.

b. you will reach your full potential.

c. learning something new

d. becoming more creative or getting fit

2. Why don't people often get out of their comfort zone and do different things?

a. They may be afraid of failing.

b. They are unsure how to begin.

**D: What do these pronouns refer to: (4 points)**

1. **this** ( line 13 ) refers to: getting stuck in the comfort zone

2. **this** ( line 14 ) refers to: This is the way I'm & I'll never change

31. Reading stories for children **promotes** (promote) their brain development and imagination.
32. Lack of job opportunities often **causes** (cause) lots of stress among young people.
33. I can't talk now because I **am having** (have) my dinner. Ask him what he **wants**. (want)
34. My brother **has been teaching** (teach) in this school for a long time and he is still there.
35. Shadia **has been waiting** (wait) for us for a long time.
36. Suha sometimes **has** (have) more than one exam a day.
37. Salma and Ruba **don't prepare** (not prepare) for exams quite often.
38. He **is having** (have) a shower that's why you can't speak to him now.
39. Muna **is chatting** (chat) with her cousin online at the moment.
40. The design of our new house **looks** (look) very beautiful.
41. They **haven't packed** (not pack) their goods yet.
42. Normally, I **finish** (finish) work at 5, but this week I **am working** (work) until 6 to earn a bit more money.
43. Sorry, you can't talk to him right now. He **is driving** (drive) downtown.
44. He can't play with us because he **has been running** (run) for two hours.
45. My sister who has been teaching English for thirty years **hasn't retired** yet. (retire)
46. Her grandfather still **remembers** (remember) the day of the breaking dam.
47. I **don't agree** (not agree) with what he usually **says** (say).
48. Why are you looking (look) at me like that? Have I said something wrong?
49. Tamer **has been reading** (read) a book for two hours and he **has read** (read) 53 pages so far.
50. Those girls **have been talking** (talk) for hours. I wonder what they are up to.
51. Cotton **doesn't grow** (not grow) in Palestine.
52. My father **has had** (have) the same car for five years. He **is thinking** (think) of buying a new one.
53. Nowadays, everyone **realizes** (realize) how powerful technology is.
54. They **have** just **left** (leave), may be you can catch up with them if you run.
55. Ali **isn't thinking** (not / think) about our new project now. He is busy with something else.
56. Rula **has been studying** (study) since 3 o'clock. She'll take a break in an hour.
57. I **don't think** (not think) blue is the right colour for her.
58. The cost of living **is rising** very fast these days. Every year things become more expensive. (rise)
59. Sameer **has** (have) an exam every Tuesday, so he must study hard.
60. Be careful! The snake **is approaching** you. (approach)

## U1 = Present Tenses

❖ **Complete the sentences with the correct tense of the verbs in brackets:**

1. She **works** (work) in the evenings, but today she **is taking** (take) her children on a picnic.
2. I **have been trying** (try) to study for hours, but my brother keeps on interrupting me.
3. Watch out! Everyone **is looking** (look) out of the window at the man that **looks** (look) strange.
4. My son **hasn't started** (not start) work yet. He is still at university.
5. Please be quiet! I **am studying** (study) for the exam.
6. Nancy usually **tells** (tell) us funny stories.
7. **Do** you **know** (know) when Mr Kareem is coming back? He isn't in his office.
8. We can't get a table right now because we **haven't booked** (not book) a table yet.
9. My grandmother **isn't wearing** (not wear) her glasses now, so she can't read this note.
10. How many times **has** your uncle **visited** Jerusalem so far? (visit)
11. Where have you been? I **have been looking** (look) for you for the last half an hour.
12. Asia and Africa **are** still **showing** rapid rises in population. (show)
13. He **has been learning** German for two years, but he still can't speak it very well. (learn)
14. What **does** he usually **do** after school? (do)
15. They all **don't agree** (not agree) with what he **is saying** (say) now.
16. He **has been staying** (stay) with his friends for too long. He needs to find a house of his own.
17. The passengers **have been waiting** (wait) for three hours, and the train **hasn't arrived** yet. (arrive)
18. Listen! What language **are** Ali's guests **talking**? (talk)
19. The teacher **doesn't think** (not think) the exam is complicated.
20. I **am having** (have) my breakfast, so I will call you back in ten minutes.
21. I always **enjoy** (enjoy) parties, but I don't like this one. I **am not enjoying** (not enjoy) it.
22. Salma and her sister **have been cleaning** (clean) the house all day long.
23. My grandfather **has felt** (feel) very well so far.
24. At first, I didn't like my job, but I **am starting** (start) to enjoy it now.
25. I **have been reading** (read) this book on psychology for hours and I'm still on page 6.
26. All of them seem surprised. I don't know what they **are looking** (look) at.
27. Nabeel **has been talking** (talk) about changing his job for years but he isn't doing anything about it.
28. Nowadays, people **are thinking** (think) more and more about their health.
29. Everything is going well. We **haven't had** (not have) any problems so far.
30. January **is** (be) the first month of the year.

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28. Nowadays, people \_\_\_\_\_ (think) more and more about their health.
29. Everything is going well. We \_\_\_\_\_ (not have) any problems so far.
30. January \_\_\_\_\_ (be) the first month of the year.