

ISE I (B1) Reading & Writing

Task 1 – Long reading self-study activities

Welcome to Trinity’s ISE I self-study worksheet, which will help you understand how to do task 1 of the Reading & Writing exam. There are activities that will guide you through the different types of question in the exam. Then you can try the whole exam for yourself. The answers to the questions in each activity are at the end of this document. There is also space for your own notes. You can find information about the whole ISE I exam in the **Guide for Students – ISE I (B1)**.

More resources to help you prepare for your exam are available at trinitycollege.com/TfLstudy

Task 1 – Long reading

We’re going to look at what you need to do in task 1. Before we do, think about the following four questions.

Activity 1

- ▶ How many reading texts are there for this task?
- ▶ How many words are there in the reading text for this task?
- ▶ How many questions are there?
- ▶ What type are the questions?

Information

In the exam, some students like to read the questions first and then start reading the text, so they can start answering the questions as soon as they read the text. Other students prefer to read the text quickly to understand its general meaning before reading the questions because it helps them answer the questions more quickly.

This time we’ll start by reading the text before reading the questions, but you can try reading the questions first next time if you think this is easier for you.

Activity 2

Let’s have a look at the example of a text on page 2. Read the text quickly and find out what it’s about. Then choose the best title from the list below.

- ▶ The importance of food
- ▶ The importance of sleep
- ▶ The advantages and disadvantages of sleep

Example of a task 1 text**Paragraph 1**

Sleep is essential for human life. We can actually live longer without food than without sleep. Most people spend about a third of their life sleeping. That means during our life we will spend about 25 years asleep. While the average person sleeps about seven hours a night, some people can manage with as little as four hours. We don't all need the same amount of sleep.

Paragraph 2

So what happens when we are asleep? There are five stages in a cycle of sleep. Each cycle lasts about 90 minutes and we often repeat this cycle five times a night. In the first two stages, we fall into a light sleep. In stages three and four, we are in a deep sleep and our heart rate and breathing slows down. In stage five, our brain becomes active and our eyes move around quickly. This stage of sleep is called REM, which stands for rapid eye movement. It is during REM sleep that we do all our dreaming.

Paragraph 3

We all know that sleep is good for us, but what are the benefits? One benefit is that it helps us to resist illness. Without enough sleep, our body cannot fight off colds and the flu as easily. Your sleep pattern can also affect your diet. Researchers at the University of Chicago discovered that poor sleep increased a hormone in the body that makes us hungry. This means that people who sleep badly often eat more high calorie foods and gain more weight.

Paragraph 4

Sleep also plays a part in our performance at school and at work. A number of reports have shown that children who get a good night's sleep do better in school. Obviously, one reason for this is that if you are very tired you cannot focus. However, there is another important reason. Scientists believe that sleep is important for our memory. While we are asleep our brain deals with information we have learnt and sleep helps strengthen our memories.

Paragraph 5

Another essential part of sleep to understand is our circadian rhythm, or 'body clock'. This is our body's natural rhythm of sleep. Generally, our body clock tells us to sleep when it is dark and wake when it is light. However, studies now suggest that young people's body clocks change when they become teenagers. Some scientists believe that teenagers are not lazy, but biologically programmed to go to bed later and wake up later.

Activity 3

Let's look at questions 1-5.

Questions 1-5

The text on page 2 has five paragraphs (1-5). Choose the best title for each paragraph from A-F below and **write the letter (A-F) on the lines below**. There is one title you don't need.

- 1. Paragraph 1
- 2. Paragraph 2
- 3. Paragraph 3
- 4. Paragraph 4
- 5. Paragraph 5

- A The reason we dream
- B Changes in sleep routine
- C Sleep and learning
- D How much we sleep
- E Different types of sleep
- F Sleep and good health

To answer these questions, you have to be able to understand the main idea of each paragraph. Let's look at paragraph 1. Which of the titles below do you think is the main idea in paragraph 1? Why?

- D How much we sleep
- E Different types of sleep
- F Sleep and good health

Activity 4

Let's look at questions 6-10.

Questions 6-10

Choose the **five statements** from A-H below that are **TRUE** according to the information given in the text on page 2. **Write the letters of the TRUE statements on the lines below (in any order).**

- 6.
- 7.
- 8.
- 9.
- 10.

- A Everyone's need for sleep is different.
- B We are usually in a deep sleep for about seven hours.
- C We dream during stage five of the sleep cycle.
- D You sleep more when you have a cold.
- E People who sleep badly often have poor diets.
- F It is important to sleep well after you learn something.
- G Our body clock generally follows changes in light.
- H Teenagers don't get tired very easily.

To answer these questions, you have to find the part of the text where the information is.

When you read through the list of statements, it's a good idea to underline key words on the exam paper. Remember – you can write on the paper if you want to.

The words below are about statement A and will be easy to look for in the text. Look at statement A and choose the key words (important words) from the list below. Why did you choose them?

- ▶ need
- ▶ for
- ▶ sleep
- ▶ different

Activity 5

You can find information about statement A in paragraph 1. Read the paragraph quickly to find the words 'need' or 'different'. You might not find the exact same word but you might find words with the same or similar meaning. When you read, try not to read the sentence as you would normally. Try starting at the end of a sentence and moving your eyes back along the sentence. This should help you read more quickly. What words with the same or similar meaning can you find?

Information

When you have found the sentence with the information in, you have to check carefully if it says exactly the same thing as the statement. If it does, you can write the letter (A-H) of the statement on the lines provided for the answer. The text below highlighted in blue is where you can find the information about statement A.

Paragraph 1

Sleep is essential for human life. We can actually live longer without food than without sleep. Most people spend about a third of their life sleeping. That means during our life we will spend about 25 years asleep. While the average person sleeps about seven hours a night, some people can manage with as little as four hours. **We don't all need the same amount of sleep.**

Activity 6

Do you think statement A is true? Why? Why not?

Activity 7

How long did it take you to decide statement A was true? You need to be able to do it quickly in the test. It's a good idea to time yourself and try to improve your reading speed.

Some people find it difficult to read quickly if they don't know lots of words in the text. What do you usually do when you see a word you don't know written in a text? Choose the option below that is most similar to what you do. Which ones will help improve your reading speed?

- a) look it up in the dictionary
- b) try and guess what it means
- c) ignore it and keep reading

Information

Let's look at questions 11-15 now.

Questions 11-15

Complete sentences 11-15 with an exact number, word or phrase (maximum three words) from the text. Write the exact number, word or phrase on the lines below.

- 11. During a lifetime, the average person will be asleep for
- 12. Your and heart rate get slower in deep sleep.
- 13. A poor can cause you to eat more high calorie foods.
- 14. Our get stronger when we're sleeping.
- 15. Teenagers' body clocks are different and so they need to go to bed and wake up than young children.

Just like questions 6 to 10, you need to find the key words in each sentence and then read the text to find them, or words with similar meanings.

You then need to find words in the text which fit exactly into the gap. To do this, you need to think about the grammar of the word, eg what type of word could fit into the gap (verb/noun/adjective), and also what you think would sound logical.

For example, look at sentence 11 on the previous page. It is clear that the missing words are a number (1/2/3 etc) and a measurement of time (days/months/years etc).

Activity 8

Look at sentence 12. What would you expect to fill the gap with? Think about grammar and logic.

Activity 9

What do you think the key words in sentence 12 are?

Activity 10

Read the text for the key words, or words with a similar meaning, and try to find the words to complete the gap in sentence 12.

Information

Now you've learnt about all three question types in this exam, why don't you try and do all of task 1? You can find it on the exam paper at trinitycollege.com/ISEIsamplepaper1. Remember to time how long it takes you to do it so you know if you need to improve your reading speed.

Remember to only do task 1. You can find information about how to complete the other tasks in this exam at trinitycollege.com/TfLstudy

Answers

Activity 1

How many reading texts are there for this task? One text.

How many words are there in the reading text for this task? About 400 words.

How many questions are there? 15 questions.

What type are the questions? There are three types of question:

- ▶ questions 1-5 – choose the correct title for each paragraph of the reading text
- ▶ questions 6-10 – decide which five statements from a list of eight are true according to the text – three are false
- ▶ questions 11-15 – complete sentences with words from the reading text

Activity 2

The importance of sleep

Activity 3

D – How much we sleep.

We know this is the answer because we get several pieces of information about this in the paragraph:

- ▶ most people spend about a third of their life sleeping
- ▶ during our life we will spend about 25 years asleep
- ▶ the average person sleeps about seven hours a night
- ▶ some people only manage as little as four hours

Not E because:

- ▶ only one difference mentioned in the whole paragraph (some sleep 7 hours/some 4)

Not F because:

- ▶ only two references to health (vital for human life/we live longer without food)

Activity 4

'Need' and 'different' because:

- ▶ these words are only used in statement A
- ▶ they are both important words in the statement that have a lot of meaning

Not 'for' or 'sleep':

- ▶ both are used in many of the statements and throughout the text
- ▶ it would take a long time to check every sentence with them in it
- ▶ 'for' doesn't carry much meaning

Activity 5

The final sentence has the words 'don't need the same' – this means the same as 'need different', which are the key words.

Activity 6

It's true because the sentence says we all have different sleep needs.

Activity 7

b) and c) are the best options.

Why?

b) – Sometimes you can guess the meaning of a word by looking at the rest of the sentence or paragraph. For example, if you don't know the word 'essential' at the beginning of paragraph 1, you can guess it means very important by reading the next sentence, which says we need sleep more than food.

Paragraph 1

Sleep is **essential** for human life. **We can actually live longer without food than without sleep.**

c) – You don't need to know what 'essential' means to find out if statement A is true. Take care not to waste time trying to understand what every word means. Only try and guess what it means if you think you need to know the meaning of the word to answer a question.

Why not a)?

a) is helpful to build your vocabulary but it slows down your reading, and you can't use a dictionary in the exam.

It's a good idea to spend a few moments after you've finished reading and answering questions to look up any words you're not sure about. Especially if you give a wrong answer because you didn't know the word. Some people write these words down in a notebook and check they remember the words a few days later.

Activity 8

Grammar – A noun because it comes after 'your' like 'your brother/bag/car'. A noun because after the gap it says 'and heart rate', which is a noun. It's logical that this would be a list of two nouns.

Logic – It must be a thing your body does that can slow down like breathing, talking, movement.

Activity 9

'Heart rate' and 'slower'

Activity 10

'Breathing'

How to find the answer: scan the text for 'heart rate' and 'slowly' and you find the highlighted sentence in paragraph 2 below.

So what happens when we are asleep? There are five stages in a cycle of sleep. Each cycle lasts about 90 minutes and we often repeat this cycle five times a night. In the first two stages, we fall into a light sleep. In stages three and four, we are in a deep sleep and our **heart rate and breathing slows down**. In stage five, our brain becomes active and our eyes move around quickly. This stage of sleep is called REM, which stands for rapid eye movement. It is during REM sleep that we do all our dreaming.