



qendra e provimeve
MASA
E VËRTETË
E NJOHURIVE

**GARAT
SHTETËRORE**

2016

SHIFRA E NXËNËSIT

SHKOLLA E MESME

GJUHË ANGLEZE

NUMRI I PËRGJITHSHËM I PIKËVE TË FITUARA

Testin e kontrolloni

Podgoricë, 20.....

Testi nga gjuha angleze përbëhet nga katër pjesë.

	Koha për zgjidhje	Numri i pikëve
Të dëgjuarit	rreth 15 minuta	20
Të lexuarit	25 minuta	25
Leksiku dhe gramatika	30 minuta	25
Të shkruarit	50 minuta	30

Koha për zgjidhjen e testit është **120 minuta**.

Mjetet e lejuara janë: lapsi grafit dhe goma, lapsi kimik me ngjyrë të kaltër ose të zezë. Pranohen vetëm përgjigjet që janë të shkruara me **laps kimik**. Nëse gaboni, vendosni një vijë të kryqëzuar mbi përgjigjen e dhënë dhe zgjidheni detyrën përsëri. Gjatë kohës së punës në test **nuk lejohet përdorimi i fjalorit**.

Nëse ndonjë pyetje/detyrë nuk mund ta zgjidhni menjëherë, kaloni në pyetjen apo detyrën e radhës. Nëse ju mbetet kohë, mund të ktheheni më vonë në pyetjet e tilla.

Ju dëshirojmë sukses të plotë!

LISTENING COMPREHENSION

A) Listen to an excerpt from a radio show “Modern World Heroes” reporting on Malala Yousafzai, the youngest winner of the Nobel Peace Prize, and her fight for the rights of refugees. For sentences 1-8, decide if each statement is TRUE or FALSE by putting a tick (✓) in the appropriate box.

	True	False
1. Malala celebrated her 18 th birthday by opening a school in her homeland.		
2. Malala did NOT suffer a vicious attack due to her public talks about the needs of Syrian refugees.		
3. In her first speech as an adult, Malala reiterated that she was a spokesperson for all the girls without proper education.		
4. Malala believes that path towards peace should not be paved with bullets.		
5. The Malala Fund is a profitable organization that supports local education projects.		
6. Substantial rise in the number of refugees had no significant impact on host countries in the area.		
7. The World Food Programme announced that it would increase the daily amount given to Syrian refugees for food.		
8. Malala is appalled by the fact that some countries have denied access to refugees.		

B) Complete in the following sentences:

1. The Malala Fund paid for the school in the Bekaa Valley and girls aged 14 to 18 can attend the school.

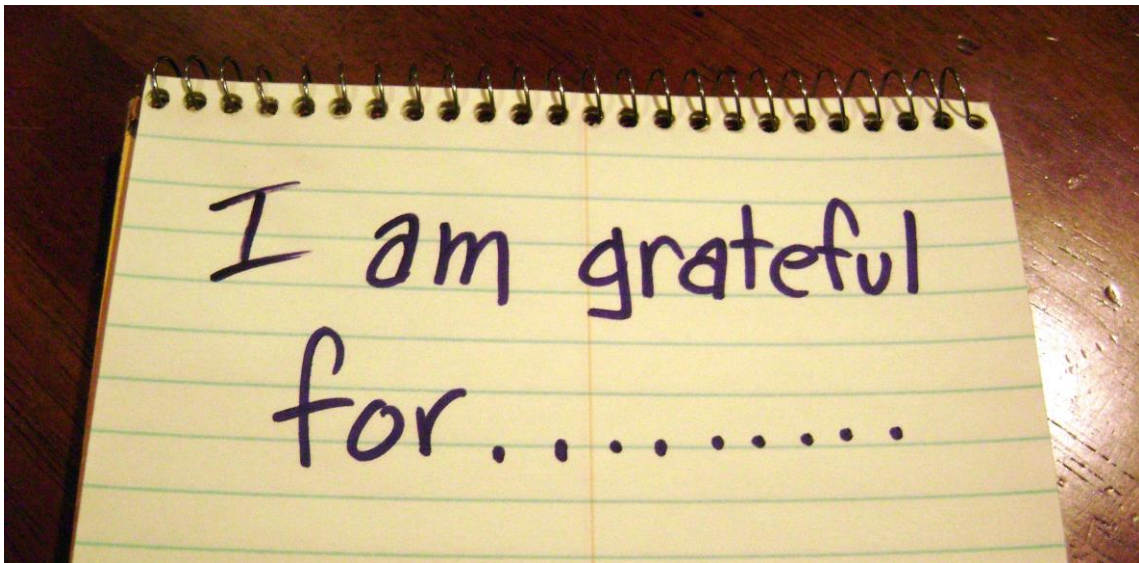
2. The United Nations High Commission for Refugees says over half of Syrian refugees in Lebanon are

READING COMPREHENSION

A. Read the text carefully. Then read the questions and choose the correct answer (A-D). Write your answers in the grid provided below.

Four Great Gratitude Strategies

by Juliana Breines



1. Over the past two decades, much of the research on happiness can be boiled down to one main prescription: give thanks. Across hundreds of studies, practicing gratitude has been found to increase positive emotions, reduce the risk of depression, heighten relationship satisfaction, and increase resilience in the face of stressful life events, among other benefits.
2. The problem is, gratitude doesn't always come naturally. The negatives in our lives—the disappointments, resentments, and fears—sometimes occupy more of our attention than the positives. But Robert Emmons, a leading scientific expert on gratitude, argues that intentionally developing a grateful outlook helps us both recognize good things in our lives and realize that many of these good things are “gifts” that we have been fortunate to receive. By making gratitude a habit, we can begin to change the emotional tone of our lives, creating more space for joy and connection with others.
3. But how can we be taught to become more grateful? Let's take a look at some useful strategies.

Ever notice that the first bite of cake is usually the best? We have a tendency to adapt to pleasurable things—a phenomenon called “hedonic adaptation”—and appreciate them less and less over time.

A 2013 study conducted by Jordi Quoidbach and Elizabeth Dunn found that abstaining from a pleasurable activity for a week (in this case, eating chocolate) led people to derive greater pleasure from it and feel greater appreciation for it when they eventually indulged in it again. The goal of this practice is not only to experience more pleasure but to recognize how we take lots of pleasures for granted, and to try to savor them more. We often assume that more is better—that the greatest enjoyment should come from abundance and indulgence—but research suggests that some degree of scarcity and restraint is more conducive to happiness.

4. But abstaining from the pleasures in your life isn't the only way to help you savor them. Instead, you can try taking a Savoring Walk.

In the age of smartphones, it's a common experience to walk down the street with your eyes glued to your screen, unaware of your surroundings. But even without a phone in hand, you may simply be distracted or in a rush, and as a result you may miss opportunities to take in some things that can make you feel good—beautiful or awe-inspiring scenery, acts of kindness between people, adorable children.

The Savoring Walk involves walking for 20 minutes by yourself once a week, ideally taking a different route each time, paying close attention to as many positive sights, sounds, smells, or other sensations as you can. Research by Fred Bryant and Joseph Veroff has found that taking this kind of stroll led to an increase in happiness one week later.

5. Gratitude can be especially powerful when it's expressed to others. Small gestures of appreciation, such as thank you notes, can make a difference, but there are some things that deserve more than a fleeting “thanks!”

If there is anyone in your life to whom you feel you've never properly expressed your gratitude, writing a thoughtful, detailed Gratitude Letter is a great way to increase your own feelings of gratitude and happiness while also making the other person feel appreciated and valued; it may also deepen your relationship with them.

6. The 2005 study led by Martin Seligman tested the effects of writing and delivering a gratitude letter, finding that this practice had the greatest positive impact on happiness one month later. Those who delivered and read the letter to the recipient in person, rather than just mailing it, reaped the greatest benefits.

It's important to note, though, that six months after writing and delivering their Gratitude Letter, participants' happiness levels had dropped back down to where they were before the visit. This finding reminds us that no single activity is a

panacea that can permanently alter happiness levels after just one attempt. Instead, gratitude practices and other happiness-inducing activities need to be practiced regularly over time, ideally with some variety to avoid hedonic adaptation. And because not every practice will feel right for everyone, it's worth trying out as many practices as you can to find the ones that work best for you.

**panacea – cure-all*

1. According to the undertaken studies, practicing gratitude is:
 - a) prescriptive.
 - b) resilient.
 - c) beneficial.
 - d) heightening.

2. Which of the following does not fittingly depict gratitude?
 - a) Gratitude can be developed over time.
 - b) Gratitude is an inherent human value.
 - c) Gratitude reminds us how lucky we are.
 - d) Gratitude has impact on how we feel.

3. Giving up a pleasurable activity may prove to be:
 - a) an indulging activity.
 - b) a hedonic act.
 - c) a conducive experience.
 - d) an eye-opener.

4. Find the word or expression in paragraph 3 which is closest in meaning to word "insufficiency":
 - a) abundance
 - b) to abstain from something
 - c) scarcity
 - d) to take something for granted

5. Which of the following is true according to paragraph 4?

1. A short walk may help people find contentment.
2. Modern life has made us impervious to the world around us.

- a) Only 1) is true.
- b) Only 2) is true.
- c) Both 1) and 2) are true.
- d) Neither 1) nor 2) is true.

6. Verb 'reap' in paragraph 6 is closest in meaning to the verb:

- a) maximize
- b) inspire
- c) harvest
- d) recollect

7. Which two of the following are true according to paragraphs 5 and 6?

Gratitude practices:

- a) affect both you and the person you show gratitude to.
- b) have a permanent positive impact.
- c) should be diverse so that we do not become accustomed to things.
- d) are universal, happiness-inducing activities.

8. Based on paragraph 6, the following claim:

"The study led by Martin Seligman has found that happiness level fluctuates depending on the frequency of practicing gratitude" is

- a) True
- b) False

1	2	3	4	5	6	7	8

B. Match the headings below (A-K) to the corresponding parts of the text (1-10). Two headings are extra. Write your answers in the grid provided below.

How to Do Well in School



School is an important part of your life. It helps you to determine what you will be doing in the future and learning how to learn well sets you in a good position for lifelong capability. There are many ways to improve your grades so that you do really well at school. Whether you're a failing student desperate for a higher grade, or a less-than-perfect student struggling to get the last point, or simply wanting to shift from the easy mark zone into the higher marks, this simple guide will be helpful for you.

1.

You don't want to be unprepared for sudden note-taking or a pop quiz by discovering you forgot your pencils/pens/erasers/and if that happens you will waste time and might miss some important information. Make use of highlighters, bright Post-It tags and other items to label and highlight your organized items. Color coding works extremely well for lots of people, especially busy people and those who can't abide reading labels!

2.

Even if you don't know what you want to do when you grow up or what college you want to go to, just give yourself as many opportunities as possible. You should start each year with an idea of things you want to achieve -- perhaps a certain grade point average or achieving honor roll or dean's list.

3.

Of all the things high-achieving college students say, the one thing repeated over and over again is the importance of organizing your time. Whether you use an electronic gadget or an old-fashioned planner or calendar, you need to not only have a system of keeping track of important dates and deadlines, but also a system for prioritizing your time. Having a strong sense of your time needs also gives you the ability to better see if you can handle additional responsibilities -- and the power to decline offers that are going to seriously hurt your academic performance.

4.

Even students with great time management systems talk about the importance of keeping important dates in your mind. If you do not have teachers and parents on your back reminding you of assignments and tests, it's much easier to procrastinate, putting off what you could have accomplished today until tomorrow, or the day after, or the day after that. Professors have very little leniency or empathy for students who attempt to hand in late assignments -- especially ones that have been on the course calendar all semester.

5.

Though it seems like a torture device, homework is a way of controlling and making progress outside of the classroom. This isn't very comforting the night you have two essays and algebra to do, though, so remember to do the actual homework and keep up with the workload. If you're having serious difficulties, talk to your teachers and parents to come up with a schedule for your homework.

6.

If you don't "get" what the question is about, ask for explanation as it is the only way you're going to find out what to do. Pretending you know and making you up as you go will only prolong the agony and can reduce your marks.

7.

Looking over guidebooks may help you in classes with which you are struggling. Alternatively, you could go to the teacher for extra help, have a friend coach you, or ask your parents to hire a tutor. Don't see mistakes as personal flaws; failures are a guidance in how to do better. Pay attention in class when something is being corrected.

8.

It is not a secret that this is your time! Sure, you have goals and you take your responsibilities seriously, but these are perfect times for you to explore different opportunities and try new things. Want to act in a play? Why not direct one? How

about ballroom dancing? And then there's fencing, music, dance, writing for the school paper or literary magazine, tutoring, becoming a peer counselor or participating in some of the countless other activities that are at your disposal.

9.

Another common theme among high-achieving students is that the best studying comes not from massively long review sessions, but from many (daily) study sessions spread over a long period of time, with short breaks taken between assignments or subjects. Study for an hour, then take a 10-minute break. Study for another hour, and take another break. By following a system of studying and taking short breaks, you'll not only learn the material, but actually retain it much longer.

10.

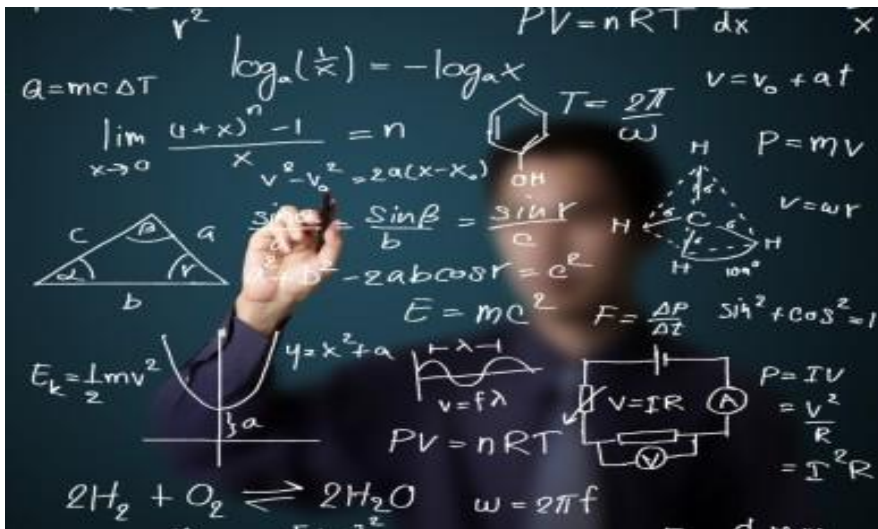
Check how much time you have until the exam and divide the amount into equal amounts of studying each day. Find the right level of equilibrium. Go out with friends at the weekend and maybe on one weekday, but make sure you don't forget about the work.

- A. Forget about Cramming**
- B. Be a Troubleshooter**
- C. Develop a Time Management System**
- D. Maintain the Right Balance**
- E. Equip Yourself Properly**
- F. Seek Further Clarifications**
- G. Spend Enough Time Studying by Heart**
- H. Put Effort into Your Homework**
- I. Set Goals**
- J. Stay on Top of Your Assignments**
- K. Forget about Leisure Pursuits**
- L. Find Your Niche**

1	2	3	4	5	6	7	8	9	10

A. Complete the text using the correct form of the verbs in brackets:

When legendary theoretical physicist Stephen Hawking (set out) to release *A Brief History of Time*, one of the most influential science books in modern history, his publishers admonished him that every equation included would halve the book's sales. Undeterred, he dared include $E = mc^2$, even though, allegedly, had it been cut out it (sell) another 10 million copies. The anecdote captures the extent of our culture's distaste for, if not fear of, equations. And yet, argues mathematician **Ian Stewart** in *In Pursuit of the Unknown: 17 Equations That Changed the World*, equations (hold) remarkable power in facilitating humanity's progress so far and, as such, call for rudimentary understanding as a form of our most basic literacy.



From how the Pythagorean theorem, which linked geometry and algebra, (lay) the groundwork of the theories of space, time, and gravity before it finally became accepted as part of general knowledge, to how the Navier-Stokes equation applies to modeling climate change, Stewart delivers a

scientist's gift in a storyteller's package to reveal how these seemingly esoteric equations are really the foundation for nearly everything we know and use today. In the Preface, Stewart also admits that even though he (try) to figure out why people are so intimidated by theorems and equations, he hasn't come up with a right answer.

B. Read the text and choose the correct answer (A, B, C or D) to fill in the gap. Write your answers in the grid provided below.

THE BEAUTY OF NATURE



In the high desert, the myriad threads of summer spun from the most essential of elements – air and fire, water and earth – begin gathering and interweaving throughout the day, morning, noon, mid-afternoon, a complex ancient familiar yet freshly new dance across time. Small white puff flakes gather behind mountains, clouds purely white grow, rise, slowly, then more quickly, suddenly shade of grays and deep blue blacks winds pick up.

Have you ever seen the whole sky, really, and all at once? No. It is too vast and it 1) perspective. Only a few hundred miles here or there. Never the whole thing, perhaps from space, but then it is flattened by distance, or perspective. It is 2), you touch it, smell it, feel the weight of it upon you, in all its luminous enormity.

What elements converge , what heat, what moisture, what earth, what air, what charge, electric, positive, negative, call this into being? Thunder lightning so eternal so many studies yet no single theory exists.

So. We are left with a most true thing we do not understand. It is magic. Why sometimes yes, sometimes no? Why sometimes only wind and heat, or wind and cool? Why sometimes a deluge so swift it takes small unsuspecting children at play, innocent, in the arroyo and surprises them with a 3) that often takes them to a far distant shore, beyond this home, beyond life itself. Only in this place

could 4) generations of sky-watchers birth a word for this: **Virga**. A word known only here, a word to give name to 5) of living rain that fall from clouds in torrential rivers so full of moisture they are visible for a hundred miles.

But they never reach the ground...

	A	B	C	D
1.	denies	defies	commends	refuses
2.	intangible	imperceptible	inconspicuous	palpable
3.	journey	spin	tour	foray
4.	inhabitous	domestic	indigenous	inborn
5.	springs	tributaries	wells	streams

1	2	3	4	5

C. For questions 1-5 read the text below and think of the word which best fits each space. Use only one word in each space. Read the text through to check that it makes sense with the gaps filled.

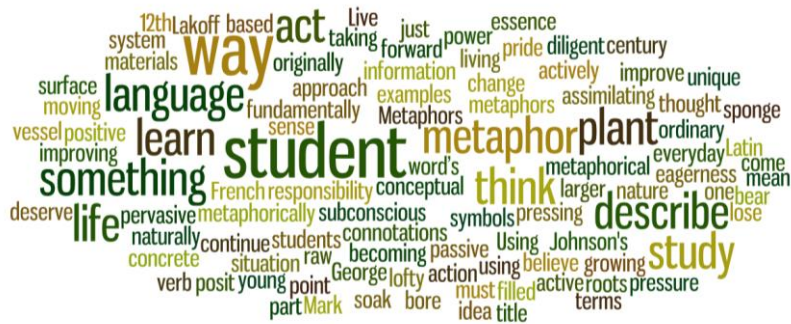


Living a simpler life has become a prevalent theme in the past several years. Ideas and methods abound for how we might achieve a simpler life, ranging from how to simplify day-to-day routines to how to decrease the demand for resources we place on the planet.

I meet many people who would like to simplify their lives, yet the world **g** only more complicated. Complexity has taken over how we **a** to get things done in organizations, communities and governments. We can't seem to do anything simply anymore. A once-simple process, like neighborly conversation, has become a "technique," an "inter-generational, cross-cultural dialogue," perhaps. We become **e** by the intricacy of these processes and frustrated by the lack of productive **o** and results.

D. Fill in the blanks with the correct form of the words in brackets, positive or negative.

The Power of Metaphors



A metaphor is a figure of speech in which a word or phrase that means one thing is used to describe an object or idea to which it is not literally (1)..... **(apply)** .

Though we seldom realize it, metaphors influence our thinking every day in what we read and hear from a multitude of sources. In a 2011 study, Researchers from Stanford University demonstrated how (2)..... **(influence)** metaphors can be through a series of five experiments designed to tease apart the "why" and "when" of a metaphor's power. First, the researchers asked a large body of students to read one of two reports about crime in the City of Addison. Later, they had to suggest solutions for the problem. In the first report, crime was described as a "(3)..... **(tame)** wild beast preying on the city" and "lurking in neighborhoods."

Thinking metaphorically opens your eyes to see the likeness between (4)..... **(similarity)** things which is a trait of creative thinking. Additionally, it's important to understand how metaphors influence us every day in what we read and hear.

1	APPLY	
2	INFLUENCE	
3	TAME	
4	SIMILARITY	

E. For the following sentences think of one word only which can be used appropriately in all three sentences. Here is an example (0).

0. We don't take much **notice** of the dress code at work.

I just saw the manager putting up a **notice** advertising for a part/time sales assistant.

You didn't happen to **notice** where I put that file, did you?

1. It doesn't take much to work out that both stories can't be true.

Stretch your with this puzzle.

I had a good and the teachers liked me.

2. In contrast to her mood, the clouds were breaking up to reveal a blue sky.

He was very with me when I was late.

Please be here at seven o'clock

3. I closed my eyes at her.....

The soldiers arrived and took of the situation.

Your of English is exceptional!

F. Transform the following sentences by using the given word(s) so that they have a similar meaning. You can use no more than five words including the given word.

1. "You really must stay for dessert," Phoebe's brother said to him. **STAYING**

Phoebe's brother for dessert.

2. You led the police to believe that you knew who committed the robbery. **IMPRESSION**

The police
that you knew who committed the robbery.

3. I could only afford that house because of the loan you gave me. **BUT**

....., I wouldn't have been able to
afford the house.

4. Not as many people attend lectures these days. **LOT**

There are a lectures these days.



A series of 30 horizontal dotted lines for writing.



