



qendra e provimeve

**MASA**

E VËRTETË  
E NJOHURIVE

# GARAT SHTETËRORE 2021

SHIFRA E NXËNËSIT

SHKOLLA E MESME, KLASA I DHE II

# GJUHË ANGLEZE

NUMRI I PËRGJITHSHËM I PIKËVE TË FITUARA

Testin e kontrolloi

Podgoricë, ..... 20.....



Testi nga Gjuha angleze përbëhet nga katër pjesë.

	Koha për zgjidhje	Numri i pikëve
<b>Të dëgjuarit</b>	rreth 15 minuta	20
<b>Të lexuarit</b>	25 minuta	25
<b>Leksiku/gramatika</b>	30 minuta	25
<b>Të shkruarit</b>	50 minuta	30

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

Mjetet e lejuara janë lapsi grafit (i thjeshtë) dhe goma, lapsi kimik me ngjyrë të kaltër ose të zezë. Pranoen vetëm përgjigjet e shkruara me **laps kimik**. Nëse gaboni, vendosni një vijë të kryqëzuar mbi të dhe përgjigjuni sërish. Gjatë kohës së punës në test **nuk lejohet shfrytëzimi i fjalorit**.

Nëse ndonjë pyetje/detyrë nuk mund ta zgjidhni menjëherë, kaloni në pyetjen tjetër. Nëse ju mbetet kohë, mund të ktheheni përsëri në pyetjet e pazgjidhura.

Ju dëshirojmë sukses të plotë!



## LISTENING COMPREHENSION



**A) Listen to an episode of a radio show *The New Faces of Business* and complete the notes below. Write NO MORE THAN THREE WORDS for each answer.**

<b>Name of the app:</b>	1) .....
<b>Creator:</b>	Anna Oliviera
<b>Main benefits:</b>	The app brings students and tutors together 2) .....
	Students can search a 3) ..... of pre-approved tutors.
	Tutors who live in remote areas get 4) ..... more students
	Tutors work from home, thus their rates are 5) .....
<b>Plans for the future</b>	To 6) ..... of services offered

c) For sentences 1-4, decide if each statement is TRUE or FALSE by putting a tick (✓) in the appropriate box.

	True	False
1. The app was primarily created to address the needs of teenagers.		
2. Ms. Oliviera states that in her region tutors with long waiting lists are scarce.		
3. The app appears to be gaining in popularity, the presenter states.		
4. The show " <i>The New Faces of Business</i> " runs daily.		

## READING COMPREHENSION

**B. Match the headings below (A-I) to the corresponding parts of the text (1-7). Two headings are extra. Write your answers in the grid provided on page 11.**

### 7 Science-Based Strategies for Keeping New Year Resolutions



It's that time of year when people make their New Year's resolutions – indeed, 93% of people set them, according to the American Psychological Association. The most common resolutions are related to losing weight, eating healthier, exercising regularly and saving money.

However, research shows that 45% of people fail to keep their resolutions by February, and only 19% keep them for two years. Lack of willpower or self-control is the top cited reason for not following through.

How can you increase your willpower and fulfil your New Year's promise to yourself? These seven strategies may help you in attaining that.

1. ....

Ask yourself why this goal matters to you. Do you want to lose weight because you value getting in shape to return to a favourite pastime of hiking, or because of societal expectations and pressures? People who are guided by their authentic values are better at achieving their goals. They also don't run out of willpower, because they perceive it as a limitless resource. Figure out what makes you tick, and choose goals consistent with those values.

2. ....

Focus on what you want to accomplish, not what you don't. Reflect on the aspects of yourself and your life that you are already happy with. Although you might fear that this will spur complacency and inaction, studies show that gratitude and other positive emotions lead to better self-control in the long run.

3. ....

Research suggests that people with high willpower are exceptionally good at arranging their surroundings to avoid temptations. So, banish all credit cards from your wallet if your goal is to save money. And don't keep a bowl of M&M's at your work desk if you intend to eat healthy.

4. ....

Even the best resolution falls apart when your busy schedule and exhaustion take over. Formulate a series of plans for what to do when obstacles present themselves. Each time you wake up in the middle of the night craving candies or chips, you can plan instead to read a guilty-pleasure magazine, or log into your online community of healthy eaters for inspiration, or eat an apple slowly and mindfully, savouring each bit. Anticipate as many situations as possible and make specific plans, vividly imagining the situations and what you will do in the moment.

5. ....

When you embark on a new goal, start small and build on early successes. Use one less spoonful of sugar in your coffee. Eventually, you might be able to forgo any sweeteners at all. If resisting that muffin initially proves to be too hard, try waiting 10 minutes. By the end of it, your urge will likely subside.

6. ....

Picture the feeling of endorphins circulating through your body after a run, or the sun on your skin as you approach a mountain summit. Pay attention to all your senses: smell, sight, hearing, touch and taste. Visualizing improves your chances of engaging in the activity that results in them.

7. ....

Most people believe the way to increase willpower is to "whip oneself into shape," because being kind to oneself is indulgent and lacks self-discipline. But the exact opposite is true – people who harshly blame themselves for even small willpower failures tend to do worse in accomplishing their goals in the long run. Try self-compassion instead. Cut yourself some slack and remember that being human means being imperfect. Treat yourself with care and understanding and then recommit to your goal the following day.

Remember, you aren't likely to achieve your New Year's resolutions by being self-critical and hard on yourself. Instead, boost your willpower through a series of small and strategic steps that will help you succeed.

Adapted from: [www.dailygood.org](http://www.dailygood.org)



- A.** *Change your environment*
- B.** *Imagine rewards and then enjoy them*
- C.** *Use a gradual approach*
- D.** *Be kind to yourself even during setbacks*
- E.** *Clarify and honour your values*
- F.** *Show sympathy*
- G.** *Come up with “if-then” strategies*
- H.** *Turn your wounds into wisdom*
- I.** *Frame goals and your life in positive terms*

**B. Read the following text about how culture shapes our “thanks”. Then read the instructions below the text and do the exercises that follow.**

### **How cultural differences shape gratitude**

“Gratitude is literally one of the few things that can measurably change people’s lives,” writes pioneering researcher Robert Emmons in his book *Thanks!* His studies suggest that gratitude can improve our health and relationships—making it one of the most well-studied and effective ways to increase our well-being in life.

But prescribing gratitude to everyone is a problem: Most of what we know about it comes from studying Americans. That creates a cultural bias in the science, and that’s why more and more researchers are exploring what gratitude looks and feels like in a range of cultures.

They are studying how children and adults worldwide naturally say thank you, and whether we can teach them to enhance their gratitude skills. The findings tell us something about a fundamental human experience—appreciating the kind things that other people do for us—and they offer insights into how we can spread gratitude around a diverse world.



Jonathan Tudge, a professor at the University of North Carolina at Greensboro, is perhaps the foremost expert on cultural differences in gratitude. When he first started exploring the topic 10 years ago, he found virtually no existing research.

Last year, Tudge and his colleagues published a series of studies examining how gratitude develops in children across seven countries: the United States, Brazil, Guatemala, Turkey, Russia, China, and South Korea. They found some similarities across cultures, as well as some differences—an initial glimpse at how our early steps toward gratefulness might be shaped by larger societal forces.

First, they asked a group of children from 7 to 14 years old, “What is your greatest wish?” and “What would you do for the person who granted you that wish?” Then, they grouped the kids’ answers into three categories:

**Verbal gratitude:** Saying thank you in some way.

**Concrete gratitude:** Reciprocating with something the child likes, such as offering the person some candy.

**Connective gratitude:** Reciprocating with something the wish-granter would like, such as friendship.

In general, as you might expect, children were less likely to respond with concrete gratitude as they got older. Younger and older kids expressed verbal gratitude at similar rates—although there were exceptions to these trends. (Brazilian children showed more verbal gratitude as they got older, while concrete gratitude didn’t decline with age in Guatemala and China—where it was fairly rare to begin with). And as children grew older, they expressed more connective gratitude in the United States, China, and Brazil.

Despite these age-related similarities, differences were still seen between countries. Overall, children in China and South Korea were apt to favour connective gratitude, while kids in the United States leaned toward concrete gratitude. Children in Guatemala—where it’s common to say “Thanks be to God” in everyday speech—were particularly partial to verbal gratitude.

Such variations in how children respond to kindness may affect for how they talk, act, and feel when they get older—and other research does find that adults give thanks differently worldwide.

In one study, Vajihah Ahar and Abbas Eslami-Rasekh asked American and Iranian college students what they would say if they received different types of help, such as someone holding a door, carrying their luggage, fixing their computer, or writing them a recommendation letter. The researchers observed a number of differences between the students’ responses in the two countries.

The Americans were more likely than the Iranians to simply say thank you, compliment the person, or promise compensation. Indeed, other research suggests that Americans (and Italians, too) are inveterate thankers, expressing gratitude in many everyday situations when people from other cultures simply do not.

Meanwhile, the Iranian students used a variety of different strategies, depending on what the favor was and whether their helper had higher status than them (something that Malaysians take into account, as well). In particular, they were more likely than the Americans to acknowledge the favor, apologize, or ask God to reward the person.

So why don’t we all express gratitude in the same way? Cultural values, parenting practices, and education may each play a role. Gratitude deeply intersects with a culture’s

attitude about the self and its relation to others. Gratitude, after all, arises when we pay more attention to our relationships and all the gifts they bring us. “At a time when the society seems to be more about *me me me*, we really need to get people thinking about connections,” Tudge says.

Adapted from: [www.greatergood.com](http://www.greatergood.com)

**a) Do the following statements agree with the information given in the text? In boxes A) 1-4 provided on page 11 write: T** (if the statement agrees with the information), **F** (if the statement contradicts the information) or **NG** (if there is no information on this).

1.	A study has shown that people who are more grateful cope better with a life transition.
2.	Looking at the issue of gratitude has never been challenging due to copious supporting data.
3.	Concrete gratitude depends upon age, the study has revealed.
4.	Kindness may set the stage for altruistic tendencies.

**b) Read the questions and choose the correct answer (A–E). Write your answers in the table on page 11.**

1. The main point of the text is that gratitude

(A) has been systematically studied within psychology for years.

(B) is viewed as a prized human tendency in almost all religions.

(C) has been shown to foster physical health in the adulthood.

(D) comes in different flavours and variations rooted in childhood.

2. According to the research undertaken by professor Tudge,

- (A) younger children were more prone to verbal gratitude than older children.
- (B) children in Guatemala have similar gratitude practices as children in Brazil.
- (C) reciprocating with offering help is not archetypal of American kids.
- (D) offering a toy is an example of connective gratitude.

3. According to the study carried out by Ahar and Eslami-Rasekh, the sentence: "*You did me a great favour!*" is something:

- (A) an Iranian is likely to say.
- (B) an Iranian is not very likely to say.
- (C) an American would gladly acknowledge.
- (D) an American is likely to say.

4. The word "inveterate" in paragraph 12 is synonymous with:

- (A) entrenched
- (B) incipient
- (C) susceptible
- (D) vulnerable

5. According to the last paragraph,

- (A) gratitude is a skill that reinforces our relationships.
- (B) gratitude does not prompt intersocietal bonds.
- (C) gratitude is a feeling that boosts your self-esteem.
- (D) gratitude is an individual act and more like a moral virtue.

**c) Find the words or expressions which are closest in meaning to the following words or definitions. Write the words in the table provided on page 11.**

- A) a strong feeling in favour of or against one group of people, or one side in an argument, often not grounded in fair judgement
- B) the most important or famous; in a position at the front
- C) a short experience of something that helps you understand it
- D) likely or tending naturally to do something

## READING COMPREHENSION ANSWER SHEET

A)

1.	2.	3.	4.	5.	6.	7.

B)

a)

1	2	3	4

b)

1	2	3	4	5

c)

A)	B)	C)	D)

## USE OF ENGLISH

**A) Fill in the blanks with the correct form of the words in brackets.**

### Eternal Wisdom from the Late Nelson Mandela

*“The greatest glory in living lies not in never falling, but in rising every time we fall.”*

We have lost Nelson Mandela, a patron saint of (1)..... (equal), peace, and human rights. But while the body might be gone, the spirit remains forever with us — a spirit that not only changed political history, but also tirelessly elevated humanity into a higher version of itself.

In his inauguration speech, delivered on May 10, 1994 Madiba addresses the end of apartheid in words at once (2)..... (time) and timely, ringing with soul-stirring resonance even today.



Mandela, like many of history’s greatest luminaries, sees mistakes and (3)..... (fail) as an iterative tool of success rather than an indignity to be avoided:

But perhaps most poignant of all is Mandela’s remark on the never-ending journey of freedom and human rights:

I have walked that long road to freedom. I have tried not to falter; I have made missteps along the way. But I have discovered the secret that after climbing a great hill, one only finds that there are many more hills to climb. I have taken a moment here to rest, to steal a view of the (4)..... (glory) vista that surrounds me, to look back on the distance I have come. But I can rest only for a moment, for with freedom comes responsibilities, and I dare not linger, for my long walk is not yet ended.



Though Madiba's own (5)..... (body) walk may have ended, the path paved by his spectacular spirit and enduring legacy reaches further and further into the horizon as we turn the page on yet another victory of freedom and equality.

<b>1</b>	<b>EQUAL</b>	
<b>2</b>	<b>TIME</b>	
<b>3</b>	<b>FAIL</b>	
<b>4</b>	<b>GLORY</b>	
<b>5</b>	<b>BODY</b>	

**B) Choose the word or phrase that best completes the sentence.**

1. The Vice President was accused of ..... the truth.
  - A. revising
  - B. reforming
  - C. shifting
  - D. distorting
  
2. Ross crept ..... on Rachel and put his hands over her eyes.
  - A. out
  - B. up
  - C. of
  - D. off
  
3. The article doesn't give you the answer explicitly – you have to ..... it from the evidence.
  - A. deduce
  - B. recon
  - C. grasp
  - D. convert
  
4. It is very important that he ..... as soon as there's any change in the patient's condition.
  - A. being notified
  - B. was notified
  - C. has been notified
  - D. be notified
  
5. Experts say that there were a number of reasons for the fall of the Roman empire. There ..... a number of reasons for the fall of the Roman empire:
  - A. are said to be
  - B. are said to have been
  - C. are said to have been being
  - D. are said to have had been

C) 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. As soon as you realise you have made a mistake, let me know.

**SOONER**

..... that you have made a mistake, let me know.

2. Instead of the £2 million of last year, this year we have a budget of £8million.

**OPPOSED**

This year's budget is £8 million, ....., which was only £2.

3. Before he put forward the proposal, I'm sure he took the comments of local residents on board.

**WILL**

Before he put forward the proposal, I'm sure he ..... of local residents on board.

4. I am completely against being interrupted in such a way.

**INTERRUPT**

I oppose ..... me like that.

5. My dog tends to bark a lot when it's left alone.

**HABIT**

My dog is ..... a lot when it's left alone.

**D) Use maximum TWO word to complete each gap in the sentences. In some cases, there may be more than one alternative answer, but you should just give one of them.**



The pandemic has forced us to think about who we touch more than ever before. For most of us it 1. .... more than six months since we 2. .... hands, let alone hugged a friend who we don't live with. In every human interaction we have outside our homes we are now forced to focus 3. .... our distance from other people.

For many of us, the pandemic ..... brought home the importance of physical contact in our lives.

It is 5. .... surprise that we miss touch when we are 6. .... of it. The human body even has a special system for detecting pleasant touch. As well as the receptors in the skin, which respond very quickly to pain, there are receptors called C-tactile afferent fibres, which respond more slowly.

1	2	3	4	5	6

**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. Some of the tourists are hoping to get compensation for the poor state of the hotel, and I think they have a very **strong** case.

There's no point in trying to wade across the river, the current is far too **strong**.

If you are asking me who should get the job, I'm afraid I don't have any **strong** views either way.

1. The assembly was mandated to ..... a constitution.

A cold ..... of air blew in from the open window.

By the end of the year, Chandler had produced a first ..... of his new novel.

2. Scientists have come up with a ..... way of catching fish.

It was such a ..... idea it was hard to get your mind around it.

Critics everywhere have eulogized her new romantic .....

3. A piano bar operates several times a week in high .....

Melons are just coming into .....

Add the mushrooms, and ..... to taste.

4. He paused a moment for his words to ..... in.

Nations must ..... their differences to achieve greater security.

Dirty plates were piled high in the .....

## WRITING

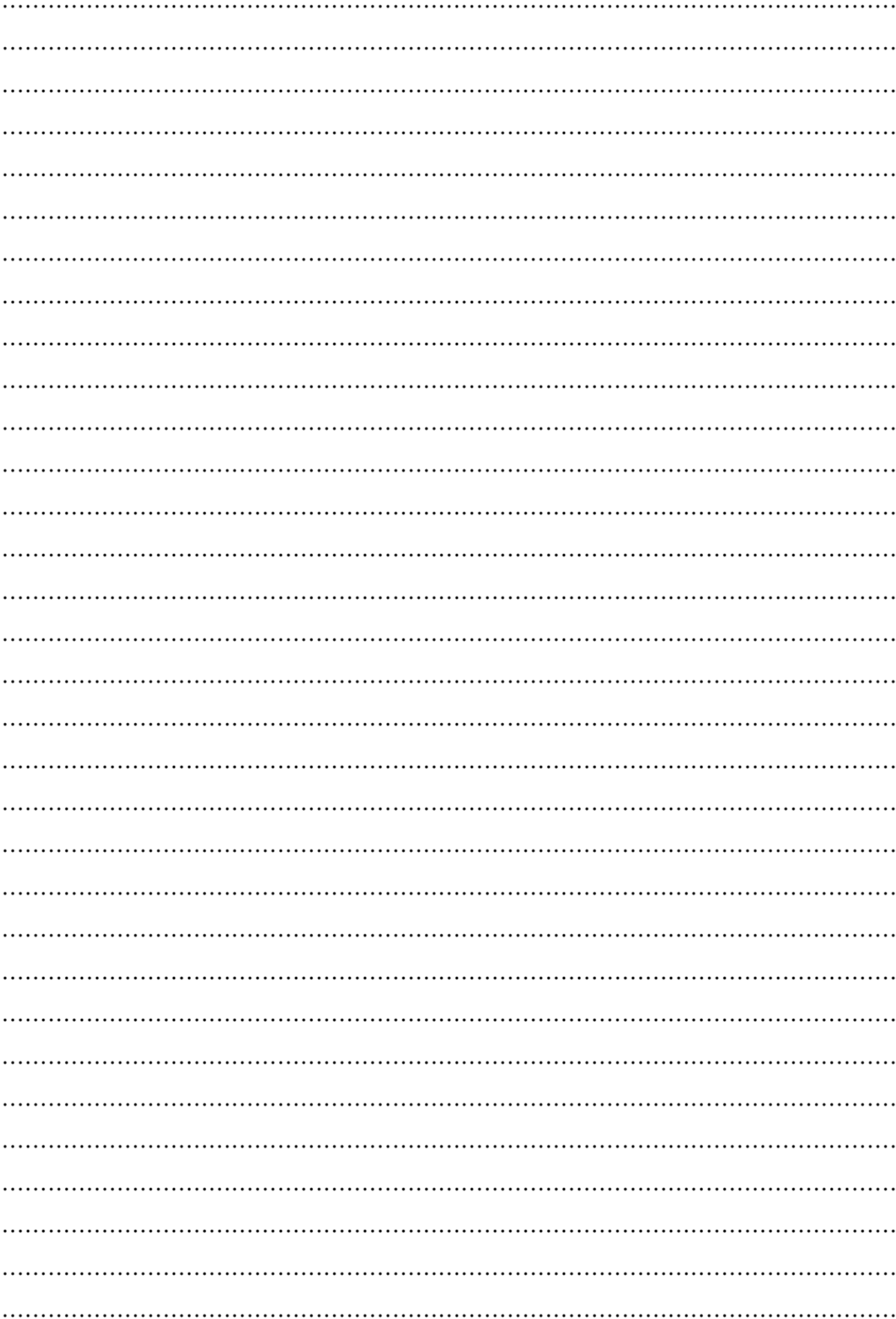


Which of us has not felt that  
the character we are reading  
in the printed page is more  
real than the person  
standing beside us?

Cornelia Funke

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**Describe a character from literature that mesmerised you and that you would like to trade place or be friends with and explain why. Write an essay of 200 to 300 words.**



A series of 30 horizontal dotted lines spanning the width of the page, intended for writing or drawing.









