



Progress test I

Intermediate level (B1) February 2020

There are five parts to the test: A: Reading; B: Language; C: Listening; D: Speaking; E: Writing. **TEACHERS: only print the first four pages for your students.**

Student (full name): Company:
..... Group: Level: Teacher (full name):
..... Date course started:

To be completed by the teacher:

(A) Reading (5): (B) Language (5): (C) Listening (10):
(D) Speaking (15): (E) Writing (15): Total score: (50)

Teacher's comment:

This exam is designed to test your general language skills. It will help you (and the teacher) see where you might need a bit more help. You can do this test without any revision! Good luck!

A: Reading (Total = 5 points)

Read the text. Then, answer the questions.



How to sleep well!

Do you get enough sleep? A new study of 3,500 adults has found that 80% of people sleep soundest on a Friday night; while nearly 60% have their worst night's sleep on a Sunday. But why?

Apparently, it's all to do with our body clock. "Having lie-ins and late nights, and not doing much physical or mental activity on a Sunday can change our sleep patterns," said Dr Neil Stanley, a doctor from the Norfolk and Norwich Hospital. Furthermore, the dread of going to work the next day can also lead to disrupted sleep. "If I've got an important presentation to give the next day, I never sleep well," said one respondent. "I sometimes lie in bed worrying about all the work I need to do the next day, and all those missed deadlines," said another.

The effects of poor sleep can be devastating. Experts say that less than eight hours of sleep a night can cause increased irritability, a lack of concentration and a loss of productivity at work. In some cases, it may even lead to workplace napping. So, what's the solution? Dr Stanley says the best way to combat insomnia is to be awake and active all day Sunday in order to keep sleep patterns fairly constant. So, what will you be doing this Sunday?

1. Which night do people sleep the worst?
a) Sunday b) Monday c) Friday
2. How many adults were questioned as part of the study?
a) 3,500 b) 80 c) 60

3. What can change our sleep patterns on a Sunday?

- a) Doing too much activity. b) Working really hard. c) Not doing much.

4. What can lead to disrupted sleep?

- a) Worrying about things you have to do at work.
b) The excitement of going to work the next day.
c) Eating too many sweet things.

5. What's the best way to combat insomnia?

- a) Be active during the day.
b) Have a little sleep after lunch.
c) Drink as much water as possible.



B: Language (Total = 5 points)

Choose the correct options. These questions are on very general things for this level.

1. Although I live in Scotland now, I _____ in England.

- a) grew by b) grew to c) grew up

2. She's _____ the books she wrote.

- a) famous for b) famous by c) famous with

3. I'm sorry but I think you've _____ the wrong number.

- a) mark b) dialled c) did

4. We're thinking of _____ the bathroom. It's in a pretty poor state.

- a) making with b) doing up c) doing for

5. I managed to _____ the paintings all by myself.

- a) hang to b) line by c) hang up

6. I _____ a lot of weight over the holidays.

- a) put on b) put at c) did on

7. They _____, but now they've made up.

- a) made an argument b) had an argument c) had an argue

8. This has got nothing _____ what I was talking about earlier.

- a) to make with b) to do by c) to do with

9. Their goods _____ countries all over the world.

- a) are exported to b) are expelled to c) are expended to

10. Although the company is based in Seattle, they've got _____ all over the world.

- a) trunks b) heads c) branches

C: Listening (Total = 10 points)

Remember, you don't have to understand every word in order to answer the questions.

Perfect Properties

In this recording, you are going to listen to five people talking about the decorating work they've been doing at home or in the office. Listen once and answer this question.

1. What's the correct order for the places mentioned?

- a) house, office, farmhouse, office, flat
- b) house, office, farmhouse, house, palace

Read over the questions below. Then, listen to the recording again and answer the questions.

2. When was the house bought?

- a) Three years ago. b) Last April. c) About one month ago.

3. What's the problem with the living room?

- a) The electricity doesn't work. b) The doors won't open. c) It's still full of boxes.

4. What colour have the office walls been painted?

- a) Bright green. b) Dark green. c) Pale blue

5. How many plants have they bought?

- a) Four. b) Six. c) Nine.

6. What have they fixed in the farmhouse?

- a) The kitchen. b) The roof. c) The toilet.

7. What have they installed on the roof?

- a) A television aerial. b) Some solar panels c) A large sculpture.

8. What did they buy for the office reception area?

- a) A new sofa b) Some chairs. c) A new table.

9. Where have they been living while they've been doing up the flat?

- a) At his parents' house. b) In the office. c) In a hotel.

10. What colour have they painted the walls?

- a) White. b) Pale green. c) They haven't painted them yet.



D: Speaking (Total = 15 points)

Use the questions below (or any others you can think of) to have a **discussion with a partner for at least four minutes**. It's up to you to keep the conversation going, and to make sure the talking doesn't stop!

- How much sleep do you need at night? How much do you usually get during the week?
 - On which night do you sleep best? Why? What time do you usually get up during the week?
 - How often do you lie in at the weekend? What time do you usually get up at the weekend?
 - What's your bed like? What do you have on the bed: a blanket, a duvet...? Why?
 - What are you like if you don't get enough sleep? What do you usually do about it?
 - When was the last time you couldn't get to sleep? What did you do about it?
 - Do you ever have a nap during the day? How long for? Where do you usually nap?
 - When was the last time you had a nap during the day? Where did you have it? How long was it?
 - What was the last concert you went to? What was it like?
 - Which person from the past do you admire the most? Why? What would you ask him/her if you could talk to them?
 - What are some of the biggest mistakes you've ever made? What did you learn from them?
 - What are your DIY (Do It Yourself - home improvement / decorating / repairs, etc.) skills like? Give examples.
 - What do you do to keep fit and healthy? Give examples.
 - Are there any famous mysteries from your country? What are they? What do you know about them?
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E: Writing (Total = 15 points)

Write a short "how to" guide on any topic you like: how to hang up a picture, how to change a car tyre, how to get fit and healthy... Include information on the following areas: why it's important, how to do it, any steps to follow, how to prepare for it, things to buy, things to avoid, examples of when you did it, your top tips for it, your personal experience of it, a story related to it, examples of how to do it... **Write more or less half an A4 page.**

TEACHER'S NOTES

DO NOT PRINT FOR YOUR STUDENTS!

Exam notes for teachers

Remember, this is a general test on your students' language skills. There's no need for your students to revise for it. We feel this is a good way of checking students' progress as they work on their own without any assistance from you. Extra weighting in the exam scoring is given to listening, speaking and writing – the important communicative skills.

- Give the exam during class time – don't let students take the exam away with them.
- Be careful not to photocopy the answers when you make the copies for your students!
- Please print the exam double-sided.
- The exam should take about an hour and a half. If needed, this can be divided up into two testing periods, with the exam being given over two classes.
- Mark the results clearly on each individual student's Progress Report Sheet.
- Any student who doesn't turn up for the exam will have to do it another day. Students doing the exam after the event should do so quietly to one side of the normal class. For more information on this, speak to the DOS or teacher coordinator.
- The recordings for the Listening sections of the exams are on our website.

You can download them from here:

www.learnhotenglish.com/teachers

Submitting the Information

- Once the exams have been completed, you are required to complete all fields of the Progress Report Sheet and send this by e-mail (or drop it off - whatever's easiest) to your point of contact in the central office. Completed Progress Report Sheets need to be handed in no later than two weeks after you have received the exam. To make our administrative processing easier, please group together students from the same class.

- Students have two weeks to do the test. It is your responsibility to make sure they all do the test. If after two weeks they still haven't done it, then you must write N/A (Not Attended) on the Progress Report Sheet. Thanks for your collaboration!

A: Reading (5 points)

1a 2a 3c 4a 5a

B: Language (5 points)

1c 2a 3b 4b 5c 6a 7b 8c 9a 10c

C: Listening (10 points)

1a 2c 3c 4c 5b 6b 7b 8a 9a 10a

D: Speaking (15 points - three points per objective)

Students get zero points per objective if they don't complete it or if they do it poorly. Set it up so that students speak in pairs (or with you for one-on-one classes). Make notes while they're speaking on how well they do. Other students could be doing the Writing test while you do this.

- Did the student complete the task? (three points)
- Did the student speak clearly and fluently without too much hesitation? (three points)
- Did the student speak accurately (not making many mistakes)? (three points)
- Did the student pronounce the words correctly? Did the student use the correct intonation, word stress, sentence stress, etc.? (three points)
- Did the student use a wide range of expressions and vocabulary? (three points)

E: Writing (15 points - three points per objective)

Students get zero points per objective if they don't complete it or if they do it poorly.

- Did the student complete the task? (three points)
- Did the student write accurately? (three points)

- Did the student write text that makes sense? Were the ideas linked logically? (three points)
- Did the student use a wide range of appropriate words or expressions? (three points)
- Did the student use a wide range of appropriate grammatical structures? (three points)

Audio script

Perfect properties!

Decoration and renovation at home and in the office.

We asked a few people what sort of decorating they've been doing at home or in the office.

Moving back

About a month ago, we bought a new house and we've been working on it non-stop. We've installed the washing machine and the oven, so the kitchen's all ready to go. We've also painted the living room and the bathroom walls, but we still haven't finished painting the bedrooms. Worst of all, the living room is still full of boxes. We've just got so much stuff. Oh, well, little by little!

Office decoration

We've been decorating the office. We've painted the walls a pale blue, which is really nice. They used to be this horrible yellow colour. I read somewhere that blue is supposed to be more relaxing – let's hope so because it gets pretty stressful in here. We've also bought some new plants – six really big ones that we'll put around the office. And we've hung up some pictures and made the reception area look really nice.

House renovation

We've been doing up our 17th-century farmhouse. The biggest job was the roof. It used to leak every time it rained, but now we've fixed it. We've also put some solar panels up there, so we can generate our own

electricity. Last month, we insulated the walls. The house gets freezing in the winter, so that should help cut down on the heating bills.

Office move

We've just moved into our new office. We've been organising the furniture, and deciding where to put everything. We bought a new sofa for the reception area, and we've moved in a lot of desks and chairs from our old office. We aren't sure if we like the colours of the walls – bright green – but we don't have the time or the money to paint them right now. Next year, perhaps.

New flat

We've just bought a flat. We've been living at my parents' house, and doing it up at the weekends. Just last week, we put in a new carpet, which looks really nice. We've also installed a shower unit in the bathroom (there was only a bath before), and we've bought a new water heater as the old one wasn't working. We've painted all the walls white, and I'm going to hang up some of our pictures next week.