

UNIVERSITY OF TECHNOLOGY, JAMAICA
SCHOOL OF HUMANITIES AND SOCIAL SCIENCES
THE LANGUAGE TEACHING AND RESEARCH CENTRE
ENGLISH PROFICIENCY TEST JULY 5 2024

PAPER TWO

Time Allowed: 1 hour

SECTION A: READING COMPREHENSION Recommended Time: 45 mins

Instruction: Read the three prompts carefully and answer all the questions. For each question, shade in the bubble of the computerized sheet representing the letter selected.

PASSAGE 1

Screen Time and Insomnia: What It Means for Teens

Adapted from Danielle Pacheco and Dr Nilong Vyas (Updated March 14, 2023)
From: <https://www.sleepfoundation.org/teens-and-sleep/screen-time-and-insomnia-for-teens>

1. The majority of teenagers bring some kind of technology into the bedroom, adding to the amount of screen time they get each day and affecting multiple areas of their lives. Experts are becoming increasingly concerned about the effects of blue light from these electronic devices on the sleep-wake cycle. An estimated **2 in 3 teenagers** regularly sleep less than the recommended amount, and screen time may be responsible for sleep deprivation and other problems.
2. The human sleep-wake cycle is a circadian rhythm that mostly takes cues from sunlight. When it is bright outside, people become more alert. When it becomes dark, the body produces a hormone called melatonin that induces sleepiness. Smartphones, tablets, computers, television screens, and some e-readers give off short-wavelength blue light that is very similar to sunlight. Not only does this light make people more alert, it also deceives the body into thinking it is still daytime.
3. In response, the body produces less melatonin, interfering with the body's natural sleep-wake cycle. The longer you spend on your screen, the greater the consequences (National Library of Medicine, Biotech Information) for your sleep.
4. Screen time is linked to a host of insomnia symptoms in teenagers. By delaying the release of melatonin, screen time lengthens the time it takes to fall asleep and leads to less restful sleep overall. As the majority of teens have **strict school start times**, a later bedtime typically results in **fragmented sleep** and increased next-day sleepiness. Over time, consistently late weekday bedtimes and catch-up sleep on the weekend disrupt the circadian rhythm.
5. Scientists believe that children and adolescents may be extra sensitive to the effects of blue light because their eyes let in more light. For this reason, limiting evening screen time for children and adolescents is especially important to prevent sleep problems.

QUESTIONS

1. Based on the passage, what are experts mainly worried about in relation to teenagers?
 - a. The fact that some devices give off blue light
 - b. Teenagers sleeping with devices in the bedroom
 - c. The fact that blue light from some devices can disturb their sleep
 - d. Teenagers' overuse of technological device, such as smartphones

2. Which of the following is an accurate conclusion, based on the passage?
 - a. Blue light from the devices is the same as sunlight.
 - b. Exposure to screens will help everyone become more alert.
 - c. Adults' eyes may not be as sensitive to the effects of blue light.
 - d. Melatonin will determine the length of time an individual sleeps.

3. According to the passage, an 'estimated 2 in 3 teenagers regularly sleep less than the recommended time. Approximately how many in a group of 9 teenagers would likely be impacted by this problem?
 - a. 3
 - b. 4
 - c. 5
 - d. 6

4. According to the passage, 'fragmented sleep' in paragraph 4 **MOST LIKELY** refers to sleep that is:
 - a. severely scattered and spread out.
 - b. shattered and severely broken apart.
 - c. interrupted and broken into segments.
 - d. badly disjointed and lacking in coherence.

5. What is the writer most likely suggesting by using the phrase "strict school start times" in paragraph 4?
 - a. The times are there to enforce discipline in teenagers.
 - b. The times school begins are fixed and not changeable.
 - c. School start times are the cause of fragmented sleep patterns.
 - d. School begins too early for teenagers since they go to bed late.

PASSAGE 2

Creating an Eye-catching Instagram Reel

Adapted from an article written by ChatGPT, an AI language model developed by OpenAI, June 6, 2024

1. Creating an Instagram Reel is a fun and creative way to connect with others. Start with a clear idea of what you want to share. Whether it's a dance routine, or a quick recipe, having a plan will make the process smoother. Jot down key points or scenes you want to include. Ensure you have all the elements ready. This includes videos, photos, and music. Make sure your phone is charged and you have ample storage space. Record your clips. Keep your shots steady and well-lit.




2. Open the Instagram app and go to the Reels section. Upload your clips and start editing. Trim clips to highlight the best moments and arrange them in a sequence that flows well. Use Instagram's editing tools to add effects, text, and stickers to enhance your video. Choose a trending song or one that fits your **video's mood**.

3. Instagram's music library is extensive, so take your time to find the perfect track. Review your Reel to ensure it looks great. Add a compelling caption and relevant hashtags to increase your reach. Once satisfied, hit the share button. Engage with your audience by responding to comments and encouraging them to share your Reel.
Happy filming!

QUESTIONS

6. Which of the following best describes the primary purpose of the article?
- To provide entertainment for the reader
 - To outline the process of creating the Reel
 - To persuade the reader to post on IG
 - To explain how Instagram Reels are produced
7. Which of the following BEST describes the tone of the article?
- Casual
 - Critical
 - Academic
 - Humorous
8. Which of the following BEST identifies the main strategy the writer uses to make the ideas clear and easy to follow?
- Short sentences
 - Technical jargon
 - Simple language
 - Logical sequencing
9. In **descending order**, what is the correct sequence of tasks when producing an Instagram Reel according to the article?
- Sharing, Reviewing, Editing, Recording
 - Sharing, Editing, Reviewing, Recording
 - Recording, Reviewing, Editing, Sharing
 - Recording, Editing, Reviewing, Sharing
10. Which of the following BEST explains what is meant by the video's mood.
- The type of content within the video
 - The emotions or feelings the video contains
 - The emotion it aims to arouse within the viewer
 - The attitude of the composer to the content in the video

PASSAGE 3

	<h3>St. Lucia</h3> <p>St. Lucia is a beautiful island paradise with beaches, coastal peaks, and magnificent rainforests. Many outdoor activities can be done on the island, such as scuba diving, snorkeling, hiking, golf, sailing, and much more. The island has a rich culture and history. Come to St. Lucia, for an exotic and amazing adventure.</p>	
<h3>Jamaica</h3> <p>Jamaica has an amazing landscape, relaxing beaches, and a unique culture. The island has luxury resorts and hotels, great shopping, and delicious cuisine. You'll find natural wonders of miles of uninterrupted beaches, rugged terrain, and waterfalls. A wide array of outdoor activities can be done here. Unwind and dance to the reggae beat in Jamaica.</p>	<p>St. Lucia Vacation Packages: 3 nights for 2 includes airfare, hotel, and car rental- \$2,000 5 nights for 2 includes airfare, hotel, and car rental- \$2,600 7 nights for 2 includes airfare, hotel, and car rental- \$3,000 More options available</p>	<h3>Barbados</h3> <p>Barbados has it all, no matter what your style. Besides beautiful white sand beaches, Barbados has limestone hills, botanic gardens, historical sites, and lush scenery. For those looking for action, the island has surfing, hiking, diving, and much more. Find calypso rhythms and the island vibe in Barbados.</p>
<p>Jamaica Vacation Packages: 3 nights for 2 includes airfare, hotel, and car rental- \$1,500 5 nights for 2 includes airfare, hotel, and car rental- \$1,950 7 nights for 2 includes airfare, hotel, and car rental- \$2,500 More options available</p>		<p>Barbados Vacation Packages: 3 nights for 2 includes airfare, hotel, and car rental- \$1,600 5 nights for 2 includes airfare, hotel, and car rental- \$2,300 7 nights for 2 includes airfare, hotel, and car rental- \$2,950 More options available</p>

Curacao
 Curacao is a combination of old world European charm and a Caribbean island paradise. Well known for brightly colored mansions and houses, Curacao also has world class spas, resorts, and hotels, interesting museums, tranquil beaches, and lovely boutiques. The island has fun festivals and sporting outdoor attractions. Have a truly unique travel experience in Curacao.

Curacao Vacation Packages:
 3 nights for 2 includes airfare, hotel, and car rental- **\$1,265**
 5 nights for 2 includes airfare, hotel, and car rental- **\$1,850**
 7 nights for 2 includes airfare, hotel, and car rental- **\$2,455**
 More options available

Your Island Paradise Awaits

Getaways Travel
 16067 Bluemound Rd.
 Brookfield, WI 53005
 Phone: 1-800-555-5656
 Hours: 8am-8pm Mon-Sat
 E-mail: info@getawaystravel.com
www.getawaystravel.com

Caribbean Island Vacations

Getaways Travel

11. Which of the vacation packages would be best for a couple on a budget?
- Barbados
 - Curacao
 - St Lucia
 - Jamaica
12. Choose the option which best explains ‘...*miles of uninterrupted beaches*’ as stated in the Jamaica package.
- A long stretch of beach that tourists can use without being interrupted by music or vendors.
 - A long stretch of pure coastline where tourists can enjoy beaches devoid of barriers or obstacles.
 - A stretch of beach where tourists can enjoy running for miles in the sand.
 - A long stretch of coastline that ends with several beaches.
13. Based on the information given, which two vacation packages seem ideal for a couple who like water sports
- Barbados and Curacao
 - Jamaica and St Lucia
 - St Lucia and Barbados
 - Curacao and Jamaica
14. Which island offers more than a Caribbean experience?
- Curacao
 - Barbados
 - Jamaica
 - St Lucia
15. Which Island vacation package suggests that they cater for everyone?
- Jamaica
 - Curacao
 - St Lucia
 - Barbados

SECTION B GRAMMAR

Time Allowed: 15 mins

Instructions:

Read the following cloze passages, then select the correct responses from the options provided by shading the bubble representing the letter selected.

Cloze Reading Test A

Some Jamaicans know very little about the postal service in their country. The postal service is the government agency 16 has responsibility for handling the mail. Its job is 17 letters and packages to people and businesses all over the world. The main goal of this agency is to see that one's mail gets to its destination 18 possible. People 19 the postal service to deliver important letters and even valuables, 20 time and to the right person.

- | | | | |
|--------------------|----------------|------------------|---------------|
| 16. a. where | b. that | c. having | d. that's |
| 17. a. delivery of | b. to delivers | c. to delivering | d. to deliver |
| 18. a. as soon as | b. sooner than | c. soon | d. very soon |
| 19. a. relying on | b. relies on | c. rely on | d. relied on |
| 20. a. to | b. for | c. over | d. on |

Cloze Reading Test B

We can probably use our dreams once we 21 not to be afraid of them. If we are able to think about our dreams comfortably, we will be able to 22 those that seem totally irrelevant to our lives. On the other hand, we will be able to explore those that 23 us and those that seem to be connected with the ways we think and act when we are awake with our conscious lives, or we might use our dreams to expose problems that we have refused to accept 24, and this 25 us to take positive action and solve them.

- | | | | |
|---------------------|---------------|---------------|----------------|
| 21. a. learn | b. are aware | c. try | d. understand |
| 22. a. dissect | b. dispose | c. discard | d. dispel |
| 23. a. fascinates | b. fascinate | c. fascinated | d. fascinating |
| 24. conscientiously | b. conscience | c. conscious | d. consciously |
| 25. might have led | b. might lead | c. may be led | d. might led |

END OF PAPER