LISTENING 1 (Items 1-7) (7 marks)

You are going to hear a conversation between a school nurse, Dr Amal, and a student, Yousuf. Listen twice, and shade the correct option.

1. How much sleep does Yousuf usually get?

○ 5-6 hours ○ 7-8 hours ○ 8-10 hours

2. What does he usually do before bed?

○ he studies ○ he uses his phone ○ he watches TV

3. How long does caffeine stay in the body?

○ up to 2 hours ○ up to 4 hours ○ up to 8 hours

4. What exercise does Dr Amal suggest?

○ a 30-minute walk ○ a school sport ○ morning running

5. When should Yousuf stop using his phone?

○ after 8 pm ○ after 10 pm ○ after midnight

6. When should he stop drinking caffeine?

○ after midday ○ after 2 pm ○ after 6 pm

7. When should Yousuf return to see Dr Amal?

○ after two days ○ after one week ○ after two weeks

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LISTENING 2 (Items 8-15) (8 marks)

You are going to hear a student describe a learning experience.

Part One: Write not more than FOUR WORDS OR A NUMBER.

8. What did the student forget during the test?

_____

9. How long did the diary cover?

_____

10. How much did the student usually sleep?

_____

11. Where was the phone left?

_____

Part Two: Shade the correct option.

12. What was changed first?

- ○ revision was moved to the dining table
- ○ all homework was stopped
- ○ the phone was replaced

13. When was falling asleep easier?

- ○ on the first night
- ○ by the fourth night
- ○ after a month

14. How did walking with Hamad help?

- ○ it removed every worry
- ○ it replaced all revision
- ○ it revealed gaps in understanding

15. What was the biggest improvement?

- ○ a new timetable
- ○ feeling calmer and more focused
- ○ finishing school early

LISTENING SCORE: _____ / 15

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