

Kollegium St. Fidelis  
Mittelschule Nidwalden  
6370 Stans

13. Mai 2004

Maturitätsprüfung 2004

## ENGLISH

08.00 – 09.20	Part 1:	Reading Comprehension and Vocabulary 80 minutes; 73 points
09.35 – 10.25	Part 2:	Language Paper 50 minutes; 67 points
10.40 – 11.30	Part 3:	Essay 50 minutes; 50 points

- At the end of each part ALL your worksheets will be collected.
- Write legibly and unambiguously.
- Do not use short forms in the reading comprehension answers and in the essay.

Good Luck!

## **Sleep Is One Thing Missing in Busy Teenage Lives**

1 At 6:30 in the morning, a strapping teenager on the cusp of manhood can look an awful lot like a  
2 newborn puppy, with eyes that won't open and a powerful instinct to curl up under something warm. Is  
3 this the same person who swore he wasn't tired at 10:30 the night before while he traded instant  
4 messages with six different friends at once and who will probably do it again tonight?  
5 Parents know the adolescent drill all too well: stay up past 11 or 12 on school nights, stagger out of  
6 bed at 6 or 7, shower interminably, eat a token breakfast and bolt. Yawn through school, perk up for  
7 sports or clubs, fight sleep while doing homework. Come to life at 9 p.m., deny fatigue and stay up  
8 well after parents have collapsed into bed. Holidays and weekends, stay up half the night and then  
9 "binge sleep" until noon or beyond. Sunday night, restart the cycle of late to bed and early to rise.  
10 Americans are said to be a sleep-deprived people, and teenagers are the worst of the lot. Most are  
11 lucky to get 6, 7 or 8 hours of sleep a night, even though studies have shown repeatedly that people in  
12 their teens and possibly even early 20's need 9 to 10 hours. Many live in a state of chronic sleep deficit  
13 that can affect mood, behavior, schoolwork and reaction time.  
14 Physical, emotional and social factors seem to conspire against letting adolescents get enough sleep.  
15 When teenagers insist that they are not tired at 9 or 10 p.m., they are very likely telling the truth. For  
16 reasons that are not fully understood, their body clocks shift, so that their natural tendency is to stay up  
17 later at night and wake up later in the morning than when they were younger. But that inner clock often  
18 clashes with the outer world: early starting times in high school and demanding schedules of sports,  
19 clubs, music lessons, homework and part-time jobs.  
20 There are consequences. For one thing, lack of sleep can interfere with learning: tired students have a  
21 hard time paying attention, and even if they do somehow manage to focus, they may forget what they  
22 were taught because memory formation takes place partly during sleep.  
23 Tired teenagers can be as cranky as tired 2-year-olds, and even less fun to deal with. More seriously,  
24 sleep deprivation can bring on feelings of stress, anger and sadness.  
25 Dr. Carskadon said studies had repeatedly linked sleep deprivation to depressed mood — a temporary  
26 case of the blues, not the same as clinical depression. Kids not getting enough sleep are less likely to  
27 respond in a positive way to positive things in the environment, and more likely to respond in a  
28 negative way to negative things. Pictures that most people would enjoy — images of cute babies, or of  
29 swimmers playing in waterfalls in Hawaii — do nothing for tired teenagers. They're flat in their  
30 response. They don't say they felt pleasure. But if they see something negative, like a pizza with a big  
31 roach on it or a picture of the most disgusting toilet, kids who are sleep deprived sort of have a worse  
32 response. It makes them more angry than the kids who have had plenty of sleep. How does it translate  
33 into their real lives? We're not sure.  
34 In her book, Dr. Carskadon noted that studies in animals showed that sleep loss was associated with  
35 "marked increases in aggressive behavior and violence." Lack of sleep may take its toll physically as

36 well. Growth hormone and sex hormones are secreted during sleep, but it is not known whether  
37 missing out on sleep disrupts hormonal patterns. Studies have shown that sleep deprivation may also  
38 diminish the body's ability to process glucose, and a prolonged sleep deficit can produce the kind of  
39 blood glucose levels found in people who are on the way to becoming diabetic.

40 Studies in people and animals suggest that lack of sleep may also interfere with the working of the  
41 immune system and its ability to fight infections, but, it is not clear whether sleep loss is linked to  
42 illness in people.

43 Lack of sleep also increases teenage drivers' already elevated risk of car accidents. According to the  
44 National Sleep Foundation, drowsiness or fatigue play a role in 100,000 traffic crashes a year, and  
45 drivers 25 or under cause more than half of those accidents. Sleep loss and drinking are an especially  
46 bad combination because fatigue greatly magnifies the effects of alcohol, according to a report by the  
47 sleep foundation.

48 In Minnesota, the state medical association took a stand, and wrote school superintendents a letter  
49 warning that early start times were incompatible with teenagers' body clocks, and bad for health,  
50 school performance and driving. In 1996, Edina, Minn., a suburb of Minneapolis, changed its high  
51 school starting time from 7:25 to 8:30, and in 1997, Minneapolis changed high school opening times to  
52 8:40 from 7:15.

53 Researchers have been studying the changes and report that, for the most part, students and teachers  
54 prefer the later start times. Many parents now want middle school to start later as well. Teachers say  
55 students are less likely to fall asleep in morning classes, and some students say they get more sleep and  
56 are more likely to eat breakfast. Suburban schools say students behave better, and in the city schools,  
57 attendance and graduation rates have gone up and tardiness has decreased. The drawbacks are that  
58 some students, especially in city schools, are unable to take part in after-school activities, and some  
59 say they are earning less at their after-school jobs.

60 But not all school districts are willing or able to alter their schedules because they do not have enough  
61 school buses to carry children from elementary, middle and high school during the same hours. Some  
62 have concerns, too, that later schedules will interfere with after-school sports.

63 The military has shown more flexibility than some school districts. Concern about sleep deprivation  
64 led the United States Navy last April to change the "rack time," or sleeping hours, for young sailors —  
65 many of whom are in their late teens — at the Great Lakes base in Chicago, where all basic training is  
66 done. Previously, the schedule allowed only six hours of sleep, from 10 p.m. until 4 a.m. The Navy  
67 first tried adding one hour by ordering lights out at 9 p.m., but psychologists who had studied sleep  
68 said that was the wrong approach.

69 Psychologists briefed a three-star admiral about sleep research. They said young people could not fall  
70 asleep early and were at their sleepest from 4 a.m. to 6 a.m. They recommended letting the recruits  
71 sleep later rather than ordering them to bed earlier, and allowing them eight hours of sleep a night. The  
72 admiral agreed, noting that his own generation had slept eight hours during training. He made the rack

73 time 10 p.m. to 6 a.m. Now Navy researchers are studying the soldiers to see if the extra sleep makes a  
74 difference.  
75 Doctors and sleep experts say parents need to play a stronger role in helping their teenagers to get  
76 more sleep. Among the suggestions are setting a bedtime on school nights, being there to enforce it,  
77 and not letting the weekend hours drift so far out of line that they throw off the rest of the week.  
78 Part of the strategy also includes limiting or banning television on school nights, as well as telephone  
79 and Internet socializing.  
80 The intentions are noble, but perhaps not so easy to carry out, especially at 11:30 when the 15-year-old  
81 needs "just a few more minutes" to finish an English project or practice a solo for the next day's  
82 concert.

(Denise Grady, *New York Times*, 11-05-2002)

**A Comprehension (Contents: 17 points; Language: 14 points total)**

Answer the following questions in full sentences. Make sure you avoid quoting from the text.

1. Describe in your own words the behaviour of American teenagers (lines: 1-9).  
(content: 3 pts)

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2. How do the American teenagers' sleeping patterns affect their lives? (1 pt)

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3. One reason for teenagers' sleep deficit is that "the inner clock often clashes with the outer world" (l. 17-18). Explain. (2 pts)

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4. What are possible consequences of a sleep deficit? (3 pts)

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5. What effects do later high school starting times in Minnesota have? (3 pts)

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6. How has sleep research affected military training policy? (2 pts)

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7. Beyond the text: How does the situation of American teenagers compare to your own situation here in Switzerland? Elaborate. (3 pts)

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**B Paraphrase: Rewrite the underlined words without changing the meaning substantially. (12 points)**

1. A strapping teenager on the cusp of manhood (1) (1 point)  
.....
2. have a hard time paying attention (20/21) (2 pts)  
.....
3. Pictures that most people would enjoy... do nothing for tired teenagers (29) (1 pt)  
.....
4. They're flat in their response (29) (2 pts)  
.....
5. Lack of sleep may take its toll physically (35) (1 pt)  
.....
6. a prolonged sleep deficit can produce (38) (2 pts)  
.....
7. students are less likely to fall asleep (55) (1 pt)  
.....
8. attendance and graduation rates have gone up (57) (2 pts)  
.....

**C Give a synonym or an antonym or a phrase with the same meaning. (1 point each)**

1. interminably (6)	
2. shift (16)	
3. interfere with (20)	
4. focus (21)	
5. disgusting (31)	
6. associated with (34)	
7. diminish (38)	
8. elevated (43)	
9. magnifies (46)	
10. tardiness (57)	
11. drawbacks (57)	
12. alter (60)	
13. recommend (70)	
14. agree (72)	
15. expert (75)	

**D Word families: Put the missing words into the empty spaces.**  
**(15 points; ½ point reduction per mistake)**

ABSTRACT NOUN	ADJECTIVE (not -ed or -ing)	VERB
	different (4)	
		live (12)
reaction (13)		
	-----	conspire (14)
reasons (16)		
memory (22)		
stress (24)		
		enjoy (28)
	real (33)	
ability (38)		
		produce (38)
		suggest (40)
change (53)		
	asleep (55)	
activities (58)		
		add (67)
		recommend (70)
		socialize (79)

Name and class:.....

## Language Paper (67 points)

### A Transformations (10 points)

- 1) I don't like you knitting in the office. RATHER  
I'd .....
- 2) The cinema was almost empty. HARDLY  
There .....
- 3) "I haven't yet learned for our test tomorrow." BETTER  
Then you .....immediately.
- 4) A famous artist is painting her portrait. HAVING  
She .....a famous artist.
- 5) "Don't touch this cable," the electrician said to the boys.  
The electrician warned .....
- 6) Somebody saw you near the scene of the crime.  
You .....
- 7) If you don't book today you'll be too late.  
Unless.....
- 8) I haven't seen them for months.  
It's months .....
- 9) She always took someone with her when she visited the old man.  
She never .....
- 10) You really ought to know this vocabulary by now.  
It's high .....

### B Fill in the correct tense of the verbs in brackets (12 points; ½ point per gap)

1. Millions of Americans wake up (feel) ..... tired when the alarm (go off) ..... in the morning. 2. In Europe, too, countless people (try, manage) ..... regularly on six hours sleep or less, although it (prove - *passive*) ..... by recent tests that most adults (need) ..... about eight hours – teenagers at least nine! 3. A simple test to check that you (get) ..... the sleep you (need) ..... : 4. You don't need an alarm clock to wake you if you (have) ..... enough sleep.

5. People mistakenly believe that as long as they (allow) ..... themselves more time in bed at weekends, their bodies (compensate) ..... for the sleep they (lose) ..... during the week. 6. Everybody knows that people sometimes feel irritable simply because they (have) ..... too little sleep the night before. 7. More seriously, fatal road accidents can be caused by exhausted drivers – especially truck drivers – who (fall) ..... asleep while they (drive) ..... . 8. When questioned later by police, they often simply (not remember) ..... how it (happen) ..... 9. Another common problem is insomnia: many people find it difficult to sleep after they (have) ..... a very active or stressful day. 10. Some people even (hate) ..... the thought of going to bed because they (be) ..... so afraid that they (sleep) ..... badly. 11. Instead of sleeping pills, doctors recommend that people who (suffer) ..... regularly from insomnia should do something really relaxing before they (go) ..... to bed. 12. Why not have an early night tonight? You (feel) ..... fitter tomorrow if you (do) .....

**C Prepositions (6 points; ½ point per gap)**

- 1) Go and apologize ..... your teacher!
- 2) Her parents do not approve ..... her behaviour.
- 3) Few among us are indifferent ..... other people’s sorrow.
- 4) What are you referring .....?
- 5) Some of these articles are available ..... request.
- 6) Let’s go ..... a walk and make up our minds!
- 7) How much time does he devote ..... his hobbies?
- 8) An uncle of hers had also died ..... a heart attack.
- 9) I wonder why they insist ..... their demands.
- 10) Due ..... a strike, many trains were cancelled.
- 11) Some of the victims screamed ..... pain.
- 12) I didn’t know whether they were interested ..... politics or not.

**D Turn the following sentences into indirect speech. Complete the sentences (4 points)**

- 1) “I wouldn’t turn down the heating so low, Delia, because it’s still cold outside.”  
Peter advised .....

- 2) "What do you do for a living, Ben?"  
Mary asked .....
- 3) "Why don't we wait in this pub until the rain stops?"  
Susi suggested .....
- 4) Fred said: "Last night, I was reading and my wife was watching TV, when suddenly the phone rang and ..."  
He told .....

**E Conditional sentences (4 points)**

Combine or rearrange the following sentences to form a logically correct conditional sentence.

Example: Mary was late for school. Her teacher got angry.

*If Mary hadn't been late for school, her teacher wouldn't have got angry.*

- 1) He hadn't saved enough money. He couldn't buy that house.  
.....
- 2) Dan eats too many sweets. He's overweight.  
.....
- 3) Does Ivy work hard? Will she pass the test?  
.....
- 4) Sheila hates flying. She doesn't go to London with her friends.  
.....

**F Phrasals (5 points; 1/2 point each)**

*Rewrite the following sentences, replacing the underlined words by a phrasal verb from the box – in the appropriate form. Not all the phrasals in the box are to be used.*

put forward, run away with, call off, make up, take in, run into, get over, turn back, get away with, keep on, turn down, run out of, look after

- 1) We don't have any bread left.  
.....
- 2) Yesterday, I happened to see an old friend of mine.  
.....
- 3) I wonder what story they've invented this time.  
.....
- 4) My little sister often lies to our parents, but she is never punished.  
.....

- 5) Don't let your emotions become uncontrollable.  
.....
- 6) I'm afraid our business partner didn't accept our offer.  
.....
- 7) I don't think I'll ever recover from that shock.  
.....
- 8) The meeting had to be cancelled because the CEO had the flu.  
.....
- 9) Are you making progress with your Greek?  
How .....
- 10) None of us was deceived by his stories.  
.....

**G Translate the following sentences as precisely as possible (26 points; 2 points per sentence)**

- 1) Angebot und Nachfrage sind wichtig für den Weltmarkt.  
.....
- 2) Leider schauen unsere Gäste selten die Speisekarte an.  
.....
- 3) Die meisten Autofahrer nehmen gelegentlich Autostopper mit.  
.....
- 4) Sie sagte, sie habe es nicht aus einem bestimmten Grund getan.  
.....
- 5) Ich soll am Donnerstag in New York sein, weiss aber noch nicht, wie ich das schaffen könnte.  
.....  
.....
- 6) Da sind mehrere Frauen erwähnt, die ich nicht kenne.  
.....
- 7) Der König liess einige Gefangene töten.  
.....

8) Die britische Gesellschaft wird gewöhnlich in Ober-, Mittel- und Arbeiterschicht unterteilt.

.....  
.....

9) Du solltest nicht alles für selbstverständlich halten.

.....

10) Wir hoffen alle, dass sie das Bewusstsein nicht verliert.

.....

11) Sie kam mir sehr bekannt vor, aber ich konnte mich nicht erinnern, wer sie war.

.....

12) Unser Flug ist entweder verschoben oder gestrichen worden.

.....

13) Da sie es unterlassen hatte, einen Wohnwagen zu buchen, musste ihre Familie teuer im Hotel übernachten.

.....  
.....

## Essay (50 points)

Write a thoughtful and well-structured essay on ONE of the following topics.  
Good personal titles are welcome.

### 1) Sleep

“Sleep is something that always seems more important the morning after than the night before.” Discuss this proverb.

### 2) A World Language

It is sometimes said that many problems would disappear if the world spoke *one* language.

### 3) Literature

What impressed me about ... (Choose one of the literary texts you have read in English.)

### 4) Full brains

Draw inspiration from Gary Larson's cartoon.

Comprehension - Key (careful: in most cases, the students' answers are supposed to be paraphrases of these sample answers!)

1. Describe in your own words the behaviour of American teenagers.
  - tend not to get enough sleep
  - stay up late and get up early
  - binge sleep at the weekend
  - as a result of their sleeping habits, they are often tired
  
2. How do the American teenagers' sleeping patterns affect their lives?
  - negatively: chronic sleep deficit that can affect mood, behaviour, schoolwork and reaction time
  
3. One reason for teenagers' sleep deficit is that the "inner clock often clashes with the outer world". Explain.
  - teenagers tend not to be tired in the evening when they have the opportunity to go to bed, but they are the more so when they have to get up in the morning in order to pursue their daily schedules
  
4. What are possible consequences of a sleep deficit?
  - emotional: it can cause feelings of anger, stress, sadness, depression, increase in aggressive behaviour and violence
  - physical: it can disrupt the growth of hormones and diminish the body's ability to process glucose; it may also weaken the immune system
  - higher risk of car accidents
  
5. What effects do later high school starting times in Minnesota have?
  - there are many advantages (fitter, more attentive students, better behaviour, higher attendance and graduation rates, decrease in tardiness)
  - there are also disadvantages (less time for after-school activities and lower earning opportunities for students)
  
6. How has sleep research affected military training policy?
  - recruits are now allowed eight hours of sleep rather than seven;
  - instead of sleeping from 9 p.m. to 4 a.m. they can now sleep from 10 p.m. to 6 a.m.; so they can sleep when they are at their sleepest (4-6 a.m.)
  
7. Beyond the text: How does the situation of American teenagers compare to your own situation here in Switzerland? Explain.
  - the situation is pretty much the same since we have early starting times in schools, too ...

C Give a synonym (S) **or** an antonym (A) **or** a phrase with the same meaning (1 point each)

<b>example</b> <b>1 an awful lot</b>	<b>S: very much A: very little</b>
1. interminably (6)	S endlessly
2. shift (16)	S move, change
3. interfere with (20)	S create problems with
4. focus (21)	S concentrate
5. disgusting (31)	S awful A delicious
6. associated with (34)	S linked with
7. diminish (38)	S decrease A increase
8. elevated (43)	S higher
9. magnifies (46)	S makes bigger
10. tardiness (57)	S being late
11. drawbacks (57)	S disadvantages A advantages
12. alter (60)	S change
13. recommend (70)	S suggest
14. agree (72)	be of the same opinion
15. expert (75)	S specialist

**D Word families (15 points; ½ point reduction per mistake)**

Abstract noun	adjective ( <b>not</b> –ed or – ing)	verb
difference	<b>different (4)</b>	differ from
life	alive	<b>live (12)</b>
<b>reaction (13)</b>	reactive, reactionary	react
conspiracy	-----	<b>conspire (14)</b>
<b>reasons (16)</b>	reasonable	reason
<b>memory (22)</b>	memorable	memorise/memorize
<b>stress (24)</b>	stressful	stress
joy	joyful, enjoyable	<b>enjoy (28)</b>
reality	<b>real (33)</b>	realise / realize
<b>ability (38)</b>	able	enable
production	productive	<b>produce (38)</b>
suggestion	suggestive	<b>suggest (40)</b>
<b>change (53)</b>	changeable	change
sleep	<b>asleep (55)</b>	sleep
<b>activities (58)</b>	active	activate
addition	additional	<b>add (67)</b>
recommendation	recommendable	<b>recommend (70)</b>
society	social	<b>socialize (79)</b>

### A Transformations (12 points)

- 1) I'd rather you didn't knit in the office.
- 2) There were hardly any people / was hardly anybody in the cinema.
- 3) Then you'd better start learning immediately.
- 4) She's having her portrait painted by a famous artist.
- 5) ... the boys not to touch this cable.
- 6) You were seen near the scene of crime.
- 7) Unless you book today you'll be too late.
- 8) I normally have my car washed.
- 9) It's months since I last saw them.
- 10) I'd rather you delivered that cupboard on Tuesday.
- 11) She never visited the old man without taking someone with her.
- 12) It's high time you knew this vocabulary.

### B Tenses (12 points; ½ point each)

- 1) feeling – goes off
- 2) try to manage – has been proved – need
- 3) are getting – need
- 4) have had
- 5) allow – will compensate – have lost
- 6) have had
- 7) fall – are driving
- 8) do not / cannot remember - happened
- 9) have had
- 10) hate – are – will sleep
- 11) suffer – go
- 12) will feel – do

### C Prepositions (6 points; ½ point each)

- |       |        |          |
|-------|--------|----------|
| 1) to | 5) on  | 9) on    |
| 2) of | 6) for | 10) to   |
| 3) to | 7) to  | 11) with |
| 4) to | 8) of  | 12) in   |

### D Indirect speech (4 points)

- 1) Peter advised Delia not to turn the heating down so low, because it was still cold outside.
- 2) Mary asked Ben what he did for a living.
- 3) Susi suggested waiting in that pub until the rain stopped.
- 4) He told us / them / XY that the previous night he had been reading and his wife had been watching tv, when suddenly the phone rang and ...

### E Conditionals (4 points)

- 1) If he had saved enough money he could have bought that house.
- 2) If Dan ate fewer sweets he wouldn't be overweight.
- 3) If Ivy works hard she will pass the test / If Y worked hard she would pass the test.
- 4) If Sheila didn't hate flying she'd go to London with her friends.

## **F Phrasals (5 points)**

- |                           |                           |
|---------------------------|---------------------------|
| 1) have run out of        | 6) turned down            |
| 2) ran into               | 7) get over               |
| 3) made up                | 8) called off             |
| 4) gets away with it/that | 9) How are you getting on |
| 5) run away with you      | 10) taken in              |

## **G Translation (26 points; 2 points per sentence)**

- 1) Supply and demand are important for the global / world market.
- 2) Unfortunately, our guests rarely / seldom look at the menu. (I'm afraid ...)
- 3) Most motorists occasionally take along hitchhikers.
- 4) She said she hadn't done it for a(ny) particular reason.
- 5) I'm supposed to be in New York on Thursday, but I don't know yet how I could manage that.
- 6) Several women are mentioned there who(m) I don't know.
- 7) The king had some prisoners killed /executed.
- 8) British society is normally divided into upper, middle and working class.
- 9) You shouldn't take everything for granted.
- 10) We all hope that she doesn't lose consciousness.
- 11) She seemed to me very familiar, but I couldn't remember who she was.
- 12) Our flight has either been postponed / put off or cancelled.
- 13) Since / As she had failed to book a caravan, her family had to stay overnight at an expensive hotel / overnight expensively at a hotel.