OPTION B

“Seeking therapy for anger”

Mary knew she had a problem when she found herself screaming at her university professor. He had caught her
having an aggressive argument with a classmate and, after several complaints from other students, spoke to her
about it.

“All my life I’ve had a temper,” she admits. “I got into fights at school and university, and would lose control over
little things.” When the tutor said Mary would have to look for professional help or leave the course, she went to see
the university counsellor. It was a decisive moment for Mary, who had arrived in the UK at the age of 10 while trying
to recover from her sister’s death.

“It changed my life,” she says. “Suddenly I was speaking about things I had never talked about, such as how I
was bullied at school when I first came to the UK because I couldn’t speak English and how I had watched my sister
die months before. My mother sent me back to school that day. We never spoke about it again. Now, if I get angry, I
can talk about it.”

Many are not so fortunate. “We suspect that anger in our society is reaching dramatic levels, but there’s very little
help available,” says the director of the British Association of Anger Management. Last January, his associati
on, which operates several clinics across the UK, received an unprecedented number of reservations for its courses,
despite January traditionally being its quietest month. “This could mean more people are seeking for help; nowadays,
domestic violence is increasing—eight women on average are killed every month—and workplace stress is also
rising. Everybody knows that where there is stress, there is also anger,” he says.

I * COMPREHENSION (4 points: questions 1-3, 1 point each; 4-5, 0.5 points each)

ANSWER QUESTIONS 1-3 ACCORDING TO THE INFORMATION GIVEN IN THE TEXT. USE YOUR OWN
WORDS.

1. What was the first difficulty Mary had to face after moving to the UK?
2. How did therapy change Mary’s life?
3. Why are more and more people seeking therapy for anger?

ARE THESE STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWERS WITH THE PRECISE WORDS OR
PHRASES FROM THE TEXT, OR USE YOUR OWN WORDS.

4. She decided to look for therapy because she felt she had a serious problem.
5. There is a close connection between stress and anger.

II * USE OF ENGLISH (3 points; questions 6-9, 0.25 points each; 10-13, 0.5 points each)

7. GIVE ONE SYNONYM FOR fortunate (adjective) AS IT IS USED IN THE TEXT (line 12).
8. GIVE AN ADJECTIVE WITH THE SAME ROOT AS “help” (noun).
9. FILL IN THE GAP WITH THE CORRECT PREPOSITION: John has been married ______ his wife for 20
years. (of / on / at / to)
10. FILL IN THE GAP WITH A CORRECT FORM OF THE VERB IN BRACKETS: Mary’s tutor spoke to her after
several students ______ (complain) about her.
11. TURN THE FOLLOWING SENTENCE INTO THE ACTIVE VOICE: I was bullied at school when I first came to
the UK.
12. TURN THE FOLLOWING SENTENCE INTO REPORTED SPEECH: “All my life I’ve had a temper and I got
into fights at school and university,” Mary said.
13. GIVE A QUESTION FOR THE UNDERLINED WORD: Eight students on average are bullied a week.

III * PRODUCTION (3 points)

14. WRITE A COMPOSITION OF APPROXIMATELY 120 WORDS ABOUT THE TOPIC PROPOSED. YOU MUST
FOCUS STRICTLY ON IT:

Do you think school life is stressful? Explain.