


المادة : لغة إنكليزية الشهادة : الثانوية العامة فرعا : العلوم العامة وعلوم الحياة نموذج : رقم 2018/1 المدة : ساعتان ونصف	الهيئة الأكاديمية المشتركة قسم: اللغة الإنكليزية وآدابها	 المركز العربي للبحوث والتطوير
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نموذج مسابقة (براعي تعليق الدروس والتوصيف المعدل للعام الدراسي 2016-2017 وحتى صدور المناهج المطورة)

Part One: Reading Comprehension

(Score: 24/40)

Read the following selection about the life of adolescents and then answer the questions that follow.

The Time of Big Change

1 Adolescents can be a puzzle to many. Adolescence is a time in one's life when the brain develops quickly, and the body grows and matures faster than later in life. While adolescents are generally healthy, behavioral and mental health problems, including alcohol and drug misuse, violence and obesity may affect this age group. These health problems can lead to risky or impulsive actions that can limit an adolescent's opportunities later in life. Giving adolescents the chance to build knowledge and skills that promote positive emotional and social experiences allows these young people to avoid negative health outcomes and grow into more productive adults.

2 During adolescence, young people learn how to form safe and healthy relationships with different people such as parents, teachers and romantic partners. Both boys and girls often try on different identities and roles during this time to maintain their psycho-social development. Peers, in particular, play a big role in identity formation. The relationships with caring adults are also important for the adolescents' development. Often, the parent-adolescent relationship is the one relationship that tells how a young person handles other relationships.

3 Moreover, in the lives of adolescents, friendships play a vital role. A circle of caring and supportive friends can help adolescents' transition to adulthood. Parents, teachers and other adult role models can help young people learn how to make good friends. Still, forming and maintaining friendships during adolescence can be challenging. Peer pressure often affects young people and might lead them to make wrong decisions. Adults can set good examples, teach interpersonal skills and help adolescents nurture positive friendships. One important lesson is that friends can say "no" to each other but never break friendship.

4 Unfortunately, adolescents might sometimes develop unhealthy relationships and experience or exhibit bullying or violence. Bullying usually involves an imbalance of power, an intent to hurt and a repetition of this behavior. Many adolescents have experienced bullying, whether they bullied someone else, saw someone being bullied or were bullied by others. Adolescents who bully use their power to control or harm, and those being bullied sometimes feel powerless to defend themselves. Even though bullying is a serious problem, it can be prevented or stopped when those involved know how to address it.

5 Adolescents need to develop important mental health habits —including coping and good judgment— to help them achieve overall well-being and set the stage for positive mental health in adulthood. Although mood swings are common during adolescence, only one in ten adolescents has a diagnosable mental disorder such as depression and/or anxiety disorders. Friends and family

can watch for warning signs of mental disorders and urge young people to get help. Effective treatments exist and may involve a combination of psychotherapy and medication.

6 "Resilient" adolescents are those who have managed to cope effectively, even in the face of stress and other difficult circumstances, and are poised to enter adulthood with a good chance of positive mental health. A number of factors promote resilience in adolescents—among them are caring relationships with adults and an easy-going disposition. Adolescents themselves can use a number of strategies, including exercising regularly, to reduce stress and promote resilience.

7 Beside resilience, adolescence is a good time for children and youth to begin taking responsibility for their physical health—from what they eat to keeping fit. In addition to maintaining a healthy diet and being active each day, they should get a good night's sleep, receive dental checkups twice a year and have a physical checkup once a year. During this phase, adolescents with chronic conditions like asthma, depression, and ADD/ADHD can begin to learn how to manage these conditions.

8 Other than the first years of life, there is no other developmental period during which individuals grow more than during the years of adolescence. These years are the time to form positive habits that will improve adolescents' long-term health and well-being. Expanding knowledge of what reduces all kinds of risks among adolescents to attain positive youth development is as important as engaging a variety of partners and stakeholders who can positively affect the lives and health of teens now and in the future.

Questions:

A- Answer each of the following questions in 1- 3 complete sentences using your own words.

- 1- According to paragraph 1, how does building knowledge and skills help adolescents? **(Score:01)**
- 2- Based on paragraph 3, what is the disadvantage of adolescents having close friends and how should adults deal with it? **(Score:02)**
- 3- According to paragraph 5, does the author consider adolescents' mood swings a serious problem? Justify your answer. **(Score:02)**
- 4- How can you best describe the writer's tone in paragraph 2? **(Score:02)**

B- Refer to paragraphs 2, 5 and 6 to complete the table below with the purposes of adolescents' strategies. **(Score: 03)**

Strategies	Purposes
1- Developing mental health habits	1-
2- Trying different identities and roles	2-
3- Exercising regularly	3-

C-

- 1- What is the writer's purpose in writing this selection? Explain. **(Score: 02)**
- 2- What two types of audience might be interested in reading this selection? State the interest of each. **(Score: 02)**
- 3- How does the writer achieve coherence between paragraphs 6 and 7? Explain. **(Score: 02)**

- D-** The reading selection has eight paragraphs (1→8). Each of the following extracts (A and B) is the correct part that completes ONE paragraph in the selection .Read extracts A and B carefully and then choose from paragraphs (1→8) the one that correctly fits with each extract.
(Score: 02)

Extract A- *Schools and communities are also recognizing the importance of resilience and general “emotional intelligence” in adolescents’ lives. A growing number of courses and community programs focus on adolescents’ social-emotional learning and coping skills.*

Extract B- *Many schools and communities have anti-bullying initiatives in place; new resources are being developed by the government and other institutions to help adolescents, parents and others understand bullying and cyber bullying.*

- E-** Based on the selection, what does each of the following underlined words refer to?
(Score: 02)

- 1- those (Paragraph 4)
- 2- them (Paragraph 6)
- 3- they (Paragraph 7)
- 4- These years (Paragraph 8)

- F-** Find in the indicated paragraphs words that most nearly have the following meanings.

- G- (Score: 04)**

- 1- keeping up without changing (Paragraph 3)
- 2- deal with; manage (Paragraph 4)
- 3- encourage; push (Paragraph 5)
- 4- happening frequently (Paragraph 7)

Part Two: Writing

(Score: 16/40)

Choose ONE of the following prompts:

Prompt (A): Read the following statement from an article about the behavior of adolescents.

Psycho-social problems, especially in behavior, are more common during adolescence than in any other period during lifetime. In particular, depression, anxiety and eating disorders are common during adolescence. When such problems become severe, they affect the adolescent's personal and social life.

Write an essay in which you explain the above statement. As you develop your essay, refer to the causes of psycho-social problems that adolescents might experience and the negative effects of such problems on their personal and social lives.


In your essay, provide a thesis statement in the introduction, a topic sentence in each body paragraph and support the main idea with relevant, specific and adequate details. Give examples drawn from your reading, experience or observation. Your essay should be between 250-300 words with an appropriate title. Revise and proofread your essay.

Prompt (B): Read the following statement about the relationship between adolescents and their parents.

Beside parents' support, adolescents need some freedom. Giving them independence and freedom is a chance to understand responsibility and prove themselves because their development depends on what they do, rather than what is done to them

Write an argumentative essay in which you argue *for* or *against* the above statement. As you develop your essay, support your position by drawing on logical reasoning and experience. In your supporting paragraphs provide relevant, specific, and adequate evidence and examples from your reading, experience or observation. Your essay should be between 250-300 words with an appropriate title. Revise and proofread your essay.

Your essay will be evaluated based on content and organization of ideas (Score: 07), language and style (Score: 07), tidiness and legible handwriting (Score: 02).

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أسس التصحيح (تراعي تعليق الدروس والتوصيف المعدل للعام الدراسي 2016-2017 وحتى صدور المناهج المطورة)

A-

- 1- Building knowledge and skills protects adolescents from health problems and helps them become adults more productive.
- 2- The disadvantage of having close friends is that adolescents might be influenced by peer pressure and might make wrong decisions. Adults can be good examples, teach adolescents interpersonal skills and help them build healthy friendships.
- 3- The writer does not consider mood swings a serious problem because these mood swings are common and rarely develop into mental disorders. Even mental disorders can be treated effectively.
- 4- The writer's tone is neutral. The writer explains how building healthy relationships with peers and adults plays a role in the psycho-social development of adolescents.

B-

Strategies	Purposes
1- Developing mental health habits	1- Achieving overall well-being and preparing for positive mental health in adulthood
2- Trying different identities and roles	2- Maintaining psycho-social development
3- Exercising regularly	3- Reducing stress and promoting resilience

C-

- 1- The writer's purpose is to explain the importance of adolescence as a period of social, mental, physical and emotional growth of young people.
- 2- Audience like parents might be interested in reading this selection to understand the behavioral and mental changes of their adolescent kids and to know how to deal with them more effectively. Psychologists might also be interested in order to learn about the problems adolescents face and help them solve such problems.
- 3- In paragraph 6, the writer explains resilience of adolescents. Then in paragraph 7, the writer uses the phrase "beside resilience" to add the idea of adolescents' physical health.

D- Extract A is the correct part that completes paragraph 6.

Extract B is the correct part that completes paragraph 4.

E-

- 1- "those" in paragraph 4 refers to adolescents.
- 2- "them" in paragraph 6 refers to factors.
- 3- "they" in paragraph 7 refers to children and youth.
- 4- "These years" in paragraph 8 refers to years of adolescence.

F-

- 1- "keeping up without changing" means maintaining.
- 2- "deal with or manage" means address.
- 3- "encourage or push" means urge.
- 4- "happening frequently" means chronic.