

**Chittagong Independent University**  
**School of Liberal Arts and Social Sciences**  
**Department of English**  
**BA (Hons.) in English**  
**Admission Test, Spring 2023**

**Full Marks: 50**

**Time: 1.5 Hours**

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**PART A**

**Read the following passage carefully and choose the right answers to questions 1-3: 3x2**

**The Effects of Stress**

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

1. Which of the following is not a common problem caused by stress?
  - a. physical problems
  - b. anecdotal problems
  - c. mental problems
  - d. emotional problems
  
2. According to the essay, which of the following parts of the body does not have physical problems caused by stress?
  - a. the arms
  - b. the stomach
  - c. the lungs
  - d. the heart
  
3. Choose the best answer to explain how alcoholism is caused by stress.
  - a. alcohol is used to relieve stress
  - b. alcohol is popular
  - c. alcohol is a chemical
  - d. alcohol is similar to medicine

## PART B

**Complete the sentences (4-6) with appropriate adverbs of frequency:**

**3x2**

4. They swim only once a year. They \_\_\_\_\_ swim.
  - a. often
  - b. sometimes
  - c. usually
  - d. hardly
  
5. She studies hard, so she \_\_\_\_\_ gets a good grade.
  - a. hardly

- b. rarely
- c. seldom
- d. always

6. He often \_\_\_\_\_ magazines in his spare time.

- a. reads
- b. reading
- c. read
- d. are reading.

**Complete the sentences (7-9) with appropriate prepositions:**

**3x2**

7. Nafeesa is afraid\_\_\_\_\_ spiders.

- a. from
- b. in
- c. about
- d. of

8. He looks upset. I think he took the criticism\_\_\_\_\_ heart.

- a. to
- b. about
- c. in
- d. of

9. He confided\_\_\_\_\_ me.

- a. about
- b. in
- c. on
- d. of

**Complete the following sentences with the right form of verbs (10-12):**

**3x2**

10. I was very grateful that he \_\_\_\_\_ my computer so promptly.

- a. repairs
- b. will be repairing

- c. will repair
- d. repaired

11. Last night while sleeping, I \_\_\_\_\_ a beautiful dream that my dog had given birth to puppies.

- a. would have
- b. had
- c. am having
- d. has

12. If your path is being blocked, I \_\_\_\_\_ my vehicle out of your way.

- a. have moved
- b. moving
- c. will move
- d. moved

**Choose the correct meaning of the following phrases and idioms (13-15):**

**3x2**

13. Making a fresh start-

- a. Improvising the old thought
- b. Grabbing the eyeballs
- c. Starting something in a new and different way
- d. Giving a jumpstart

14. Put up with-

- a. to hang something
- b. to tolerate
- c. to pull
- d. to separate

15. To be all ears-

- a. to listen attentively
- b. to hold ears
- c. to be deaf
- d. to not listen

### **PART C**

- 16. Write a composition on any one of the following topics (at least 120 words):** **20**
- a. The Reason Why I Support My Favourite Team in the FIFA World Cup 2022
  - b. My Future Plan

