

Albion 2017

Powiatowy Konkurs Języka Angielskiego

Gimnazjum, półfinał



wynik _____ / 35

imię _____

nazwisko _____

klasa _____

szkoła _____

Listening (10 points)

Misconceptions about temperature.

Fill in the gaps in these sentences about the video.

1. The people in the video have to compare the temperature of a _____ and a _____.
2. At first they all say the hard drive is _____ than the book.
3. The temperature of the book is _____.
4. The two blocks he gives the people are made of _____ and _____.
5. The _____ on the aluminium block melts a lot faster.
6. The rate at which heat is transferred from one object to another is called _____.
7. When you touch something, you don't actually feel its _____. You feel the _____ at which heat is conducted.

Reading (10 points)

Don't Eat that Marshmallow: The Importance of Self-Control

By Jane on November 21, 2012 in Lifestyle, Study Techniques

We are faced with more temptations than ever before. Don't want to do an assignment? Then log onto Facebook, check your email or watch some YouTube videos.

Yet research scholars claim that the ability to persevere with a task in the face of temptations (i.e. self-control) is potentially our number 1 success strategy. And we know this because of the trusty marshmallow.

You see, back in the sixties researcher Walter Michael conducted the famous marshmallow experiment at Stanford University. He put 4-year-old children in a room by themselves, placed a marshmallow in front of each in turn, and gave them a simple choice - "You can have the marshmallow now or you can wait 15 minutes and get 2 marshmallows". He then left the room and observed each child's behaviour. 10 years later, Walter Michael surveyed the same students to see how they were doing in life.

Interestingly, the children who had resisted eating the marshmallow had better school grades and greater social success than the children who ate their marshmallow straight away. They could also manage their stress levels more effectively and were less likely to have problems with their weight. For a modern summary of this research, check out the TED talk by Joachim de Posada .

So why were the students who had resisted eating the marshmallow better off? Well, they were more likely to go to their classes, get on with doing their school work, resist eating unhealthy foods, etc. The simple reason being that they had better self-control (or will-power).

The good news is that it doesn't matter if you would have gobbled down the marshmallow straight away at the age of 4. Why? Because self-control is like a muscle: it can be strengthened with the right activities and lifestyle. It may feel uncomfortable or difficult initially, but the more you persevere the easier it gets.

Answer these questions.

1. According to the article, what can we do if we want to avoid our responsibilities?

2. According to the article, what is the key to success?

3. When was the marshmallow experiment first conducted?

4. How was it conducted?

5. How did the children who waited for the second marshmallow do later in life?

6. Find a synonym for "self-control" in the text.

7. Were the experiment's findings actually right? Why? Why not? Does it really matter if a 4-year-old is able to resist eating the marshmallow?
