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FINAL EXAMINATION

COURSE NAME : ENGLISH 2
COURSE CODE : ENL 1022
EXAMINATION : OCTOBER 2017
DURATION : 2 HOURS

INSTRUCTION TO CANDIDATES

1. This examination paper consists of **THREE (3)** :
PART A (10 Marks)
PART B (20 Marks)
PART C (50 Marks)
2. Candidates are not allowed to bring any material to examination room except with the permission from the invigilator.
3. Please check to make sure that this examination pack consist of:
 - i. Question Paper
 - ii. Answer Booklet

DO NOT TURN THIS PAGE UNTIL YOU ARE TOLD TO DO SO

THIS EXAMINATION PAPER CONSISTS OF 8 PRINTED PAGES INCLUDING FRONT PAGE

PART A

This part contains **TEN (10)** questions

Answer **ALL** of the questions below in the Answer booklet provided

Read the text given below and then answer the questions that follow.

What Insomnia Can Do to Your Mind and Body

- 1 One of the most common health problems of modernity is insomnia—or, how it is also often called, sleep deprivation. Its prevalence is caused by the fact that it, firstly, accompanies a large number of mental conditions (starting from regular anxiety and/or frustration, and ending up with depression, obsessive-compulsive disorder, and so on), and secondly, by a number of environmental factors, such as noise pollution. Regardless of the reasons causing it, insomnia is a dangerous condition, being a cause of a wide range of health problems, both mental and physical. 5

- 2 Insomnia greatly affects our cognitive and perceptual abilities in a negative way. Matthew Walker, director of the Sleep and Neuroimaging Laboratory at the University of California, Berkeley, conducted research revealing insomnia's influence on amygdala—the part of brain responsible for getting the body prepared for danger. The study revealed that the lack or absence of sleep greatly inhibits the amygdala's functionality, as well obstructs logical reasoning and basic reflexes, such as the "fight or flight" reflex, memory capacity, and speech capabilities. This is not to mention irritability, worsened concentration, and the danger to fall asleep while driving (News Week). 10
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- 3 Widely known are also some other psychological effects of continuous sleep deprivation, such as the loss of concentration, deceptions of perception, thinking integrity violation, hallucinations, and irreversible psychological and neurological damage. Insomnia

affects not only the mind, but also the body in ways no less 25
devastating; specifically, according to a study conducted by the
University of Chicago, sleep deprivation is closely connected to the
reduced control of blood-sugar levels. This means the lack of sleep
can cause the increased risks of diabetes; and the absence of sleep
possesses even greater destructive potential. "Chronic sleep 30
restriction over days and weeks and months is what alters glucose
metabolism, nudging it toward the pre-diabetic end of the spectrum.
And sleep loss leads to an increased inflammatory response, which
damages the arteries in the brain, heart, and kidneys over time,"
explains Dr. Gregory Belenky, M.D., research professor and director 35
of the Sleep and Performance Research Center at Washington State
University in Spokane (Health Communities).

4 Apart from diabetes, insomnia can lead to a number of heart
and vascular problems. According to research conducted at Columbia
University in New York, regularly experiencing a severe lack of sleep 40
can double the risks of developing hypertension within a mid-term
period (of about 10 years). "When you sleep, your blood pressure and
heart rate normally dip by about 10 to 20 percent if you habitually
sleep less than the optimal amount, blood pressure and heart rate
actually increases over 24 hours, which puts additional strain on the 45
cardiovascular system. Over time, this can gradually reset the entire
cardiovascular system so that it operates at an elevated pressure all
the time," says assistant professor of psychiatry at Columbia James
Gangwisch, Ph.D. (Health Communities).

5 A surprising effect of sleep deprivation is obesity. Although it 50
might seem that these two phenomena are not connected, in fact
there is a relationship between them. According to a 13-year study
observing about 500 adults, there was a 7.5 higher risk for people in
the age of 27-30 years to develop a higher body mass index due to

the lack of sleep (NCBI). 55

6 Insomnia (of any subtype) can also lead to early death. The highest risk of early death was observed among individuals with the chronic early-awakening type of insomnia, as well as among those who experienced difficulties with sleep maintenance (meaning these people had problems with the continuity and integrity of sleep, as well as with getting back to sleep once awoken). According to the research involving almost 2.5 thousand people surveyed in 1989, 1994, and 2000, throughout 19 years, about 128 people with insomnia had died earlier than they should because of it (and health problems related to it) by May 2010 (Mercola.com). 60
65

7 As it can be seen, insomnia, or sleep deprivation, is a dangerous condition leading to a wide range of health problems. For instance, prolonged periods of sleep deprivation obstructs cognitive and perceptual functions. It also increases the chances of developing diabetes, cardio-vascular problems, and in general, can lead to early death. Therefore, if one faces such a problem as insomnia, he or she should do their best to solve it as quickly as possible 70

Answer ALL questions in the Answer Booklet provided.

Complete the table below based on the text above.

Definition	Insomnia? 1) _____ _____
The effects of insomnia	2) _____ 3) _____ 4) _____ 5) _____
Supporting Detail of Body Paragraph 1	6) _____ _____
Supporting Detail of Body Paragraph 2	7) _____ _____
Supporting Detail of Body Paragraph 3	8) _____ _____
Supporting Detail of Body Paragraph 4	9) _____ _____
Recommendation/ feedback/comment/suggestion	10) _____

[10 MARKS]

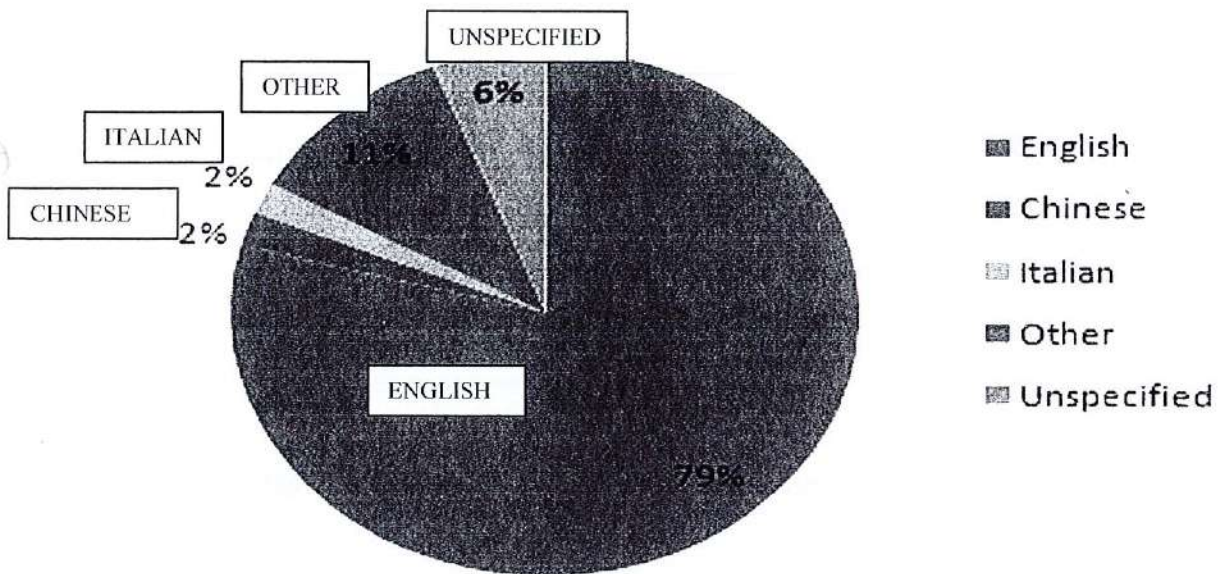
PART B

This part contains **SIX (6)** questions.

Answer ALL questions in the Answer Booklet provided.

Study the chart below. Answer ALL questions by using only information given.

Language Composition of Australia



1. What is the least language used in Australia?

(2 Marks)

2. What is the total percentage of the languages English and Italian combined?

(2 Marks)

3. Describe the general trend from English, unspecified, other and Italian?

(2 Marks)

4. Describe the general trend from Italian to Chinese?

(2 Marks)

5. What is the second most common language used in Australia?

(2 Marks)

6. State **TWO (2)** reasons why English language is the highest language composition among other languages in Australia?

(4 Marks)

7. Suggest **THREE (3)** recommendations how to improve English speaking among the teenagers?

(6 Marks)

[20 MARKS]

PART C

This part contains **TWO (2)** questions.

Answer ALL of the questions in the Answer Booklet.

1. Choose **ONE (1)** of two topics given and write an outline based on the topic chosen.

(a) In the emergence of Facebook, the way people communicate with each other changed forever. A social network allowing users to share the events of their lives through posting photos and status updates, to monitor the lives of their friends, and to communicate directly via a built-in messenger has revolutionized Internet communication, causing millions of people all over the world to share all kinds of information about themselves. Therefore, what are the effects of social media towards the communication skills among the teenagers?

OR

(b) Throughout the recent decades, psychology has become extremely popular in western countries. Starting from all kinds of coaching programs, personality trainings, and professional psychotherapy sessions, psychology is constantly being at the center of public attention. Terms like "subconsciousness," "psychological resistance," "self-esteem," calls to "love yourself" and "accept your uniqueness" sound from almost everywhere. People talk about how important it is to increase self-esteem and accept oneself—but no one says how exactly this can be done, or what may become an obstacle. Therefore, what are the causes of low-esteem among the youth?

(15 Marks)

2. Based on the outline that you have written, write an essay consist of 300-350 words.

(35 Marks)

[50 MARKS]

END OF QUESTION PAPER

