



**FINAL EXAMINATION / PEPERIKSAAN AKHIR
SEMESTER 1 – SESSION 2017/ 2018
PROGRAM KERJASAMA**

COURSE CODE : ULAB1032
KOD KURSUS

COURSE NAME : INTRODUCTORY ACADEMIC ENGLISH
NAMA KURSUS

YEAR / PROGRAMME : 1ST YEAR – ALL PROGRAMME / SATU – SEMUA PROGRAM
TAHUN / PROGRAM

DURATION : 2 HOURS / 2 JAM
TEMPOH

DATE : OCTOBER / NOVEMBER 2017
TARIKH

INSTRUCTION/ARAHAN :

1. Answer **ALL** questions in the spaces provided in this question booklet.
(Jawab **SEMUA** soalan di ruang yang disediakan di dalam buku soalan ini)
2. Candidates are required to follow all instructions given by the examination invigilators.
(Calon dikehendaki mematuhi semua arahan daripada pengawas peperiksaan)

(You are required to write your name and your lecturer's name on your question booklet)
(Pelajar dikehendaki menuliskan nama dan nama pensyarah pada buku soalan)

NAME / NAMA	:
I.C NO. / NO. K/PENGENALAN	:
YEAR / COURSE TAHUN / KURSUS	:
NAME OF COLLEGE NAMA KOLEJ	:
NAME OF LECTURER NAMA PENSYARAH	:

This examination paper consists of 14 pages including the cover
Kertas soalan ini mengandungi 14 muka surat termasuk kulit hadapan



PUSAT PROGRAM KERJASAMA

**PETIKAN DARIPADA PERATURAN AKADEMIK
ARAHAN AM - PENYELEWENGAN AKADEMIK**

1. SALAH LAKU SEMASA PEPERIKSAAN

1.1 Pelajar tidak boleh melakukan mana-mana salah laku peperiksaan seperti berikut :-

- 1.1.1 memberi dan/atau menerima dan/atau memiliki sebarang maklumat dalam bentuk elektronik, bercetak atau apa jua bentuk lain yang tidak dibenarkan semasa berlangsungnya peperiksaan sama ada di dalam atau di luar Dewan Peperiksaan melainkan dengan kebenaran Ketua Pengawas; atau
- 1.1.2 menggunakan maklumat yang diperolehi seperti di atas bagi tujuan menjawab soalan peperiksaan; atau
- 1.1.3 menipu atau cuba untuk menipu atau berkelakuan mengikut cara yang boleh ditafsirkan sebagai menipu semasa berlangsungnya peperiksaan; atau
- 1.1.4 lain-lain salah laku yang ditetapkan oleh Universiti (seperti membuat bising, mengganggu pelajar lain, mengganggu Pengawas menjalankan tugasnya).

2. HUKUMAN SALAH LAKU PEPERIKSAAN

2.1 Sekiranya pelajar didapati telah melakukan pelanggaran mana-mana peraturan peperiksaan ini, setelah diperakukan oleh Jawatankuasa Peperiksaan Fakulti dan disabitkan kesalahannya, Senat boleh mengambil tindakan dari mana-mana satu yang berikut :-

- 2.1.1 memberi markah SIFAR (0) bagi keseluruhan keputusan peperiksaan kursus yang berkenaan (termasuk kerja kursus); atau
- 2.1.2 memberi markah SIFAR (0) bagi semua kursus yang didaftarkan pada semester tersebut.

2.2 Jawatankuasa Akademik Fakulti boleh mencadangkan untuk diambil tindakan tatatertib mengikut peruntukan Akta Universiti dan Kolej Universiti, 1971, Kaedah-kaedah Universiti Teknologi Malaysia (Tatatertib Pelajar-pelajar), 1999 bergantung kepada tahap kesalahan yang dilakukan oleh pelajar.

2.3 Pelajar yang didapati melakukan kesalahan kali kedua akan diambil tindakan seperti di perkara 2.1.2 dan dicadang untuk diambil tindakan tatatertib mengikut peruntukan Akta Universiti dan Kolej Universiti, 1971, Kaedah-kaedah Universiti Teknologi Malaysia (Tatatertib Pelajar-pelajar), 1999.

SECTION A: READING COMPREHENSION (50 marks)

Text I (35 marks)

Read the text carefully and answer all the questions that follow.

- I It is natural to feel self-conscious, nervous or shy in front of others at times; most people manage to get through these moments when they need to. But for some, the anxiety that goes with feeling shy or self-conscious can be extreme. When people feel very self-conscious and anxious to the extent that these feelings prevent them from speaking up or socialising, these feelings are probably more than shyness. This situation may be an anxiety condition called social phobia. This article discusses social phobia, the causes, the development and treatment.
- II Social phobia, also known as social anxiety, is a type of anxiety problem when extreme feelings of shyness and self-consciousness build into a powerful fear. As a result, a person **feels out of place** participating in everyday social situations. Interestingly, people with social phobia can usually interact easily with family and a few close friends. On the other hand, meeting new people, talking in a group or speaking in public can cause their extreme shyness and anxiety to kick in. Therefore, instead of enjoying the social activities they are in, these people with social phobia might dread getting involved in the activities such that they avoid them altogether.
- III Social phobia is a fear reaction to something that is not actually dangerous although the body and mind react as if the danger is real. This means that someone feels physical sensations of fear, like a faster heartbeat and breathing. As the body experiences these physical sensations, the mind goes through emotions like feeling afraid or nervous. These are part of the body's fight-flight response. This is caused by a rush of adrenaline and other chemicals that prepare the body to either fight or make a quick getaway. For these people, this response gets activated too frequently and too strongly. This biological mechanism starts to kick when they feel afraid and when they feel that they are in real danger. So their body immediately freezes up that hinders their ability to interact with the people around them. People with social anxiety tend to interpret these sensations and emotions to avoid the social situation or event.
- IV Social phobia can develop in any person. Most of the time, it starts at young age. Like many other anxiety-based problems, social phobia in children develops because of a

combination of three factors. The first factor is a person's biological makeup. Social phobia could be partly due to the genes and temperament a person inherits. Inherited genetic traits from parents and other relatives can influence how the brain senses and regulates anxiety, shyness, nervousness and stress reactions. Secondly, children may develop social phobias based on behaviors learned from role models especially their parents. For example, if parents or others react by overprotecting a child who is shy, the child will not have a chance to get used to new situations and new people. Over time, shyness can build into social phobia. This shows that a person's naturally shy temperament can be influenced by what he or she learns from immediate family members. Thirdly, through life events and experiences, people born with a cautious nature may have stressful experiences that can make them even more cautious and shy. In this situation, the pressure that they feel to interact in ways they do not feel ready for, being criticised or humiliated, or having other fears and worries can make it more likely for these children to develop social anxiety.

- V The development of social phobia among children is uniquely different from adults in that some children experience inability to speak in some situations but are able to speak comfortably in other situations. Place or setting and people can evoke anxiety feeling among these children. Some kids and teens are extremely shy and fearful when they are surrounded with people who they are not comfortable with. In other situations, they experience anxiety when they are in places or settings that make them feel insecure and tense such as in school, dance class or grocery store. Interestingly, these same children may speak openly in other situations. This form of social phobia is called selective mutism. Some people might be mistaken by their silence for a stuck-up attitude or rudeness. However, the silence that stems from this type of social phobia among children is caused by uncomfortable feeling with the people or places they are in and not from being uncooperative, disrespectful or rude.
- VI Generally, most people with social phobia experience overwhelming thoughts and fears in their mind about what others think of them. Instead of the good things, the person starts to focus on embarrassing things that could happen to him. This can potentially affect his life, in that he will feel lonely or disappointed over missed opportunities for friendship and fun. For school children, they will not get the most out of school as they will also miss a chance to make everyday mistakes that prevent them from sharing their talents and learning new skills.

- VII People with social phobia can learn to manage fear, develop confidence and coping skills and stop avoiding things that make them anxious. Overcoming social phobia means mustering the courage to gradually go beyond what is comfortable. This can be done by getting the support and guide from the therapists. Therapists can help people recognise the physical sensations caused by fight-flight and teach them to interpret these sensations more accurately. They can help the patients create a plan to face social fears one-by-one and help them build the skills and confidence to face fears including practising new behaviors. Sometimes, medications that reduce anxiety are used as part of the treatment. Next, family or friends are especially important in providing the right support for them to gather the courage to go outside their comfort zone and try something new.
- VIII Dealing with social phobia takes patience, courage to face fears and willingness to practise new things. In addition, it takes a commitment to go forward rather than back away when feeling shy. **All you have to do is let go of the rope.** As shyness and fears begin to melt, confidence and positive feelings are built that help the person think less about what might feel uncomfortable and more about what might be fun.

Adapted from *Social Phobia* (n.d). Retrieved 16/6/17, from [kidshealth.org](http://kidshealth.org/en/teens/social-phobia.html?WT.ac=t-ra#) website, <http://kidshealth.org/en/teens/social-phobia.html?WT.ac=t-ra#>

- A I Match the main ideas with the corresponding paragraphs. Write the paragraph number in the spaces provided.

Main Idea	Paragraph
How negative thoughts affect the life of the social phobic	
What social phobia is	
Physical response to social phobia	
Ways of dealing with social phobia	
Aspects that contribute to the development of social phobia	
A form of social phobia exclusive to children	

(6 x 1m = 6marks)

A II Answer the following questions based on the reading text.

1. What is the thesis statement of the text?

(1 mark)

2. What is the negative perception that people with social phobia have which prompted them to typically back away from social situations or events?

(1 mark)

3. In paragraph II, what does the phrase **feels out of place** refer to?

(2 marks)

4. What is the fight-flight response?

(1 mark)

5. List three elements that contribute to social phobia.

- i) _____
- ii) _____
- iii) _____

(3 x 1m = 3 marks)

6. In what way is selective mutism misinterpreted?

(2 marks)

7. List two effects of social phobia on one's life.

- i) _____
ii) _____

(2 x 1m = 2 marks)

8. How could people with social phobia overcome their anxiety?

- i) _____
ii) _____
iii) _____

(3 x 1m = 3 marks)

9. **All you have to do is let go of the rope** (Paragraph VIII). What can be inferred from this statement?

(2 marks)

A III State whether each of the following statements is TRUE (T) or FALSE (F).

1. When someone feels anxious and very shy to meet people, he or she may experience social phobia. []
2. People with social anxiety will avoid all social situations. []
3. Genetics is likely to be one of the causes of social phobia. []
4. Over protective parents could help a child overcome social phobia. []
5. People with selective mutism are silent with strangers at certain places. []

6. Social phobia is a treatable condition. []
7. Therapists play the main role in helping those with social phobia. []

(7 x 1m = 7 marks)

A IV Circle the correct option that explains the meaning of each underlined word in the following sentences.

1. But for some, the anxiety that goes with feeling shy or self-conscious can be extreme.
A. worry
B. unease
2. Interestingly, people with social phobia can usually interact easily with family and a few close friends.
A. cooperate
B. communicate
3. This is caused by a rush of adrenaline and other chemicals that prepare the body to either fight or make a quick getaway.
A. escape
B. vacation
4. The first factor is a person's biological makeup.
A. complexion
B. composition
5. People with social phobia can learn to manage fear, develop confidence and coping skills and stop avoiding things that make them anxious.
A. control
B. manipulate

(5 x 1m = 5 marks)

Text II (15 marks)

Read the text carefully and answer all the questions that follow.

- I Held once in every two years, the Southeast Asian Games, also known as the SEA Games, is a multi-sport event involving participants from the current 11 countries of Southeast Asia. It was formerly known as the SEAP (South East Asian Peninsular) Games, and the inaugural event was first held in 1959. The countries which took part were Thailand, Burma, Malaysia, Singapore, South Vietnam and Laos with just 12 sports being competed. Meanwhile, the ASEAN Para Games will be held immediately after each SEA Games in tandem with the practices of the Olympic Games and Asean Games.
- II In 2013, this **biennial** multi-sport event was held in Myanmar which featured 460 events in 34 sports while Singapore was awarded the rights to host the SEA Games in 2015 with 402 events in 36 sports. For both events 11 countries of South East Asia have participated successfully. The final result of medal tally for both years can be seen in Table 1.
- III Based on the recently-introduced system of rotation, the next host of the SEA Games in 2017 should have been Brunei with Malaysia scheduled for 2019. However, Brunei stated recently that they are not ready to host as yet for the next several editions. It is because of this request that the South East Asian Games Federation (SEAGF) made an offer to Malaysia on 14 July 2012 to be the host in 2017 to which Malaysia agreed without protest. After 16 years, Malaysia will once again play host to the biggest multi-sports event in Southeast Asia, equaling Thailand's record for hosting a total of six SEA Games.

Adapted from South East Asean Games, retrieved on 18 July 2017 from www.ocasia.org

Table 1: Final Medal Tally for SEA Games 2013 and 2015

COUNTRY	GOLD		SILVER		BRONZE		TOTAL	
	2013	2015	2013	2015	2013	2015	2013	2015
Thailand	107	95	94	83	82	69	283	247
Myanmar	86	12	62	26	84	31	232	69
Vietnam	73	73	86	53	86	60	245	186
Indonesia	65	47	84	61	111	74	260	182
Malaysia	43	62	38	58	77	66	158	186
Singapore	34	84	29	73	45	102	108	259
The Philippines	29	28	34	36	38	66	101	130
Laos	13	0	17	4	49	25	79	29
Cambodia	8	1	11	5	28	9	47	15
Timor Leste	2	0	3	1	5	1	10	2
Brunei	1	0	1	1	6	6	8	7
Total	461	402	459	401	611	509	1531	1313

Adapted from <https://www.google.com/search?q=final+medal+tally+sea+games+2015>,
<https://www.google.com/search?q=final+medal+tally+sea+games+2013&source>, retrieved on 18 July 2017

1. Which country did not participate in the first South East Asian Peninsular Games?

- I Burma
- II Indonesia
- III South Vietnam
- IV The Philippines

- A. I and II
- B. I and IV
- C. II and IV
- D. I, II, III and IV

(2 marks)

2. What does the word **biennial** (in paragraph II) refer to?

(1 mark)

3. How did Malaysia become host for the 2017 SEA Games?

(2 marks)

4. Why were the medals offered in the 2015 SEA Games fewer than those offered in 2013?

(2 marks)

5. In Table 1, which country collected the same number of gold medals in 2013 and 2015 SEA Games?

- A. Brunei
- B. Vietnam
- C. Singapore
- D. The Philippines

(1 mark)

6. In Table 1, which country won the highest number of bronze medals in SEA Games 2013?

- A. Vietnam
- B. Thailand
- C. Indonesia
- D. Singapore

(1 mark)

7. Referring to Table 1, all countries showed a decrease in the number of silver medals won in 2013 and 2015 SEA Games EXCEPT FOR

- I. Myanmar
- II. Malaysia
- III. Singapore
- IV. The Philippines

- A. I, II and III
- B. I, II and IV
- C. II, III and IV
- D. I, II, III and IV

(2 marks)

8. In Table 1, which of the following countries showed an increase in the total number of medals won between 2013 and 2015 SEA Games?

- I Thailand
- II Malaysia
- III Singapore
- IV The Philippines

- A. I, II and III
- B. I, II and IV
- C. I, III and IV
- D. II, III and IV

(2 marks)

9. Referring to Table 1, which of the following statements is NOT TRUE?

- A. Myanmar performed poorly compared to Singapore in 2015
- B. Singapore collected more gold medals in 2015 SEA Games
- C. Vietnam won the same number of gold medals in 2013 and 2015.
- D. Brunei is at a better ranking compared to Timor Leste for both years

(2 marks)

SECTION B: WRITING (10 marks)

Situation: Social media is computer-mediated technologies that facilitate the creation and sharing of information, ideas, career interests and other forms of expression via virtual communities and networks. The use of social media also changes the way individuals and large organisations communicate. According to a survey conducted by Burst Media in March 2015, a majority of American adults have at least one social media account for personal use.

Task: Study the graph below and write the introduction, analysis and conclusion under the headings given.

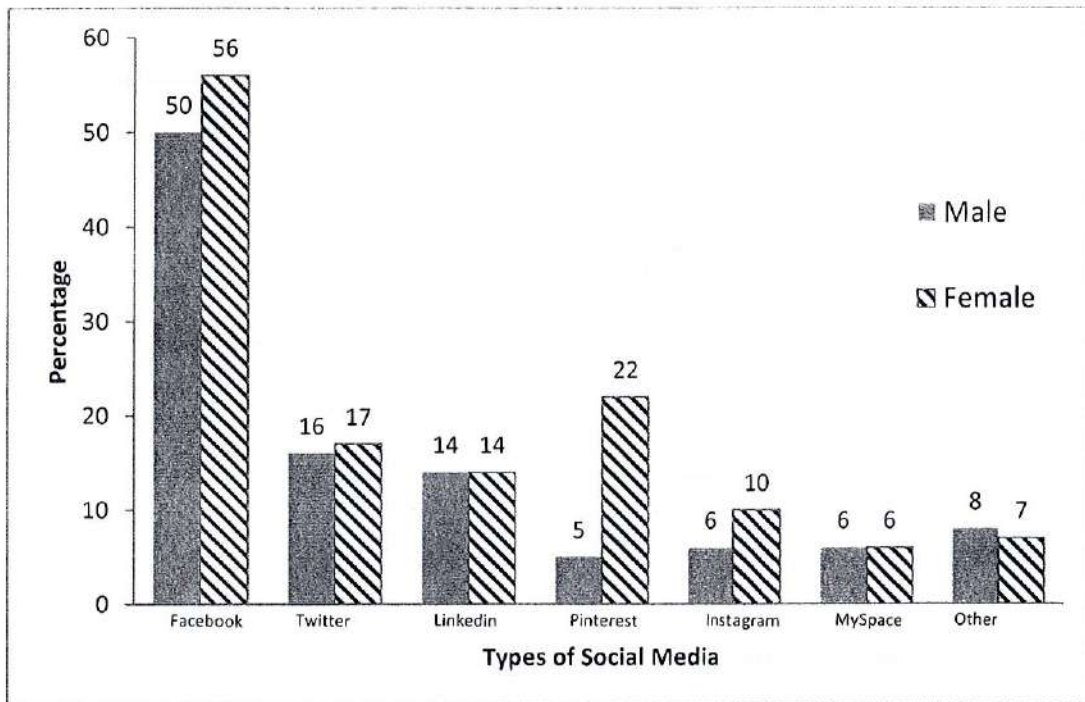


Figure 1: Preferences of Social Media according to Gender

Adapted from *Women Lead Men in Social Media Adoption*, <https://www.statista.com/chart/1147/social-network-adoption-in-the-united-states>, retrieved on 18 April 2017

Introduction

(2 marks)

Analysis

i) Compare social media preferences among female users.

(2 marks)

ii) Compare the use of Twitter and Instagram among male users.

(2 marks)

iii) Compare the use of LinkedIn and Pinterest by gender.

(2 marks)

Conclusion

Provide a conclusion by summarising the analysis.

(2 marks)

END OF QUESTION PAPER

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