



**ACADEMIA NAȚIONALĂ DE INFORMAȚII  
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**PROBA PENTRU EVALUAREA NIVELULUI DE LIMBĂ STRĂINĂ**

**Choose the correct answer:**

*Taking Control - A therapist teaches techniques to help tame your nightmares*

Of all the components of a good night's sleep, dreams seem to be at least within our control. In dreams, a window opens into a world where logic is suspended and dead people speak. A century ago, Freud formulated his revolutionary theory that dreams were the disguised shadow of our unconscious desires and fears; by the late 1970s, neurologists had switched to thinking of them just "mental noise" – the random by-products of the neural-repair work that goes on during sleep. Now researchers suspect that part of the mind's emotional thermostat, regulating moods while the brain is "offline." And one leading authority says that these intensely powerful mental events can be not only harnessed but actually brought under conscious control, to help us sleep and feel better. "It's your dream," says Rosalind Cartwright, chair of psychology at Chicago's Rush-Presbyterian-St. Luke's Medical Center. "If you don't like it, change it."

1. What was Freud's theory about dreams?
  - a) Dreams express our hidden desires and fears.
  - b) Dreams open an illogical world to us.
  - c) Dreams can be harnessed.
  - d) Dreams can reveal the unconscious.
  
2. Today, researchers suspect about dreams that
  - a) they disguise people's fears.
  - b) they are just "mental noise".
  - c) they can help people speak with their dead.
  - d) they can help us feel better.
  
3. According to psychologist Rosalind Cartwright,
  - a) people cannot do much about their dreams.
  - b) people can change their dreams consciously.
  - c) only bad dreams can be changed.
  - d) only some people can change their dreams.

The brain is active during REM sleep- when most vivid dreams occur- as it is when fully awake, says Dr. Eric Nofzinger of the sleep laboratory at the University of Pittsburgh. But not all parts of the brain are equally involved; the limbic system (the "emotional brain") is especially active, while the prefrontal cortex (the center of intellect and reasoning) is relatively quiet. "We wake up from the dreams happy or depressed, and those feelings can stay with us all day," says Stanford sleep researcher Dr. William Dement. The link between dreams and emotions shows up among the patients in Cartwright's clinic. Most people seem to have more bad dreams early in the night, progressing toward happier ones before awakening, suggesting that they are working through negative feelings generated during the day.

4. Which part of the brain is especially active during dreaming?
  - a) the center of intellect;
  - b) all parts are equally involved;
  - c) the emotional brain;
  - d) the center of reasoning.
  
5. From what a researcher said, we can infer that people who wake up in a bad shape
  - a) should be more active during the day.
  - b) can do nothing about it.
  - c) may tend to be depressive for the whole day.
  - d) are either happy or depressed function of the dreams they've had.
  
6. The research finding suggests that most people seem to have
  - a) more bad dreams.
  - b) happier dreams early in the night.
  - c) happier dreams before awakening.
  - d) happier dreams rather than bad ones.

And this process need not be left to the unconscious. Cartwright believes one can exercise conscious control over recurring bad dreams. As soon as you awaken, identify what is upsetting about the dream. Visualize how you would like it to end instead; the next time it occurs, try to wake up just enough to control its course. With much practice people can learn to, literally, do it in their sleep.

7. The process that Cartwright advocates refers to
  - a) exercising control over dreaming.
  - b) unconscious control over recurring bad dreams.
  - c) consciously making bad dreams disappear.
  - d) consciously controlling repetitive bad dreams.

At the end of the day, there's probably little reason to pay attention to our dreams at all unless they keep us from sleeping or "we wake up in a panic," Cartwright says. Terrorism, economic uncertainties and general feelings of insecurity have increased people's anxiety. Those suffering from persistent nightmares should seek help from a therapist. For the rest of us, the brain has its ways of working through bad feelings. Sleep-or rather dream- on it and you'll feel better in the morning.

8. According to the author, we should generally
  - a) pay no attention to our dreams.
  - b) pay attention to our dreams only if they are happy ones.
  - c) pay attention only to nightmare.
  - d) pay little attention to our dreams.
  
9. People suffering from nightmares
  - a) should wake up and take control of their bad dream.
  - b) see a therapist.
  - c) not worry at all.
  - d) do something more pleasant during the day.
  
10. People's anxiety is increased by
  - a) economic certainty, terrorism, and general feelings of insecurity.
  - b) economic uncertainty, terrorism, and general feelings of insecurity.
  - c) terrorism, economic uncertainty, and particular feelings of insecurity.
  - d) economic uncertainty, lack of terrorism, and general feelings of insecurity.



11. Where ..... Ann and Mary at 6 pm yesterday?  
a) are  
b) were  
c) was  
d) have been
12. I speak Hebrew and French but Ann .....  
a) don't  
b) doesn't  
c) speaks  
d) doesn't speaks
13. What ..... next weekend?  
a) do you do  
b) are you doing  
c) you do  
d) you will do
14. How long ..... English?  
a) are you learning  
b) have you been learning  
c) do you learn  
d) you learn
15. When Simon ..... back tonight, he'll do the washing up.  
a) will come  
b) comes  
c) come  
d) shall come
16. Would you mind ..... the gate, please?  
a) closing  
b) to close  
c) close  
d) closed
17. By this time next year, I ..... all my exams.  
a) will take  
b) will have taken  
c) have taken  
d) take
18. If they ..... next to each other on the plane, they wouldn't have got married.  
a) hadn't sat  
b) had sat  
c) sat  
d) didn't sit
19. BILL: I really love football.  
JIM: .....  
a) Neither do I  
b) So am I  
c) So do I  
d) Oh, I do

20. You shouldn't ..... a lady how old she is.  
a) asked  
b) ask  
c) asking  
d) to ask
21. Take your umbrella ..... it rains.  
a) unless  
b) because  
c) as  
d) in case
22. I have been living in Madrid .....  
a) since ten years  
b) ten years ago  
c) for ten years  
d) ten years
23. Have you finished with the newspaper ..... ?  
a) still?  
b) already?  
c) now?  
d) just?
24. I have arranged ..... dinner with Barbara on Thursday.  
a) to have  
b) having  
c) have had  
d) had
25. She has her German classes .....  
a) in Tuesday mornings  
b) at Tuesday mornings  
c) by Tuesday mornings  
d) on Tuesday mornings.
26. I told him .....  
a) don't go there  
b) not to go there  
c) don't to go there  
d) that he doesn't go there
27. They weren't invited to the party, and nor ..... I.  
a) weren't  
b) was  
c) were  
d) wasn't
28. She ..... very beautiful, because everybody said so.  
a) must to have been  
b) must have been  
c) was to be  
d) should be



29. If ..... you were coming, I would have baked a cake!
- a) I would know
  - b) I would have known
  - c) I had known
  - d) I had had known
30. I asked my sister if ..... a bottle of perfume for me at the airport.
- a) she had bought
  - b) she would bought
  - c) she had bought
  - d) she bought
31. .... that I knew what he was up to.
- a) Little did he know
  - b) Little he had known
  - c) Little he knew
  - d) Little it was known
32. Be careful when you walk ..... the street.
- a) through
  - b) above
  - c) across
  - d) over
33. I ..... when the phone rang.
- a) read
  - b) had been reading
  - c) was reading
  - d) did read
34. Please, go ..... the stairs carefully.
- a) below
  - b) down
  - c) through
  - d) at
35. The train is going ..... the tunnel.
- a) around
  - b) below
  - c) at
  - d) through
36. .... people eat very healthy food.
- a) Very little
  - b) Very less
  - c) Very least
  - d) Very few
37. I haven't got .....
- a) no brothers or sisters.
  - b) no brothers and sisters.
  - c) any brothers or sisters.
  - d) some brothers and sisters.

38. I'd like ..... bananas.

- a) any
- b) a
- c) an
- d) some

39. .... coffee is there?

- a) How many
- b) How
- c) How much
- d) How long

40. Which season is ..... in Thailand?

- a) the rainier
- b) the rainiest
- c) the rainiest
- d) more rainy

41. There's the boy ..... broke the window.

- a) which
- b) what
- c) how
- d) who

42. That's the palace ..... the King lives.

- a) who
- b) which
- c) where
- d) when

43. The field ..... ate the corn.

- a) mice
- b) mouses
- c) mices
- d) mousies

44. Ben caught seven ..... .

- a) fish's
- b) fish
- c) fishes
- d) fishies

45. Choose the plural noun that is spelled correctly.

- a) rashs
- b) gianes
- c) guests
- d) donkies

46. Michael is ..... his sister.

- a) not so clever than
- b) not as clever than
- c) not as clever as
- d) not clever as



47. Jane is the ..... girl in her class.  
a) richer  
b) more popular  
c) worse  
d) happiest
48. In spring ..... of birds arrive back in Europe after spending the winter in Africa.  
a) herds  
b) bundles  
c) flocks  
d) stacks
49. He gave her a ..... of flowers.  
a) bunch  
b) crowd  
c) audience  
d) set
50. I'll be very glad if you invite ..... else to join us.  
a) somebody  
b) one more  
c) anymore  
d) any one
51. Choose the incorrect response:  
a) shoe - shoes  
b) police - polices  
c) criterion - criteria  
d) child - children
52. Which pen do you want?  
a) A one blue.  
b) One blue.  
c) The blue.  
d) The blue one.
53. .... Pyrenees Mountain range separates France and Spain.  
a) The  
b) A  
c) -  
d) One
54. Argentina, ..... is well-known for its mountains, is very popular with ski-tourists.  
a) that  
b) which  
c) who  
d) where
55. The boys hurt ..... while playing football in the park.  
a) themselves  
b) themself  
c) theirselves  
d) them

56. .... was at the party last night.

- a) Anybody
- b) Anyone
- c) One
- d) Everybody

57. Choose the best answer:

- a) The bride wore a dark velvet dress.
- b) The bride wore a dark dress velvet.
- c) The bride wore dark velvet dress.
- d) The bride wore a dress dark velvet.

58. I knocked on the door a few times, but there was .... response.

- a) none
- b) no
- c) any
- d) some

59. I got a few emails but I didn't answer..... .

- a) either
- b) no
- c) none
- d) any

60. .... parents work in a bank.

- a) Both of
- b) His both
- c) Both his
- d) Either his

61. Be careful swimming, Jason. The water here gets very .... suddenly.

- a) profound
- b) deep
- c) wide
- d) high

62. This bread is rather ..... .

- a) stale
- b) well-done
- c) strong
- d) mild

63. This wine is very ..... .

- a) still
- b) spice
- c) dry
- d) fresh

64. I prefer ..... water.

- a) still
- b) stale
- c) sweet
- d) rare





65. I like Chris. He's got a great ..... of humour.  
a) feeling  
b) sensibility  
c) sense  
d) feel
66. You can ..... water in a kettle.  
a) cook  
b) boil  
c) bake  
d) slice
67. We finished eating and asked the waiter to bring us the ..... .  
a. tip  
b. bill  
c. receipt  
d. sum
68. Mike got hit in the arm with a baseball. Now he has a big blue ..... on his arm.  
a) germ  
b) fund  
c) grin  
d) bruise
69. It is very ..... to do your Christmas shopping on the Internet. All you need is a credit card.  
a) polite  
b) convenient  
c) enthusiastic  
d) foolish
70. As far as I'm ..... , I do not support the new government.  
a) matter  
b) referred  
c) according  
d) concerned

