

1 The teenage brain has confused parents for generations. Nowadays, with the lives of most teenagers so heavily hooked on social media, it's even harder for parents to know what's truly going on behind the screens. Although these apps can give voice to the voiceless, facilitate learning, and help people feel supported and uplifted, they can have a variety of negative effects on teenagers' brains by affecting how they process information, react to situations, and remember events. So, are parents right to be worried about the negative effects of social media on teens? Or are these concerns merely a sign of a generational-gap?



2 Current research indicates that a child's brain development is shaped by social media use and exposure in many ways. Adolescents suffering from Internet addiction may, over time, experience structural changes in their brain and have lower grey matter. The multitasking commonly associated with social media can cause adolescent children to take longer to accomplish tasks, which can also impact the quality of their homework or studies.



3 Besides, privacy on social media is almost non-existent. Any content posted in a private social space can be easily re-posted and consequently viewed by other people. This leads to problems for young users varying from image-based abuse to not getting accepted for a job or a University programme. Besides, today's teenagers are exposed to images and statuses that portray perfection. Research shows that constant exposure to unrealistic beauty standards through social media can affect how teenagers view their own bodies, i.e. it might negatively influence a teenager's physical and mental health.



4 Using social media can greatly disturb sleep patterns by obliging teens to stay up late or wake up throughout the night to check notifications. The blue light from mobile phone screens can also disturb sleep cycles. Research indicates that teenagers need 8-10 hours of sleep and not getting enough of that can result in



difficulties in concentration, feeling stressed or anxious and becoming irritable. It can also lead to health issues such as acne, viral illnesses, unhealthy eating and weight gain.

5 Developing social skills helps teenagers establish and maintain friendships. As teenagers and children spend a lot of time interacting over social media sites and apps, many of them establish social interaction skills that don't necessarily apply to the offline world. While, of course, social media can help to promote and strengthen existing relationships, it's integral that teenagers also learn how to have meaningful, face-to-face exchanges with people. Being socially isolated is a major risk factor for mental health problems.

6 Therefore, the best way to minimize the negative effects of social media on teens is to guide them, provide them with strong moral values and aid them in finding solutions that will help them safely lead a normal life.

II LANGUAGE (15 POINTS)

A Put the verbs between brackets into the correct form. (2 pts)

- 1 I don't enjoy on holiday as much as I used to.
a go b to go c going
- 2 We'd better now or we'll miss the bus.
a leave b to leave c to leaving
- 3 Students are recommended the following books.
a read b to read c reading
- 4 It took her weeks to get used someone else around.
a have b to have c to having

B Put the words in brackets into the correct form. (3 pts)

- 1 I was very (obey) to my father when I was still young. I usually broke his rules.
- 2 He tries to do his job to the best of his (able)
- 3 She couldn't (tolerance) the long hours.

C Put the verbs between brackets into the correct tense: the present simple or continuous. (2 pts)

Harold Black's a famous pianist. He (¹ give) two or three concerts every week. He (² not / stay) at the same place for long but travels a lot with his family. This week they are in New York. They (³ stay) at an expensive hotel. What (⁴ they / do) at the hotel now?

D Fill in each blank with the most appropriate word from the list. (2 pts)

ought to shouldn't needn't would can't

- 1 It be my little brother who wrote that; he doesn't know a word in English.
- 2 You see your doctor; otherwise, your headache will get worse.

E Fill in each blank with the most appropriate word. (2 pts)

create outdated originality willingness aware suitable

- 1 This programme is not for children.
- 2 The doctor's to do more tests saved the patient's life.

F Join the following sentences using the connectors between brackets. (2 pts)

- 1 I was feeling hungry. I made myself a sandwich. (**because**)
.....
- 2 He tended to exaggerate. It isn't that he lied exactly. (**but**)
.....

G Write appropriate responses to the following situations. (2 pts)

- 1 Living in a big city.
You (Express opinion):
- 2 Social media can accelerate and aid learning.
You (Agree / Disagree):

