

> PART 1

Gap-filling

DIRECTIONS

Read the passage with 10 blanks. Following the passage are some words in a word bank. Select one word for each blank from the given words and then write the corresponding letter in the blank provided. Note that there are more given words than the blanks.

China's sports governing body issued a new 1 on Monday to manage public spaces for square dancing, with the aim of 2 the image of the popular exercise.

With debates over square dancers in public areas often making 3 , the General Administration of Sport of China released a regulation addressing the issue of land management for square dancing, which has drawn massive participation among the country's elderly.

It is estimated that more than 120 million Chinese people are regular 4 in square dancing.

Adding to the administration's first guideline issued in 2015, the new measure urges regional government agencies to 5 plan and supervise the use of public exercise venues—parks and open spaces in urban areas—for dancing and other forms of exercise, along with other leisure activities.

“Despite its positive influence, square dancing, with its widespread participation, has exposed problems in urban management and the 6 of facilities,” the administration said in a statement on its website on Monday. “Some 7 between dancers and the surrounding public have underlined the importance of further strengthening management.”

Scenes of square dancing, known for its low stress and social bonding, have spread across the country, with elderly people moving in unison, often to loud music.

Apart from noise, the occupation of public squares and some dancers' aggressiveness have hampered its profile as a positive pursuit. Complaints and occasional sharp disputes have 8 attention.

Recently, a video taken at a public park in Luoyang, Henan Province, showed a group of elderly dancers brawling with several young people as the dancers tried to invade a basketball court where the youngsters were playing. The video went viral on social media, triggering a(n) 9 about regulation.

To avoid such incidents, the new regulation also 10 urban authorities to consider including more accessible exercise grounds in their infrastructure development plans.

(305 words)

Target reading time: 5' 23''

Actual reading time: _____

Your reading rate: _____ words/min.

- | | | | |
|-----------------|---------------|--------------|--------------|
| A) rules | B) regulation | C) argue | D) conflicts |
| E) debate | F) improving | G) headlines | H) draws |
| I) better | J) attracted | K) rather | L) prospect |
| M) participants | N) lack | O) urges | |

Notes

Look up & Write down

Look up the words in the dictionary which troubled you most while reading, and write down the meaning of the words in the passage.

Review & Recite

Review the passage, copy the expressions or sentences which impress you most and try to recite them.

> PART 2

Matching

DIRECTIONS

Read the passage followed by 10 statements. Each statement contains information given in one of the paragraphs. Identify the paragraph from which the information is derived. You may choose a paragraph more than once. Each paragraph is marked with a letter.

- A) College students love to complain about how busy and overwrought they are with classes and studying. When midterms and finals come, there's no end to the caffeinated drinks and cramming. But just how much time are college students really spending on their education?
- B) The Heritage Foundation recently compiled data from the Bureau of Labor Statistics' American Time Use Survey from 2003-2014 answering just this. Unless you've spent much time on a university campus, the results might surprise you.
- C) According to the survey, the average full-time college student spends only 2.76 hours a day on education-related activities. This includes both class time and studying, for an average of 19.3 hours every week. The number is lower for those who have part-time or full-time jobs, and higher for those who don't. Meanwhile, the average student spends 4.4 hours per day on leisure activities, not including shopping, grooming, personal care, housework, cooking, or eating. That is, students are spending almost three times as much time on leisure, shopping, and eating as they are going to class and doing their homework.
- D) Keep in mind, guidelines advise students to study two to three hours per week for every credit hour they're taking. Full-time college students take, at a minimum, 12

credit hours, meaning they are in class 12 hours a week, and should, theoretically, study an additional 24 to 36 hours per week, for a total of 36 to 48 hours of education-related activities. Many students want to finish their degree as quickly as possible for financial reasons, and therefore take 15 or 18 credit hours, which should increase their homework load even more.

- E) This means a significant number of undergraduates aren't even coming close to the targeted amount of time needed to adequately complete their coursework. While that might surprise the average person, it's hardly shocking to anyone who has taught in a university classroom. Students frequently come to office hours complaining about their grades, only to admit that, well, no, they're not really spending more than 20 minutes right before class preparing their homework.

We're just here to check a box

- F) This raises the question of whether college students are sufficiently learning the topics they're being taught—or whether universities have begun giving out rubber-stamp degrees. The fact is, college students seem to know much less in general today than they did 30 years ago. A 2012 study found that less than five percent of college students knew that Monticello was the home of Thomas Jefferson, that Marie Curie discovered radium, or who wrote *Sherlock Holmes* or *Brave New World*. The study also found that far fewer students today know that Paris is the capital of France, compared with students in 1980.
- G) Because our society requires a bachelor's degree for many jobs, many students arrive at college who have little interest in the pursuit of knowledge or even gaining expertise in a given field. They just need to get their diplomas so they can get a half-decent job. So it should come as no surprise that they devote so little time to their studies, and have so much difficulty following through with assigned coursework. Only 60 percent of college students who enrolled in a four-year college in 2008 earned their degrees within six years. How can it be this difficult to complete a four-year program, especially in light of the continuing increase in grade inflation?
- H) Part of the problem is that campuses today are much more than a place to take classes. They are full of so many distracting activities that students often forget coursework is the primary reason they are there. Climbing walls, sporting events, fraternities and sororities, and countless other activities make it easy for students

to be absorbed in anything but their classes. I've often heard students complain about how exhausted and busy they are—mainly because of their extra-curricular activities.

- I) While some of these activities are worthwhile pursuits, like being involved in a student council or business clubs, most are not. But even involvement in the valuable ones should come second to the priorities of the classroom. Based on the recent spike in campus unrest, college students are also making plenty of time to protest any number of perceived social injustices, like having Condoleezza Rice give a commencement speech or the cultural appropriation of serving Asian food in the school cafeteria. If only they devoted the same passion and time toward reading a history book on the Civil War.

The faculty-student non-aggression pact

- J) Larger universities in particular are a self-contained world with all of the luxuries and comforts a young person could want. This ecosystem of entertainment and ease supports a large and ever-growing number of non-faculty employees. To have food courts, gyms, counselors, and subsidized health care at their disposal, universities must employ a massive administrative staff.
- K) The rising salary of these administrators is what keeps driving up college tuition. Benjamin Ginsberg, a political science professor at Johns Hopkins University who has written extensively on administrative bloat, speculates that the number of administrators on university campuses has gone up by 300 percent in the last 40 years, increasing tuition roughly 40 percent. This rise in tuition, of course, gives little incentive for the universities to downsize—as does the availability of taxpayer-backed federal student loans and grants.
- L) And then of course the faculty and staff must also have services made available to them, as though they were also students. The University of Texas at Austin, for example, has faculty and staff wellness programs run by non-faculty staff, and highly subsidized health-care and child-care plans that would make most Fortune 500 employees green with envy. The sad truth is that universities have begun to exist for the sake of their own existence, rather than the education of their undergraduates. Meanwhile, students are taking their studies less and less seriously as they realize that they need only go through the motions to graduate and get

on the job market, which is their ultimate goal. No wonder they're spending their time on everything except their studies.

(1,017 words)

Target reading time: 8' 68"

Actual reading time: _____

Your reading rate: _____ words/min.

- ___ 1. A large number of students do not even reach the targeted amount of time required to complete their coursework.
- ___ 2. The average college student spends 30.8 hours a week on leisure activities.
- ___ 3. Students in college like to complain about how busy they are with classes and studying.
- ___ 4. The Heritage Foundation investigates how much time college students are spending on their education.
- ___ 5. The rising salary of administrators causes college tuition to keep increasing.
- ___ 6. Most extra-curricular activities are not worthwhile pursuits.
- ___ 7. The universities have begun to exist in their own interests, rather than the education of their undergraduates.
- ___ 8. For every credit hour, guidelines recommend that students study two to three hours per week.
- ___ 9. Many students in college have little interest in the pursuit of knowledge, and only want a bachelor's degree.
- ___ 10. It seems likely that college students know much less in general today than they did 30 years ago.

> PART 3

Skimming and Scanning

DIRECTIONS

Go over the passage quickly. Following the passage, there are some questions and unfinished statements. For 1-7, choose the best answer from the four choices. For 8-10, complete the sentences with the information from the passage.

The most important currency in life isn't money. It's time, according to health and wellness expert Deepak Chopra. Building what Chopra calls "time affluence," or structuring your day so that you have lots of free time, will increase your life satisfaction and well-being, he wrote for CNBC Make It in 2018.

Research supports this idea: Studies have shown that spending money on experiences is more rewarding than buying material goods, for example. And a 2016 survey found that 72% of millennials prefer spending their money on activities rather than items.

The problem is, many of us are spending our free time in ways that aren't really making us happy, says James Wallman, trend forecaster and author of *Time and How to Spend It*.

And that's important because happiness is directly linked to our professional success, says Wallman.

Research shows that happiness leads to success, not the other way around. "So if we want to be successful, we need to aim for happiness and resilience," he says.

For his book, Wallman interviewed researchers, cultural anthropologists and experts in the field of happiness and consumer behavior to figure out how people should be spending their time. What did he find?

“Leisure doesn’t improve quality of life unless one knows how to use it effectively,” Wallman tells CNBC Make It.

Wallman defines leisure time as any time when you’re not occupied with work or chores, paid or unpaid. “It’s the time equivalent of ‘disposable income,’” he says.

Wallman estimates that American adults have about 36 to 40 hours of “free” time in a week. (This tracks with the Bureau of Labor Statistics’ 2018 American Time Use Survey, which found that men and women spend 5.7 and 4.9 hours of time respectively on leisure activities each day. They define “leisure” as activities outside of work, household chores, school and religious activities. For example, watching TV took up half of all leisure time, on average.)

So what’s the best way to optimize your free time? While there’s no perfect activity that’s best for everyone, Wallman says some experiences are “junk experiences” and others are like “superfoods.”

The “superfood” activities put you into a state of flow, he says, which is “a state of optimal experience arising from intense involvement in an activity that is enjoyable,” according to the American Psychological Association (APA). Finding activities that lead to a state of flow is key if you’re looking to increase creativity and happiness.

Experts believe you can achieve flow when your skills are being utilized, you feel motivated and you aren’t self-conscious but rather have a sense of “total control,” according to the APA. Wallman says that any pleasurable activity that truly challenges us has the potential to lead to the elusive flow state that so many people are after.

“Flow [is] about being in the present zone [and] really enjoying yourself,” Wallman says.

Here are seven things Wallman says you should think about when you’re deciding which types of experiences to invest your time and energy in:

1. Does it leave you with a story?

Making memories through experiences gives us stories to tell. For example, taking a hike with a friend might lead to a better “story” than re-watching your favorite TV show alone in your living room. Those stories allow us to develop connections with other people, which provides unity, purpose and meaning in our lives, Wallman says. And when you share a story with someone else, you develop a kinship that increases

your happiness even more.

2. Does it change you?

Anything that forces you to grow or gives you purpose is key to personal development. Activities that teach you new skills or capabilities, change your world view, lead to epiphanies or move you toward a greater goal are all “transformational.” This could be anything from learning a new recipe to taking an improv class.

3. Does it allow you to unplug?

Unplugging from digital devices and notifications when you’re relaxing or spending time with others can help you tune into “real life.” “Once you pull your phone out, it instantly pulls you out of being in flow and in the zone,” Wallman says. For example, he keeps his phone on silent and leaves an automatic reply on his email that lets people know he may not reply right away. Research also shows that spending 120 minutes a week in nature improves your health and well-being.

4. Does it improve your relationships?

An 80-year-long Harvard study showed that relationships, not money, predicted how happy and healthy participants were as they aged. Spending free time with friends and family members, or keeping in touch on the phone, deepens your relationships and also allows you to share your happiness with others.

5. Does it feel challenging?

Leisure activities should still engage you on a level that allows you to utilize your skills and passions, because we’re happier when we are fully engaged with something that requires all of our energy. Removing distractions while you complete a task or activity is one way to dial up the intensity, Wallman says.

6. Does it make you feel a sense of awe?

Moments of awe (watching a sunset, spending time with children or visiting monuments) improve your mood and your satisfaction with your life. Perhaps more importantly, awe can make you appreciate ordinary moments even more.

7. Does it improve your social status?

Human beings care about their social status. Rather than chasing more material

possessions or “keeping up with the Joneses,” Wallman says that giving back to your community through volunteering is one way to make your social status more meaningful, and make you feel like you’re playing an active role in society.

(946 words)

Target reading time: 10' 38"

Actual reading time: _____

Your reading rate: _____ words/min.

1. Who is James Wallman?
 - A) A cultural anthropologist.
 - B) The author of this passage.
 - C) A research psychologist.
 - D) The author of *Time and How to Spend It*.
2. According to Wallman, if we want to be successful, what should we aim for?
 - A) Happiness and resilience.
 - B) A state of flow.
 - C) Spending money on experiences.
 - D) Spending money on material possessions.
3. What activity can put you into a state of flow?
 - A) Superfood activities.
 - B) Junk experiences.
 - C) Work and study.
 - D) Leisure activities.
4. What is the key to increasing creativity and happiness?
 - A) Finding the best way to optimize your free time.
 - B) Finding activities that lead to a state of flow.
 - C) Having a lot of free time.
 - D) Finding activities that challenge you.
5. What can make you appreciate ordinary moments even more?
 - A) Challenges.
 - B) Material possessions.
 - C) Awe.
 - D) Money.
6. What do human beings care about according to the passage?
 - A) Material possessions.
 - B) Intensity.
 - C) Social status.
 - D) Relationships.

7. When deciding which types of experiences to invest your time in, you should choose the following EXCEPT _____ according to the passage.
- A) the activity that keeps you feel distracted
 - B) the activity that improves your relationships
 - C) the activity that makes you feel challenged
 - D) the activity that leaves you with a story
8. Anything that forces you to grow or gives you purpose is key to _____.
9. Spending free time with friends and family members, or _____ on the phone, deepens your relationships and also allows you to share your happiness with others.
10. Wallman says that _____ your community through volunteering is one way to make your social status more meaningful, and make you feel like you're playing an active role in society.

> PART 4

In-depth Reading

DIRECTIONS

Read the two passages below. Each passage is followed by some questions.
Choose the best answer from the four choices.

> PASSAGE 1

Travel is one of the most commonly listed interests of people, and it comes in all forms. Some people travel only when they need to visit relatives or friends, others travel on business, and some travel as a sort of spiritual discipline, to discover new things about the world and its cultures and to learn more about themselves. Yet for some, none of these things is that important: To these people, travel is about fun and excitement, about rest and relaxation, and about whatever they want it to be about.

Identification

Leisure travel is travel for which the primary motivation is to take a vacation from everyday life. Leisure travel is often characterized by staying in nice hotels or resorts, relaxing on beaches or in a room, or going on guided tours and experiencing local tourist attractions. Most meals are eaten out when people are traveling for pleasure, and often more expensive modes of transportation, such as taxis, are used to get around. In some cases, leisure travel might be used to refer to any trip that lasts more than a week, regardless of the primary focus. Leisure travel is generally seen as the opposite of business travel.

Considerations

Leisure travel can be many things, but besides being a vacation, it doesn't have to be

any one of them. Although many leisure travelers spend more money than they would in their everyday life, others might choose to travel frugally. These leisure travelers, including backpackers, might stay in hostels, cook their own meals and take public transit—as long as the main focus is on leisure, they are still leisure travelers. Similarly, a leisure traveler might make a business contact at a bar, acquire a new client, or work on a proposal. If the focus still is mainly on vacation, it is leisure travel.

Potential

It is becoming more common for people to take “working vacations,” in which they split their time between work and play. Unlike a business trip, this sort of travel still incorporates many aspects of leisure travel. A number of tour agencies have begun offering “volunteer vacations,” which combine aspects of the leisure travel lifestyle with volunteering one’s time for an organization in need. This type of traveling allows vacationers to enjoy the beauty of a new place while giving something back to it.

Costs

Even for those unwilling to embark on truly budget leisure travel, there are many ways to limit costs. Popular leisure travel destinations will often see a wide swing in prices among hotels, restaurants, travel, and activities, depending on the season. Locations in the Caribbean or Mediterranean, for example, might be twice as expensive during winter, as millions of visitors from Europe and the United States try to escape cold weather.

(458 words)

Target reading time: 5' 36''

Actual reading time: _____

Your reading rate: _____ words/min.

1. What is the primary motivation for leisure travel?
 - A) To visit relatives or friends.
 - B) To take a vacation from everyday life.
 - C) To discover new things about the world.
 - D) To learn more about work.
2. Which of the following is NOT the characteristic of frugal travel?
 - A) Living in hostels.

- B) Cooking one's own meals.
 - C) Taking public transit.
 - D) Acquiring a new client.
3. Why is a working vacation different from a business trip?
- A) Because it takes one's time for an organization in need.
 - B) Because it incorporates many aspects of leisure travel.
 - C) Because it doesn't involve money.
 - D) Because it allows vacationers to enjoy their time.
4. Why might the Mediterranean locations be twice as expensive during winter?
- A) Because few visitors want to explore the Mediterranean in winter.
 - B) Because many visitors go there to escape cold weather.
 - C) Because holidays make the price keep rising.
 - D) Because visitors enjoy the view of the Mediterranean.
5. Which of the following statements is NOT correct?
- A) Backpackers choose to travel frugally.
 - B) Leisure travel is generally seen as the opposite of business travel.
 - C) A number of tour agencies offer "volunteer vacations."
 - D) The price of leisure travel in popular destinations does not change much during one year.