

## Maturitätsprüfungen 2024 – Englisch schriftlich

**Klassen:** 4Ae, 4AW, 4Ba, 4Bb, 4Be, 4GL, 4IM, 4S, 4SZ, 4We

**Lehrpersonen:** Janine Barrett, Angela Chiappini Fitzgerald, Jessica Dyer, Simon Furnivall, Astrid Keiser, Johanna Lendl, Tom Lüscher, Patrizia Zanola

**Prüfungsdauer:** 4 Stunden

**Erlaubte Hilfsmittel:** Teil I-III: keine  
Teil IV (Essay): ein- oder zweisprachiges Wörterbuch (nach Abgabe der Teile I-III)

**Name:** \_\_\_\_\_

**Klasse:** \_\_\_\_\_

**Total points Part I: Reading Comprehension**

<b>22</b>
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**Total points Part II: Vocabulary**

<b>25</b>
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**Total points Part III: Grammar**

<b>26</b>
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**Total points Parts I-III**

<b>73</b>
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**Mark 1**  
Parts I-III  
(Weight: 50%)

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**Mark 2**  
Parts IV (Essay)  
(Weight: 50%)

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**Final Mark**  
(Rounding: mark 1 & 2 =  $\frac{1}{4}$  marks; final mark =  $\frac{1}{2}$  mark)

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## Part I: Reading Comprehension

Read the following text and do the tasks below (see p. 7 onwards).

### The Perfectionism Trap

*Society bombards us with instructions to be happier, fitter and richer. Why have we become so dissatisfied with being ordinary?*

By Josh Cohen for *The Economist*, 10 August 2021 (*adapted and edited*)

As a young university lecturer two decades ago, I taught a course on 19th-century American literature. Though I loved the period, my students were less enamoured.

Roy was different. He was very well-read and discussed our texts with passionate intensity. At the end of term Roy came to my office two days before the deadline begging for an extension.

- 5 Roy said he'd actually already written the piece. Why then, I asked, hadn't he submitted it? "Because it's terrible." He begged me for a few more days to finish; I insisted that it wasn't in my power. The essay came in a day late. Despite a deduction, it still scored a high mark.

- 10 Roy continued to hand in work late for the remainder of his degree and nonetheless came top of his year by some distance. This striving for perfectionism continued throughout his Master's programme. His work became ever more dazzling and the delays in submission longer.

Just before Christmas Roy came to see me, unkempt<sup>1</sup> and staring glassily into the middle distance. There was no chance of getting his dissertation completed in time, he told me. I found out that he had written the dissertation but deleted more than 20,000 words as he didn't feel it was good enough.

- 15 This turned out to be the last time I saw Roy. For the next year and a half, he was granted extension after extension as a result of his ongoing anxiety. When the final extension expired, he submitted neither a dissertation nor an excuse. I wrote to him and asked whether he had a draft to show me. "Not that I'm willing to force on you, I'm afraid", came his reply. I didn't hear from him again.

- 20 Among the texts on the undergrad syllabus I taught to Roy was "The Birth-Mark", a short story by Nathaniel Hawthorne written in 1843. It's the most chilling study I know of the psychology of perfectionism.

- 25 Aylmer, a young scholar of science, develops an unhealthy obsession with a small red birthmark on the cheek of his beautiful young wife Georgiana. He finds her tempting proximity to perfect beauty intolerable.



Figure 1 - <https://www.economist.com/1843/2021/08/10/the-perfectionism-trap>

<sup>1</sup> unkempt - not well cared for; not neat or tidy

To him the birthmark was a sign of the “fatal flaw<sup>2</sup> of humanity...[a] symbol of his wife’s liability<sup>3</sup> to sin, sorrow, decay and death”. Georgiana learns to see herself in the distorted mirror of her husband’s gaze and comes to share his horror of the birthmark. She begs him to use his ingenuity<sup>4</sup> to correct “what Nature left imperfect”.

Installing his wife in a concealed room by his laboratory, Aylmer subjects her to various alchemical potions. While she is locked away Georgiana reads her husband’s scientific diary, only to discover a number of disappointments: “Much as he had accomplished, she could not but observe that his most splendid successes were almost invariably failures, if compared with the ideal at which he aimed”.

Georgiana is unable to bring herself to draw the obvious conclusion: her husband’s obsession with her “fatal flaw” is a way of dealing with his own disappointments about himself. Instead she deludes herself that his horror at her imperfection is a noble expression of love. Aylmer creates a mysterious potion with the taste of “water from a heavenly fountain”, which Georgiana drinks. The birthmark disappears but no sooner has it done so than Georgiana dies.

This disturbing fantasy of an odd young man in an underground laboratory has since become a real aspiration for men and women all over the world. It’s hard to read Hawthorne’s tale and not think of reports of people dying or being disfigured after having plastic surgery in Turkey or the Dominican Republic.

Changing the dimensions of a nose or bust has come to represent the much desired yet unattainable hope of a perfect future. This is just one of the perfectionist fantasies that plague our consumerist lives. Perfect weddings, homes and holiday destinations beam out from advertising billboards, tv screens and social-media platforms, inciting feelings of envy, inadequacy and longing in billions of viewers.

In my work as a psychoanalyst I frequently encounter people in the grip of some punishing ideal of professional, romantic, physical or moral perfection. Rarely a day passes without at least one patient agonizing over or criticizing themselves for having fallen short of an unrealistic goal or standard they had set for themselves. The self-punishment is usually amplified by the belief that someone else they know – a colleague, sibling or friend – would, in their place, have managed to succeed.

What are the roots of perfectionism? Is perfectionism a deep-rooted and persistent element of the human condition? After all, the Bible begins with the fall from grace<sup>5</sup> of divinely created beings into sin and mortality.

Some version of this origin story can be found across cultures. From this perspective, religion is an extravagant scheme for the recovery of our lost perfection, at least in religions believing in one god.

But religion also has a contrary, or perhaps complementary, purpose. For centuries it was the primary means through which we came to terms with being fallen and flawed – imperfect, in

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<sup>2</sup> flaw - imperfection

<sup>3</sup> liability - likelihood

<sup>4</sup> ingenuity - ability / skill

<sup>5</sup> the fall from grace - the transition from a state of innocent obedience to God to a state of guilty disobedience

65 short. Religious striving for moral and spiritual improvement goes in tandem with the recognition that perfection belongs to God alone.

When mortals in the Bible or mythology, such as the architects of the Tower of Babel<sup>6</sup> or Prometheus<sup>7</sup>, attempt to seize godly status, they are punished. In the religious imagination, the notion of human perfection is blasphemy.<sup>8</sup>

70 The bonds of religion loosened with the beginning of industrial society. Nietzsche observed that having killed God, people were unable to live without him. In his place they invented an array of new gods: Culture, Science, Commerce, the State, the Self.

75 From Emerson's<sup>9</sup> provocative defence of "self-reliance" in 1841 to the rise of the self-help industry from the 1930s and the emergence of our own selfie culture, selfhood was regarded as our highest value and the object of our striving. Educational, aesthetic and financial betterment and the need for validation from others are the elements that form the perfectionist air we all now breathe.

80 Today perfectionism is as important as ever. In an article in 2017 British psychologists, Thomas Curran and Andrew Hill, ascribed an exponential rise in perfectionism among the younger generation to the "increasingly demanding social and economic parameters" within which they struggled to make their lives. They also blamed "increasingly anxious and controlling parental practices".

85 Over-crowded labour markets, particularly for desirable professional and creative jobs, as well as unaffordable housing, are driving young people and their parents to ever greater lengths to secure a competitive advantage. So begins another unpaid internship and further training.

90 In "The Tyranny of Merit", published in 2020, Michael Sandel, an American philosopher, argues that meritocratic<sup>10</sup> capitalism created a permanent state of competition within society, which destroys solidarity and the notion of the "common good". This system sustains an order of winners and losers, breeding self-satisfaction among the former and chronically low self-worth among the latter.

In such a culture, young people are likely to grow dissatisfied both with what they have and who they are. Social media creates additional pressure to construct a perfect public image, increasing our feelings of inadequacy.

95 In the absence of internal feelings of worth, perfectionists tend to measure their own value against external measures: academic record, athletic ability, popularity, professional achievement. When they fall short of expectations, they feel shame and humiliation.

This weight of society's expectations is hardly a new phenomenon but it has become particularly draining over recent decades, perhaps because expectations themselves are so varied and contradictory. The perfectionism of the 1950s was rooted in the norms of mass culture and

<sup>6</sup> The Tower of Babel - Bible story in which God punished the people who were trying to build a tower to reach heaven by making them unable to understand each other's languages

<sup>7</sup> Prometheus - best known for defying the Olympian gods by stealing fire from them and giving it to humanity

<sup>8</sup> blasphemy - behaviour or language that is offensive or shows a lack of respect for God or religion

<sup>9</sup> Emerson - Ralph Waldo Emerson was an American philosopher and writer seen as a champion of individualism

<sup>10</sup> meritocratic - system where people get power or money on the basis of their ability

100 captured in famous advertising images of the ideal white American family that now seem self-satirising.

In that era, perfectionism meant effortlessly conforming to values, behaviour and appearance: confidence for men, graciousness for women. The perfectionist was under pressure to look like everyone else, only more so. The perfectionists of today, by contrast, feel an obligation to stand  
105 out through their unique style and wit if they are to gain a foothold in the attention economy.

Perfectionism is not solely a destructive force, however. The demand for perfection may be stifling, but a perfectionist can also feel that their achievements are the only thing holding them together. When we're overwhelmed by life and punish ourselves for our inadequacies, a top test score or a thousand Instagram likes can deliver the brief sensation that everything is under control.  
110

Perfectionism is slippery. Clinically it is reflected in a dizzying range of symptoms: depression and anxiety and eating disorders among others. Perfectionism has a chameleonic ability to adapt itself to different character types and vulnerabilities, which is perhaps why it has never been categorised as a distinct mental disorder.

115 This also means that perfectionism can grow from the soil of very different childhood experiences. Psychologists Curran and Hill are correct to note that “helicopter parents” – those who oppressively supervise their children’s academic and extracurricular activities – have contributed to an increase in perfectionism. But my own experience has shown me that very different styles of parenting can have similar outcomes.

120 The hands-off parent who keeps a more respectful distance from their child’s life can induce a deep longing in the child for the kind of recognition he believes can be won only through the never-ending accumulation of achievements. Children who feel they can’t win, that their best efforts at rugby or chess or cheerleading will only draw their parent’s criticism, will also be driven by a wish to do better.

125 Yet children whose parent assures them that every doodle or gold star is a landmark achievement may also come to feel themselves under constant pressure to live up to the achievements of their early years. Whichever way you approach parenting, you may end up increasing your children’s desperate need to please and create a lifelong difficulty in distinguishing their own desires from your hopes for them.

130 The difficulty of escaping perfectionism suggests that it has a place deep in the structure of the human psyche. However we are brought up we internalise an ideal of the person we aspire to be.

Psychoanalysts refer to this as the ego ideal, an image of the perfect self which, as infants, we saw reflected back to us in the adoring gaze of our parents or carers. But at that point in our  
135 life we also acquire a superego, the internalised voice of a harshly critical parent, which is typically amplified much later by other adults in positions of authority such as teachers or bosses. Both the personae inhabiting our psyche can feel accusatory. Perfectionism grows out of self-love and self-hatred.

140 Something about being human makes it difficult to feel that we have done, or are, enough. We are unwilling to extinguish the hope that, one day, we will be recognised as exceptional: the perfect being that our parents once worshipped.

Serge Leclair, a French psychoanalyst, suggested the intriguing idea that life sets us the task of metaphorically killing this wonderful child. We must continually reject the fantasy of an ideal self and grieve its impossibility.

145 Perfectionism may appear to spur us on to adult successes. But in truth it is a fundamentally childish attitude. It fills us with the conviction that life in effect ends when we give up hope of becoming the best version of ourselves. On the contrary, that is the moment at which life can finally begin.

Josh Cohen is a psychoanalyst and professor of modern literary theory at Goldsmiths, University of London.

**Josh Cohen**, in *The Economist* (UK) (10 August 2021), adapted and edited:

<https://www.economist.com/1843/2021/08/10/the-perfectionism-trap>

**1,901 words without footnotes**

**Part I: Reading Comprehension**

1. According to the article, are these statements true or false? Write T (true) or F (false) in the box and justify your answer by copying the relevant sentence(s), including the line reference. (½ pt. T / F; ½ pt. correct line reference)

a) Religion has never forgiven us for being imperfect mortals.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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b) Sandel claims that meritocratic capitalism leads to a divided society.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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c) Achievements can give us a lasting sense of control.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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d) According to Curran and Hill, it is not only “helicopter parents” who push perfectionism, but actually most parenting styles.

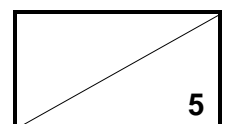
\_\_\_\_\_  
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e) Our pursuit of perfectionism holds us back from starting to live.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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**2. Mark the best answer A, B or C. There is only one correct answer each time.**

a) Roy's Master's dissertation...

<b>A</b> ...was not started because of his ongoing anxiety.	<b>B</b> ...was penalised due to late submission without an excuse.	<b>C</b> ...failed to live up to Roy's demanding standards.
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b) According to Cohen, the severe criticism of ourselves when we are not perfect is reinforced by the fact that ...

<b>A</b> ...social media tells us to always be perfect.	<b>B</b> ... we are convinced that others could do better than us.	<b>C</b> ...our parents raised us this way.
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c) According to Curran and Hill, there has been a rise in perfectionism due to ...

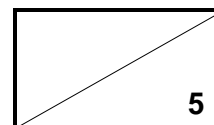
<b>A</b> ...the struggle to outdo others.	<b>B</b> ...the lack of suitable positions for graduates.	<b>C</b> ...the absence of parental guidance.
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d) Perfectionists today as opposed to those of the 50s...

<b>A</b> ...want to conform to society's expectations.	<b>B</b> ...want to stand out from the crowd.	<b>C</b> ...want to satirise the norms of that time.
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e) The author, Josh Cohen, believes that...

<b>A</b> ...success in adulthood is unattainable unless we are perfectionists.	<b>B</b> ...we need to nurture the exceptional child in us.	<b>C</b> ... beliefs acquired in childhood may delude us.
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**3. Answer the questions in full sentences and in your own words. You can score up to three points in total for language.**

- a)** How is Roy characterised by Cohen? Name two positive and two negative character traits (½ pt. is allocated for each). (2 pts.)

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- b)** How does Aylmer's extreme perfectionism affect Georgiana's view of herself (1 pt.) and her view of her husband's love (1 pt.)? (2 pts.)

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- c)** What parallel does the author draw between the story of 'The Birth-Mark' and consumerism today? (1 pt.)

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- d)** How has an industrial society affected the need for external affirmation (1 pt.) and why (1 pt.)? (2 pts.)

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- e)** What influence do the following have on perfectionism: the ego ideal (1 pt.) and the superego (1 pt.)? (2 pts.)

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**Points for content in Reading Comprehension [3a) - e]):**

<b>9</b>
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**Points for use of language in Reading Comprehension [3a) - e]):**

<b>3</b>
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**Total points in Part I: Reading Comprehension:**

<b>22</b>
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**Part II: Vocabulary**

1. These words have been taken from the text “The Perfectionism Trap”. Give a contextual synonym or explain the meaning in your own words. There is ½ pt. deduction for spelling mistakes.

a) bombards (introductory sentence):

\_\_\_\_\_

b) enamoured (line 2):

\_\_\_\_\_

c) plague (line 47):

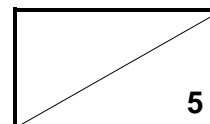
\_\_\_\_\_

d) inciting (line 49):

\_\_\_\_\_

e) ascribed (line 79)

\_\_\_\_\_



2. Give a contextual antonym of the following words from the text “The Perfectionism Trap.” Antonyms with or without prefixes are not accepted. Only one word answers should be given. There is ½ pt. deduction for spelling mistakes.

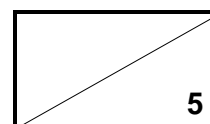
a) granted (line 15): \_\_\_\_\_

b) proximity (line 27): \_\_\_\_\_

c) punished (line 68): \_\_\_\_\_

d) loosened (line 70) \_\_\_\_\_

e) reject (line 143): \_\_\_\_\_



**3. Use the word given in capitals at the end of some of the lines to form one word that fits in the gap in the same line. Prefixes and suffixes are allowed.**

**There is ½ pt. deduction for spelling mistakes.**

***How to Focus Like It's 1990***

*Smartphones, pings and Insta-everything have shortened our attention spans. Get some old-school concentration back with these tips.*

In 2004, Gloria Mark, a professor of informatics at the University of California, Irvine, watched knowledge workers go about a typical day at the office. Using a stopwatch, she noted every time they switched tasks on their computer. She found that people averaged just two and a half minutes on a given task before switching.

When Dr. Mark (1) \_\_\_\_\_ the experiment in 2012, the average time office workers spent on a task had dropped to 75 seconds. And it has continued to drop from there.

**REPETITION**

“Our attention spans while on our computers and smartphones have become short — crazily short — as we now spend about 47 seconds on any screen on average”, Dr. Mark wrote in her new book.

Anyone who's tried to study for an exam knows how hard it is to concentrate for (2) \_\_\_\_\_ chunks of time. Typically, digital devices are to blame for the (3) \_\_\_\_\_.

**SIGNIFY**

**DISRUPT**

Even when we really try to focus on a task, we are often (4) \_\_\_\_\_ of doing it as we find our eyes glazing over and our thoughts drifting.

**CAPABILITY**

Fortunately, there are ways to gain back control of your attention.

They don't (5) \_\_\_\_\_ mean swearing off technology altogether, but you do need some

**NECESSARY**

self-(6) \_\_\_\_\_ and a few well-timed alarms.

**RESTRAIN**

**First, understand what's distracting you.**

(7) \_\_\_\_\_ are one major source of distraction — those pings and dings pull you out of your work and prompt you to check your texts or email. Because our brains are

**NOTIFY**

(8) \_\_\_\_\_ designed to pay attention to

**EVOLUTION**

(9) \_\_\_\_\_, these alerts are almost

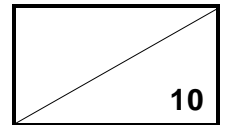
**NEW**

(10) \_\_\_\_\_ to ignore.

**POSSIBILITY**

Turning off alerts is a good way to minimize distractions, but it won't completely solve the problem. In her research, Dr. Mark found that external distractions accounted for only half of the interruptions in focus. The other half were prompted by an internal motivation to switch tasks.

**Dana G. Smith**, in *The New York Times* (USA) (09 January 2023), adapted and edited: <https://www.ny-times.com/2023/01/09/well/mind/concentration-focus-distraction.html>



**4. Read the text below and decide which answer (A, B, C or D, see next page) best fits each gap. Mark the right letter / word in the grid.**

***Without Maths, People Are Excluded From Society***

How a society develops and uses the **(0)** B and skills of its people is among the chief determinants of its prosperity. Mathematics plays a central role in this. A survey shows that individuals with poor maths skills are severely limited in their **(1)** \_\_\_\_\_ to better-paid and more rewarding jobs. For no other measured skill was this relationship stronger.

Digitalisation is amplifying this pattern; as new industries **(2)** \_\_\_\_\_, others will fall, and it is often maths skills that provide a buffer to weather these shocks. We used to treat maths as a subject for specialists who became scientists or engineers, but today it is **(3)** \_\_\_\_\_ to imagine a future-proof profession that does not require people to reason quantitatively or have a profound understanding of **(4)** \_\_\_\_\_ like uncertainty, change and relationships, and space and shape.

And it does not end there – the survey shows that people with poor maths skills are not just more **(5)** \_\_\_\_\_ in a changing job market, they are also more likely to feel excluded in society and see themselves as powerless in political processes. A better maths education seems to be one of the best investments we can **(6)** \_\_\_\_\_ for our future.

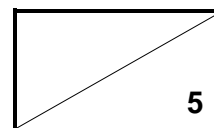
Making mathematics an optional extra has also become one of the biggest social dividers in school systems, with parents from privileged backgrounds knowing about the advantages of a good maths education while students from disadvantaged backgrounds often **(7)** \_\_\_\_\_ out of this unpopular subject as soon as they can.

Will **(8)** \_\_\_\_\_ maths education solve this problem or just prolong the misery? Most children love mathematics: it is about playing with numbers, understanding complex phenomena in the real world, testing new ideas, thinking creatively, and **(9)** \_\_\_\_\_ out cause and effect. But as students grow older, many turn away from this early love, and consider it to be an abstract world of formulae and equations that is unrelated to their lives and dreams.

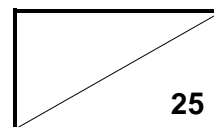
That has little to do with the subject, and more to do with how we teach it. The mathematics we learn in school is **(10)** \_\_\_\_\_ memorised and then forgotten; it is unrelated to the real world around us, and often unrelated to the principal ideas of mathematics. Amid all the facts and figures, we too often lose a sense of what it means to think like a mathematician and to apply mathematical theories to real-world problems.

0	A awareness	<b>B knowledge</b>	C power	D judgement
1	A access	B admission	C excess	D entrance
2	A emerge	B raise	C enlarge	D increase
3	A heavy	B hardly	C hard	D fair
4	A methods	B motives	C causes	D concepts
5	A vulnerable	B interchangeable	C weaker	D sensitive
6	A place	B pay	C do	D make
7	A fall	B opt	C withdraw	D quit
8	A necessary	B compulsory	C compulsive	D obliged
9	A sorting	B figuring	C pointing	D spelling
10	A fastly	B hasty	C quickly	D speedy

**Andreas Schleicher** in *The New Statesman* (USA) (03 February 2022), adapted and edited:  
<https://www.newstatesman.com/spotlight/economic-growth/skills/2023/04/maths-skills-debate-society-education>



**Total points in Part II: Vocabulary**



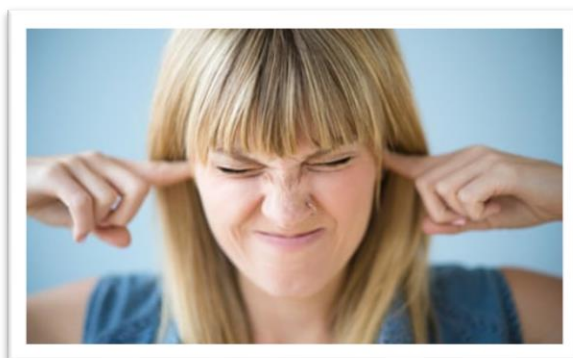
### **Part III: Grammar**

1. Fill in the gaps with an appropriate form of the verbs in brackets. There is ½ pt. deduction for spelling and word order mistakes.

#### **Misophonia: How ‘Sound Rage’ Destroys Relationships and Forces People to Move Home**

*Sent into apoplexy<sup>11</sup> by whistling noses? Can't bear the sound of people eating?*

*You could be one of the many people affected by this potentially debilitating condition.*



Photograph: Jamie Grill/Getty Images/Tetra Images RF

As a teenager, I remember being moved almost to tears by the sound of a family member **(1) (chew)** \_\_\_\_\_ muesli. Once I **(2) (flee)** \_\_\_\_\_ the room because a friend was eating dumplings. The noises one former housemate makes when chomping popcorn mean I have declined their invitations to the cinema for nearly 20 years.

I am not proud of myself for reacting like this – in fact, I am pretty embarrassed – but my responses **(3) (always/feel)** \_\_\_\_\_ unavoidable. It is probable that I have misophonia. According to a forthcoming scientific paper from King's College London, so do 18% of people in the UK.

Otherwise **(4) (know)** \_\_\_\_\_ as “sound rage”, misophonia is “a decreased tolerance to certain sounds”, says Dr Jane Gregory, a clinical psychologist at the University of Oxford who co-authored the paper and counts herself among the 18%.

<sup>11</sup> apoplexy - like a stroke; the sudden loss of the ability to feel or move because of an injury to the brain

Sound triggers are usually repetitive, she says. It is not about “the volume of the sound or necessarily the acoustic pattern”, but what it means to the observer. Eating sounds are most commonly reported, closely followed by so-called throat sounds.

“Chewing, crunching, snorting, sniffing, throat clearing, nose whistling, heavy breathing”, rattles off Dr Zach Rosenthal, who **(5) (run)** \_\_\_\_\_ the *Centre for Misophonia and Emotion Regulation* at Duke university in Durham, North Carolina. “These are all relatively ordinary everyday things that people need to do, but in people with misophonia they **(6) (find)** \_\_\_\_\_ to be highly aversive”.<sup>12</sup>

That “aversive reaction” can take the form of physical changes such as increased muscle tension or heart rate, or emotional responses such as irritability, shame and anxiety. It brings on a fight, flight or even a freeze response where, according to Gregory, “you get a really strong adrenaline reaction and it tells you that you’re either in danger or you **(7) (threaten)** \_\_\_\_\_”.

Only about 14% of the UK population are aware of misophonia, according to the King’s College London paper. Perhaps one of the reasons, Gregory suggests, is simply that it is hard to talk about. “You are essentially telling someone: ‘The sound of you eating and breathing **(8) (repulse)** \_\_\_\_\_ me.’ It’s really hard to find a polite way to say that”.

“A lot of patients said that they **(9) (always/be)** \_\_\_\_\_ a little bit sensitive to sound, but then they remembered a certain time when it suddenly got a lot worse”, says Gregory. Rosenthal says it typically presents itself in late childhood or early teens and is often associated with family members. “People ask me all the time: ‘Why my family? Why my parents?’” The explanation feels comfortingly logical: “You **(10) (not / blame)** \_\_\_\_\_ them – you are probably just around them the most”.

You might notice a sibling eating baked beans, say, then once you have noticed it your brain begins to look out for it. Rosenthal describes the whirlpool: “It starts to be aversive and then I pay more attention to it, and then the more attention I pay to it the more I notice it, and then the more I notice it the more aversive it becomes ...” The impact can be severe. Gregory knows of relationships that have ended over misophonia; she has encountered people who have moved several times to escape triggering neighbours. Others must

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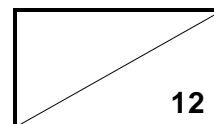
<sup>12</sup> aversive – causing strong dislike

pick careers based on where they can work without **(11) (wind up)** \_\_\_\_\_  
by sounds. “If you don’t get a break from it, you can get desperate”, she says.

Strategies might help, however, such as introducing background noise when eating. Gregory’s husband, who knows better than to eat *Monster Munch* at home, can tell if she is bothered by a sound, because she **(12) (suddenly/call out)** \_\_\_\_\_  
\_\_\_\_\_ “Siri, play Taylor Swift!”

Sometimes the best option is to walk away. Gregory suggests then “slowing down your breathing, or just giving your mind a little job to do”, such as playing a game for a minute. By the time you re-enter the room, the sound might be gone, or you might feel better equipped, “because you know what’s coming”.

**Ellie Violet Bramley** in *The Guardian* (UK) (26 January 2023), adapted and edited: [https://www.theguardian.com/lifeandstyle/2023/jan/26/misophonia-how-sound-rage-destroys-relationships-and-forces-people-to-move-home?CMP=Share\\_iOSApp\\_Other](https://www.theguardian.com/lifeandstyle/2023/jan/26/misophonia-how-sound-rage-destroys-relationships-and-forces-people-to-move-home?CMP=Share_iOSApp_Other)



**2. Complete the second sentence so that it has a similar meaning to the first sentence, using the word given in capitals. Do not change this word. You must use between four and nine words, including the word given.**

- a) *George was so rude to his landlord that he felt bad about it.*

**REGRETTED**

George \_\_\_\_\_ to his landlord.

- b) *Tanja got the job even though she didn't have much experience in marketing.*

**SPITE**

Tanja got the job \_\_\_\_\_ of experience in marketing.

- c) *You'll easily manage to finish the work by Friday.*

**DIFFICULTY**

You \_\_\_\_\_ the work by Friday.

- d) *As far as I'm concerned, this is the best college to study at.*

**RATHER**

There \_\_\_\_\_ study at than this one.

- e) *'Have you finished the project yet?', she asked us.*

**WHETHER**

She asked \_\_\_\_\_ the project yet.

- f) *The man's car was stolen, so he reported the incident to the police.*

**WHOSE**

The man \_\_\_\_\_ reported the incident to the police.

- g) *I didn't have the money, so I didn't buy a new suit.*

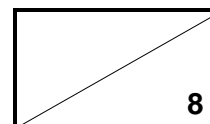
**COULD**

If I \_\_\_\_\_ a new suit.

- h) *The doctor doesn't want her to drink alcohol.*

**DISAPPROVES**

The doctor \_\_\_\_\_ alcohol.



**3. Read the text below and write the word which best fits in each gap. Use only one word in each gap.**

***This First Nation<sup>13</sup> Elder Created a Healing Centre in Her Backyard.***

The day after the Nov. 5 grand opening of a 26-foot tipi in Rita Fenton's backyard in Fort William First Nation, a family of eight showed up **(1)** \_\_\_\_\_ her door looking to have a sacred fire for family members who had recently passed.

"There's wood there, there's chairs inside", she told them. "Just have the fire and stay as long **(2)** \_\_\_\_\_ you want".



Rita Fenton inside the tipi where individuals and families are welcome to hold sacred fires or just sit in a safe space for grief and loss. She also hosts full moon ceremonies here.

The tipi is the latest addition to Ms. Fenton's house located south of Thunder Bay,

**(3)** \_\_\_\_\_ she calls *The Healing Place* – and which is a literal dream come true. She described it in her dream journal 10 years ago.

"It says, 'I'm living in this big house, a lot of people are coming to it and it's called *The Healing Place*'", she said from her home, which sits below the majestic Anemki Wajiw – the Anishinaabe name for Mount McKay.

When she bought the house in 2019, Ms. Fenton said it was run down with holes punched in the walls. She spent months cleaning it up.

"I turned it into a healing place", she said, describing how she replaced one of the bedroom windows with a sliding door that opens to a deck overlooking Anemki Wajiw's peak.

"It's very sacred and it's powerful, and it's strong because it's rock – the grandfather and our ancestors", she said. "There's many teachings and many stories about Anemki Wajiw, and to have it in my backyard, it's just like, I'm blessed. Creator brought me here". In that room, for the last three years she has run her private counselling practice, after she relocated **(4)** \_\_\_\_\_ downtown Thunder Bay. [...]

<sup>13</sup> First Nations - usually refers to Indigenous peoples / ethnic groups who are the earliest known inhabitants of Canada

Ms. Fenton hopes *The Healing Place* will be permanent and accessible at all times. She's working on getting a website up to book use of the tipi and secure funds to keep the fire going and offer more traditional teachings with elders and other knowledge keepers.

In the meantime, she plans to use it for the full moon ceremonies she's hosted for the last twenty years. **(5)** \_\_\_\_\_ of cramming up to 30 women into her living room, they will gather **(6)** \_\_\_\_\_ the orange glow of the fire that lights the tipi under the night sky. [...]

Ms. Fenton said her own journey of health and wellness began after hitting rock bottom as a young mother with addictions. Finding strength in her Anishnaabe spirit name, Eagle Woman, she started to learn about her own history and how to follow the traditional role of living a good life, called "the red road" in her culture. Going back to university as a mature student also opened doors.

"A lot of uncovering of my mind, decolonizing my mind from Christianity, from colonization", she said. "Learning about our history to a deeper level, and looking at and seeing how resilient my ancestors were and how strong they were ... and the stuff that they might have gone through and lived through. It was a lot of healing, inner healing".

With the rise **(7)** \_\_\_\_\_ addictions, mental health crises and family violence during the pandemic, Ms. Fenton believes it's more important **(8)** \_\_\_\_\_ ever to have support systems in place for those affected.

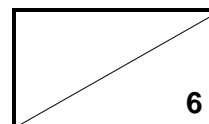
The rates of accidental opioid overdoses in Northern Ontario over the last few years were almost three times higher than Southern regions of the province, according **(9)** \_\_\_\_\_ a report co-authored by the Ontario Drug Policy Research Network, ICES, the Office of the Chief Coroner for Ontario, and Public Health Ontario.

Another report, released in November by the Chiefs of Ontario and the Ontario Drug Policy Research Network, found the illicit overdose death rate for Indigenous people doubled during the first year of the pandemic. **(10)** \_\_\_\_\_ were 116 Indigenous opioid poisoning deaths between March, 2020, and March, 2021, a 132 per cent increase from the previous year, while the rest of Ontario's population saw a 68 per cent increase.

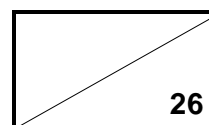
**(11)** \_\_\_\_\_ there are other tipis in the city, they're often not easily accessible or are only available at limited times, Ms. Fenton said. She hopes that hers can be a place of healing for all those who could use help.

“I saw the need a long time (12) \_\_\_\_\_”, she said, “the need for people to have a place to come to just sit if they want to sit in there and just be”.

**Willow Fiddler** in *The Globe and Mail* (Canada) (14 January 2023), adapted and edited: <https://www.theglobeandmail.com/canada/article-first-nation-elder-created-a-healing-centre-in-her-backyard/>



**Total points in Part III: Grammar**



*After having completed Parts I-III (pp. 1-23) place all these sheets in the A3 paper folder and hand them in. Keep Part IV (coloured sheet with the essay topics) and get your dictionary.*

### Part IV: Essay

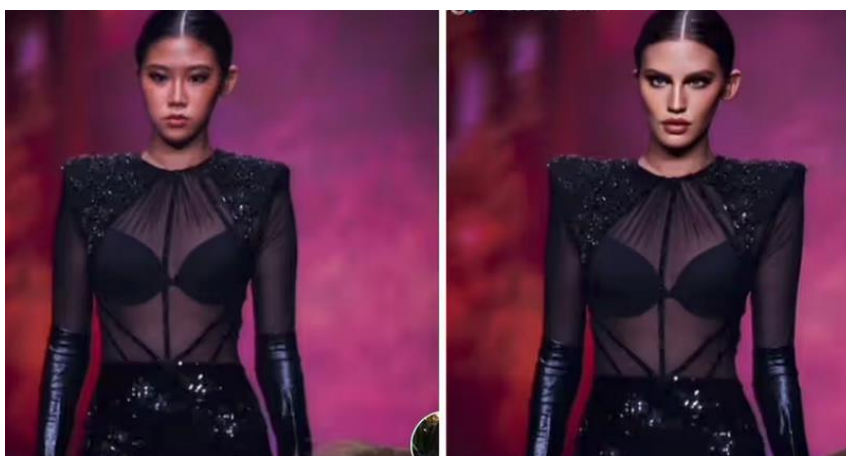
1. Choose one of the four topics below and write an argumentative essay (opinion or for-and-against essay) of 500 words (+/- 10% tolerance).
2. Count the words accurately and state the number in the box at the bottom of this sheet.
3. Hand in a fair copy.

**Topic 1:** *“We do not inherit the Earth from our ancestors; we borrow it from our children.”* – Discuss.  
Native American Proverb

**Topic 2:** *“Our doubts are traitors, and make us lose the good we oft<sup>14</sup> might win, by fearing to attempt.”* – Discuss.  
William Shakespeare (1564-1616), English playwright, poet and actor.

**Topic 3:** *“Procrastination is the thief of time.”* – Discuss.  
Edward Young (1683-1765) was an English poet.

**Topic 4:** *Explain the following picture and discuss.*



A Taiwanese American model, Shereen Wu, says a well-known fashion designer uploaded a digitally altered runway photo that made her appear white.

(*The Guardian*, 04 November 2023: <https://www.theguardian.com/fashion/2023/nov/04/fashion-model-ai-image-tiktok>)

Total word count:

*Attach all your written sheets to the task sheet with the paper clip and hand them in. All sheets you have not used go on a separate pile.*

<sup>14</sup> oft - short for often (archaic or poetic except in combinations such as oft-repeated and oft-recurring)