

Exercise 4

14 Read the article about intelligence.

Write a summary about how to improve your intelligence, and how to appear more intelligent to other people.

Your summary should be about 100 words long (and no more than 120 words long). You should use your own words as far as possible.

You will receive up to 8 marks for the content of your summary and up to 8 marks for the style and accuracy of your language.

How smart are you?

We often talk about how smart some people are. But what does that even mean? And have you ever wondered if there's a way of making yourself smarter? If so, read on for some thoughts on what intelligence is, and for some simple ways of making your brain work a little bit harder.

There is a popular belief that most people only use around 10% of their brains, although this is not actually the case. And anyway, intelligence is not measured by how much of a person's brain they are using, but what they are using it for.

So, what does 'being smart' mean? If you think it means being able to do a specific task better than you could before, then there's very little doubt that doing something like number puzzles will indeed help. There is also a lot of research which demonstrates the benefits of treating your brain like any other part of your body – this means doing plenty of exercise and having a healthy diet. For example, studies on mice have shown that it wasn't mentally stimulating activities which lead to the biggest improvements – it was actually running. Rather surprisingly, another recent study showed that making changes to your clothing might help: wearing a white lab coat, which is typically associated with intelligent professionals such as scientists and doctors, boosted people's performance on certain tests.

If you simply want to give other people the impression that you are smarter than you actually are, then speaking confidently tends to have that effect, as does smiling while you are talking. Psychologists will give you all sorts of other suggestions, one of which is wearing glasses. Another recent experiment even showed that people who use a middle initial are thought to be smarter: 'David F Clark' was rated as more intelligent than 'David Clark', while 'David F P R Clark' did even better.

Many researchers believe that getting smarter doesn't just mean improving your brainpower. Once you're good at number puzzles, of course you can do them faster, but does that help you in any other way? What matters more is what is known as 'fluid intelligence' – the general ability to manipulate information, solve problems and come up with new ideas. And an effective way to achieve this, according to scientists, is to do something that you're not good at, something that you find uncomfortably difficult.

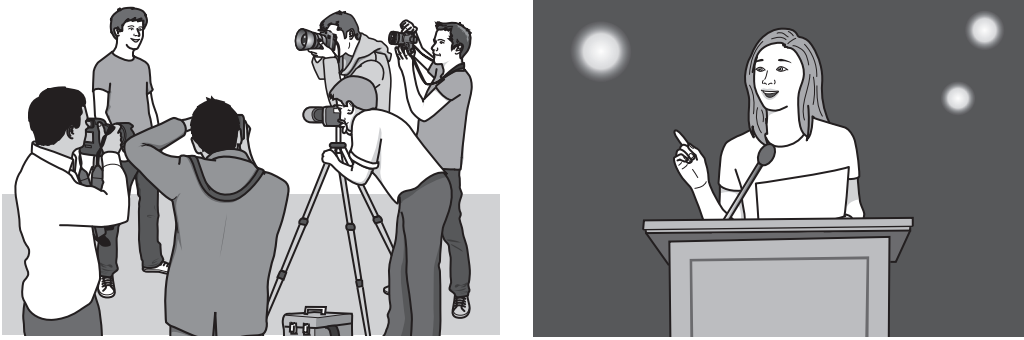
Another question that researchers have focused on is whether technology can make us smarter, or if it has the opposite effect instead. The answer is that it depends. What everyone agrees on, however, is that if you use it to expose yourself to complex new material, it will certainly help to develop your brainpower. Instead of going quickly from one topic to another on the internet, pick one subject and go into it in depth.

What are you waiting for? Try out these tips and see how much smarter you can appear, or even become!

Improving brainpower can be achieved through various means, including solving number puzzles and performing a lot of exercise. Additionally, doing something that is uncomfortably challenging and utilizing technology to expose oneself to complicated stuff will help enhance intellect. Another proven way to boost intelligence is donning a white lab coat, which is typically associated with intelligent professors. Finally, diving deeply into one chosen subject can also boost your intellectual abilities.

To give the impression of being smart, speak with high self-esteem and maintain a grin on your face while talking. Also, wear glasses and use a middle initial to seem more intelligent.

Exercise 5



15 Last month, you won a competition to meet a famous person. Yesterday, you finally met them.

Write an email to a friend telling them about this.

In your email, you should:

- explain what you had to do to win the competition
- describe your meeting with the famous person
- say how you felt after meeting this person.

The pictures above may give you some ideas, and you can also use some ideas of your own.

Your email should be between 150 and 200 words long.

You will receive up to 8 marks for the content of your email, and up to 8 marks for the language used.

Dear Ahmad,

It's been a while since we last talked. You won't believe what happened! I'm sure it'll blow your mind!

It all started when I was scrolling through social media, and an advert about a chance to meet Mohamed Salah caught my eye. The only requirement was to answer 20 questions about him in 200 seconds and to make a 5-minute speech about why I deserved to meet him. I didn't have trouble answering the questions, but I had to record countless times to perfect the speech — you know how much of a perfectionist I am.

Surprisingly, I won; that was an absolute shock! I was thrilled to bits yet nervous that I'd finally get to meet my idol. During the meeting at his house, we had a Q&A session where I could ask him any question I wanted. I was on tenterhooks at first but later broke the ice. Also, we played penalties and believe it or not — I won!

Up to this moment, I still can't believe this happened, can you? I'm over the moon that I was lucky enough to have this unforgettable experience I'll brag about my entire life! My heightened feelings and intense ecstasy for that day will forever be engraved in my memory.

I've got to go and tell Ali all about it. See you soon.

Regards,

[your name]

Exercise 6

- 16** In class you have been discussing whether it is important for all students to have music lessons at school.

Here are two comments from your classmates:

There are more important things to do at school.

I think I improve in my other subjects as a result.

Write an article for your teacher, giving your views.

The comments above may give you some ideas, and you can also use some ideas of your own.

Your article should be between 150 and 200 words long.

You will receive up to 8 marks for the content of your article, and up to 8 marks for the language used.

Nowadays, many schools have started incorporating music lessons into their curricula, but is it a wise choice? In my opinion, music lessons are indispensable.

Firstly, music lessons can improve students' emotional well-being and enjoyment at school because it helps them to relax and relieve stress caused by other tedious academic subjects. Not only does music provide a social outlet for students, which allows them to connect with their peers who share similar interests, but it also helps them discover hidden potential and talent.

Moreover, music lessons can help develop essential life skills such as teamwork, self-discipline, and ingenuity. In a music class, pupils learn to work together to create a harmonious sound and practice daily, which requires discipline and dedication; thus, students will inevitably develop an unflinching determination in the long run, which is essential for success in school and in life generally.

While some may believe that music is less important than other subjects, recent studies have shown that students who listen to music regularly get higher grades overall, exhibit more focus and increased creativity, and demonstrate improved cognitive abilities. Therefore, music can enhance students' performance in other subjects, and hence essential.

In a nutshell, I vehemently believe that integrating music lessons into schools' educational programs is imperative due to its numerous benefits. Do you not reckon so?