نموذج تدريبي Reading للاختبار النهائي متبوع بالإجابات المسار المتقدم والنخبة





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المزيد من مادة لغة انجليزية:

إعداد: Aggour Ahmed

التواصل الاجتماعي بحسب الصف الثاني عشر











صفحة المناهج الإماراتية على فيسببوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

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End of Term 1 Preparation G12 ADV / 12 Elite Mr. Ahmed Aggour

Theme: Pushing Boundaries | The Truth About Multi-Tasking

Level: CEFR B2.2 (Stage 9)

Teacher: Ahmed Aggour

Part 2: Reading

Part	Level	Theme	Vocabulary	Grammar
Reading	12	Pushing	multitask, rare exception, impression,	Stage 9
	Advanced /	Boundaries – The	memorize, solve, concentration,	Grammar
	12 Elite	Truth About Multi-	competent, computer-based,	Focus
		Tasking	participants, memory skills, research,	
			inefficient, stressful	
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Task Description

Type: Multiple-Choice

Instruction: Read the text carefully. Then choose the correct answer (a, b, or c) for each question.

Each question = 2 marks, Total = 16 marks.

Learning Outcomes

Skill	Outcome Code	Description
Specific	ENG.09.RV.CS.2.1	Read and identify specific information in extended and
Information		complex texts.
Inference	ENG.09.RV.CS.4.1	Infer meaning and make predictions using contextual clues and structure.
Connections	ENG.09.RV.CS.3.1	Analyze explicit and implicit connections between ideas, themes, and perspectives.
Text Features	ENG.09.RV.S.2.1	Identify and evaluate conventional features of argumentative texts.

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Reading Text: The Truth About Multi-Tasking

Many people believe that being able to **multitask** makes them more productive. They feel proud of sending emails, talking on the phone, and preparing reports at the same time. However, recent research in psychology and neuroscience suggests that multi-tasking is mostly a myth. In fact, except for a rare exception, most people perform worse when they try to do several things at once.

In one computer-based study, participants were asked to switch between different problem-solving and memory tasks. The results showed that even those who considered themselves competent at handling many activities lost focus when they changed from one task to another. Their concentration dropped sharply, and their **memory skills** declined. The human brain, it seems, is designed to **solve** one problem at a time, not many simultaneously.

Researchers also discovered that people often have the **impression** that they are working faster when they multitask, but this is misleading. The constant switching between tasks makes the brain inefficient because it needs time to adjust after every change. As a result, tasks take longer, and the quality of work decreases.

Moreover, multi-tasking can be stressful. When we overload our minds with competing information, we become mentally tired and emotionally anxious. Over time, this affects not only productivity but also overall well-being. Experts advise focusing fully on one thing before moving on to the next. This helps the brain **memorize** information more effectively and reduces unnecessary pressure.

In short, being busy is not the same as being effective. Real productivity happens when we give our full attention to a single goal. Multi-tasking might seem like a modern skill, but in reality, it pushes our brains beyond their limits — often with disappointing results.

Comprehension Questions (2 marks each)

- 1. What is the main argument of the passage?
 - a) Multi-tasking improves performance.
 - b) Multi-tasking reduces effectiveness.
 - c) Multi-tasking helps people relax.

2. The phrase "rare exception" in paragraph 1 refers to people who:

- a) are unusually good at multi-tasking.
- b) never use technology.
- c) prefer working alone.

3. According to the passage, what happens to people's concentration when they switch tasks?

- a) It improves steadily.
- b) It becomes stronger.
- c) It drops quickly.

4. What did the computer-based study show about the participants?

- a) They could easily handle multiple problems.
- b) They lost focus and performed worse.
- c) They enjoyed switching between tasks.

5. What does the passage suggest about the **impression** of working faster while multi-tasking?

- a) It is accurate.
- b) It is false and misleading.
- c) It depends on personality.

6. Why does multi-tasking make the brain inefficient?

- a) Because it wastes time adjusting between tasks.
- b) Because it uses less energy.
- c) Because it increases motivation.

7. How can focusing on one task help people?

- a) It improves **memory skills** and reduces stress.
- b) It makes work more boring.
- c) It shortens working hours.

8. What is the overall message of the passage?

- a) Multi-tasking is an essential modern ability.
- b) Focusing on one task leads to better results.
- c) People should stop using technology completely.

Answer Key (Teacher Use Only)

- 1. b
- 2. a
- 3. c
- 4. b
- 5. b
- 6. a
- 7. a
- 8. b

Total: 16 marks (2 per question)

English Prep IELTS & TOEFL Mastery 0509592602

Reading Text: The Myth of Being Busy

In today's world, people often wear their busy schedules like badges of honor. Many believe that the more tasks they take on, the more successful they appear. Yet, as modern research shows, being constantly busy is not the same as being productive. People who multitask throughout the day may create the impression of efficiency, but in truth, they achieve less and make more mistakes.

In one computer-based study, participants were asked to shift between writing emails and solving math problems. Those who focused on one task at a time completed their work faster and with fewer errors. The competent workers were not the ones doing ten things at once, but those who understood how to manage their **concentration** wisely.

The study also found that frequent task-switching made the brain inefficient, especially when people had to **memorize** information or recall details later. In almost every case, performance dropped significantly except for a rare exception: people who had trained their attention through long-term mindfulness or meditation exercises.

Experts explain that multi-tasking creates mental overload, which can be stressful and damaging to our focus. When the brain tries to **solve** too many problems at the same time, it becomes confused and tired, reducing overall memory skills. True productivity, according to psychologists, comes from setting priorities and giving full attention to one task before moving to another.

In short, being busy should not be confused with being effective. The idea that successful people can perform many things at once is largely an illusion. Real success lies in mastering the ability to focus deeply even if that means doing fewer things, but doing them well.

Comprehension Questions (2 marks each)

1. What is the main idea of the passage?

- a) Being busy is the same as being productive.
- b) Doing fewer things with focus leads to better results.
- c) People should avoid technology to stay productive.

2. What does the passage suggest about people who multitask?

- a) They often complete tasks more accurately.
- b) They appear efficient but actually perform worse.
- c) They are more creative and energetic.

3. What did the computer-based study ask participants to do?

- a) Alternate between writing and math tasks.
- b) Work only on physical activities.
- c) Avoid all forms of multitasking.

4. According to the text, who were the most competent workers?

- a) Those who managed their concentration effectively.
- b) Those who finished tasks the fastest.
- c) Those who used more technology.

5. What effect did task-switching have on the brain?

- a) It improved memory skills.
- b) It made the brain inefficient and forgetful.
- c) It helped participants learn faster.

6. Who were the rare exceptions in the study?

- a) People who practiced mindfulness and meditation.
- b) People who worked longer hours.
- c) People who had better computers.

7. What negative impact does multi-tasking have according to experts?

- a) It can be stressful and harm focus.
- b) It makes people more sociable.
- c) It increases creativity.

8. What is the best definition of true productivity according to the passage?

- a) Doing as many tasks as possible in a short time.
- b) Setting priorities and giving full attention to one task.
- c) Working longer hours to complete more work.

Answer Key (The Myth of Being Busy)

- 1. b
- 2. b
- 3. a
- 4. a
- 5. b
- 6. a
- 7. a
- 8. b

Total: 16 marks (2 per question)

English Prep IELTS & TOEFL Mastery

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Most people today live in a world where phones buzz, screens flash, and notifications never stop. Many of us are proud of our ability to **multitask** — answering messages while listening to music, watching videos, and finishing homework. But according to new **research**, this constant switching between tasks may come at a high price. The brain is not designed to handle many sources of information at once, and even the most **competent** students experience a drop in focus when juggling multiple tasks.

In one **computer-based** experiment, university **participants** were asked to read an article while responding to text messages. The results were clear: comprehension scores fell sharply, and their **concentration** decreased with every message they answered. What's more, when asked to **memorize** key facts afterward, they could recall less than half of what they had read. Scientists describe this as "attention fragmentation," a process that makes thinking **inefficient** and even **stressful** for the brain.

Still, a **rare exception** exists — a small number of "supertaskers" who perform well even when overloaded. Yet researchers warn that they are less than 3 percent of the population. For the rest of us, multitasking simply weakens **memory skills** and slows our ability to **solve** problems.

The **impression** that multitasking saves time is false; in reality, it leads to more mistakes and mental fatigue. Experts recommend taking short breaks and focusing on one activity at a time to help the brain recover. In the end, the human mind performs best when attention is single and steady — not scattered across screens and sounds.

Comprehension Questions (2 marks each)

1. What is the main idea of the passage?

- a) Multitasking improves concentration.
- b) Constant task-switching reduces focus and performance.
- c) Technology makes students smarter.

2. According to the passage, why do people feel proud of multitasking?

- a) It gives them the **impression** of being productive.
- b) It helps them relax.
- c) It improves their memory.

3. What did the computer-based experiment test?

- a) Whether students can read and text simultaneously.
- b) Whether students prefer technology.
- c) Whether students like group study.

4. What happened to the participants' comprehension scores?

- a) They improved slightly.
- b) They dropped significantly.
- c) They stayed the same.

5. Who are the rare exceptions mentioned in the text?

- a) People with special training in multitasking.
- b) "Supertaskers" who perform well under overload.
- c) Those who avoid using technology.

6. What is one effect of multitasking mentioned by scientists?

- a) It strengthens focus.
- b) It causes "attention fragmentation."
- c) It boosts energy.

7. What is the best strategy recommended by experts?

- a) Taking breaks and focusing on one task at a time.
- b) Using more digital tools.
- c) Listening to music while studying.

8. What is the final message of the passage?

- a) The mind performs best with focused attention.
- b) Multitasking should be encouraged in schools.
- c) Technology helps avoid mistakes.

Answer Key:

1. b 2.a 3.a 4.b 5.b 6.b 7.a 8.a

Total: 16 marks

Passage 4 – Digital Distraction: The New Challenge

When the internet was invented, few people imagined that it could reduce our ability to think deeply. Today, many of us check messages, scroll through social media, and watch videos all at once, believing that we can handle it all. But research from several universities shows that trying to multitask online does not make us faster — it makes us inefficient.

In a computer-based study at Stanford University, participants were asked to switch between reading, messaging, and browsing websites. While most believed they were competent multitaskers, their memory skills were worse than those who worked on one task only. When asked to memorize details from what they read, many couldn't recall key points. The act of switching caused their concentration to break, forcing their brains to restart with every change.

The **impression** that people can process multiple streams of information equally is an illusion. Our brains can pay full attention to only one meaningful activity at a time. For a rare exception of individuals, such as trained air-traffic controllers or emergency responders, multitasking may be part of their job. However, even these experts say it is **stressful** and mentally exhausting.

Scientists have concluded that multitasking does not help us solve problems better. Instead, it makes thinking shallow and distracted. The solution is not to reject technology but to use it wisely — by focusing, planning, and giving our full attention to one thing before moving to the next.

In short, the challenge of the 21st century is not a lack of information, but our inability to manage it without losing focus. Real intelligence lies in knowing when to disconnect and think clearly.

Comprehension Questions (2 marks each)

1. What is the main argument of this passage?

- a) Multitasking online reduces productivity and focus.
- b) Technology has no effect on thinking.
- c) People should stop using the internet completely.

2. What did the computer-based study reveal about participants?

- a) They performed better with more tasks.
- b) Their memory and focus decreased when multitasking.
- c) They could memorize everything easily.

3. Why did participants fail to memorize key details?

- a) They didn't read carefully.
- b) Their concentration was broken by switching tasks.
- c) The texts were too long.

4. What does the text call the belief in multitasking effectively?

- a) A useful habit.
- b) A dangerous idea.
- c) An illusion.

5. Who are the rare exceptions that may need to multitask?

- a) Air-traffic controllers and emergency workers.
- b) Office workers and students.
- c) Teenagers and teachers.

6. What emotional effect can multitasking have?

- a) It is **stressful** and mentally tiring.
- b) It is relaxing and enjoyable.
- c) It improves confidence.

7. What does the passage recommend instead of multitasking?

- a) Rejecting technology completely.
- b) Using focus and planning when working.
- c) Working faster to save time.

8. What does the final paragraph suggest is the real problem today?

- a) Not enough information online.
- b) Poor management of attention and focus.
- c) Too little access to technology.

1. a 2.b 3.b 4.c 5.a 6.a 7.b 8.b

Total: 16 marks

