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الجمهورية الجزائرية الديمقراطية الشعبية		
وزارة التربية الوطنية	الديوان الوطني للتعليم والتكوين عن بعد	
فرض المراقبة الذاتية رقم : 01	السنة الدراسية 2018- 2019	
المستوى : 4 متوسط	المادة : لغة إنجليزية	عدد الصفحات: 02
إعداد : حجام أكلي/ أستاذ التعليم المتوسط		

TEXT :

Exam stress

It's exam time again, but how do you manage? Leave your studying until the last minute and stop everything you enjoy and study all the time. Is it the right thing to do? Or is there another strategy to follow? All you need is to organize your time to avoid exam stress.

First, you need to start revising early. If you just revise the day before the exam, you will definitely get stressed so you should prepare a study plan and stick to **it.** In this way, you will make sure you complete everything on time. You will also be much calmer.

Secondly, you must eat well and get enough sleep to have energy and your mind is rested, you will be able to think more clearly. It is also a good idea to meet your friends and talk with them because **this** may reduce stress and obtain a chance for success.

Adapted from Upstream, Elementary A2 Publishing 2008

I - Part one (14pts)

A) Reading Comprehension: (07pts)

1) I read the statements below and I write "true", "false" or "not mentioned": 02pts)

a- Planning well for any exam is the best way to avoid exam stress.
b- Studying in a library is better than studying at home.
c- You don't need to sleep well before exams.
d- Meeting friends may cause you stress.

2) I answer the following questions according to the text: (02pts)

a- Is it a good idea to revise the day before exams?
b- Do eating and sleeping well help to clear the mind?

3) I find in the text words that are closest in meaning to the following: (01pt)

Method =…… Relaxed =……

4) I find in the text words that are opposite in meaning to the following: (01pt)

To finish≠…… failure ≠…….

5) What the underlined words refer to in the text: (01pt)

It ⟶ ……
This ⟶ ……

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B) Mastery of Language (07pts)

1) What do the following sentences express? I classify each sentence in the right column: (03pts)

a- Could you help me?

b- We may study at the holidays.

c- May I ask you a question?

Possibility	Request	Permission

2) I write the correct form of the verbs in brackets: (02pts)

a- Relaxation (to be) always important at exam time.

b-Group preparation may (to reduce) stress.

3) I find in the text four words that have the following sounds: (2pts)

/I/ (sit)	/i:/ (see)
1-	1-
2-	2-

II - Part two (06 pts): Written Expression

Your classmate is always suffering before exams and becomes very anxious. She / he asks you before the B.E.M exam for advice to avoid this stress.

Send her/ him a letter in which you suggest some pieces of advice.

Write about:

- planning before exams.
- revising in pairs or group.
- relaxing and having a healthy diet.

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