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READ THE TEXT CAREFULLY, THEN ANSWER THE FOUR QUESTIONS BELOW

DO ANXIETY DREAMS HAVE ANY FUNCTIONS?

Antonio Zadra, a psychologist, is sharing a memory of a horrific experience at sea. He had almost made it to shore, but knew he was about to die. Just then, his son appeared at the water's edge. He looked at Zadra, and Zadra heard the words: 'Dad, no!' He was thinking: 'I am about to die and I am going to die in front of my son'. And then, he woke up and everything was OK, but not OK.

5 Zadra says this is his worst anxiety dream. And, having read more than 10,000 dream reports for his work at the Center for Advanced Research in Sleep Medicine at the University of Montreal, he knows that his dream contains one of the most common motifs of anxiety dreams: that of our own imminent death (others include chase and loss of control). He remembers the horror of this dream but he claims it had a function: 'I can certainly tell you the clear message that it left me: do not take your most cherished things

10 in life for granted and take the time to enjoy and love all that is important to you'. Isabelle Arnulf, a neuroscientist and president of the French Society for Sleep Research and Sleep Medicine, led a study of students taking the Sorbonne medicine exam. She and her team asked examinees to complete a survey about how they slept the night before the exam. The students had experienced almost every imaginable examination-related dream. Some couldn't find the examination hall; others were late.

15 Many dreamed that they ticked the wrong boxes. One dreamed that their walls and curtains were covered in chemical formulae and another raised their hand for paper and was given sliced bread. All kinds of transport disasters surfaced: trains didn't turn up, operators went on strike.

20 Arnulf found out that the students who had the most anxiety dreams the night preceding the exam scored the highest marks. Her findings support something called the "threat simulation theory" of dreaming, which holds that people rehearse frightening situations in their dreams and that the rehearsal equips them to face those situations in waking life. (Fragment adapted from *The Guardian*).

1) ARE THE FOLLOWING STATEMENTS TRUE OR FALSE? JUSTIFY YOUR ANSWER BY CITING THE CORRESPONDING WORDS OR SENTENCES OF THE TEXT (2 POINTS; 0.5 POINTS EACH).

1. Zadra is an expert neuroscientist.
2. Zadra's dream was a pleasant experience.
3. Zadra had a dream in which his son died in the sea.
4. One dream mentioned is about choosing incorrect answers in a test.

2) ANSWER THE FOLLOWING QUESTIONS USING INFORMATION FROM THE TEXT. YOUR ANSWERS SHOULD NOT BE A LITERAL COPY OF THE TEXT, ALTHOUGH SOME WORDS THAT APPEAR IN THE TEXT CAN BE USED (2 POINTS; 1 POINT EACH).

1. What was the main theme of Antonio Zadra's anxiety dream?
2. What did Isabelle Arnulf's study focus on?

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3) VOCABULARY (1.5 POINTS).

3.1 Find one word in the text for this definition (0.3 POINTS):

- a) students who are taking an exam

3.2 Find a synonym in the text for each of the words below (1.2 POINTS; 0.4 POINTS EACH):

- a) coast
b) states
c) before

4) MULTIPLE CHOICE OPTION EXERCISE. CHOOSE THE MOST APPROPRIATE ANSWER FOR EACH QUESTION (a, b, c, or d) ACCORDING TO THE INFORMATION GIVEN IN THE TEXT (1.5 POINT; 0.5 POINTS EACH).

1. Where does Antonio Zadra work?
A) University of Toronto
B) Center for Advanced Research in Sleep Medicine at the University of Montreal
C) French Society for Sleep Research and Sleep Medicine
D) Sorbonne University

2. In Isabelle Arnulf's study, what unusual item was given to a student who asked for paper in their dream?
A) A chemical formula
B) An exam booklet
C) Sliced bread
D) A train ticket

3. What theory does Arnulf's findings support?
A) The anxiety reduction theory
B) The memory consolidation theory
C) The threat simulation theory
D) The dream interpretation theory

5) SELECT AND WRITE THE COMPOSITION THAT YOU PREFER FROM THE FOLLOWING OPTIONS. USE BETWEEN 120-150 WORDS (3 POINTS).

What are the situations that might cause you to have anxiety dreams?

What are the advantages and disadvantages of tourism in a big city?